Getting started with the
bodybuggSP™

personal calorie management system

For the Android OS 2.0 and newer

Getting Started

We know you're excited, and you should be!

Follow these instructions to make your startup and installation as smooth as possible.

1. Activate, register and set up your account online
2. Pair your device and download your mobile app
3. Connect your device

This should take between 20-30 minutes to complete

If you run a problem in the setup process that you don't understand, please visit www.bodybugg.com/start for tips and tricks that can help you out.

Android

New bodybugg® Users, Start Here

1. New bodybugg system users without an account, go to www.bodybugg.com/activate.

   > If you already have a bodybugg system account, skip ahead to page 5.

2. Follow the instructions to set up a username and password, and activate your bodybugg sensor. To locate the serial number of your sensor, you will need to pop it out of the armband strap.

3. Turn your armband sideways with the status button at the bottom, push down with both thumbs until the sensor separates from the armband.


4. Ignore online instructions re: "gray version" and enter all ten digits of the serial number.

5. Finish by registering on the bodybugg.com site.

Set Up Your bodybugg System Program

1. This should take 10-15 minutes. Once you've created your account, an email confirmation will be sent to you with your username/password.

Continue to follow the prompts to set up your bodybugg program online:

- Medical History Questionnaire
- Food Preference Questionnaire
- Body Parameters
- Register your armband
- Goals and Targets
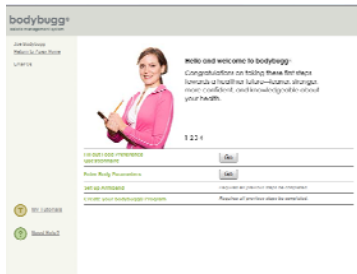
2. Make sure to fully charge the sensor before proceeding (about 3 hours).

With your battery light flashing green, you're ready to slide your armband on to your left arm and to skip ahead to page 6.

Existing bodybugg System Users, Start Here

Be sure to upload the data from your current armband to your existing account before registering your new bodybuggSP armband.

1. Go to www.bodybugg.com and log into your account.
2. Click on the 'Open Program' button
3. Click on the 'My Info' tab
4. Press the 'Register armband' button, and follow the prompts (including charging the sensor).

Register bodybugg® Armband

Plug one end of the USB cable into your computer, and the other end into your armband.

Lift the cap on the armband and insert the provided AAA battery. For armband mini users, please plug in the USB cable to charge. The battery light will flash green when fully charged.
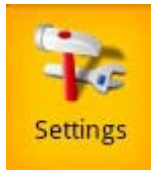
Register Armband

Done

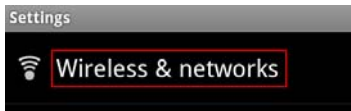Unplug your armband and you're ready to move on to page 6.

Pairing the Armband with Your Smartphone

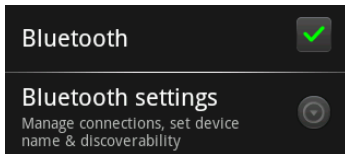Begin by adjusting settings on your smartphone:

1. First, from the Menu button, go to 'Settings'

2. Select 'Wireless & networks'
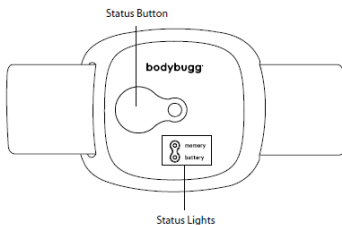
3. Ensure that *Bluetooth* is turned on

4. Tap *Bluetooth* settings

5. Set the smartphone to 'Discoverable' — it is now ready to search for *Bluetooth* devices

Pairing the Armband with Your Smartphone

5. Press and hold the Status Button on the sensor for 5 seconds (status lights will go solid green)

Release the Status button – lights will alternate amber

7. Tap 'Scan for devices'

Scan for devices

The device list will recognize the armband sensor, naming it with the first initials of your name.

8. Tap on the armband name to pair with it.

XY'S ARMBAND
Paired but not connected

9. At the PIN entry prompt, enter 0000

Pairing the Armband with Your Smartphone

10. Your armband will display as 'Paired but not connected' and the Status Lights will blink green.

Downloading the bodybuggSP Mobile App

1. Download the free bodybuggSP mobile app from the Android Market

2. On your smartphone, return to your home screen, and tap 'Market'

3. Tap the 'Search' icon, and then type in 'bodybuggSP'

4. Follow prompts to download and install the mobile app

5. Open the mobile app log in to your account

Connecting to the bodybuggSP Mobile App

1. Slide the armband on your left arm

2. Wait for the charge tone

3. Open the mobile app and log in to your account

4. An alert will prompt you to tap the Status Button on your armband – when you do, the charge tone will sound.

5. Tap the *Bluetooth* icon in the upper left corner and it will change from red to blue. Your dashboard will update within a moment or two

➔ To preserve the battery life of your smartphone, the bodybuggSP armband refreshes the data every minute and is designed to maintain this connection for two minutes at a time. After two minutes, the connection will need to be refreshed in order to view your current data.

Refreshing Your Connection

To refresh the connection:

1. Launch the mobile app
2. Tap the armband Status Button
3. Press the red *Bluetooth* icon in the corner of the app
4. Your dashboard statistics will update shortly

Thanks for using the bodybuggSP personal calorie management system on your journey to a better, healthier you; have fun and feel great!

Troubleshooting

Connection trouble

In the event of trouble connecting:
1. Clear the cache
2. Settings > Applications > Manage applications
3. Tap bodybugg > clear cache
4. Unpair the device with smartphone
5. Settings > Wireless & networks > Bluetooth settings
6. Touch and hold armband name
7. Tap 'Unpair'
8. Turn off smartphone and remove battery
9. Wait for 30 seconds
10. Replace battery and restart the smartphone
11. Pair and connect the armband with the device
12. Slide the armband on your arm and wait for the charge tone
13. Open the mobile app
14. Tap the armband Status Button
15. Tap your *Bluetooth* icon to change to blue, and your Dashboard statistics will update shortly

Troubleshooting

Other problems?

More extensive information on use and care can be found in the USER GUIDE included with your armband

Refer to our Frequently Asked Questions at www.bodybugg.com/start

Contact technical support Monday-Friday, 7am – 7pm (Pacific) at 866.314.9423
Email: support@bodybugg.com

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