

Getting started with the  
**bodybuggSP<sup>TM</sup>**  
personal calorie management system

*For the Apple iPhone 3G, 3GS and iPhone 4,  
and the iPod touch 2nd, 3rd and 4th generation*

## 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 into a problem in the setup process that

you don't understand,  
please visit  
[www.bodybugg.com/start](http://www.bodybugg.com/start) for  
tips and tricks that can help  
you out.



## New bodybugg<sup>®</sup> Users, Start Here

1. New bodybugg system users without an account, go to [www.bodybugg.com/activate](http://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.



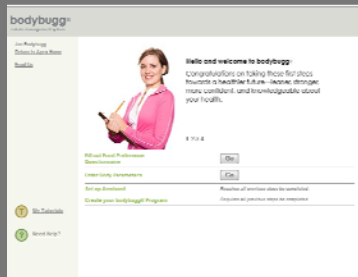
3. Turn your armband sideways with the status button at the bottom, push down with both thumbs until the sensor separates from the armband.
4. Ignore online instructions re: “gray version” and enter all ten digits of the serial number.
5. Finish by registering on the bodybugg.com site.

# 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 arm-band
- 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](http://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).



**Unplug your armband**

and you're ready to move on to page 6.

# Pairing Your Armband with Your Smartphone

Begin by adjusting settings on your smartphone:

1. First, go to 'Settings'



2. Select 'General'



3. Select *Bluetooth*

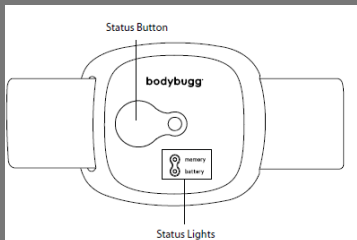


4. The smartphone will search for *Bluetooth* devices.



## 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**

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



Your armband will display as '**Not Paired**'

## Pairing the Armband with Your Smartphone

6. Tap the **armband name** on the smartphone
7. At the PIN entry screen, **enter 0000**
8. Tap the blue **'Pair'** button icon



The armband Name will display **'Connected'**



## Downloading the bodybuggSP Mobile App

You will automatically be prompted (may take a few seconds – be patient) to download the free bodybuggSP mobile app from the App Store.

If the app does not download automatically, you can search for bodybuggSP in iTunes.

Follow prompts to Download and **Install** the mobile app





## Connecting to the bodybuggSP Mobile App

1. Slide your 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.

The *Bluetooth* icon in the upper left corner will turn blue, and your **dashboard will update** within a moment or two.

➔ To preserve the battery life of your smartphone, the bodybuggSP armband 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:

### Tap the armband Status Button

Your dashboard statistics should update shortly

For best phone performance, always quit the mobile app when finished actively working in it. To quit:

1. Close the app by pressing the **Home Button** once
2. **Double-tap** the Home Button
3. Hold the **mobile app icon**
4. Press the **red circled minus button**
5. Tap the **Home Button** to return to the Home Screen



### *Connection trouble*

In the event of trouble connecting, quit the mobile app **wait 2 minutes** and re-launch

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

## Troubleshooting

Complete pairing and connection reset:

1. Close the app by pressing the **Home Button** once
2. **Double-tap** the Home Button
3. Hold the mobile app icon
4. Press the **red circled minus button** to close the mobile app
5. Tap the Home Button to return to the Home Screen
6. Go to settings > General > Bluetooth > tap the little white arrow in the blue circle this will allow you to **forget your device**.
7. Restart the smartphone
8. Wait for **two minutes**
9. **Re-pair** your armband with your smartphone
10. Slide your armband on your left arm and wait for the charge tone
11. Short tap (1 second) the **armband Status Button**
12. The **Bluetooth icon** in the upper right corner will flash and then remain solid white
13. Open the bodybugg **mobile app**
14. Your **Bluetooth icon** will be 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 arm-band

Refer to our Frequently Asked Questions at [www.bodybugg.com/start](http://www.bodybugg.com/start)

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

## Share Your Experience

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