

# MIO DRIVE PETITE

## User's Guide

- **ECG** 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](http://www.miowatch.com)



## 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



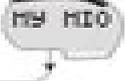
### EXERCISE TIMER

- 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

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.
- 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



1. Place thumb on the LEFT MisSensor and index finger on RIGHT MisSensor. If you wear your MIO on right hand place index finger on LEFT MisSensor and thumb on RIGHT MisSensor.



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



3. 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 3)

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 MisSensors.

### 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, move your 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 MisSensors 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 (with/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.

# Mio Drive Petite User Guide

**Hussin A.Rothana**



## **Mio Drive Petite User Guide:**

## Whispering the Secrets of Language: An Psychological Journey through **Mio Drive Petite User Guide**

In a digitally-driven world wherever monitors reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and mental subtleties concealed within phrases usually go unheard. Yet, located within the pages of **Mio Drive Petite User Guide** a captivating fictional treasure blinking with natural feelings, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very material of each word. Within the psychological depths of the moving review, we will embark upon a heartfelt exploration of the book is core subjects, dissect its interesting publishing style, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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