

mio DRIVE PETITE

User's Guide

- 80% accurate heart rate without a chest strap
- Calculate calories burned using personal data
- Personalized percent of maximum heart rate display
- 3500 Calorie Countdown mode

This guide is also available online at www.miowatch.com



To jumpstart your workouts, go to www.miowatch.com and check out the 3500 CC Club!

A. MIO DRIVE PETITE AT-A-GLANCE



To use light, Press the LIGHT button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 3 seconds.



B. MODES OF OPERATION

Press MODE to move to the next mode:



TIME & DATE

- Display time, date, weekday and your name or initials



ALARM

- Set daily alarm



3500 CALORIE COUNTDOWN

- Display remaining calories that should be burned for the week
- Notify you when you meet your goal



EXERCISE TIMER

- Exercise Timer for workouts and other activities, 5 timer modes including Walk/Run timer



RESTING HEART RATE

- Measure and display your Resting Heart Rate



MY MIO

- Set your personal data

C. QUICK TIPS

SHORTCUTS

- To return to TIME from any mode, hold MODE for 2 seconds
- To go directly to EXERCISE TIMER from any mode press the START button
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds.

SET MODES

Whenever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 seconds)
2. Value you are setting will flash
3. Press + or - to adjust the value
To scroll automatically, hold + or -
4. When value is adjusted, press SET again
5. Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the SET mode

D. WAKING UP YOUR MIO

Your MIO may be in sleep mode (with a blank display) when you first receive it.

- Hold START until you see blinking 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
 - Press + or - to toggle the format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to move to next setting.
- Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press SET to finish START UP.

E. SET TIME & DATE

Display shows time, cycling through NAME, DATE, and WEEKDAY automatically. To change TIME and DATE:

- Hold SET until beep (2 seconds). 12H or 24H blinks.
- Press + or - to toggle the TIME & DATE format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to set HOUR.
- Press + or - to select HOUR. To scroll quickly, hold + or -.
- Press SET.
- Do the same to select MIN.
- To reset seconds to zero press + or -.
- Otherwise press SET to move to next setting.
- Use + or - then SET to adjust YEAR, MONTH, DAY.
- To stop making changes at any time, hold SET for 2 seconds.

F. SET MY MIO

MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations.

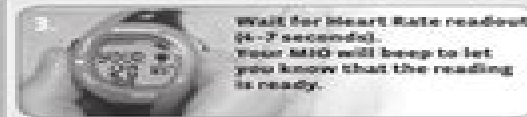
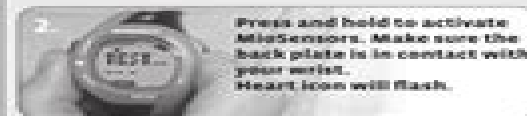
- Press MODE 5 times to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds).
- The first letter of NAME will blink. Use + or - to adjust. To scroll quickly, hold + or -.
- Press SET to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- To stop making changes at any time hold SET until beep (2 seconds).

To return to TIME, press MODE.

G. SET ALARM

- Press MODE once to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON, press the SET button.
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use + or - to adjust the HOUR, press SET, use + or - to adjust the MINUTE, then press SET. To scroll more quickly hold the + or -.
- Alarm icon will show if the ALARM is on.
- Hold MODE for 2 seconds to return to TIME mode.

H. TAKING YOUR HEART RATE



The small digits displaying on the right show your percentage heart rate in relation to your maximum heart rate (up to 199%). MIO MIO calculates this percentage using your personal data. (See Step 3)

A maximum heart rate is an estimate with a variability of up to 25 BPM.

Your screen will return to the previous mode 5 seconds after removing your finger pads from the MicroSensors.

TROUBLESHOOTING POINTERS

1. Make sure the back plate is in contact with your wrist during the measurement.
2. If you don't get your heart rate within 30 sec, restrain finger pads and try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm.
3. If MIO's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the face is blank, replace MIO's battery (See section K on page 20).
4. To optimize readings, occasionally clean the back of your MIO case and the RIGHT and LEFT MicroSensors with a clean soft cloth.

I. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).

- Press MODE 4 times to go from TIME to RESTING HEART RATE. Your most recent RHR will display.
- Place two finger pads on the MIO Sensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 2 times.

For more info visit www.miowatch.com

Mio Drive Petite Manual

Rod Grainger, Pete Shoemark



Mio Drive Petite Manual:

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