

mio MOTIVA PETITE

User's Guide

- ECG accurate heart rate without a chest strap
- Patented Calorie Management System
- Personalized percent of maximum heart rate display
- 3300 Calorie Countdown mode

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



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A. MIO MOTIVA PETITE AT-A-GLANCE



Use **Light** or **Backlight** button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



B. MODES OF OPERATION

Press **MODE** to move to the next mode.



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**
- Whatever 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**.

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 PERCENT, 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. See Section I on how to calculate your **CALORIE TARGET** and **ACTIVITY LEVEL**.
- 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**, **ACTIVITY LEVEL** and **WEEKLY GAIN/LOSS GOAL**
 - For **ACTIVITY LEVEL**, ACT L/O or M/L or H/L will display. Please refer to section I for the definition of each level
 - For **WEEKLY GAIN/LOSS GOAL**, LB/WK or KG/WK will display. Use **+** or **-** to adjust your weekly weight gain (+) or loss (-) goal. Then press **SET**
 - For example, if your goal is to lose one pound per week, set the value to -1.0. To lose weight use a negative number, to gain weight use a positive number
 - Please note that it is not recommended to have weight change for more than 2 lb or 0.9kg per week, so the maximum gain/loss is limited to 2 lb or 0.9kg per week
 - To stop making changes at any time hold **SET** until beep (2 seconds). Your MIO will go directly to Daily Net Calorie TARGET
 - MIO will calculate your Daily Net Calorie TARGET based on your weight change goal. The right-most digit of this TARGET will be flashing. To accept this calculated TARGET press **SET** 4 times to accept each digit of this target. If you would like to manually adjust this TARGET then use **+** or **-** and **SET** to adjust each digit. See Section I for more information on setting TARGET Daily Calories.
 - 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

1. Place thumb on the **LEFT** MicroSensor and index finger on **RIGHT** MicroSensor. If you wear your MIO on right hand place the index finger on **LEFT** MicroSensor and thumb on **RIGHT** MicroSensor
2. Press and hold to activate MicroSensors. Make sure the back plate is in contact with your wrist. Heart icon will flash.
3. Wait for Heart Rate readout. Your MIO will beep to let you know that the reading is ready.

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** 5 times to go from **TIME** to **RESTING HEART RATE**. Your most recent RHR will display
 - Place two finger pads on the MicroSensors 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

J. USING THE EXERCISE TIMER

Press **START** to go from other modes to **EXERCISE TIMER** or press **MODE** 3 times to go from **TIME** to **EXERCISE TIMER**. There are five timer types. You can choose the one which is suitable for your exercise.

- TO COUNT UP FROM ZERO** (suitable for walking with time limit)
- The timer must be stopped
 - Hold **SET** until beep (2 seconds)
 - Press **+** or **-** to adjust the **TIMER TYPE** to **TMR U**. Press **SET**
 - To start the timer, press **START**
 - To pause, press **STOP**. Press **START** to resume
 - To reset timer to zero and clear the workout calories, press **RESET** until beep (2 seconds)

- TO COUNT DOWN TO ZERO AND STOP** (suitable for walking with time limit)
- The timer must be stopped
 - Hold **SET** until beep (2 seconds)
 - Press **+** or **-** to adjust the **TIMER TYPE** to **TMR D**. Press **SET**
 - Press **+** or **-** to adjust the **HOURS**. Press **SET**
 - Repeat for **MINUTES** and **SECONDS**
 - To start the timer, press **START**
 - To pause, press **STOP**. Press **START** to resume
 - Timer will beep when the countdown reaches zero
 - To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds)

- TO COUNT DOWN TO ZERO AND THEN COUNT UP** (suitable for jogging or running with warm-up timer)
- The timer must be stopped
 - Hold **SET** until beep (2 seconds)
 - Press **+** or **-** to adjust the **TIMER TYPE** to **TMR G**. Press **SET**
 - Press **+** or **-** to adjust the **HOURS** of the warm-up timer. Press **SET**
 - Repeat for **MINUTES** and **SECONDS**
 - To start the timer, press **START**
 - To pause, press **STOP**. Press **START** to resume
 - Timer will beep when the **TIMER D** reaches zero and then count up automatically
 - To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds)

- TO USE THE WALK/RUN (DUAL INTERVAL) TIMER** (suitable for training)
- See your MIOSENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.
- The timer must be stopped
 - Hold **SET** until beep (2 seconds)
- (continued next)



Mio Motiva Petite Manual

Yi-Tong Ma



Mio Motiva Petite Manual:

Adopting the Track of Term: An Emotional Symphony within **Mio Motiva Petite Manual**

In a world taken by screens and the ceaseless chatter of instant interaction, the melodic beauty and mental symphony developed by the written term often diminish into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, located within the pages of **Mio Motiva Petite Manual** a stunning fictional prize full of organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of this moving examination, we will investigate the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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