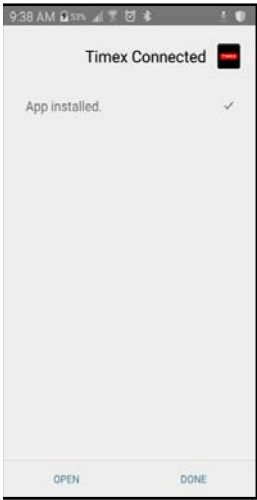


GETTING STARTED

Once you have completed the download of the phone app. Your phone will take you to one of these two screens:

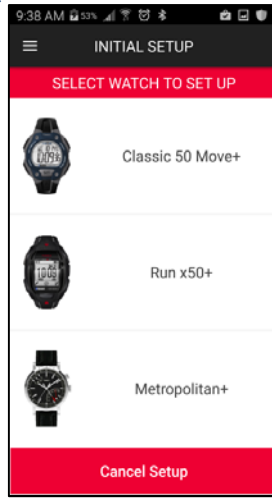


Tap **DONE**



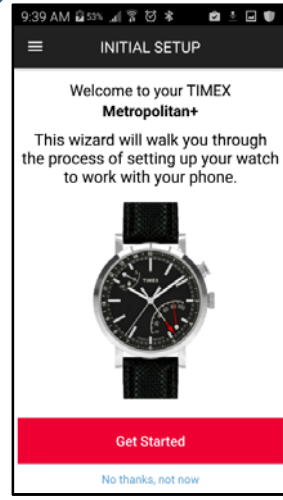
Tap **SET UP**

This will begin the set-up process

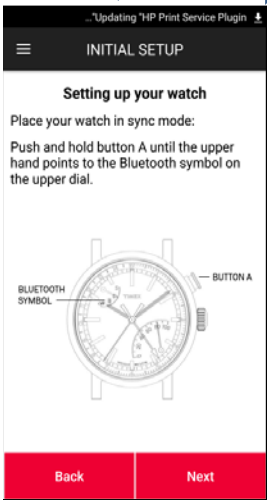


Tap **METROPOLITAN+**

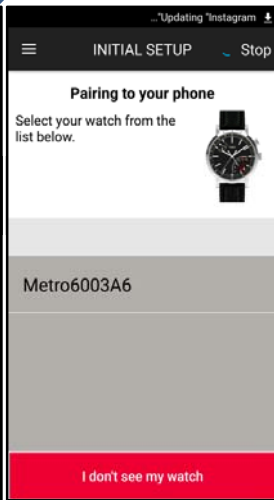
This will start the set-up wizard



Tap **GET STARTED**



Place watch in Bluetooth mode and Tap **NEXT**

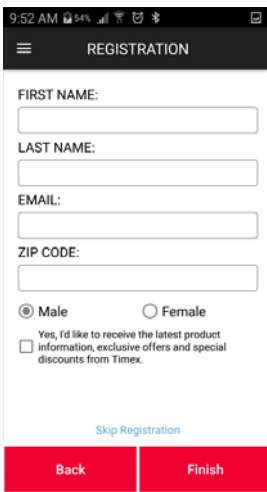


Tap on your watch (i.e. Metro6003A6)

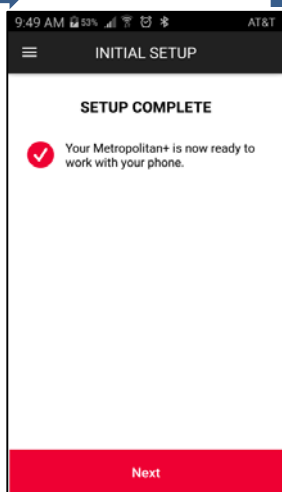


The watch will connect with the APP

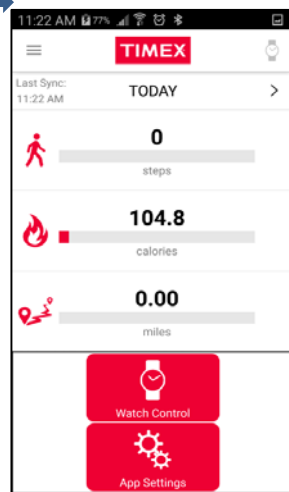
Once the synch is successfully completed, you are brought to the registration screen. (so you can receive update bulletins about your watch).



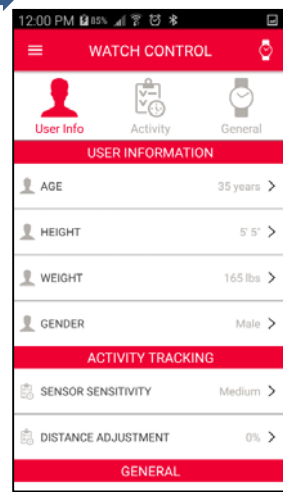
Fill up and Tap **FINISH**



Tap **NEXT**
Initial set-up is complete.

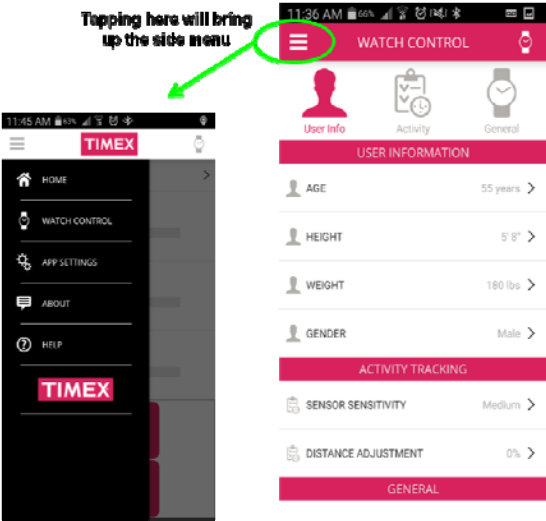


Brings you to HOME screen
Tap **WATCH CONTROL**

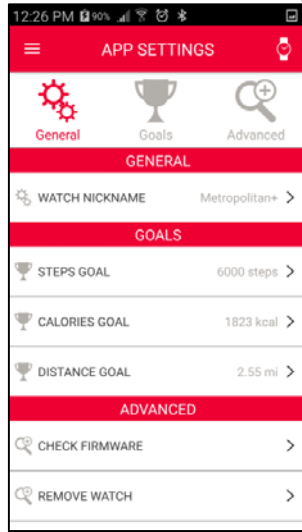


Enter personal data here. Tap on **GENERAL** to go metric.

To set your personal goals:



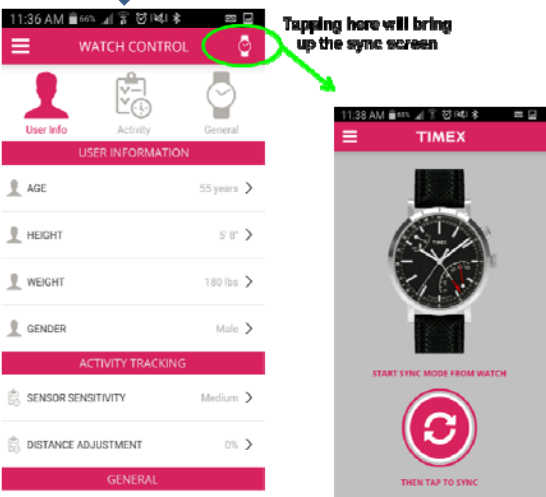
Side Menu, tap on APP SETTINGS



APP SETTING screen

Enter/adjust personal goals. Note: this device calculates base metabolic calorie burn + activity calorie burn to determine total calories burned.

App now knows your personal setting and goals - to transfer this to watch...



Tap on the icon to bring up the synch screen.



Place the watch in Bluetooth mode and Tap the SYNCH icon.

Once the synch is complete, your personal settings and goals are now in your watch.

Watch will move to the STEPS mode and you are ready to be active! STEPS display # steps taken, the DISTANCE mode will display total distance traveled. % to goal is shown for both.