

1. Overview

The LIVIKEY Fitness Tracker is a wearable activity monitor designed to track health and fitness metrics. It features a 1.3-inch square display and is controlled via physical buttons.



Key attributes of the device include:

- **Shape:** Square

- **Screen Size:** 1.3 Inches
- **Input:** Buttons
- **Display Resolution:** 240 x 240 pixels
- **Connectivity:** Bluetooth 4.0 or above

2. What's in the Box

- LIVIKEY Fitness Tracker
- Charging Cable
- Instruction Manual (this document)

Note: The tracker requires a compatible smartphone and the corresponding app for full functionality. It is not compatible with tablets or computers.

3. Features and Functions

3.1 Health Monitoring

Heart Rate Monitor

The tracker monitors your heart rate automatically throughout the day. You can also initiate manual heart rate checks through the companion app. Data is displayed within the app for review.

Important: Heart rate data is for general fitness and wellness purposes only. It is not a medical-grade measurement and should not be used for medical diagnosis.

Sleep Monitor

The device automatically tracks your sleep at night, analyzing sleep stages including deep sleep, light sleep, and awake times. Detailed sleep data is available for viewing within the companion app.

3.2 Activity Tracking

The tracker records daily activity metrics including:

- Steps taken
- Calories burned
- Distance walked
- Active minutes

You can set daily step goals and monitor your progress via the app.

Multi-Sport Modes

The device includes 9 pre-set sport modes (e.g., running, walking) to track specific workouts. When connected to your smartphone's GPS via the app, it can map your outdoor exercise routes.

3.3 Smart Notifications

When connected to your smartphone, the tracker can display notifications for:

- Incoming calls (caller ID)
- SMS messages
- Alerts from social media and other apps (e.g., Facebook, Twitter, Gmail)

Note: The watch can display notifications but cannot make calls, send texts, or reply to messages.

3.4 Additional Smart Functions

- **Sedentary Alert:** Reminds you to move after prolonged periods of inactivity.
- **Alarm Clock:** Set alarms directly on the device or via the app.
- **Stopwatch:** A built-in timer for workouts.
- **Breathing Guide:** Provides guided breathing exercises to help manage stress.
- **Time Display:** Shows the current time and date.

3.5 Waterproof Rating

The device has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water under specified conditions. It is suitable for:

- Hand washing
- Rain
- Sweat during workouts

4. Use Guide

4.1 Initial Setup

1. Charge the device using the provided charging cable.
2. Download the companion app ("VeryFitPro" or similar) from the Apple App Store (for iOS) or Google Play Store (for Android) on your smartphone.
3. Enable Bluetooth on your smartphone.
4. Open the app and follow the in-app instructions to pair and sync the fitness tracker with your phone.

4.2 Wearing the Device

For accurate heart rate and activity tracking:

- Wear the band snugly but comfortably on your wrist, about one finger's width above your wrist bone.
- The sensors on the back of the device should maintain contact with your skin.
- During sleep tracking, ensure the band is secure.

4.3 Charging the Device

- **Battery Type:** 210 mAh Lithium Polymer battery (included).
- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** 5 to 7 days of typical use on a single charge.

To charge, connect the magnetic charging cable to the ports on the back of the device.

4.4 Navigating the Device

The device is operated using its physical buttons. Press the buttons to cycle through different display screens showing the time, steps, heart rate, and other data. Refer to the in-app guide for specific button functions related to your device model.

5. Specifications

- **Compatibility:** Smartphones with iOS 8.0 / Android 4.0 or above, and Bluetooth 4.0 or above.
- **Wireless Technology:** Bluetooth
- **GPS:** No built-in GPS. Uses connected smartphone's GPS for route tracking.
- **Dimensions:** 6.8 x 3.3 x 0.6 inches
- **Weight:** 2.08 ounces
- **Model Number:** 6975575931605

6. Troubleshooting

- **Device won't turn on:** Ensure it is fully charged.
- **Not syncing with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Restart both the tracker and your smartphone.
 - Unpair and re-pair the device in your phone's Bluetooth settings and the companion app.

- **Inaccurate data:** Ensure the band is worn correctly, as described in section 4.2.
- **Notifications not appearing:** Check the app settings to ensure notification permissions are granted and the correct apps are selected.

7. Warranty and Support

For warranty information about this product, please visit the Amazon product warranty page linked from the original product listing.

Manufacturer: LIVIKEY

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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