

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



To complete your workouts, go to www.miowatch.com and check out the 3300 CC Club!

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 **YEAR**, **MONTH**, **DAY**
 - To stop making changes at any time, hold **SET** for 2 seconds

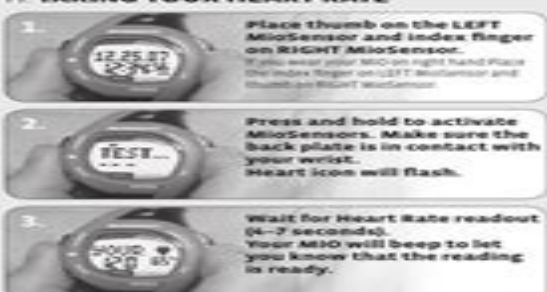
F. SET MY MIO

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



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 **TIM UP**. 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 **TIM 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 **TIM AT**. 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 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)

The small digits displaying on the right show your percentage heart rate in relation to your maximum heart rate (up to 190bpm). **MY MIO** shows this percentage using your personal data. (See Step 9)

A maximum heart rate is an estimate with a variability of up to 10 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 10 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 20)
4. To optimize readings, occasionally clean the back of your MIO case and the **RIGHT** and **LEFT** MicroSensors with a clean soft cloth

Mio Motiva Petite Manual

Raffaela Di Napoli



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