

Step-by-Step Guide:

How to track your higher intensity physical activities

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. *You will be able to see the duration of your higher intensity physical activities based on your heart rate when you sync your fitness data on the Healthy 365 app.*

However, if you would like to observe changes in your heart rate real-time on the fitness tracker while working out, you can trigger the 'Workout Mode'.

How to trigger the 'Workout Mode'



Step 1

Tap the touch sensor on the tracker until you see the 'heart' symbol.



Step 2

Press and hold on the sensor of the tracker until the 'heart' symbol is animated.



Step 3

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

Exiting the 'Workout Mode' does not mean the tracker will stop tracking your heart rate. Remember, the 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. *Do also note that staying on the 'Workout Mode' for extended period of time will drain the battery.*