

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



Place thumb on the LEFT MicroSensor and index finger on RIGHT MicroSensor.

If you wear your MIO on right hand place index finger on LEFT MicroSensor and thumb on RIGHT MicroSensor



Press and hold to activate MicroSensors. Make sure the back plate is in contact with your wrist. Heart icon will flash.



Wait for Heart Rate readout (4-7 seconds). Your MIO will beep to let you know that the reading is ready.

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 B)

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, moisten 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 2).
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 Instructions

J Elliott

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Table of Contents Mio Drive Petite Instructions

1. Understanding the eBook Mio Drive Petite Instructions
 - The Rise of Digital Reading Mio Drive Petite Instructions
 - Advantages of eBooks Over Traditional Books
2. Identifying Mio Drive Petite Instructions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mio Drive Petite Instructions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mio Drive Petite Instructions
 - Personalized Recommendations
 - Mio Drive Petite Instructions User Reviews and Ratings
 - Mio Drive Petite Instructions and Bestseller Lists
5. Accessing Mio Drive Petite Instructions Free and Paid eBooks
 - Mio Drive Petite Instructions Public Domain eBooks
 - Mio Drive Petite Instructions eBook Subscription Services
 - Mio Drive Petite Instructions Budget-Friendly Options
6. Navigating Mio Drive Petite Instructions eBook Formats

- ePub, PDF, MOBI, and More
- Mio Drive Petite Instructions Compatibility with Devices
- Mio Drive Petite Instructions Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mio Drive Petite Instructions
 - Highlighting and Note-Taking Mio Drive Petite Instructions
 - Interactive Elements Mio Drive Petite Instructions
- 8. Staying Engaged with Mio Drive Petite Instructions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mio Drive Petite Instructions
- 9. Balancing eBooks and Physical Books Mio Drive Petite Instructions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mio Drive Petite Instructions
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mio Drive Petite Instructions
 - Setting Reading Goals Mio Drive Petite Instructions
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mio Drive Petite Instructions
 - Fact-Checking eBook Content of Mio Drive Petite Instructions
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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