# User manual for Forever SB-400 waterproof smart activity tracker

Specifications

- Bluetooth: v4.0
- Bluetooth range: up to 10m
- Battery capacity: 75mAh
- Waterproof rating: IP67
- Length of the wrist belt: 255mm
- Compatibility: Android 4.4 and later, iOS 8.0 and later
- Features: pedometer, heart rate monitor, calorie counter, distance measurement, sleep monitor, smartphone notifications, vibration
- Supported sports: walking, running, jumping, boarding, climbing, badminton, basketball, football, volleyball, ping pong, bowling, tennis, cycling, skating, skiing, gymnastics, gym, dance, yoga
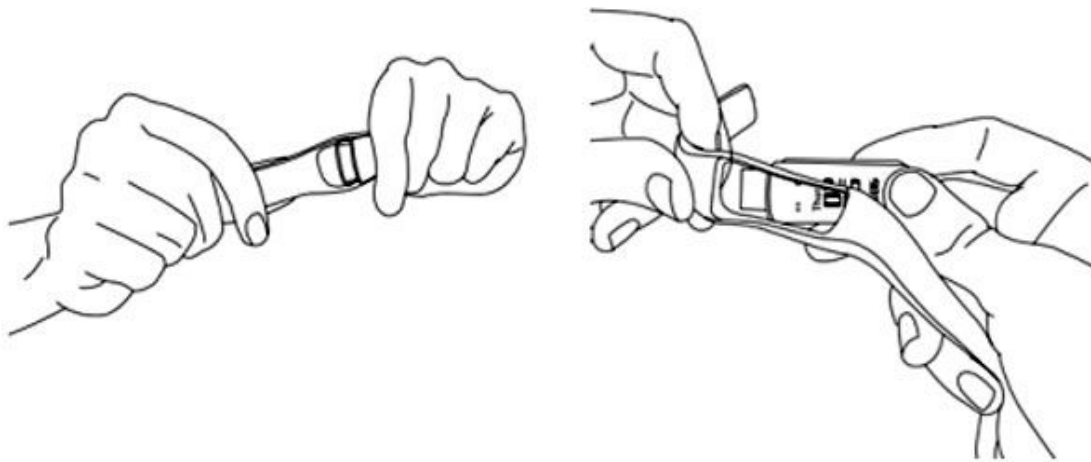
Charging and powering the tracker

To charge your activity tracker, first, you have to remove it from the band. Use the USB cable and connect it to the tracker. You can charge it via computer's USB port or wall adapter.

Press and hold the center of the screen to activate the bracelet. To wake up the screen slide your finger across the bracelet from top to bottom. Be advised that the bracelet must be charged for at least 30 minutes before the first activation.

Pairing the tracker with the device

1. Download the Forever Sport App from the Play Store or App Store
2. Activate the Bluetooth connection on your smartphone and the bracelet
3. Start the Forever Sport App on your smartphone
4. Fill in the required user profile data
5. Find the tracker and pair your Forever SB-400

When the bracelet is paired with your smartphone, it will automatically synchronize data with the application. You can also manually force data synchronization by clicking the button in the upper left corner of the App.

Checking the results from the activity tracker

On the home screen of the Forever Sport App in the home tab you can see the number of steps, burned calories and traveled distance. If you press the button at the top right corner, you can select a particular day to see your progress.

You can also measure your pulse and see the result by clicking the "Pulse" icon in the App. Additionally, the pulse is divided according to time and height of the heartbeat.