



SHINE
ACTIVITY MONITOR

USER MANUAL

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US and international patents pending

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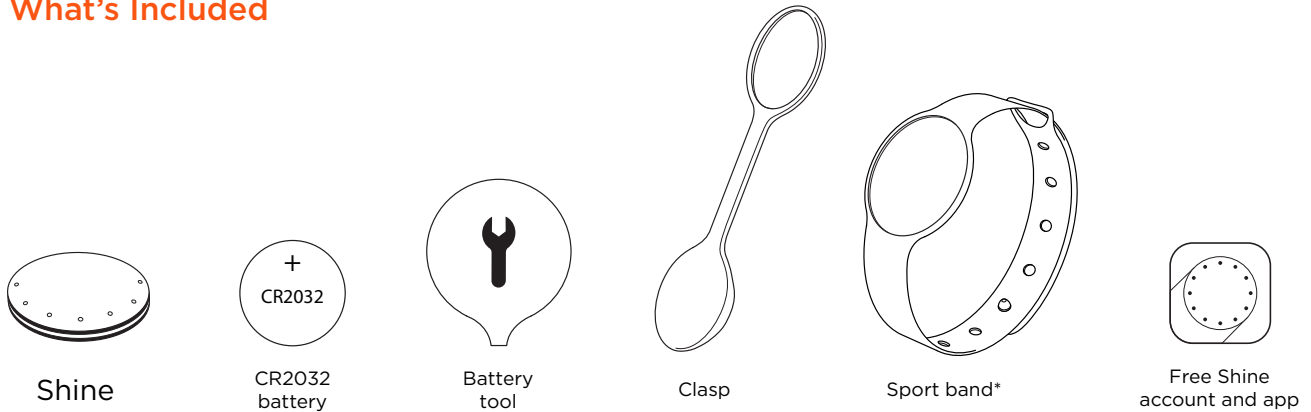
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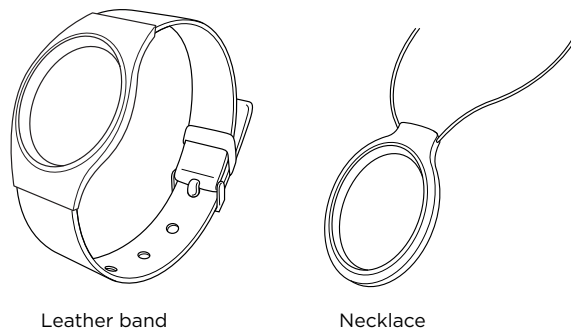
Contents and Compatibility

What's Included



*Only comes with packaging at certain retailers, purchase online [@store.misfitwearables.com](http://store.misfitwearables.com)

Other accessories available for purchase:



Mobile Device Compatibility

Shine syncs with the following devices that support Bluetooth 4.0:

[iOS]

iPhone 4S or later

iPod touch 5 Gen or later

iPad 3 Gen or later

iPad mini

[Android] Available after Dec. 2, 2013

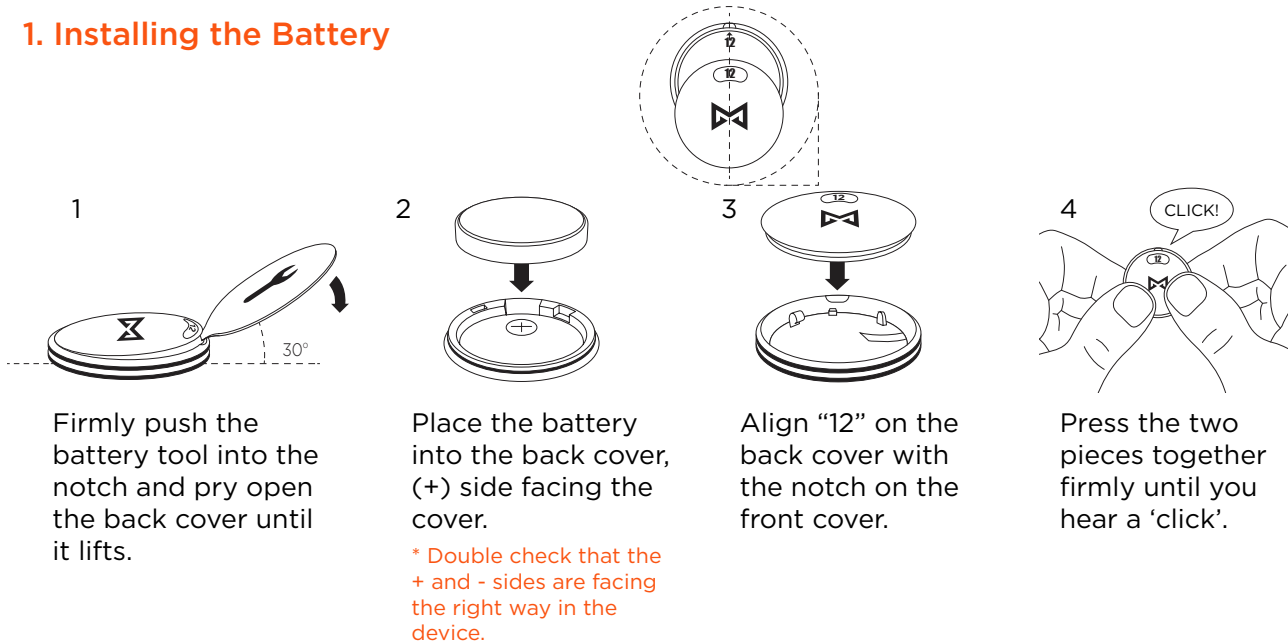
Nexus 4, 5

Galaxy S4

Galaxy Note 3

Getting Started in 3 Steps

1. Installing the Battery



To check that installation was successful, firmly tap Shine twice - one light should turn on, which also indicates the position of 12 on the clockface.



2. Signing up with the App

Install the Shine app by downloading "Shine" on the App Store or Google Play.



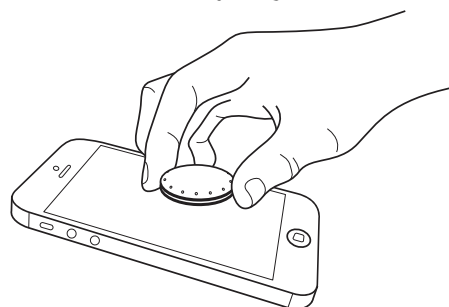
Open the app and follow the instructions on screen to create an account for new users or log in if you already have one. You will be asked to input information about yourself so we can provide you with the best experience and most accurate data. This information is confidential.

[Refer to our Privacy Policy in 'Settings' in the app for more information]

3. Linking Shine for the first time

After you set your goal, you will be prompted to sync Shine for the first time.

[See Using the App > Goal Setting to learn more about what your goal is]



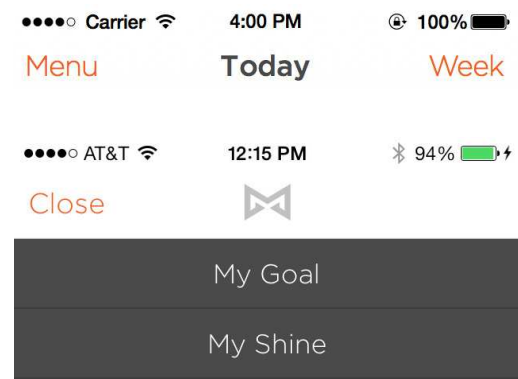
Unlinking/linking a Shine

Only one Shine can be linked to one account at a time.

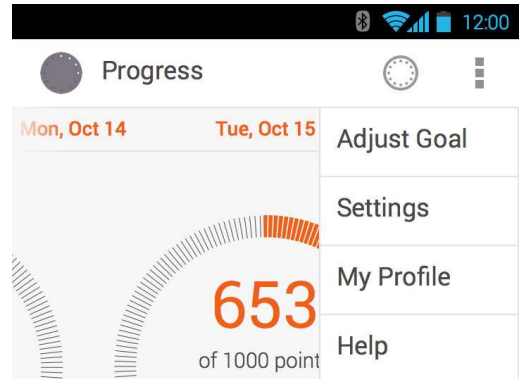
If you would like to change which Shine is linked to your account, you can follow these steps to unlink the current Shine and link another one.

To unlink a Shine:

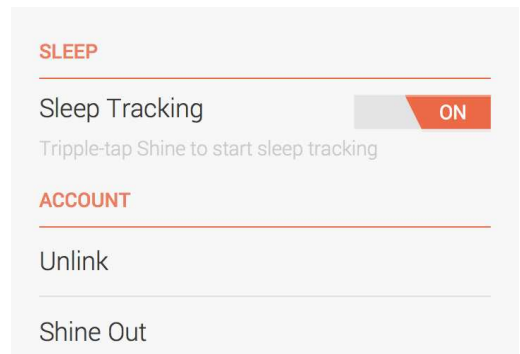
1. Open the menu and tap “My Shine” (“Settings” for Android)



Android:

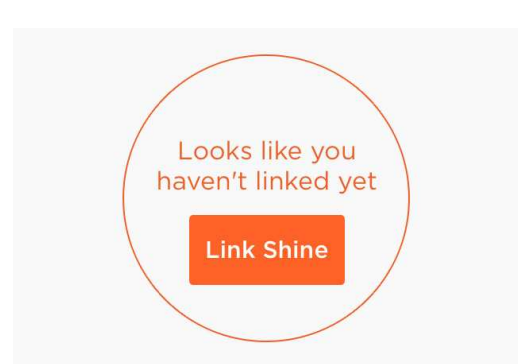


2. Tap “Unlink”

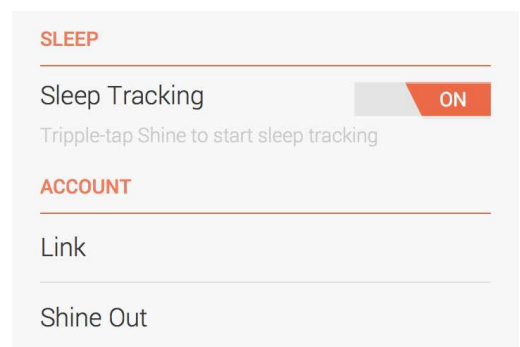


To link a Shine:

1. Open the menu (and tap “Settings” for Android)



Android:



2. Tap “Link Shine”

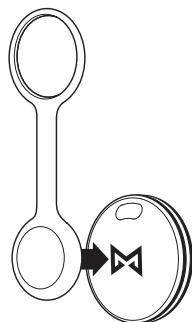
3. Place Shine on the screen. If you're linking a Shine that was used by someone else, make sure that Shine has been unlinked from their account before proceeding.

Wearing Shine

Upgrades

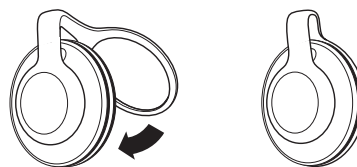
Clasp:

1



Attach the Clasp magnet to the back of Shine.

2

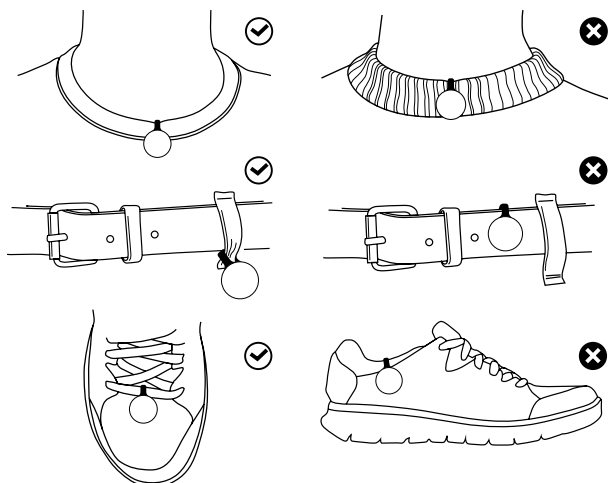


Loop the Clasp into the groove.

Shine Clasp should be worn on thin materials only. Take extra care when wearing to prevent loss.

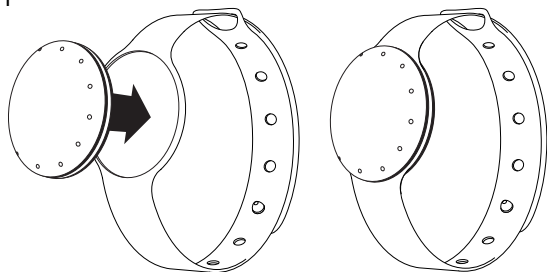
Here are some suggested ways to wear the Clasp:

* Shine and Clasp contain strong magnets, which could cause electronic equipment to malfunction. If you use a medical device, including but not limited to an implanted pacemaker, defibrillator or medication pump, please consult your physician and the manufacturer of your medical device before handling or wearing Shine or its accessories.



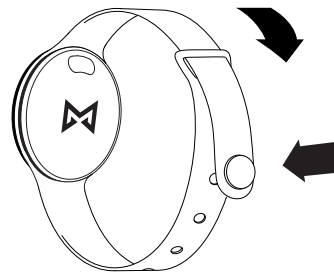
Sport band:

1



Pop Shine into the Sport band so it fits into the groove.

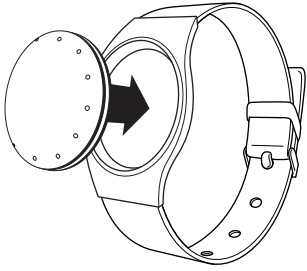
2



Feed the button through the loop and snap it into a hole so the Sport band fits snug around your wrist.

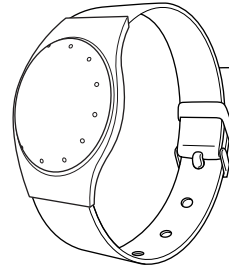
Leather band:

1



Press Shine firmly into the metal attachment.

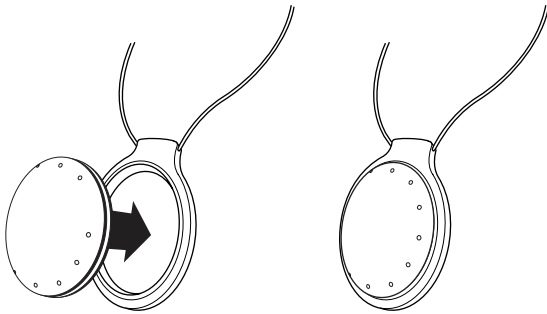
2



Adjust the Leather band like a normal watch or belt so it fits snug on your wrist.

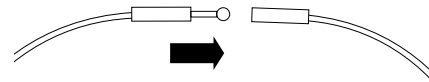
Necklace:

1



Press Shine firmly into the metal pendant.

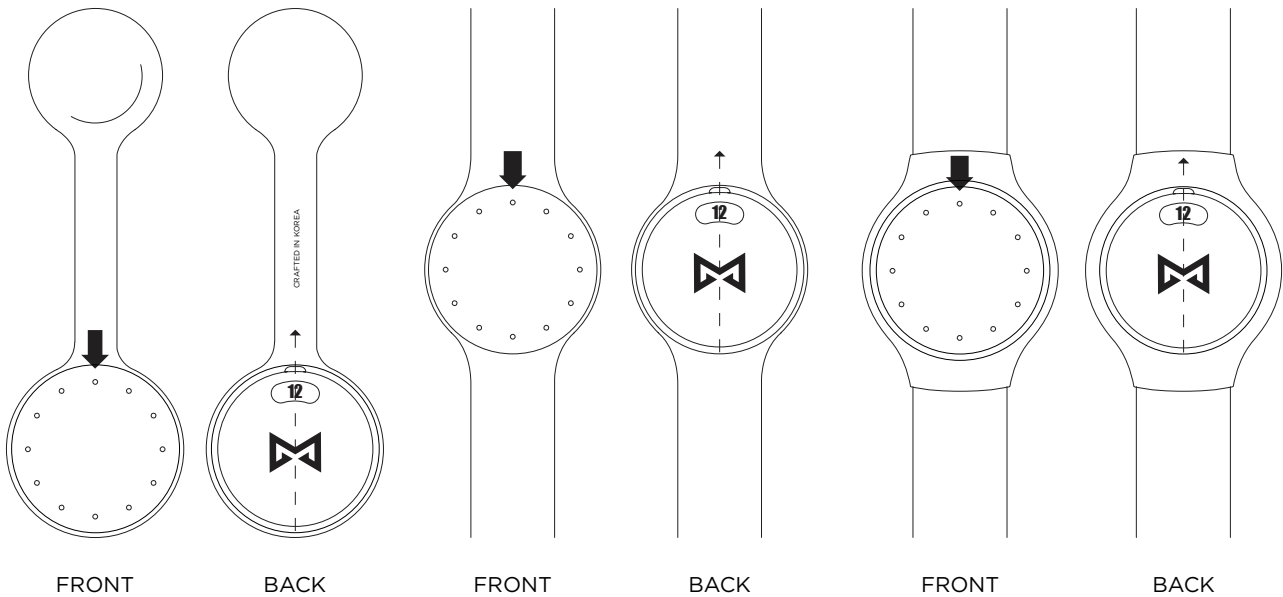
2



To open/close the necklace, attach the two connections, it is not a twisting motion.







Orienting Shine for the Clock Function

The '12' on the back cover helps you orient Shine if you're using the clock feature, it indicates the position of '12' on the front. Rotate it in the accessory so '12' faces the desired direction.



Wearing Positions

Overview of recommended upgrades for activities:

		SHINE	CLASP	SPORT BAND	LEATHER BAND	NECKLACE
walking/ running		✓	✓	✓	✓	✓
cycling		✓	✓	○	○	○
swimming		✓	○	✓	○	○
other activities		✓	✓	✓	✓	✓
events		✓	✓	✓	✓✓	✓✓
sleeping		✓	○	✓	✓	○

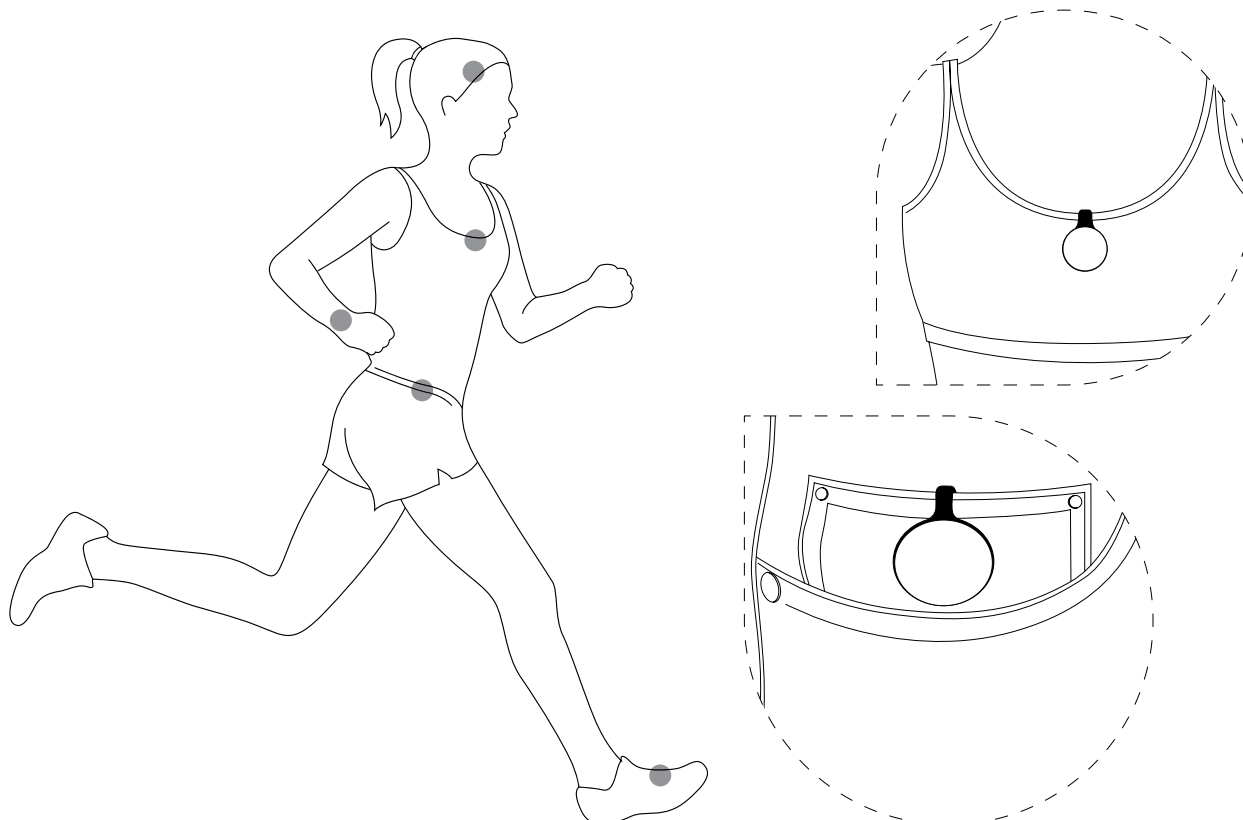
○ not recommended ✓ recommended ✓✓ highly recommended

Best Wearing Positions per Activity

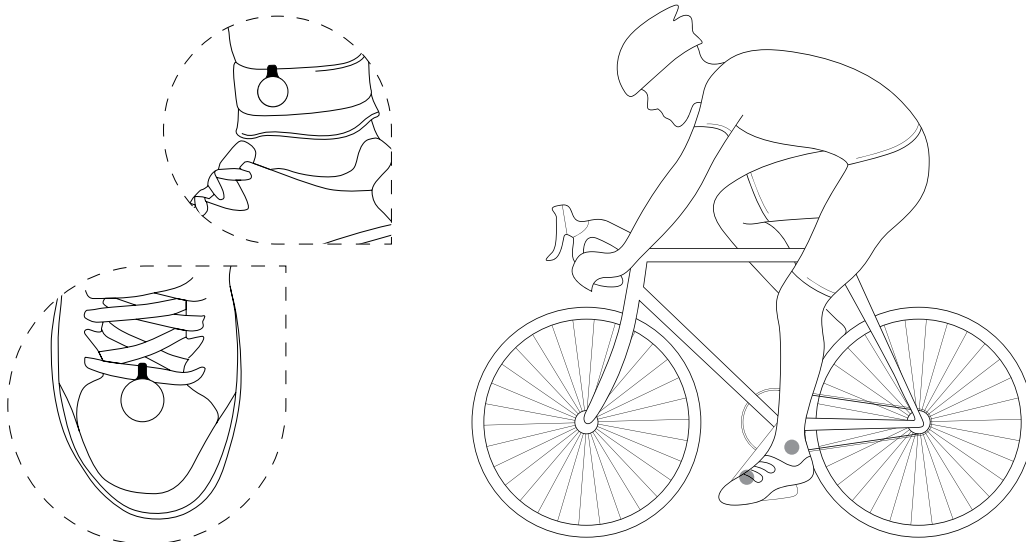
To get the most accurate data from Shine, use the accessories in the suggested wearing position(s) when you intend to track the following types of activities.

Walking/running:

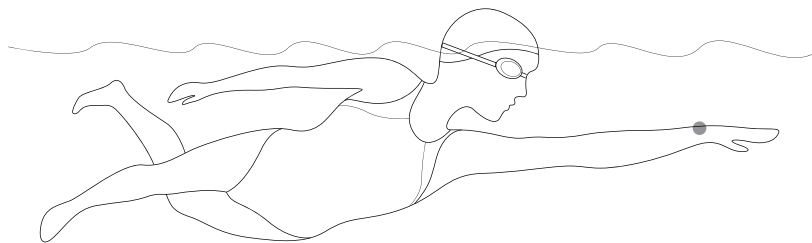
Wear your choice of accessory anywhere, get creative!



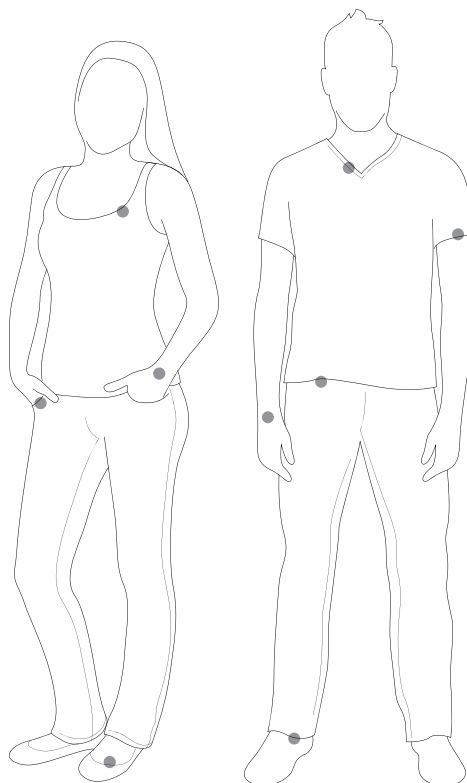
Cycling:
Wear it on your foot or ankle using the Clasp.



Swimming:
Wear it on your wrist with the Sport band.



Other activities:
Wear it on the part of your body that is moving the most. Here are some options:



Sleep:
Wear Shine on your wrist while you are sleeping for the most accurate data.

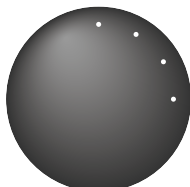
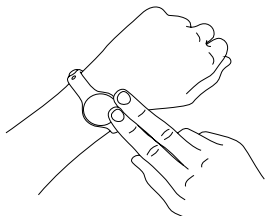
Using Shine

Tapping and Displays

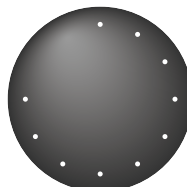
Double-tapping:

Double-tap Shine with one or two fingers to check progress toward your daily activity goal.

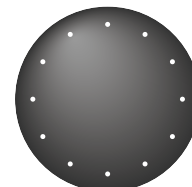
[See Using the App > Goal Setting to learn more about your goal]



25%



75%

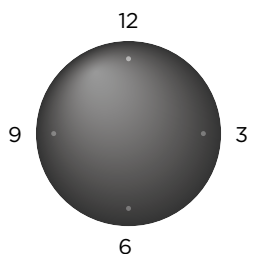


100%

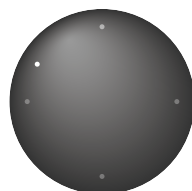
Telling time:

You can enable the clock feature and choose to display it before or after your activity progress when you double-tap Shine. The time is synchronized with the time on your mobile device.

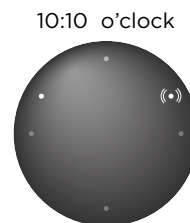
[See Using the App > Changing Shine Settings]



1. Reference lights appear



2. Hour light appears



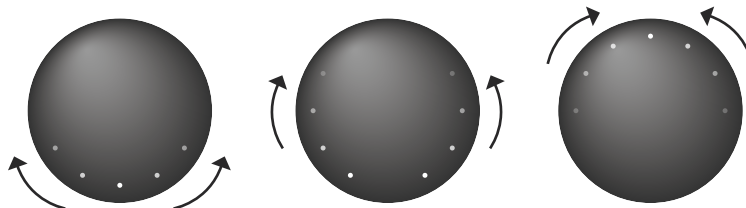
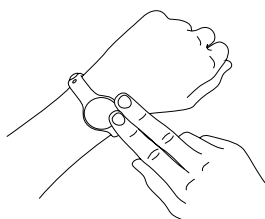
3. Minute light blinks

Triple-tapping:

By default, triple-tap initiates sleep tracking. Triple-tap Shine before you intend to go to sleep. The lights radiate upwards three times to confirm a tag.

You can also track other activities that are not walking, jogging or running.

[See Using the App > Activity Tagging to learn more about activity tags]



* Tapping works best when you are wearing Shine. Tapping when Shine is on a hard surface may be ineffective.

Memory

Shine holds up to 30 days of your activity data. Sync Shine regularly to ensure the most detailed data has been downloaded onto the app.

Shine begins recording data for each day at midnight, when its display resets. Information from the previous day is stored in Shine's memory and will be transferred to the app at the next sync.

[See Shine Specifications and other Information to learn more about your Shine]

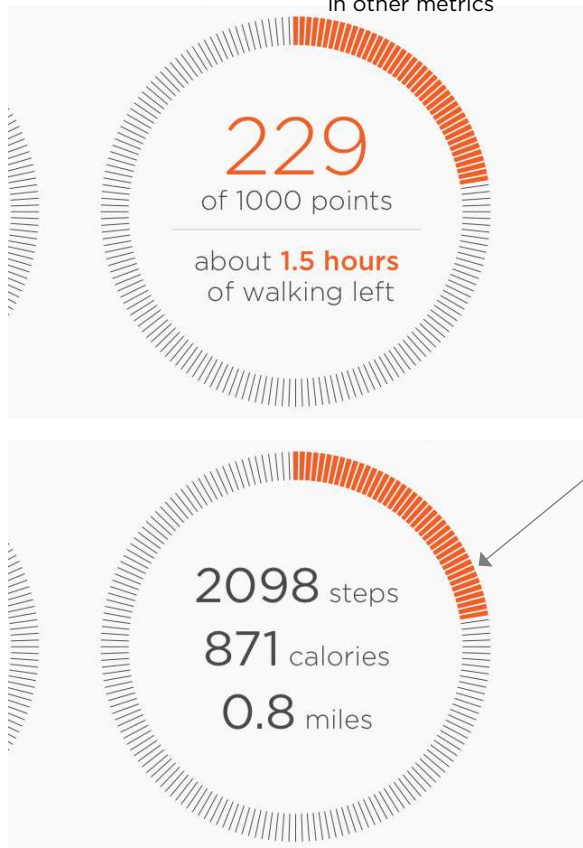
What Shine Tracks

Shine tracks all your activities. After syncing, you can view a daily accumulation of the following:

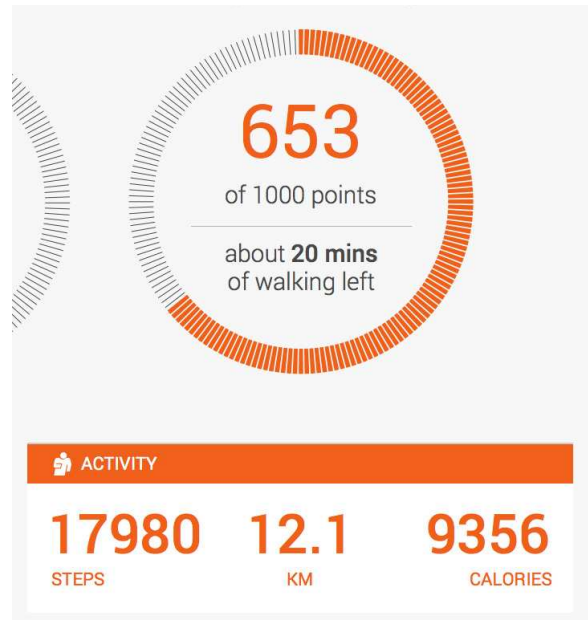
- Points
- Steps
- Calories
- Distance

iOS:

Tap the progress circle to display an overview of your activity points in other metrics



Android:



See an explanation of Points, Calories and Sleep tracking on the next page.

What are Points?

Points are a way to measure physical activity, both from steps and other activities.

For example, if you walk for 10 minutes, you can earn about 100 points, depending on your pace. If you run for 10 minutes, you can earn closer to 3-5 times that amount, depending on the intensity of your running.

The more active you are, the more points you receive. It's that simple.

[See Using the App > Activity Graphs to understand the visual information]

Calories

Shine displays your total Calories burned, which includes:

1. Calories related to your physical activities like walking, running, swimming, etc.
2. The basal metabolic rate (BMR) of energy needed just to keep your body alive.

Even if you have not performed a lot of activity in a day, you will still burn Calories related to your BMR, which can be a surprisingly large number - more than 1,500 calories for many users.

Shine's Calorie estimate is based on the most updated medical research on energy expenditure.

Sleep

If you wear Shine to sleep, it can provide the following:

- Time slept
- Amount of deep sleep

[See Using the app > Sleep Graph to understand the visual information]

Using the App

Goal Setting

Use the app to set your activity goal. On the next sync, your personal goal will be updated on Shine. The lights represent percentage progress towards your chosen goal, and corresponds with the progress circle in the app. You can always change your goal under Menu > My Goal.

Goals are set in points, and the app provides an estimate of how much time spent walking, running or other activities would achieve that goal. These time estimates are approximate and depend on the intensity of walking, running or other activities.



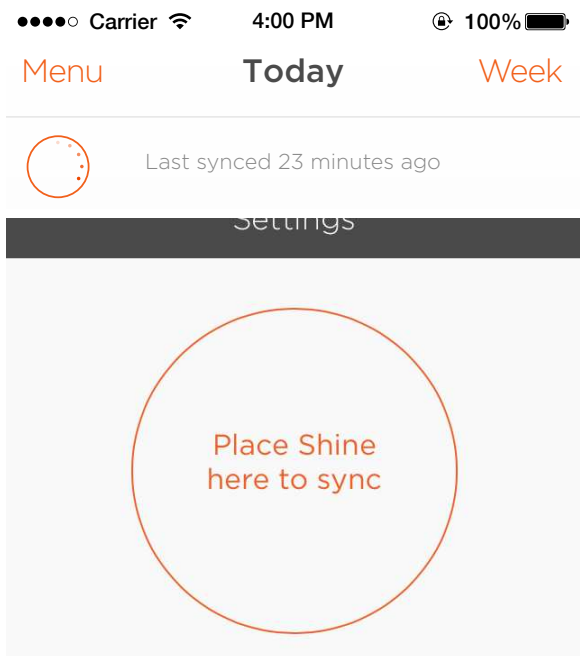
Background and Automatic Sync

The Shine app supports background sync on **iOS7+** to keep your activity data up to date. Whenever the app is launched, Shine will periodically sync automatically to make sure the most recent activity data is being displayed.

Triggering Sync

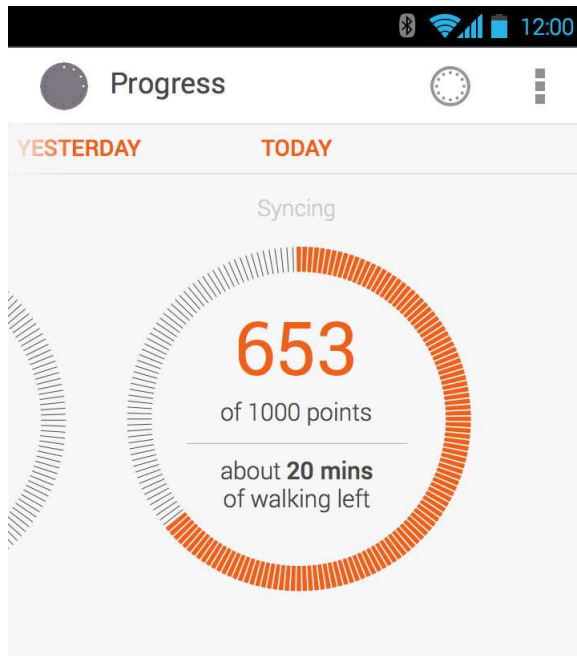
iOS:

Open the Menu and tap the circle to sync.



Android:

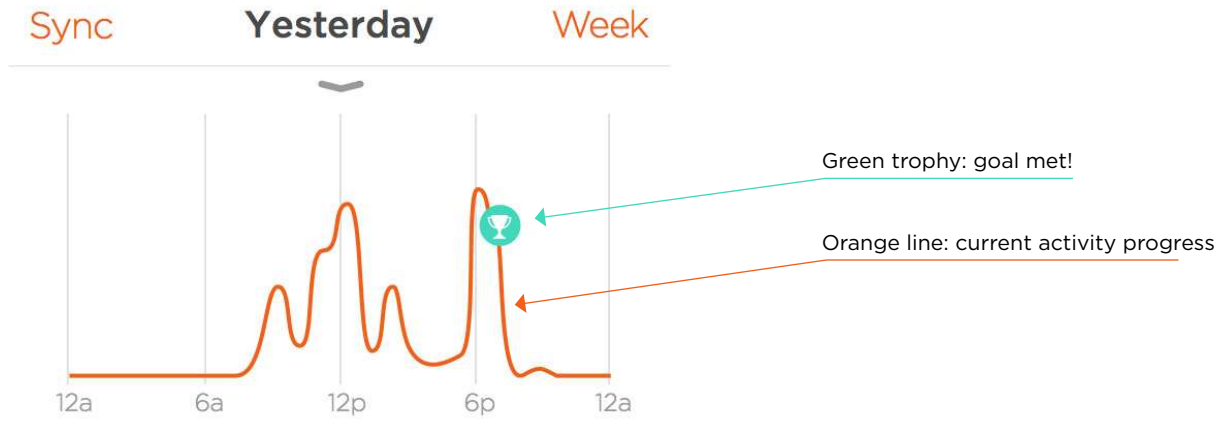
Tap the sync icon in the action bar to sync.



Activity Graphs [coming soon on Android]

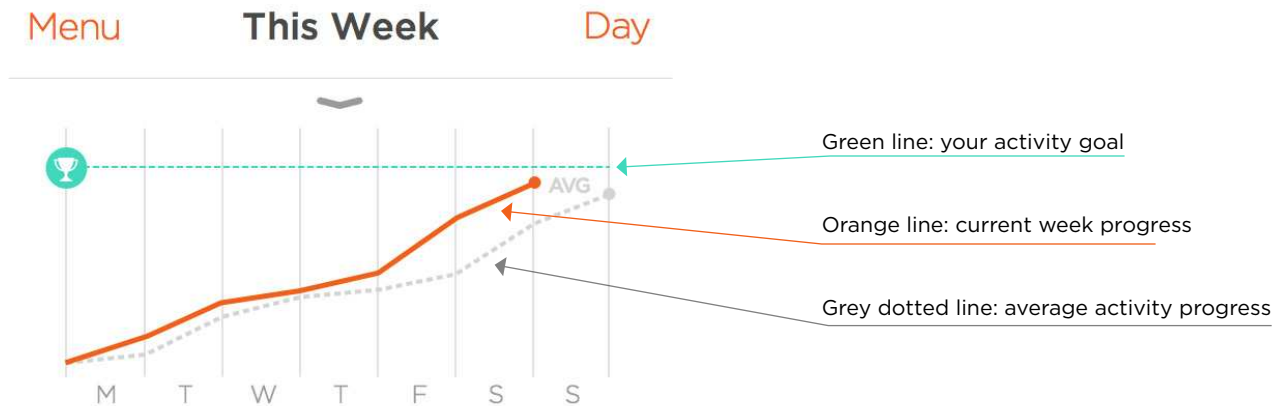
Intensity graph:

The intensity graph shows your activity level over the course of 24 hours.



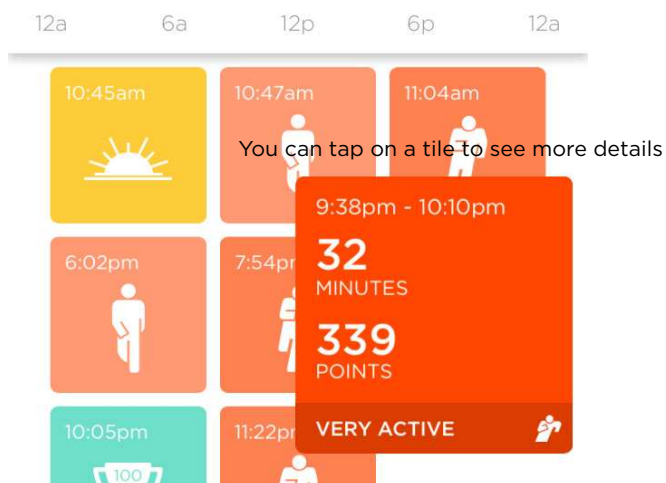
Trend chart:

The trend chart shows your activity progress over the course of a week.



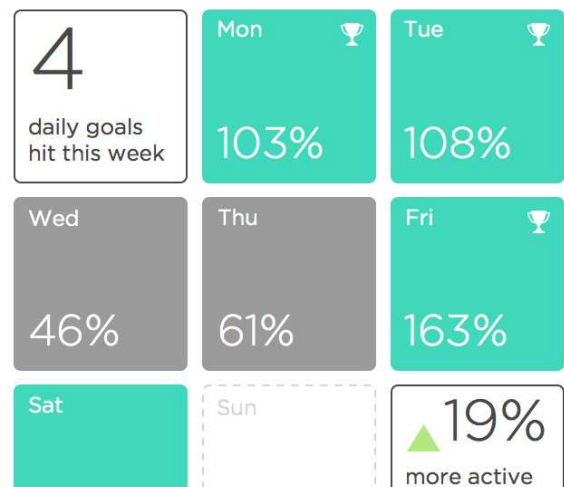
Highlights [coming soon on Android]

The highlights panel collects notable activity events during your day, including activity sessions, sleep sessions, milestones, achievements and more.



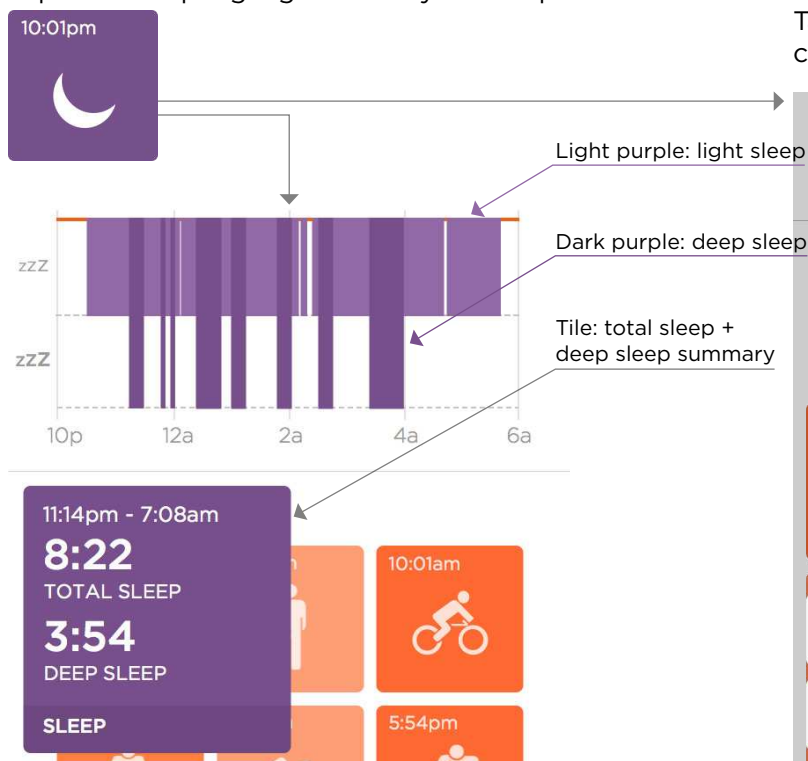
Weekly Summary -

In the week view, the highlights panel becomes a summary of your weekly activity level and performance over time.

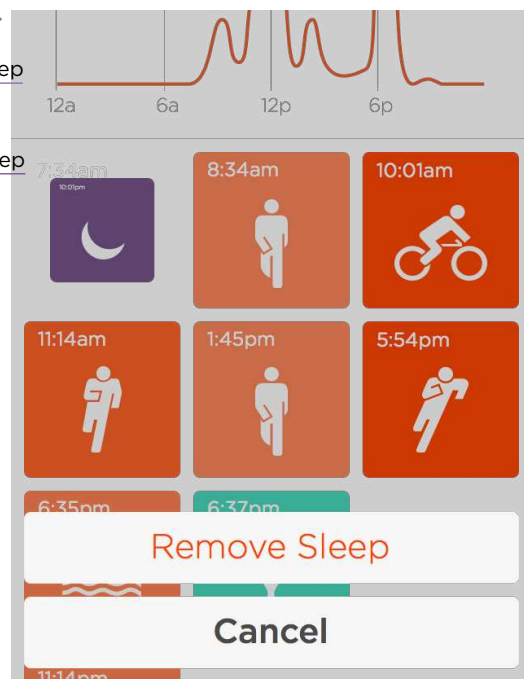


Sleep Graph [coming soon on Android]

Tap on a sleep highlight to see your sleep details.



To delete a sleep highlight:
Tap and hold a sleep highlight on the current day to remove it.

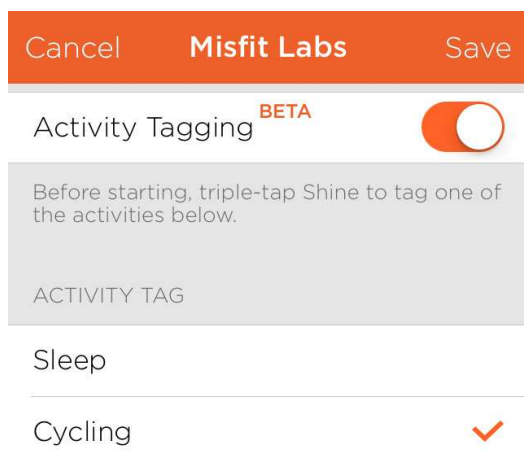


Activity Tagging [coming soon on Android]

Activity tags mark the beginning of an activity that's not walking, jogging or running.

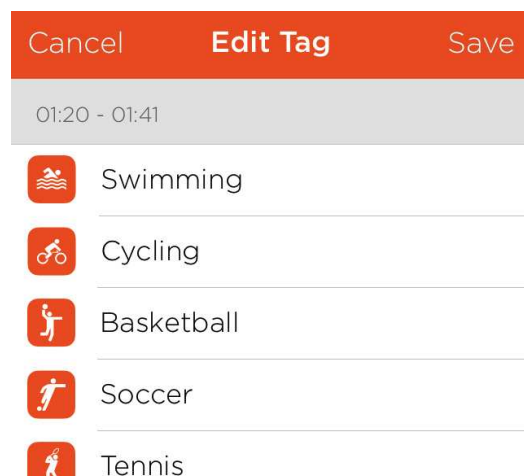
To tag an activity:

1. Open 'My Shine' menu and access 'Misfit Labs'.
2. Turn on "Activity Tagging" and select the activity you want to track.*



To edit an activity tag:

Tap and hold an activity highlight on the current day to edit.



3. Tap 'Save'.

4. When you begin your activity, triple-tap Shine to leave a tag.

Shine automatically detects the end of an activity - there is no need to tap it again.

5. Sync Shine with the app to see your activity displayed in the highlights panel.

* You can switch between different activity tags and they will show up in your highlights the next time you sync Shine. There's no need to sync after changing your activity tag.

Social Features

Have more fun with Shine by connecting with friends through Shine’s social features. You can compete with friends and view the most recent milestones and activity of the broader Misfit Shine community!

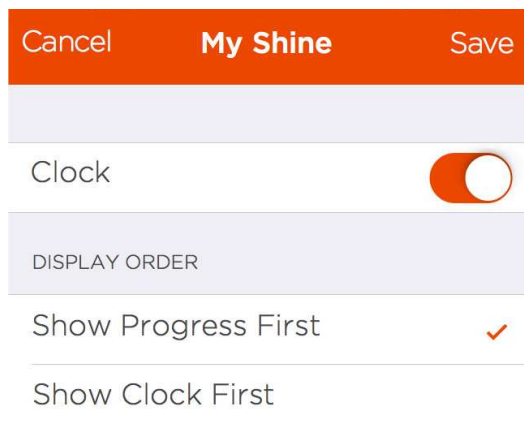
Changing Shine Settings

By default, the clock feature on Shine is disabled. You can enable it and also choose to display it before or after your activity progress.

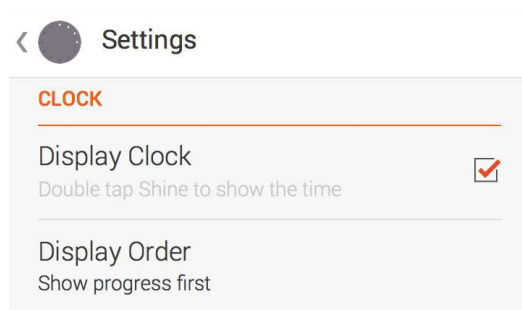
To enable the clock and set order:

1. In the Shine app, open the Menu and select ‘My Shine’ (‘Settings’ on Android)
2. Slide the Clock toggle to ‘ON’.
3. Choose whether to display progress or the clock first.

iOS:



Android:

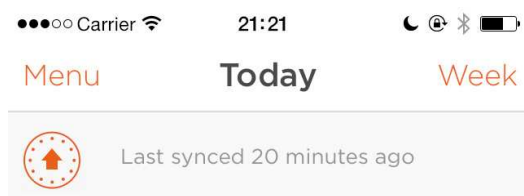


4. Tap ‘Save’ and sync Shine.
-

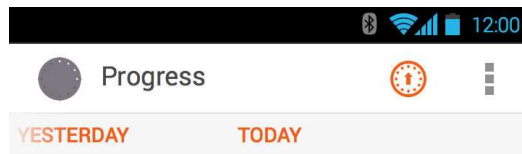
Updating Shine

When an update is available for Shine, the sync indicator changes to display an upwards facing arrow. Tap this icon to open the update page, then tap the circle to start the update. The update requires a network connection and takes up to 2 minutes.

iOS:




Android:



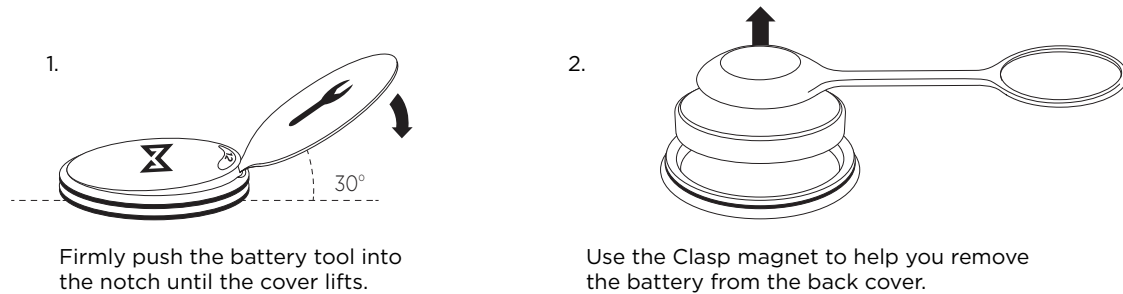
Shine Specifications and Other Information

Battery

Shine is powered by a 3 Volt CR2032 coin cell battery (included). It lasts about 4 - 6 months with normal use.

When you see this low battery indicator:  on the upper left hand corner after you sync Shine to the app, you have less than one week to replace the battery. We recommend using the same brand (or one with equivalent quality), which should give you the estimated battery life.

Battery replacement instructions:



[Refer to Getting Started > Installing the Battery to re-assemble Shine]

Best practices to maximize Shine's battery life:

- Keep the app up to date
- Keep Shine's firmware up to date
- Resist unnecessary tapping of SHINE as a party trick

CR2032 battery info: 3V Li-MnO₂ 225mAh

Operating temperature range: -22° to 140° F (-30° to 60° C)

[Review the Disposal and Recycling section for proper battery handling after use and Important Safety Warnings > Battery Precautions for more safety information]

Water Resistance

Shine is water resistant up to 5atm (50 meters, 165 feet).

Suitable for dishwashing, splashing and swimming in shallow waters, not snorkeling or diving.

To maintain water resistance:

- Install the back cover correctly
- Do not tamper with the back cover when it is still submerged in liquid
- Avoid prolonged exposure to salt water or other chemicals, e.g. detergent, chlorine
- Avoid moving Shine in and out of contrasting extreme atmospheres; saunas, steam rooms, hot tubs and hot showers could distort the sealing gasket
- Avoid opening the back cover unnecessarily
- When opening the back cover to replace the battery, avoid touching the gasket
- Never leave Shine open for more than a few hours; a dry gasket will cause the seal to fail

Environmental Conditions

Operating temperature: -4° to 122° F (-20° to 50° C)

Non-operating temperature: -22° to 140° F (-30° to 60° C)

Return Policy and Warranty

Shine is under a 365 Day Limited Warranty - for more information, visit:
http://www.misfitwearables.com/legal/warranty_policy

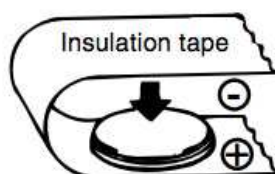
This Limited Warranty gives consumers specific legal rights, and consumers may also have other rights in addition to or instead of this limited warranty which varies from jurisdiction to jurisdiction. Consumers should review their local laws to see if additional warranty rights are afforded to them under such laws.

Disposal and Recycling

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Shine and accompanying components. Do not dispose of Shine with common household waste, the Shine unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.

For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

When discarding batteries, insulate the + and - faces of batteries with insulating or any kind of non-conductive tape [see diagram]. If improperly disposed, lithium batteries may short, causing them to become hot, burst or ignite.



[Review Important Safety Warnings > Battery Precautions for more safety information]

* For complete Panasonic CR2032 battery warning and disposal information, please refer to original source:
<http://industrial.panasonic.com/www-data/pdf/AAA4000/AAA4000PE15.pdf>

Important Safety Warnings

General Precautions

- Shine is not a toy or medical device
- Do not attempt to tamper with/modify/disassemble Shine
- Do not expose Shine to abrasive materials
- Do not place Shine near open flames
- Review Shine Specifications and other Information > Environmental Conditions and do not expose Shine beyond operating temperatures
- Shine's metal body conducts temperature effectively, avoid contact when left in extreme temperatures
- Shine's edges can be sharp, handle with care

Read, follow and keep this user manual and all safety instructions. Improper installation, use or disposal of Shine could be hazardous to your health and put others at risk.

Magnet Strength

Shine and Clasp contain strong magnets, which could cause electronic equipment to malfunction. If you use a medical device, including but not limited to an implanted pacemaker, defibrillator or medication pump, please consult your physician and the manufacturer of your medical device before handling or wearing Shine or its accessories.

The magnets in Shine and its accessories make it possible to lose around metal objects, so take extra care when wearing to prevent loss.



Child Safety

Shine and its accessories contains small parts, which can be a choking hazard. Please keep away from young children.

If battery is swallowed, immediately seek medical help as serious injury may occur.



Battery Precautions

- Follow battery replacement instructions provided with this guide [Refer to Shine Specifications and other Information > Battery]
- Do not charge, short, disassemble, deform or heat batteries
- Do not throw batteries into fire
- Avoid mixed use of batteries, e.g. new, used or different types
- Keep batteries away from direct sunlight, high temperature and humidity
- Keep batteries out of reach of small children. Should a child swallow a battery, consult a physician immediately

Regulatory Notices

North America

United States: Federal Communications Commission [FCC]



FCC COMPLIANCE STATEMENT:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

INFORMATION TO USER:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy. If not installed and used in accordance with the instructions, it may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by tuning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the distance between the equipment and the receiver.
- Connect the equipment to outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING:

The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC ID: PT3-SHOAZ

Canada: Industry Canada [IC]

IC COMPLIANCE STATEMENT:

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada exempts de licence standard RSS (s). L'utilisation de ce dispositif est autorisée seulement aux conditions suivantes : (1) il ne doit pas produire de brouillage et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

IC ID: 10638A-SHOAZ

South America

Brazil: Anatel



STATEMENT:

Este produto está homologado pela ANATEL, de acordo com os procedimentos regulamentados pela Resolução 242/2000, e atende aos requisitos técnicos aplicados. Este equipamento opera em caráter secundário, isto é, não tem direito a proteção contra interferência prejudicial, mesmo de estações do mesmo tipo, e não pode causar interferência a sistemas operando em caráter primário. Para maiores informações, consulte o site da ANATEL www.anatel.gov.br

Anatel EAN barcode:



(01)07898581340478

Anatel homologation number: 3146-13-9656

European Union

European Union: CE directive



STATEMENT:

Hereby, Misfit Wearables Corporation, declares that Shine is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

WEEE:



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling.

For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of the Shine with household waste.
- Disposal of the packaging and your SHINE should be done in accordance with local regulations.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.

[See Shine Specifications and Other Information > Disposal and Recycling for more information]

Asia

China: CMIIT

CMIIT ID: 2013DJ8436

Korea: KR



WARNING STATEMENT:
해당 무선설비는 운용 중 전파혼신 가능성이 있음

KC ID: MSIP-CRM-MFW-SHOAZ

Japan: Giteki



007-AB0117

Singapore: iDA

Complies with IDA Standards DA103787

Australia + New Zealand:

ACMA



Z571 (R-NZ)

Middle East

United Arab Emirates: Telecommunications Regulatory Authority [TRA]

TRA registered #:
ER0118951/13

Dealer #:
DA0118950/13



Need more help? Check out our
FAQs at misfitwearables.com/faqs

or

if you still can't find the answer to your question,
please contact:
help@misfitwearables.com

Other ways to keep up to date and get additional support:

Follow us on Twitter [@MisfitWearables](https://twitter.com/MisfitWearables)
Check out facebook.com/MisfitWearables