

JAWBONE®

Quick Start Guide

1 Power Up

- **PLUG IN JAWBONE FOR 50 MINUTES (YES, THERE'S AN AC ADAPTER IN THE BOX)**

2 Pair

- **PHONE BLUETOOTH® SETTING: ON**
- **JAWBONE AUTOMATICALLY GOES INTO PAIRING MODE FIRST TIME ON**
- **ALL OTHER TIMES: HOLD JAWBONE TALK AND NOISEASSASSIN™ BUTTONS: 2 SECONDS**



- **INDICATOR LIGHT FLASHES RED + WHITE**
- **PHONE: 'SEARCH FOR NEW DEVICES'**
- **SELECT JAWBONE, ENTER PASSCODE '0000'**

3 Share

- **MAKE THAT CALL (GO CHANGE THE WORLD, WE KNOW YOU CAN)**

Jawbone Overview



- a NoiseAssassin Button
- b Talk Button

NOTE: Both Talk Button and NoiseAssassin Button are hidden beneath the external face of the headset. To activate either button, simply press on the areas indicated above.



- c Voice Activity Sensor
- d Earbud
- e Earloop

The medium sized earloop and earbud are already fitted to your Jawbone at the factory.

1 Charging



- You can charge your Jawbone headset via the wall charger, or via USB on your computer.
- Place the Jawbone headset in the socket with the jawbone logo facing upward.



- Charge the battery fully on first use.
- Charge time 50 minutes.
- 80% charge after 35 minutes.
- Indicator light is RED while headset is charging / WHITE when headset is fully charged.
- Indicator light flashes RED when battery is low.

(continue to page 2)

Jawbone Version A Owners Manual

Rutherford Hayes Platt



Jawbone Version A Owners Manual:

The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation Roy J. Shephard, Catrine Tudor-Locke, 2016-08-02 This book examines the new knowledge that has been gained from the objective monitoring of habitual physical activity by means of pedometers and accelerometers. It reviews current advances in the technology of activity monitoring and details advantages of objective monitors relative to physical activity questionnaires. It points to continuing gaps in knowledge and explores the potential for further advances in the design of objective monitoring devices. Epidemiologists have studied relationships between questionnaire assessments of habitual physical activity and various medical conditions for some seventy years. In general they have observed positive associations between regular exercise and good health but because of inherent limitations in the reliability and accuracy of physical activity questionnaires optimal exercise recommendations for the prevention and treatment of disease have remained unclear. Inexpensive pedometers and accelerometers now offer the epidemiologist the potential to collect relatively precisely graded and objective information on the volume, intensity and patterns of effort that people are undertaking to relate this data to past and future health experience and to establish dose response relationships between physical activity and the various components of health. Such information is important both in assessing the causal nature of the observed associations and in establishing evidence based recommendations concerning the minimal levels of daily physical activity needed to maintain good health.

The Cat Owner's Manual Eric Allan, 1994 **The Manual of Occupations** Rutherford Hayes Platt, 1927
Wildlife Monographs , 1958 **The Book Trade in Canada** , 2009 **manual of style** , 1909 *Modeling the Dynamics of a Colorado Mule Deer Population* Dean E. Medin, Allen E. Anderson, 1979 Family and Other Social Groups in Snow Geese J. P. Prevett, C. D. MacInnes, 1980 **Small Press Record of Books in Print** Len Fulton, 1993 **Sunset** , 1917 The Nation , 1900 *Rural New Yorker* , 1909 Moore's Rural New-Yorker , 1909 *The Woodenboat* , 1990
Equine Dentistry Manual Dale Jeffrey, 1984 **American Funeral Director** , 1935 Schwann Spectrum , 2001
Down Beat , 1946 The contemporary music magazine **Webster's Basic Dictionary** , 1997 **Forthcoming Books** Rose Army, 2002

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