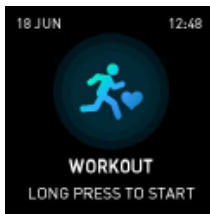


How to track your heart rate and MVPA minutes Tempo 4C

As you go about your daily activities, the HPB fitness tracker will automatically record your heart rate throughout the day as long as it is turned on, has sufficient battery and worn correctly on the wrist. There is no need to activate heart rate tracking. However, if you would like to observe changes in your heart rate real-time on the fitness tracker, you can trigger the 'Workout Mode'.

How to trigger 'Workout Mode'



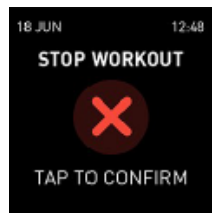
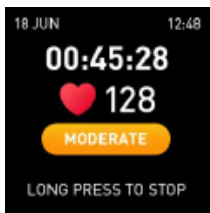
Step 1

Tap the touch sensor on the HPB fitness tracker until you see the workout screen. Then, press and hold to view the list of workout modes available.



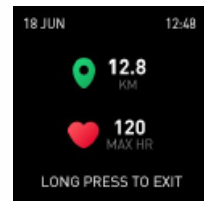
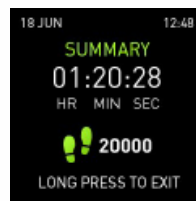
Step 2

Tap to toggle between 4 different workout modes: walking, running, cycling and others. Press and hold to start the workout of your choice.



Step 3

To stop the 'Workout Mode', press and hold again. Tap to confirm the end of your workout session.



Step 4

Your workout summary will be displayed. Tap to toggle between the summary screens. To exit, press and hold again.

Exiting the 'Workout Mode' does not mean the fitness tracker will stop tracking your heart rate. The fitness tracker will always be tracking your heart rate and steps as long as it is turned on, has sufficient battery and worn correctly on the wrist. Note that staying in 'Workout Mode' for extended periods of time will drain the battery.