

The logo features the letters 'UP' in a bold, magenta, sans-serif font. The 'U' and 'P' are connected at the top. Below the 'UP' is the text 'by JAWBONE' in a smaller, black, sans-serif font.

by JAWBONE®

EXTENDED
USER
GUIDE



UP BASICS

FEATURES /
ANATOMY /
FUNCTIONALITY

START UP

WELCOME TO
A HEALTHIER
YOU

1

GET THE APP

Download the UP by Jawbone app
for iPhone® and activate your band



2

WEAR THE BAND

Track your activity and sleep 24/7



3

LIVE UP

Join challenges, track progress,
connect with friends & more



WRISTBAND

MOTIONX®
POWERED

ANATOMY



RECHARGEABLE BATTERY

Up to 10 days of use on a single charge.

VIBRATION MOTOR

Powers your silent Smart Alarm & reminds you to move.

PRECISION MOTION SENSOR

Accurately tracks your movement and sleep activity.

SYNC PLUG

Syncs your band with the app on your iPhone®; connects to the USB cable to charge.

SWEAT-PROOF & WATER-RESISTANT*

Wear the band while showering or working out.

* Water-resistant up to 1m.

BUTTON

Check and change band modes.

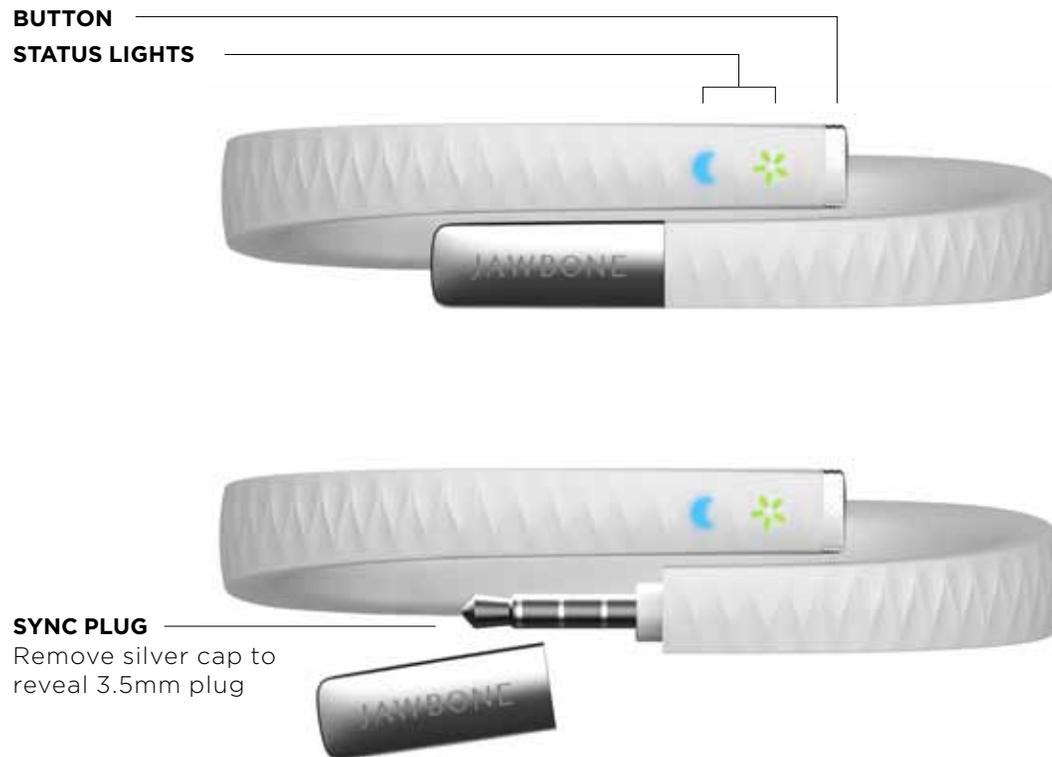
MotionX®
Powered

MotionX® is a registered trademark of Fullpower Technologies, Inc.

WRISTBAND

FITS
COMFORTABLY
ON YOUR WRIST

MODE INDICATOR LIGHTS



SIZE & FIT

- Band should fit comfortably on your wrist
- Wrap the band around your wrist as shown below



WRISTBAND

TRACK YOUR
ACTIVITY
& SLEEP

BAND MODES

Your band has two primary modes — Active and Sleep — plus Workout Tracking, as indicated by the status lights on the band. Press the button once to see which mode you are in.

ACTIVE MODE

Keep your band in active mode throughout your day to track steps, distance, calories burned, pace, and intensity level.

SLEEP MODE

Put your band in sleep mode when you're ready to fall asleep to track hours slept, deep vs. light sleep, awake time, and overall sleep quality.

CHANGING MODES

Press and hold the button to toggle between active and sleep modes. When you change modes, status lights will blink and the band will vibrate.



WORKOUT TRACKING

Workout Tracking is a way to timestamp a specific activity to see how you performed during a fixed period of time. If you want to see how many steps you walked on a hike or how many calories you burned on a jog, then initiate Workout Tracking when you begin your workout and exit Workout Tracking when you finish.

START A WORKOUT

In the active mode, press the button twice and hold on the second press until LED changes from solid to flashing.



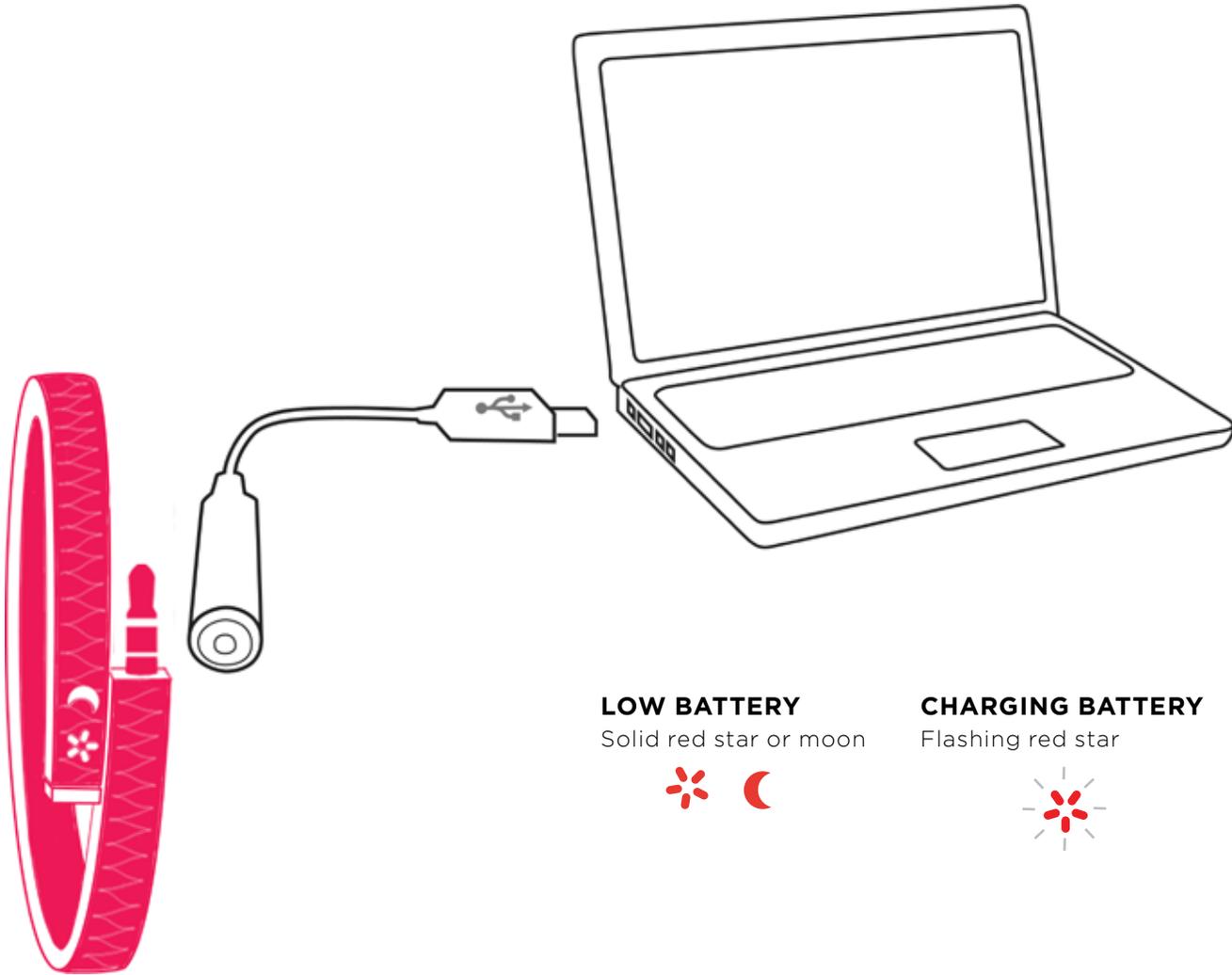
STOP A WORKOUT

Press and hold the button until LED changes from flashing to solid.



WRISTBAND

CHARGE
YOUR
BAND



LOW BATTERY

Solid red star or moon



CHARGING BATTERY

Flashing red star



FULLY CHARGED

Solid star



IPHONE APP

KEEP TABS ON
YOURSELF &
YOUR FRIENDS

ANATOMY

Application Home-Screen

The diagram illustrates the app's interface. On the left, a vertical iPhone screen shows the home screen with three colored bars (purple, orange, green) representing progress. On the right, a horizontal iPhone screen shows the 'LIFELINE VIEW' with a bar chart and various data points. Red lines connect text labels to specific UI elements on both screens.

SYNC BUTTON (points to the circular refresh icon at the top left of the home screen)

ADD ACTIVITY BUTTON (points to the plus sign at the top right of the home screen)

- Take a snapshot of your meal
- Start a workout
- Set your Smart Alarm and Activity Reminder

PROGRESS
The arrows show your % of performance against your daily goals

ME
Snapshot of your day

TEAM
How you're doing compared to all of your teammates (friends)

FEED
Real-time log of your team's activity and and place to share your thoughts

CHALLENGE
Stay motivated by joining challenges that help keep you on track

PROFILE
Change your privacy settings, check your inbox, configure your profile, and more.

LIFELINE VIEW
Turn your smartphone sideways at any time to see your comprehensive LifeLine view.

TECH SPECS

FEATURES

- Revolutionary system (wristband + free iPhone® app) that tracks your sleep, activity & eating habits
- Precision motion sensor tracks your daily activity, workouts, and phases of sleep
- Vibration alerts including Smart Alarm & Activity Reminders
- Sweat-proof & water-resistant design
- Designed to be worn 24/7

SIZES AND WEIGHT

- Small: Wrist size 14.00-15.50cm; 19 grams
- Medium: Wrist size 15.50-18.00cm; 21 grams
- Large: Wrist size 18.00-20.00; 23 grams

POWER AND BATTERY

- Up to 10 days of battery life
- About 80 minutes to fully charge
- Built-in rechargeable Li-ion polymer battery
- Included USB to 3.5mm adapter for charging 5V 550mA Max 2.5W (included)

COMPATIBILITY

- Compatibility: requires iPhone 3GS, iPhone 4, iPhone 4S, iPad, or iPod Touch (iOS 4.1 and greater)



LIVE UP

JAWBONE.COM/UP