



skechers
PERFORMANCE™ DIVISION

**Bluetooth Smart GOwalk™
All Day Activity Tracker and Sleep
Monitor Wristband**

**Model: Skechers GOwalk™
User Manual**



Bluetooth Smart GOwalk™ All Day Activity Tracker and Sleep monitor Wristband

Model: Skechers GOwalk™ User Manual

INTRODUCTION

Congratulations! By purchasing our Skechers GOwalk™ Bluetooth Smart All Day Activity Tracker and Sleep Monitor Wristband, you've made the first step toward taking control of your all-day activities, whatever daytime or night. We hope it could help you easily acquire activity data and transfer it to your mobile app through Bluetooth Smart (Bluetooth Low Energy). From now on, you can easily and systematically track your activity volume and sleep quality on a daily basis.

Our dual wristband is designed to give you many years of reliable service. Some of its features include:

- Detachable smart core
- Anti-dust and adjustable strap

The wristband is currently compatible with iPhone 4S and advanced version / iPod touch (5th Gen) / iPad 3 that is with logo



to achieve reliable transmission linkage.

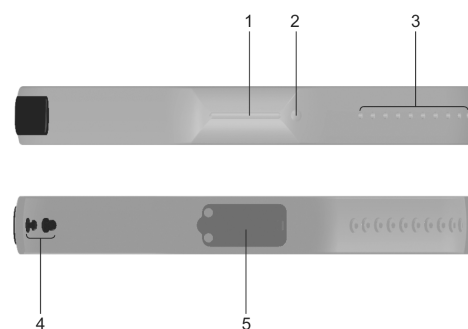
NOTE This manual contains important safety and care information, and provides step-by-step instructions for using this product. To get the greatest benefit from your purchase, read the manual thoroughly, and keep it in a safe place in case you need to later refer to it.

PACKAGE ITEMS

The package should include the following items:

- 1 x Wristband
- 1 x Charger pod
- 1 x Skechers GOwalk™ warranty card
- 1 x Quick start guide

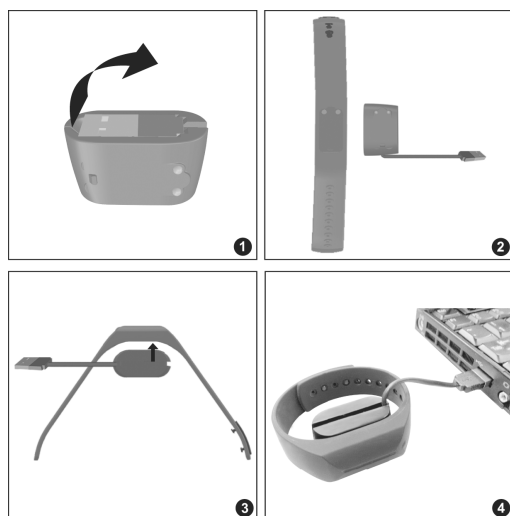
OVERVIEW







1. LED Indicator
2. Operational button
3. Snap buttonholes
4. Snap buttons
5. Smart core

CHARGING AND INDICATORS

Before you start using the wristband, please charge it for at least 1 hour.



1. Un-route the USB cable from the charger pod.
2. Align the two metal connection points of the charger pod with the pair on the smart core.
3. Make the connection points approach to each other by magnetic until they are completed connected.
4. Plug the big end of the USB cable into USB port of your PC.
5. Once the smart core is correctly connected with the charger pod, the indicator turns on.

NOTE You can directly see the battery icon  /  /  / , see section **Battery Status**.

GET STARTED

WEAR

Your wristband is adjustable to fit for different wrist sizes. Wearing the band on your wrist by following the below steps:

1. Insert the snap buttons into the appropriate buttonholes. Do not make the wristband too loose for avoiding inaccurate calculations.

2. For secure, pull the wristband with some pressure to make sure it is not easily loosen from the wrist.

APPLICATION

Your wristband can help track your activities during the day and your sleep status at night while transmitting your data with your mobile device.

Download an application from your mobile device. For fast searching the application, type '**Go Walk**' as the keyword in the search engine. It is available in Apple App Store.



is the application's icon.

Turn on Bluetooth:

A pop-up message (see below) appears to remind you for turning on the Bluetooth in **Settings** before start.

Indicators	Status	Action
Red is on	Charging	To keep the smart core charged, connect it with the charger pod when not in use.
Green is on	Charging completed	Remove the charger pod from the smart core.
Red blinks 3 times when operational button is pressed.	Low battery	Charge without interruption until the indicator turns to green.



Guide screen:


You have to browse the guide screen by screen at first, swipe the screen to left or right. Manually tap **Skip** at the last screen to exit.



Connect to your mobile device:

Press and hold operational button for 5 seconds to enter connection mode through Bluetooth. The indicator flashes 3 times in blue.

If the connection is successful, the indicator becomes blue.


Animated  icon represent the signal reception condition of data transmission.

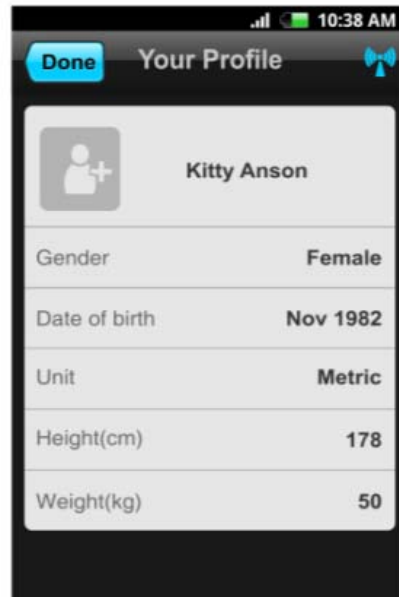
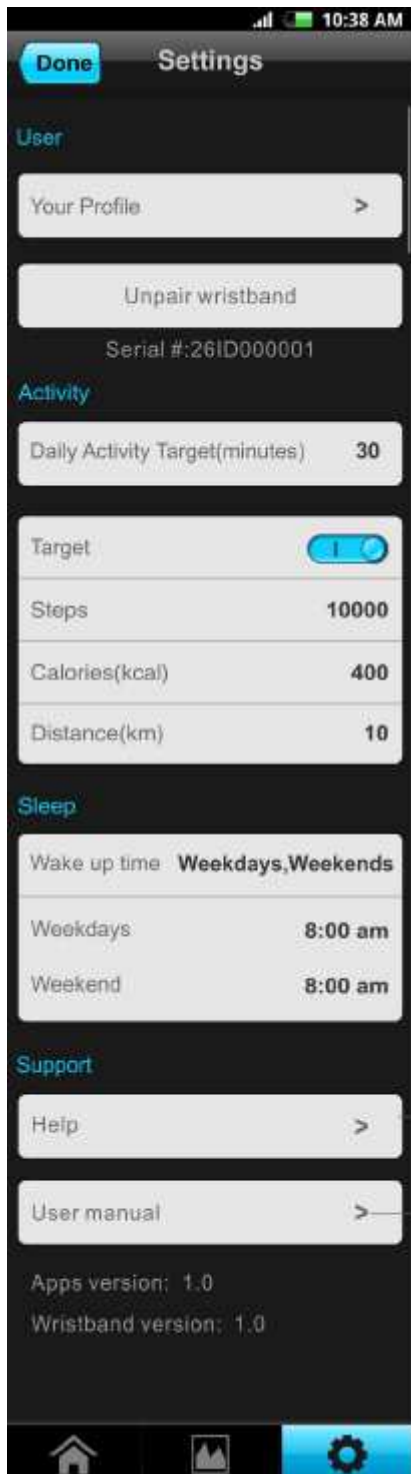
NOTE The Bluetooth connection will

automatically disconnect in the following situation:

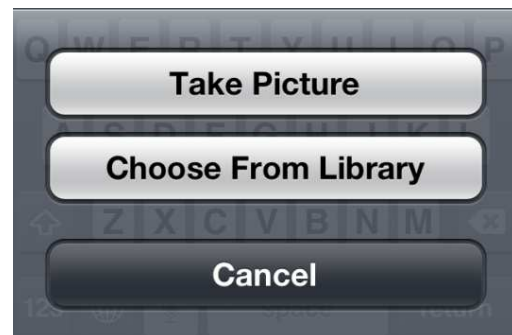
1. The application runs as a background task for 5 minutes.
2. The application is turned off or the mobile device is powered off.
3. The Bluetooth transmission is out of range.
4. The wristband is in idle mode for 5 minutes, such as placing it on the table.
5. The wristband enters into sleep monitoring mode.

SETTINGS

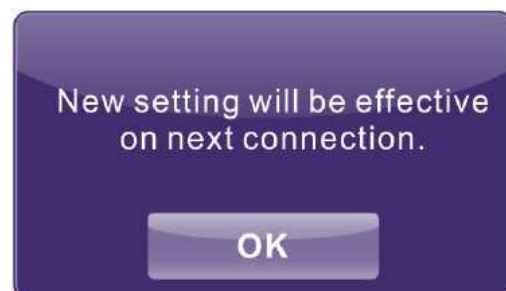
1. Tap  icon to enter setting screen.
2. You can set different settings, including **User, Activity, Sleep** and **Support**.



NOTE You can add a photo as profile photo, choosing from existed photo in your device's album or directly taking photo.



NOTE Once you edit the profile, the new profile will be effective after re-connection. A pop-up message appears after editing.



USER PROFILE

1. Tap **Your Profile** or > to enter profile screen.
2. Swipe on each row to select data, such as name, gender, date of birth, height measure unit, height (**cm** or **inch**) and weight (**kg** or **lb**). Tap **Done** when you complete settings.

CHANGE USER

If you want to use another compatible wristband, you need to unpair the previous band from the application.

1. In setting screen, tap **Unpair wristband**.
2. **Are you sure?** displays on the screen. If you confirm to unpair, select **Yes**. If you want to exit, press **No**.

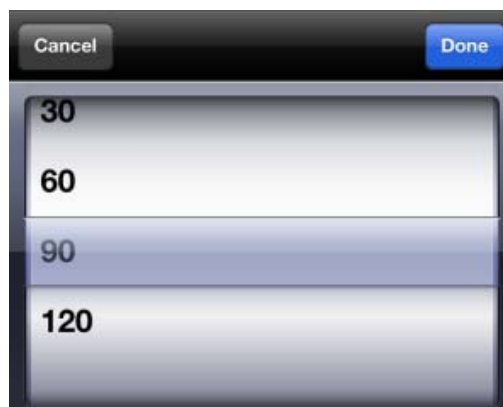
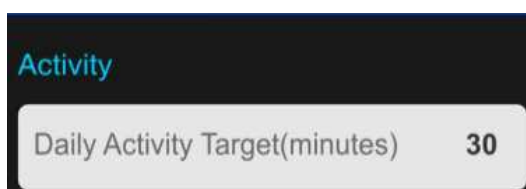


NOTE If the wristband is paired, you can see serial number under **Unpair wristband** button.



DAILY ACTIVITY LEVEL TARGET

You can set activity level in the application (**30/60/90/120** minutes), the application will generate a series target data as a reference, including target steps, calories and distance.



TURN ON TARGET

You can turn on **TARGET** feature, so the target reference data will be displayed before your current activity data. If it is turned off, the reference data will disappear.

Swipe to right to turn it on; swipe to left to turn it off.



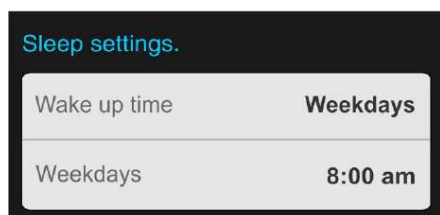
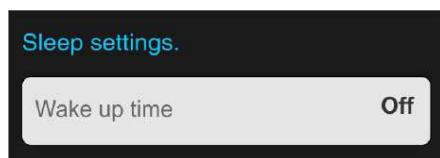
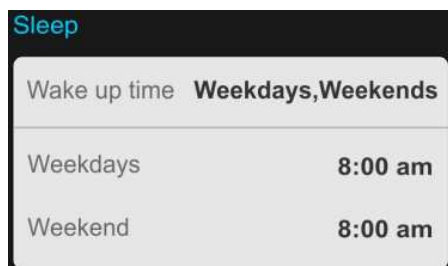
SLEEP TIME SETTING

You can set your sleep monitoring function, including wake-up time range (**Weekdays/Weekends** or both) and exact time options. The wristband will automatically deactivate the sleep mode and then switch to the activity mode if there is no button being pressed. This feature ensures the correction

of readings that user forgets to switch back to the activity mode by pressing the button.

If you confirm setting, tap **Done**.

If you want to turn off the sleep monitoring function, you can select **Turn off**.



SUPPORT

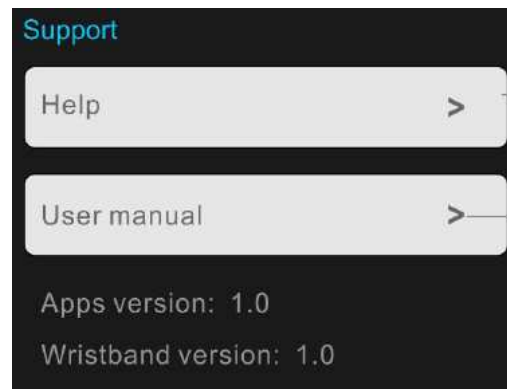
You can browse support information in below section.

Tap **>** to enter **Help** screen. You can browse the guide again (see **Application** section for details).

OR

Tap **>** to enter **User manual** screen. A complete user manual in PDF format displays for reading.

Version information of your current application and wristband will also be displayed on the screen.



ACTIVITY MODE

Smart core collects your activity volume for analysis and then display the real-time data in the application.

The wristband uses 3D sensor technology to count your activity volume to achieve 30 minutes a day or 150 minutes per week in total. Different colors of the indicator on the wristband represent different activity achievement.

USEFUL REFERENCE

WHO-European Commission

“For healthy adults aged 18 to 65 years, the goal recommended by the WHO is to achieve a minimum of 30 minutes of moderate-intensity physical activity 5 days a week.”

“Activities to increase muscular strength and endurance should be added 2 to 3 days per week.”

U.S. Centers for Disease Control and Prevention

“Adults need at least 2 hours and 30 minutes (150 minutes) of moderate-intensity.” Aerobic activity (i.e. brisk walking) every week and muscle strengthening activities on 2 or more days a week that works a major muscle groups (legs, hips, back, abdomen, chest, should and arms).”


ACHIEVEMENT AND INDICATOR

You can see your activity achievement percentage compared estimated volume directly through LED indicator color.

- Press the operational button, you will see the corresponding LED for 3 seconds.

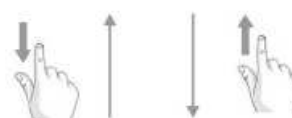
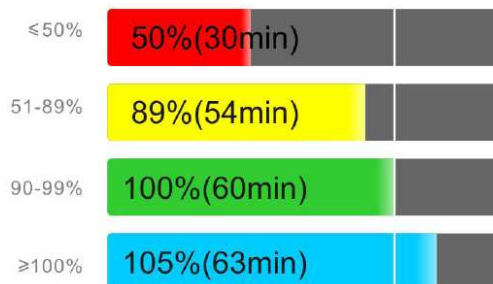
Your Activity Achievement	LED color
<= 50%	Red
51-89%	Yellow
90-99%	Green
>=100%	Blue

VIEW ACTIVITY DATA

In **Activity** screen (tap  icon), you can view the data as follows: **Activity Level** bar, **Steps**, **Calories (kcal)** and **Distance (km)**. Target volume of each data is also listed on the right of each row for your reference.

Swipe the screen downwards and upwards to browse the entire screen.

NOTE The bar color of activity level displays the same as LED color.



Switch to sleep monitoring screen:

Swipe to right, you will see sleep monitoring screen. (See section **View Sleep Data** for details.)

To view graphical data:

Tap the icon  to enter

Activity Level screen.

Swipe the screen to left or right to enter graphic screen. The data and trend will be presented by graphics.

You can review the data history by selecting the icons, **Day**, **Week**, **Month** and **Year**. Tap

◀ / ▶ to select your desired time range.



SLEEP MONITORING MODE

You need to set wake-up time range at first, please see **Sleep Time Setting** section for details.

The wristband can detect vibration during your sleeping and transfer the sleep status to the application for analysis. The application can graphically show your sleep status for review.

Start your sleep:

When you are ready to start your sleep, press and hold the operational button until the LED indicator turns on in purple for 3 seconds. The smart core starts recording your sleep status. Ensure the sleeping mode works properly, you can press the operational button, purple indicator flashes once.

NOTE The bluetooth connection

automatically disconnect while entering sleeping mode.

After your sleep:

Press and hold the operational button again until the LED indicator blinks 3 times in purple.

NOTE For reconnect to Bluetooth, press

and hold the operational button for 5 seconds to manually connect .

IMPORTANT The smart core will

automatically exit from sleep monitoring mode after 12 hours from the moment you press the operational button to start the mode, and then switched to activity mode.

VIEW SLEEP DATA

The application records the data as follows,

- In bed time (including start/end time)
- Actual sleep time
- Time to fall asleep
- Time to end sleep



Switch to Activity Level screen:

Swipe to left, you will see sleep monitoring screen. (See section **View Activity Data** for details.)

To view graphical data:

Tap the icon  to enter

Actual Sleep Time screen.

Swipe the screen to left or right to enter graphic screen. The data and trend will be presented by graphics.


You can review the data history by selecting the icons, **Day**, **Week**, **Month** and **Year**. Tap

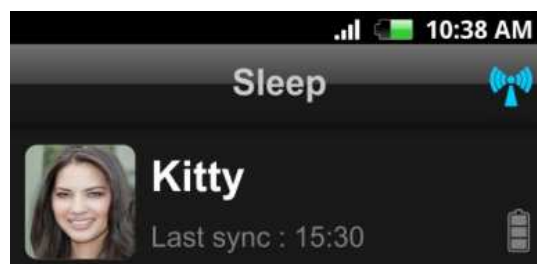
◀ / ▶ to select your desired time range.



BATTERY STATUS

You can check the battery status of the wristband directly from the application.


In activity mode and sleep monitoring mode, you can see the battery icon .





SHARE YOUR DATA

Share your activity status:

You can share the activity status both on facebook and twitter.

Tap the icon , while you are viewing the activity or sleep data, you can share your data following the below steps:

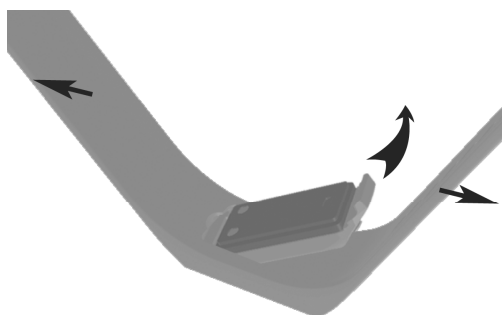
- Tap the corresponding icon,  or , and then write something in the status bar, tap **Post to Facebook / Twitter** to make your status posted.

NOTE You need to log in facebook before posting.



CLEAN YOUR WRISTBAND

You can clean your wristband, but the smart core must be removed from the band.



Stretch the band and remove the smart core from the band by fingers with some pressure.



Wipe the wristband by a soft, slightly moistened cloth. Do not use chemical detergent to clean it, which may cause damage. Ensure the band is fully dried before return the smart core back to the wrist band.

SPECIFICATIONS

Type	Description
Dimension (L x W x H)	38 x 23 x 18 mm (1.5 x 0.9 x 0.7 inches)
Weight	20.9 g (0.74 oz)
Operation temperature	
Temperature range (operation)	-10 °C to 40 °C
Temperature range (storage)	-20 °C to 60°C
Power	
Charging	USB

User Profile	
Gender	Male / Female Default: Female
Birth year	1914 - 2013
Age	25
Weight range	20-225 kg (44-495 lb) Default :50 kg (110 lb)
Height range	69-231 cm (2'3" – 7'7") Default: 170 cm (5'7")
Activity mode	
Activity time range	Default: 30 minutes Range: 30/60/90/120 minutes
Target steps	Default: 10000 Range: 0-99999
Target distance	Default: 7 km Range:0-99 km
Target calories	Default: 1000 Kcal Range: 0-99999 Kcal
Sleep Monitoring Mode	
Wake-up time	Weekday, 7am Weekend, 8 am

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Clean it only with a soft cloth slightly dampened with warm water or a mild soap.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.

- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this quick start guide may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the quick start guide are subject to change without notice. For complete instructions on using the product, please refer to the online user manual, visit www.sportsbeatusa.com/gotracker. The English version of the manual contains the most updated operating function description.

SKECHERS® is a registered trademark of SKECHERS USA, Inc. II
www.skechersperformance.com

Distributed by Sport Beat, Inc.,
45 Jefryn Blvd. West,
Deer Park, N.Y. 11729
under license from Skechers USA, Inc. II
1(888) 760-3059 • Fax: (631) 274-3033



www.sportsbeatusa.com/gotracker

Thank you for purchasing our product

Need help with your product?

Do not return the product to the store

To better serve you, there are 2 ways you can reach us:

E mail sportsbeat@sportsbeatny.com

Toll Free 888-760-3059 ext 221 or 230

Or 631-274 3248 ext 221 or 230

Our Customer Assistance

Representatives are always



ready to answer your questions.

Sports Best reserves the right to interpret and construe any contents, terms and provisions in this user manual and to amend it, at its sole discretion, at any time without prior notice. To the extent that there is any inconsistency between the English version and any other language versions, the English version shall prevail.

EU-DECLARATION OF CONFORMITY

Hereby, Sports Best, declares that Skechers GOwalk™ Bluetooth Smart All Day Activity Tracker and Sleep Monitor Wristband is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request.



COUNTRIES RTTE APPROVED COMPLIED
All EU countries, Switzerland 
and Norway 

FCC / IC STATEMENT HEREBY

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.

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

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the 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 and, if not installed and used in accordance with the instructions, 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 turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: Reorient or relocate the receiving antenna. Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio / TV technician for help.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please call our customer service number

Toll Free : 1 (888) 760-3059

(ext. 221 or 230)

or (631) 274-3248 (ext. 221 or 230)

We

Name: Sports Beat, Inc.

Address: 45 Jefryn Blvd West,

Deer Park, NY 11729

Telephone No.: 1 (888) 760-3059

declare that the product

Product No.: Skechers GOwalk™

Bluetooth Smart All Day Activity Tracker

and Sleep Monitor Wristband

is in conformity with Part 15 of the FCC Rules.

Operation is subject to the following two

conditions: 1) This device may not cause

harmful interference. 2) This device must

accept any interference received, including

interference that may cause

undesired operation.