

TomTom Touch Fitness Tracker User Manual

1.0



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Welcome

This User Manual explains everything you need to know about your new TomTom Touch Fitness Tracker.

What is a fitness tracker exactly?

Your TomTom Touch tracks your activities AND your body composition. Body composition is a great indicator of your fitness. When people exercise, what they usually want is to reduce their body fat % and increase their muscle %. With your TomTom Touch, you track what you're made of, not just your steps.

What are the key features?

Your TomTom Touch has a touchscreen and can track steps, calories, active time, distance, sleep, heart rate and body composition.

Tip: Though this product is a TomTom product, it has no GPS so it doesn't do navigation. If you are looking for a product that records your running and cycling routes on the map, and has precise speed, pace and distance calculations, try a TomTom GPS Sports Watch.

Here are some good starting points in this User Manual:

- [Quick Start](#)
- [About your Fitness Tracker](#)
- [Wearing your Fitness Tracker](#)
- [Charging your Fitness Tracker](#)
- [Your Fitness Tracker and water](#)

Tip: There are also frequently asked questions (FAQs) at tomtom.com/support. Select TomTom Touch Fitness Tracker from the list or enter a search term.

We hope you enjoy reading about and, most importantly, having fun while getting fitter using your new TomTom Touch!

Your Fitness Tracker

About your Fitness Tracker



1. **Strap fastening** - insert both pegs on the strap to make sure your Fitness Tracker is securely fastened.
2. **Touchscreen** - swipe through the touchscreen for an overview of your activity tracking metrics and the different modes.

You swipe DOWN to move to the screens above the clock screen. These screens are as follows:

- Sports mode
- Body composition
- Heart rate

You swipe UP to move to the screens below the clock screen. These screens are as follows:

- Steps
- Energy or calories burnt
- Distance
- Active time
- Sleep duration

Tip: All these screens also show progress against a goal if one has been set.

3. **Circular goal icon** - if you have a daily activity goal, there is a circular goal icon above your chosen metric or the clock, showing for example, steps. This goal icon fills up each day as you move towards achieving your goal.

Tip: There is a default goal set of 10,000 steps.

4. **Clock screen** - when you wake your device by touching the screen, you see the clock screen with the time shown. Swipe up or down from the clock screen to see metrics and modes.
5. **Button** - the button is used to wake up the device, for taking body composition measurements and to start and stop recording in Sports mode.

Note: To swipe the touchscreen, slide your finger along the length of the touchscreen from top to bottom to swipe DOWN or slide from bottom to top to swipe UP.

Wearing your Fitness Tracker

The way you wear your TomTom Touch is important because it can affect the performance of the Heart Rate Sensor and your composition results. For more information on how this sensor works, see [The heart rate sensor](#).

If you experience issues with getting an accurate heart rate reading or taking a body composition measurement, make sure your TomTom Touch is worn as follows:

- Done up tightly but not so tight that it is uncomfortable.
- Placed above the wrist bone.



- You get the most accurate results from the heart rate sensor when you are warmed up.

Important: To improve accuracy, KEEP STILL until your heart rate is detected.

Cleaning your Fitness Tracker

It is recommended that you clean your TomTom Touch once a week if you use it frequently.

- Wipe the TomTom Touch with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Do not expose your TomTom Touch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the seal, case, and finish.
- Clean the heart rate sensor area and connection pads with mild soap and water as needed.
- Do not scratch the heart rate sensor area. Protect it from damage.

The heart rate sensor

Your TomTom Touch has a built-in heart rate sensor to help you train more efficiently.

How the sensor works

Your heartbeat is measured by using light to measure changes in your blood flow. This is done on the top of your wrist by shining light through the skin onto the capillaries just below the skin and detecting the changing light reflections.

The performance of the heart rate sensor is not affected by your body fat percentage or body hair. It IS however affected by the position of the TomTom Touch on your wrist, your skin colour, skin type and by whether you have warmed up or not.

Using the heart rate sensor

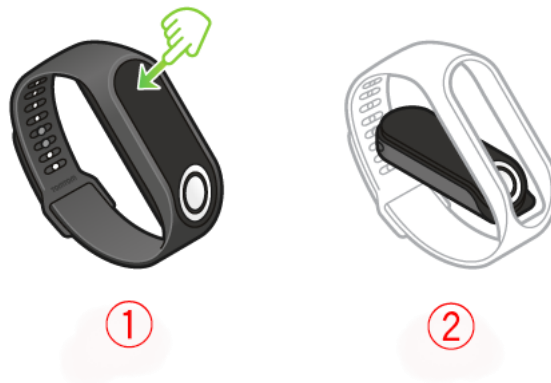
To get the best performance from the heart rate sensor, see [Wearing your Fitness Tracker](#). Continuous heart rate tracking is switched ON by default.

Removing the module from the strap

You need to remove your TomTom Touch from the wrist strap in order to charge it or to connect it to MySports using your computer.

To remove your TomTom Touch from the wrist strap, do the following:

1. Firmly press the top part of the module until pops out of the strap.



2. To put the TomTom Touch module back into the wrist strap, reverse step 1 by inserting the module with the button end first into the strap.

Charging your Fitness Tracker

Important: You can charge your TomTom Touch using your computer or using any USB wall charger.

To charge your TomTom Touch, do the following:

1. Remove your TomTom Touch from the strap. For more information, see Removing your watch from the strap.
2. Connect the module to the small connector of the micro-USB cable that was supplied in the box.
3. Connect the larger USB connector to either your computer or to a wall charger.
4. Your TomTom Touch begins to charge showing the following animated icons:



Note: Some micro-USB cables that you can buy do not allow BOTH charging and data transfer. The cable supplied in your box allows both so that you can transfer data using MySports Connect.

Data storage

Your TomTom Touch can store several days' worth of sports activities.

When your TomTom Touch is connected to MySports Connect or the MySports Mobile App, all activity data is automatically removed and uploaded to your MySports account.

Battery information

Battery life

Up to 5 days.

Charging times

- Charge to 90%: 40 mins
- Complete charge to 100%: 1 hr

Tips to increase battery life

- Turn off Phone Notifications.
- Turn off All Day Heart Rate monitoring.
- Keep your TomTom Touch within Bluetooth range of your paired mobile device.

Performing a reset

Soft reset

A soft reset is performed each time you disconnect your TomTom Touch Fitness Tracker from a wall charger or computer.

To perform a soft reset, follow these steps:

1. Connect your TomTom Touch to a wall charger or computer.
Wait until your TomTom Touch shows a battery symbol.
If you are using a computer, wait until MySports Connect finishes updating your TomTom Touch.
2. Disconnect your TomTom Touch from the wall charger or computer.
The software on your TomTom Touch restarts. You have now completed a soft reset on your TomTom Touch.

Factory reset

Important: When you perform a factory reset in MySports Connect, all personal data and settings are deleted from your TomTom Touch. This action cannot be undone.

You should only use a factory reset as a last resort to restore your TomTom Touch or if you really want to remove all your data and settings.

A factory reset reinstalls the software on your TomTom Touch and this removes the following:

- Your activities.
- Your settings on the TomTom Touch and in MySports Connect.

Note: If you are using the MySports mobile app, you need to make your smartphone forget your TomTom Touch and then pair it again as follows:

- **Android** - In the Bluetooth Settings menu of your Android device, unpair or forget your TomTom Touch,

- **iOS** - Go to the iOS Bluetooth Settings screen, click on the (i) icon behind the TomTom Touch name and select **Forget this Device**.

Important: When you perform a factory reset, do not disconnect your TomTom Touch before MySports Connect has finished restoring it. This may take several minutes. Check any messages shown in MySports Connect before disconnecting.

To perform a factory reset, follow these steps:

1. Connect your TomTom Touch to your computer and wait until MySports Connect finishes updating it.
2. Click on the cogwheel icon in MySports Connect to open the **Settings** menu.
3. Click the **Reset** button.
4. Keep your TomTom Touch connected when the MySports Connect window closes.
MySports Connect installs the software on your TomTom Touch.
5. Keep your TomTom Touch connected while MySports Connect opens.
6. Follow the instructions in MySports Connect to set up your TomTom Touch.

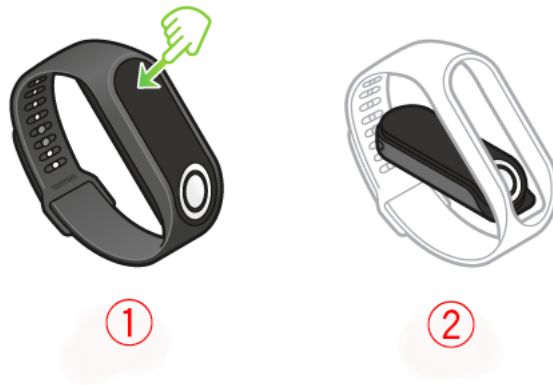
Your Fitness Tracker and water

The TomTom Touch Fitness Tracker complies with the IPx7 standard for waterproofing, meaning you can use it outdoors in the rain and wear it in the shower, but it should NOT be used for swimming. The fitness tracker doesn't contain sensors to measure swimming metrics.

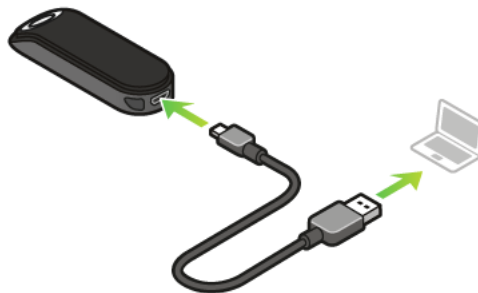
Quick Start

Download MySports Connect

1. To connect your TomTom Touch to your computer, firmly press the top part of the module until it pops out of the strap.



2. Using the USB cable, connect your TomTom Touch to your computer.



3. Wait until your TomTom Touch has charged. Tap the button to see the level of charge in the battery.

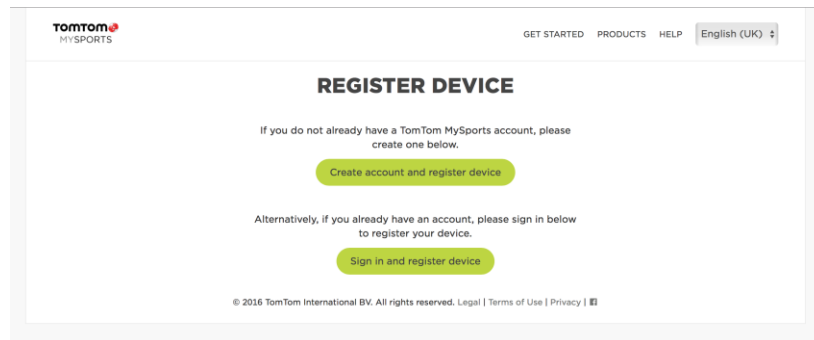
Tip: It takes 40mins to charge the battery to 90% and 1 hour to charge to 100%.

4. Download and install TomTom MySports Connect from tomtom.com/123/ to your computer. After installation is complete, MySports Connect opens. Follow the on-screen instructions to get started.

Next: [Sign up and register](#)

Sign up and register

During setup in MySports Connect, the MySports website opens.



Create an account or sign in with an existing account.

On the MySports website, you'll be able to view your activities, statistics and progress.

Important: You should connect your TomTom Touch to your computer frequently to charge it and get the latest software updates.

Next: [OPTIONAL: Get the MySports mobile app](#)

OPTIONAL: Get the MySports mobile app

Important: Though you can use your TomTom Touch Fitness Tracker without the MySports mobile app, we recommend installing the mobile app if you have a mobile device so that you can make full use of all the available features.

The MySports mobile app lets you upload and analyse your activities and see your stats while on the go.

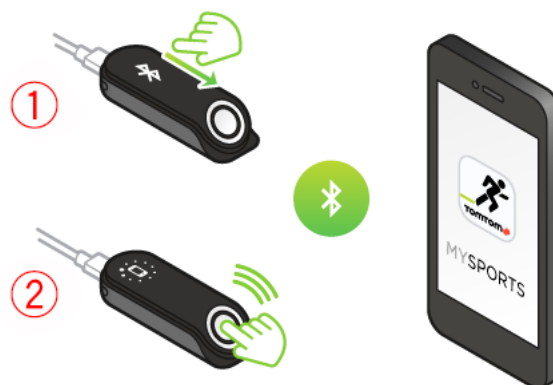
Download the app and follow the on-screen instructions.



[Google App Store](#)



[Apple App Store](#)



Tip: Your TomTom Touch uses Bluetooth Low Energy (BLE) for communicating with the TomTom MySports Mobile app.

Next: [Using your fitness tracker](#)

Using your fitness tracker

Tap the button to wake up the display and see the time.

Swipe to the screens below the clock face to see your activity stats for steps, calories burned, distance walked, active and sleep time.

Swipe to the screens above the clock face to start an activity, take a body composition measurement or view your current heart rate.



You can also set a goal in the MySports mobile app or on the MySports website. You can view your goal progress, all day heart rate and body composition trends and overall progress in the mobile app and on the MySports website.

Create body goal

Select Metric



Weight



Body fat



Muscle

Select Target



70

kg



Next: [Using Sports mode](#)

Using Sports mode

The Sports mode can be used for all your sport activities. This start-stop mode captures time, heart rate and calories burned based on your heart rate. You can use this mode for any sports, except for swimming and water sports.

You can also keep track of all your activities in the MySports app or on the MySports website.

Note: Your TomTom Touch doesn't have a GPS and so cannot track your distance. It is calculated from your steps instead.

Important: You cannot take your TomTom Touch swimming with you.

1. To start an activity in Sports mode, swipe to one screen above the clock, where you'll see the exercise icon.



2. Press the button briefly to start recording an activity.
A vibration confirms that the activity is being recorded.
3. While recording an activity, press the button once to wake up the screen and then swipe to see your active time, calories burned and heart rate.
4. To stop recording an activity, press the button once to wake up the screen and press again until there's a vibration.

Tip: After your workout you can [share your activities](#) on social media.

Measuring body composition

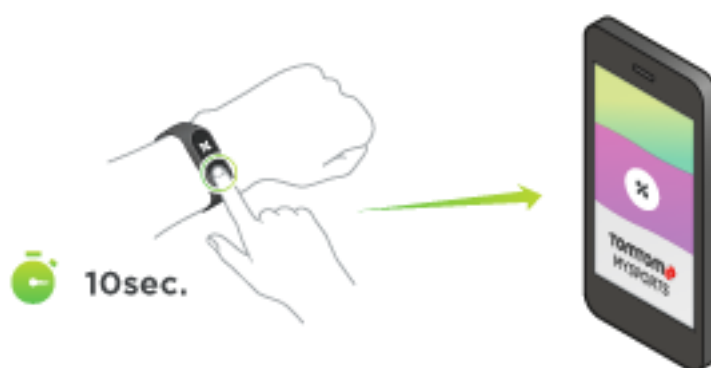
Your TomTom Touch can measure your body composition. Body composition is the percentage of body fat and muscle mass in your body and is a key indicator of fitness.

Every time you take a body composition reading, wear your fitness tracker for at least 15 minutes first so that it can warm up.

Important: For an accurate result, take your body composition measurement reading at the same time of the day.

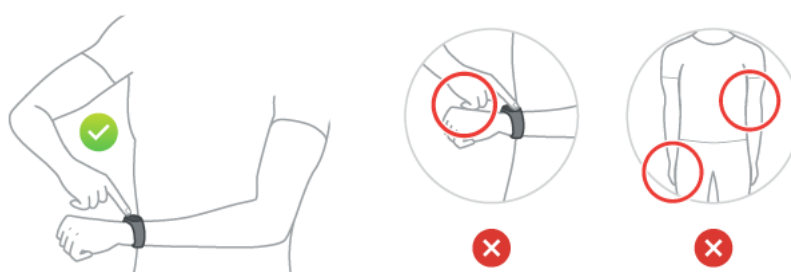


Swipe to two screens above the clock screen of your fitness tracker, where you see a percentage sign. Press and hold the button until you see a tick mark on the screen. You can now view your body composition reading in the mobile app by going to the **Progress** menu, tapping the grey graph button (top right hand side) and selecting **Body**.



Tips for measuring body composition

- Don't touch the side of your body with your arm, and do not touch your wrists or hands to each other as this can cause inaccuracies.



- Do position your index finger on the button, forming a straight line with the screen of the tracker. Make sure you cover the whole button with your finger.



- If a cross is displayed instead of a tick, try wetting your finger so you can wet the skin on your wrist under the electrode.

Pairing with your mobile device

Pairing with an iOS device

The TomTom MySports mobile app allows you to upload your activity data from your TomTom Touch Fitness Tracker to TomTom MySports using your smartphone. It also allows automatic uploads to a number of other websites.

If a newer version of the MySports app is available, you can download it from the App Store. If a newer version of the software for your fitness tracker is available, you can download it using the MySports Connect desktop app.

To pair your iOS device with your fitness tracker, follow these steps:

1. Your fitness tracker needs to be connected to a power source. If connecting to your computer, wait for the MySports Connect desktop app to finish updating your device before continuing.
2. Ensure you have a working internet connection on your iOS device.
3. Make sure that your fitness tracker and iOS device are close to each other.
4. In the Settings on your iOS device, make sure that Bluetooth is switched on.
5. On your fitness tracker, press the button to wake up the screen, swipe the screen till you see the Bluetooth and smartphone icons and press the button again.
6. Start the MySports mobile app and tap **Band** on the **Activate** your device screen.
7. When the name of your fitness tracker appears, tap on it.
8. On your iOS device, enter the pin code shown on your fitness tracker, then tap **Pair**.

The devices should now be paired. See below for troubleshooting instructions if you experience issues with pairing your fitness tracker.

If you open the mobile app on your phone and it is trying to connect to your fitness tracker, you may need to wake up the fitness tracker by pressing the button.

Troubleshooting

If you experience issues with pairing your fitness tracker, follow the steps below:

- Make sure that you are using the latest version of the TomTom Touch software. If a newer version is available you can download it using the MySports Connect desktop app.
- Make sure that you are using the latest version of the mobile app. If a newer version is available it is listed in the App Store.
- Forget the paired fitness tracker on your iOS device and then try to pair with it again:
 1. Go to the iOS Bluetooth settings screen on your iOS device, click on the (i) icon behind the fitness tracker name and select **Forget this Device**. Try to pair your fitness tracker again by following the pairing instructions above. If it's still not working, continue with the troubleshooting steps below.
 2. Restart your iOS device.
 3. Un-install and re-install the MySports mobile app from the App Store.
 4. Switch off Bluetooth and switch it back on.
 5. Restart your fitness tracker by connecting to a power source.
Your iOS Device and fitness tracker are now fully disconnected and reset.
 6. Start the MySports mobile app on your iOS device.
 7. Continue pairing as described in the pairing instructions above (from step 5).

Pairing with an Android device

The TomTom MySports mobile app allows you to upload your activity data from your TomTom Touch Fitness Tracker to TomTom MySports using your smartphone. It also allows automatic uploads to a number of other websites.

Before you pair your fitness tracker with your Android device, make sure that you are using the latest version of the TomTom MySports app and that you have the latest version of the software for your fitness tracker installed. If a newer version of the MySports app is available, you can download it from the Play Store. If a newer version of the software for your fitness tracker is available, you can download it using the MySports Connect desktop app.

To pair your Android device with your fitness tracker, follow these steps:

1. Ensure that your Android device is compatible with the TomTom MySports app. You can find information about compatible devices in Google Play.
2. Ensure you have a working internet connection on your Smartphone.
3. Your fitness tracker needs to be connected to a power source. If connecting to your computer, wait for the MySports Connect desktop app to finish updating your device before continuing.
4. Make sure that your fitness tracker and Android device are close to each other.
5. Switch on Bluetooth in the Settings on your Android device.
6. Start the TomTom MySports mobile app on your Android device.
7. On your fitness tracker, press the button to wake up the screen, swipe the screen till you see the Bluetooth and smartphone icons and press the button again.
8. On the Activate your device screen of your mobile app tap **Band**.
Your Android device shows **Searching**.
9. When the name of your band appears, tap on it.
10. When the name of your fitness tracker appears in the list on the Searching screen, tap on it and accept the request to pair.

Important: Check your Android notification bar for the fitness tracker pairing request. On some Android devices the pairing notification is shown in the Android notification bar after you have selected the fitness tracker you want to connect. Some Android devices show a pop-up, some don't show anything. Devices that do show a pairing request require you to accept pairing within a few seconds.

11. In the MySports mobile app, enter the PIN code shown on your fitness tracker.
12. Once your MySports app and fitness tracker are connected tap Done.

Your fitness tracker and the MySports app are now paired. If you have trouble pairing your fitness tracker, see below for troubleshooting instructions.

If you open the mobile app on your phone and it is trying to connect to your fitness tracker, you may need to wake up the fitness tracker by pressing the button. To sync, pull down the Activities screen in the app. If you experience issues syncing with the app, you can always sync your activities using the MySports desktop app.

If you are upgrading your Android device version, you will usually have to un-pair and re-pair your fitness tracker by following the steps below.

Troubleshooting

If you cannot connect your fitness tracker to the MySports app then it is recommended to fully un-pair it from your Android device, then pair it again following these steps:

1. In the Bluetooth Settings menu of your Android device, un-pair or forget your fitness tracker. Try to pair your fitness tracker again by following the pairing instructions above. If it's still not working, continue with the troubleshooting steps below.
2. Un-install and re-install the MySports mobile app from the Play Store.
3. Restart your Android device.

4. Switch off Bluetooth and switch it back on.
5. Restart your fitness tracker by connecting to a power source.
Your Android Device and fitness tracker are now fully disconnected and reset.
6. Start the MySports mobile app on your Android device.
7. Continue pairing as described in the pairing instructions above (from step 7).

Tracking your fitness

About activity tracking

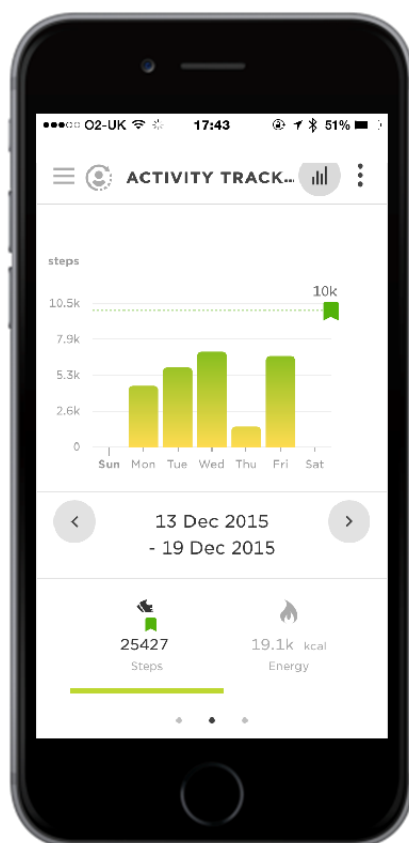
You use your TomTom Touch to track how active you are. Here are some of things you can do:

- Create a body goal for fat, muscle or weight.
- Create a steps goal for number of steps per day or per week.
- Create a sports goal for, for example, cycling, running or gym work.
- Track time spent being physically active, steps, calories burned and distance moved.
- See your daily and weekly progress for your set goal.
- Upload your activity tracking data to the TomTom MySports website and TomTom MySports mobile app.

Reviewing your activity in MySports

You can see your progress against your daily activity tracking goal on the dashboard page both in the MySports mobile app and on the MySports website. The dashboard is up to date and reflects the last time data was synced from your TomTom Touch.

You can find more detail in the Progress section when you select Activity Tracking as a type, or if you click on your activity tracking goal. You can change metrics by clicking on the labels below the graph. You can also change the time period to daily, weekly, monthly or yearly.



Information recorded by your TomTom Touch

Your TomTom Touch Fitness Tracker automatically tracks sleep and active time, calories burned, steps and distance. The calculations are based on built-in heart rate and motion sensors as well as your user profile which comprises age, gender, height and weight.

Note: Your TomTom Touch does not contain a GPS chip and hence the distance statistics are approximated based on your steps.

You can see your daily stats by swiping through the screens below the clock face on the TomTom Touch. You can also see your statistics on the MySports website and in the MySports app when you sync your TomTom Touch.

In the app and on the website you can see workout-specific stats as well as overall progress and progress against any goals you have set.

Tip: You can also see your 24/7 heart rate measurements if you have enabled All day heart rate in the Device menu of the MySports app.

Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your TomTom Touch Fitness Tracker uses both sensors and calculations to track your activity. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

Tracking your activity 24/7

1. Swipe the display to view your activity metrics.

The metrics are:

- Steps
- Distance walked
- Active time
- Sleeping time
- Calories burned

2. If you have a daily activity goal, you see a circular goal icon above your chosen metric and above the clock. This goal icon fills up each day as you move towards achieving your goal.



Tip: You can set your goals and view your historical performance in the MySports app or on the MySports website.

Tracking your heart rate

Your TomTom Touch has optional 24/7 heart rate monitoring. When all day heart rate monitoring is switched on, your Fitness Tracker can check your heart rate on a very regular basis during the day and night. Heart rate information improves calorie and active time estimations, and gives a good view of your overall activity during the day.

Note: To prolong battery life, [switch off All Day Heart Rate](#) monitoring when not in use. This feature is switched ON by default.

To see an instant heart rate reading, do the following:

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe down three times until you see the heart icon.
3. Wait a few seconds until you see your current heart rate in beats per minute (bpm).



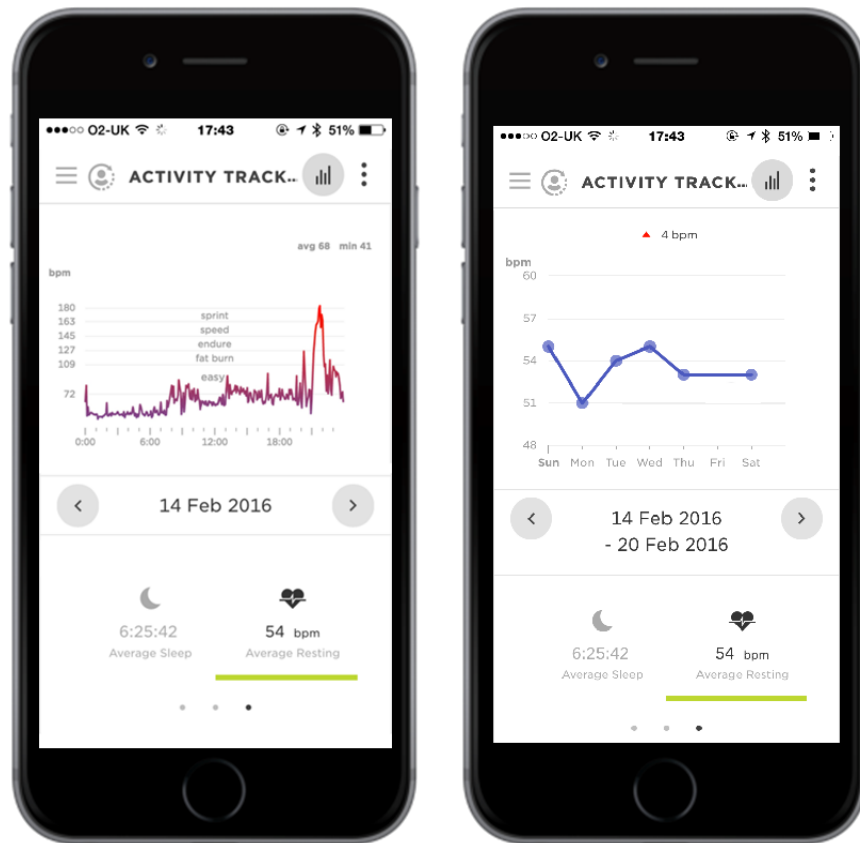
4. If your heart rate doesn't appear, tap the button to try again. In addition you can try tightening the TomTom Touch on your wrist or moving it further up your wrist.

Viewing your heart rate in the MySports mobile app

Note: All day heart rate information is only available in the daily view, day by day.

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Average Resting Heart Rate**.

When you view your heart rate for one day, you see your resting heart rate values and the average resting heart calculated from those measurements. You can also see your resting heart rate over a week, month or year.



Viewing your heart rate on the MySports website

1. Go to mysports.tomtom.com/app/progress.
2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Average Resting Heart Rate**.

When you view your heart rate for one day, you see your resting heart rate values and the average resting heart calculated from those measurements. You can also your resting heart rate over a week, month or year.

Tracking your steps

Steps are estimated using wrist motion and a default goal of 10,000 steps per day is set automatically for you.

Tip: Steps done during workouts are included in the overall activity tracking metrics.

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe up three times until you see the steps icon.

Tip: The order of screens below the clock changes depending on the goal you have set.



You see the number of steps for the day so far.

Note: Your progress against your daily goal resets to zero at midnight each day.

Viewing your steps in the MySports mobile app

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Steps**.

You can also see your steps for the week, month or year.

Viewing your steps on the MySports website

1. Go to mysports.tomtom.com/app/progress.
2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Steps**.

You can also see your steps for the week, month or year.

Tracking your calories

Tip: Your calorie measurements include the calories burned by your body just to survive - this is known as your Basal Metabolic Rate (BMR). This is why your TomTom Touch shows a calorie amount when you wake up and have not done any activity yet.

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe up until you see the flame icon.

Tip: The order of screens below the clock changes depending on the goal you have set.



You see the number of calorie burnt for the day so far.

Note: Your progress against your daily goal resets to zero at midnight each day.

Viewing your calories burnt in the MySports mobile app

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Energy**.

You can also see your calories burnt over a week, month or year.

Viewing your calories burnt on the MySports website

1. Go to mysports.tomtom.com/app/progress.
2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Energy**.

You can also see your calories burnt over a week, month or year.

Tracking your active time

Tip: Time is classed as 'active' when your step rate or motion is above a certain threshold for longer than 10 seconds.

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe up three times until you see the time icon.

Tip: The order of screens below the clock changes depending on the goal you have set.



You see your active time for the day so far.

Note: Your progress against your daily goal resets to zero at midnight each day.

Viewing your active time in the MySports mobile app

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Active Time**.

You can also see your active time for the week, month or year.

Viewing your active time on the MySports website

1. Go to mysports.tomtom.com/app/progress.
2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Active Time**.

You can also see your active time for the week, month or year.

Tracking your distance

Tip: Steps are estimated using wrist motion, and steps are used to estimate a walking distance.

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe up four times until you see the distance icon.

Tip: The order of screens below the clock changes depending on the goal you have set.



You see your distance for the day so far.

Note: Your progress against your daily goal resets to zero at midnight each day.

Viewing your distance in the MySports mobile app

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Distance**.

You can also see your distance for the week, month or year.

Viewing your distance on the MySports website

1. Go to mysports.tomtom.com/app/progress.
2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Distance**.

You can also see your active time for the week, month or year.

Tracking your sleep

About sleep tracking

You can track how much you sleep using your TomTom Touch. Here some of things you can do:

- Track your how long you are sleeping for each day, week, month or year.
- You can upload your sleep tracking metrics to the TomTom MySports website and TomTom MySports mobile app.

Your watch measures sleep based on motion and it makes an assumption that when you are not moving after a certain time in the afternoon, you are asleep.

The day 'resets' at 4.00pm (16:00) and your watch starts counting a new 'night' at that point.

Tracking your sleep

To track your sleep, you need to wear your TomTom Touch when you sleep. To see how long you slept the previous night, do the following:

1. Wake up your TomTom Touch by pressing the button.
2. From the clock screen, swipe up five times until you see the sleep icon.

Tip: The order of screens below the clock changes depending on the goal you have set.



You see your sleep amount for the previous night.

Note: Your progress against your daily goal resets to zero at midnight each day.

To switch sleep tracking on or off, see: Sleep tracking.

Viewing your sleep activity on the mobile app

1. On your phone or tablet, tap **Progress**.
2. Tap the **Sleep** panel.
3. Swipe to move between graphs showing today's sleep time and yesterday's sleep time.
4. Tap **Day** or **Week** or **Month** or **Year** to show graphs of your sleep for that time period.

Sports mode

Using Sports mode

The Sports mode can be used for all your sport activities. This start-stop mode captures time, heart rate and calories burned based on your heart rate. You can use this mode for any sports, except for swimming and water sports.

You can also keep track of all your activities in the MySports app or on the MySports website.

Note: Your TomTom Touch doesn't have a GPS and so cannot track your distance. It is calculated from your steps instead.

Important: You cannot take your TomTom Touch swimming with you.

1. To start an activity in Sports mode, swipe to one screen above the clock, where you'll see the exercise icon.



2. Press the button briefly to start recording an activity.
A vibration confirms that the activity is being recorded.
3. While recording an activity, press the button once to wake up the screen and then swipe to see your active time, calories burned and heart rate.
4. To stop recording an activity, press the button once to wake up the screen and press again until there's a vibration.

Tip: After your workout you can [share your activities](#) on social media.

About calorie estimation

Calories are estimated based on your gender, your weight and the intensity and duration of the exercise.

For Sports Mode, the heart rate is used to estimate calories.

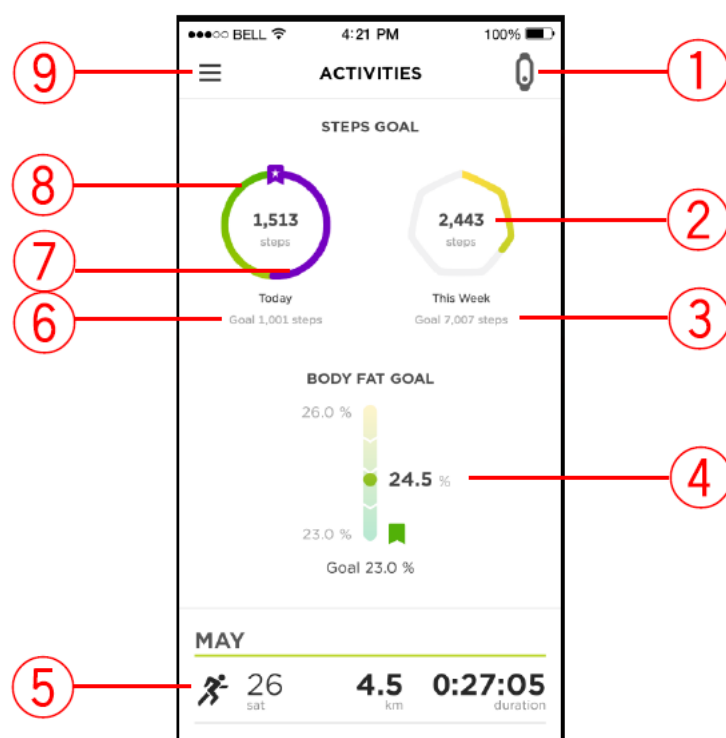
Calories calculations for the TomTom Touch Fitness Tracker are based on the MET tables of Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Medicine and Science in Sports and Exercise*, 2011;43(8):1575-1581.

Setting goals

About goals

You can set daily goals, sports goals and body goals using the MySports mobile app or the MySports website. Parts of the MySports app are described below but there are lot of similarities with the MySports website.

Important: New goals or changes to existing goals are synced with your TomTom Touch next time you connect it to the MySports App or MySports Connect.



1. **Mobile device status** - this icon goes blue when syncing with your TomTom Touch.
2. **Weekly goal icon** - TAP on or inside the weekly goal icon to see your weekly progress chart.
3. **Weekly goal metric** - shows your goal metric listed underneath.
4. **Body fat goal** - shows your current body fat, from your last body composition reading, in relation to your goal.
5. **Previous activity** - your previous activity with distance and duration.
6. **Daily goal metric icon** - TAP on or inside the daily goal icon to see your daily progress chart. Your goal metric is also listed underneath.
7. **Purple line** - shows that you have exceeded a goal. The purple line overlaps the green line as you exceed your goal.
8. **Green line** - shows that you have completed part of a goal.
9. **Menu** - tap to see the drop-down main menu.

Setting an activity tracking goal

Note: You cannot set a goal directly on your TomTom Touch, you need to use the MySports app or MySports website.

An activity tracking goal of 10,000 steps has been automatically pre-set for you. You also see invitations to set up activity tracking goals when you set up your TomTom Touch.

To change or set an activity tracking goal for the day, do the following in the MySports app:

1. In the menu, tap **GOALS**.
You see a screen with your Steps goal at the top and plus signs for you to add a sports goal or a body goal.
2. Tap the pencil icon under the Steps goal.
3. Select the metric you want to change choosing from: **Steps**, **Distance**, **Duration** or **Energy**. In this example, we are choosing **Steps** and that is already highlighted.
4. Scroll down and change the number of steps.
5. Tap **Done**.
6. Alternatively tap **Disable Goal** to switch a goal off.

Tip: You can also set up goals on the MySports website.

Note: Your progress against your activity tracking goal resets to zero at midnight each day.

Important: New goals or changes to existing goals are synced with your TomTom Touch next time you connect it.

Setting a sports goal

Note: You cannot set a goal directly on your TomTom Touch, you need to use the MySports app or MySports website.

The Sports mode can be used for all your sport activities. This start-stop mode captures time, heart rate and calories burned based on your heart rate. You can use this mode for any sports, except for swimming and water sports.

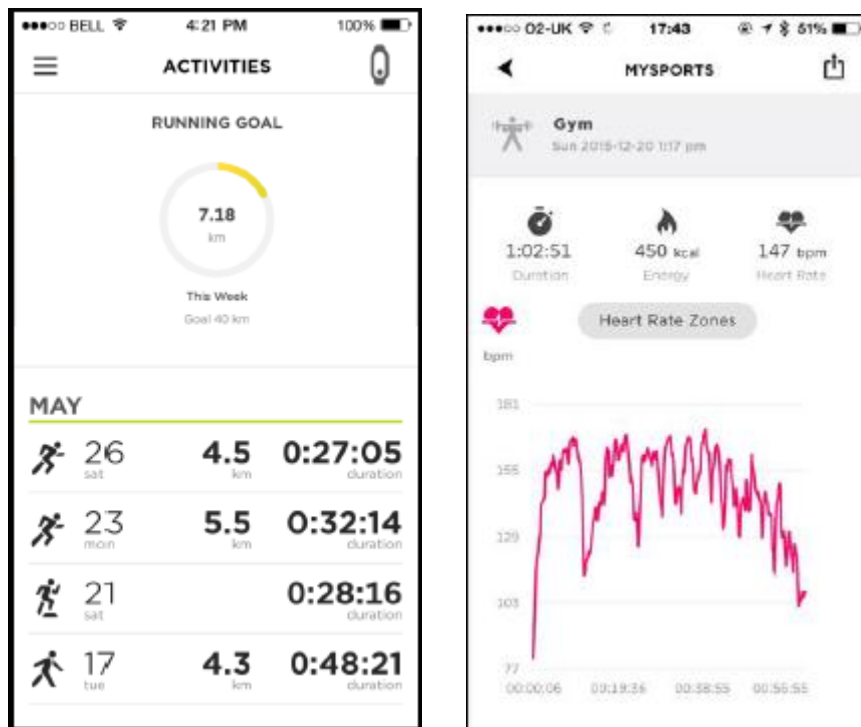
To set up a Sports goal, do the following in the MySports app:

1. In the menu, tap **GOALS**.
You see a screen with your Steps goal at the top and plus signs for you to add a sports goal or a body goal.
2. Scroll down and tap the plus sign to add a Sports goal.
3. Choose your activity from a range including: **Run**, **Cycle**, **Treadmill** etc. In this example, we are choosing **Run** and that choice is already highlighted.
4. Scroll down and tap a combination of Metric, Time Period and Target for each activity:
 - **Activities** - set the number of times you aim to do that activity in the week or month.
 - **Distance** - set the distance you aim to cover in the week or month.
 - **Duration** - set the time you aim to spend on that activity in the week or month.
5. When finished, scroll down and tap **Done**.

Tip: You can also set up goals on the MySports website.

Important: New goals or changes to existing goals are synced with your TomTom Touch next time you connect it.

Examples of Sports mode overview and Resting Heart Rate graphs



Setting a body goal

Note: You cannot set a goal directly on your TomTom Touch, you need to use the MySports app or MySports website.

To track your progress, you can set a body goal using MySports. You can either set a body fat/muscle percentage goal or a weight goal.

To set up a Body goal, do the following in the MySports app:

1. In the menu, tap **GOALS**.
You see a screen with your Steps goal at the top and plus signs for you to add a sports goal or a body goal.
2. Scroll down and tap the plus sign to add a Body goal.

3. Choose your metric from a choice of: **Weight**, **Body fat** or **Muscle**. In this example, we are choosing **Weight**.

Create body goal

Select Metric



Weight



Body fat



Muscle

Select Target



70

kg



4. Scroll down and set your target weight.

Tip: You can change your weight unit in Your Profile in the MySports app or on the website.

5. When finished, scroll down and tap **Done**.

Tip: You can also set up goals on the MySports website.

Important: New goals or changes to existing goals are synced with your TomTom Touch next time you connect it.

Body composition

About body composition

How does body composition measurement work?

The body composition feature works by sending a small and harmless electrical current through your body. The current flows more easily through muscle than through fat, so by measuring how much current flows at various frequencies, an estimate of the percentage of body fat and muscle can be calculated. Everything else that your body is composed of falls into the “other” category, for example water or bone. Your body composition results for body fat, muscle and “other” add up to 100%.

Your body composition measurement is stored by your TomTom Touch and then transferred to the MySports app and MySports website where you can see it alongside your steps, calories, distance and active time metrics. This means that you can track your efforts and results in the same place.

Why measure body composition?

Measuring what your body is made up of gives you more relevant results than simply weighing or calculating your BMI (body mass index). Since muscle weighs more than fat, you could gain weight from strength training, yet look slimmer. By measuring your body composition over time, you’ll be able to see if your muscle and fat percentages go up or down and you’ll have a more accurate picture of how your body is changing.

Accuracy of measurements

When looking at body composition measurements, the important thing to note is the trend over time. Many factors, such as exercise, eating and hydration levels can influence a single measurement and therefore cause daily fluctuations. You’ll be able to see how your fat and muscle percentages change over time in the MySports app and on the MySports website.

We recommend that you measure your body composition at the same time of day, and follow the steps in [Measuring body composition](#).

Measuring body composition

Important: When you take a body composition measurement, you do the measurement on your TomTom Touch but the result appears ONLY on your phone in the MySports Mobile App or on the MySports website.

To get an accurate measurement, follow the steps below.

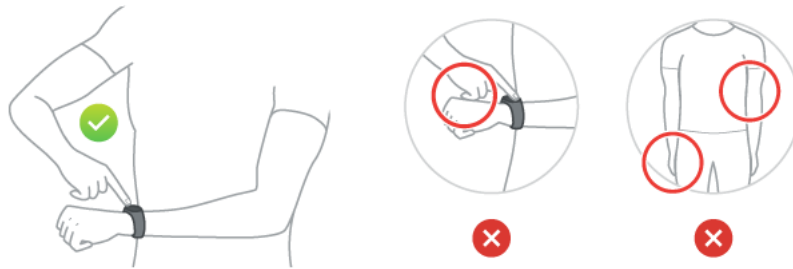
1. Wear your fitness tracker for at least 15 minutes before performing a measurement.

Tip: 15mins allows the electrode on your wrist to get to skin temperature for an accurate result.

Important: For an accurate result take your body composition measurement reading at the same time of the day.

2. Wake up your TomTom Touch by pressing the button.
3. Swipe to two screens above the clock screen of your fitness tracker, where you see a percentage sign.

4. Your arms should not touch the side of your body, and your hands and wrists should not touch each other. This can lead to the current taking a shorter path which can cause inaccurate results.



5. Press the button with the tip of your index finger for about 10 seconds, until a tick appears on the screen.
6. Make sure you cover the entire button with your fingertip and that your finger forms a straight line with the display of your fitness tracker.



Tip: If you see a cross on the screen rather than a tick, try putting a small amount of water on your wrist right under the electrode and on the tip of your index finger.

7. Go to the MySports Mobile app to see your body composition measurement and progress against your goal:



Tap the menu icon, then **Progress > Filter button> Body** in Activities or select a **Body Fat** goal by clicking on it. You can view your body fat and muscle percentages and the trends over time.

Tips for measuring body composition

- The overall trend of measurements is more accurate if you measure at the same time of day each time.
- The ideal time to take a measurement is in the morning, after going to the bathroom but before eating, drinking, showering or exercising.
- For women, measurements are less accurate if taken during a menstrual period, as this generally affects the fluid balance in your body.
- Body composition cannot be accurately measured whilst pregnant or if you have larger metal implants in your body, for example as a result of surgery.

Your ideal body composition

As the ideal body composition can vary a lot from person to person, we cannot give you an accurate estimate for this.

The TomTom Touch Fitness Tracker is designed to help you get a better picture of how your health and body changes over time. In order to facilitate this, we provide you with a graph showing changes to your body composition numbers for a selected time range. You can view this graph on the MySports website and in the MySports mobile app in the Progress tab.

You can also set body goals, such as a certain weight or fat percentage by selecting Goals on the website or in the app. Once a goal is set you can view your progress towards this goal alongside your other activity data.

If you would like personalised advice regarding your body composition, we recommend consulting a licensed personal trainer or medical professional.

You can find more information about body composition in this [Article - Measuring and Evaluating Body Composition](#) from the American College of Sports Medicine, as well as other online resources.

Safety and body composition

The current sent through your body when performing a body composition measurement with the TomTom Touch Fitness Tracker is completely harmless. However, if you are pregnant, have a pacemaker or other internal medical device, always consult your doctor before use.

Important: Body composition cannot be accurately measured whilst pregnant or if you have larger metal implants in your body, for example as a result of surgery.

Article - Measuring and Evaluating Body Composition

This article has been replicated in full from the American College of Sports Medicine website at:

<http://www.acsm.org/public-information/articles/2012/01/12/measuring-and-evaluating-body-composition>

Measuring and Evaluating Body Composition

Jan 11, 2012

Written by Tiffany Esmat PhD

What does the number on the weight scale really mean? In regard to overall health, weight is not nearly as important as the composition of that weight. More important, rather than tracking weight, we should be aware of our body composition. Stepping on a weight scale simply tells us the combined weight of all our body's tissues. That weight may fluctuate throughout the day depending on the time of day, hydration status or what we are wearing. In contrast, body composition reveals the relative proportions of fat and lean mass in the body. Fat mass consist of two types of fat: essential and nonessential fat. The second component of body composition, lean mass, refers to bones, tissues, organs and muscle.

Essential fat is the minimal amount of fat necessary for normal physiological function. For males and females, essential fat values are typically considered to be 3% and 12%, respectively. Fat above the minimal amount is referred to as nonessential fat. It is generally accepted that a range of 10-22 percent for men and 20-32 percent for women is considered satisfactory for good health.

A body composition within the recommended range suggests you have less risk of developing obesity-related diseases such as diabetes, high blood pressure, and even some cancers. In addition, although we face risks when our body composition is too high, we face another set of risks when our body composition is too low. When we drop below the minimal recommended levels of essential fat, we negatively affect the delivery of vitamins to the organs, the ability of the reproductive system to function, and overall well-being.

How can you determine your body composition? Body composition can be estimated through various techniques from field-based tests requiring only a calculator or tape measure to advanced tests conducted in a clinical or laboratory setting performed by a trained technician. Common methods of exploring the levels of adiposity include body mass index (BMI), waist circumference, skinfolds, bioelectrical impedance analysis, and the BOD POD.

Two techniques that do not assess body fat percentage but that can be useful are BMI and waist circumference. BMI is used to assess weight relative to height and is calculated by dividing weight in kilograms (kg) by height in meters squared (kg m-2). A BMI of 25 or higher is classified as overweight while a BMI of 30 or greater is classified as obese. While BMI may give an individual a general idea of increased risk for obesity-related health problems, it fails to distinguish the composition of that weight. The measurement of waist circumference provides insight to increased risk of obesity-related illness due to the location of excess fat. Waist circumference can be measured by placing a cloth tape measure around the smallest part of the waist while standing relaxed. Waist circumference should be at or below 40 inches for men and 35 inches for women. Android obesity, classified as excess weight located in the trunk area, places an individual at greater risk for high blood pressure, metabolic syndrome, type 2 diabetes, high cholesterol, coronary artery disease and premature death.

Body fat percentage can be estimated via many techniques, some simple while others are more complex. This article describes three common techniques you may encounter: skinfold measurements, BOD POD measurements, and bioelectrical impedance analysis (BIA). Percent body fat can be estimated by using calipers to measure skinfold thickness at various body sites on the body. The sum of the skinfolds taken at various sites can then be converted to calculate percent body fat. This technique is fairly quick and can be accurate. However, it is important to find a trained technician to make the measurements. If the measurements are not taken correctly or an incorrect formula is applied, erroneous values can result. A fairly new and “high-tech” approach to assessment of body composition is the BOD POD. These fiberglass units are designed to measure body weight and body volume (i.e., the body’s total size). Because fat is less dense than lean tissue, the weight-to-volume ratio can be used to predict percent body fat. Another technique that is frequently used in fitness facilities is BIA. The principle behind this technique is that fat contains little water; most of the body’s water is in the lean compartment. Therefore, when an electrical current encounters fat, there is more resistance. By measuring how easily currents move through the body, body fat can be estimated.

Calculation of percent body fat through any of these techniques is best done by a trained health and fitness professional. These individuals will not only be able to make accurate assessments but will also be able to explain the results to you. Check with your local fitness facility to see what methods of assessment are available to you.

What can you do with your results? The results from your body composition assessment can be used to identify risks, personalize your exercise program or evaluate how well your current exercise and nutrition program is working for you. If you find that you are within a healthy range, continue your exercise and dietary behaviors. If you find that your body composition has room for improvement, take a closer look at what you can do to make positive changes to your current level of activity and diet. Use more than just the scale to assess body composition. Remember, it is possible for the number on the scale to remain constant but experience changes in fat mass and lean mass. Changes in body composition take time and a dedicated effort, but the positive impact on health and quality of life is worth the effort. Participation in regular exercise and physical activity along with a healthy balanced diet are the key to reaching and maintaining a healthy body composition.

ACE Body Composition Percentage Chart

This body fat percentage chart is from the American Council on Exercise.

Note: This table provides generic estimates and guidelines. Consult your physician for guidelines that fit you.

IDEAL BODY FAT PERCENTAGE CHART (American Council on Exercise)

Description	Men	Women
Essential fat	2-5%	10-13%
Athletes	6-13%	14-20%

Fitness	14-17%	21-24%
Average	18-24%	25-31%
Obese	25%+	32%+

Phone notifications

Receiving phone notifications

Call notifications

When you receive a call, your TomTom Touch vibrates and a call icon appears to show you that you have a call. You can swipe down to dismiss the icon or ignore it.



Text message (SMS) notifications

When you receive an SMS message, your TomTom Touch vibrates and a message icon appears to show you that you have a message. You can swipe down to dismiss the icon or ignore it.



Settings

About settings

All the settings for your TomTom Touch are set using the MySports Mobile App or on the MySports website.

The following settings are available for your TomTom Touch:

- [All day heart rate](#)
- [Phone notifications](#)
- [Profile](#)
- [Preferences](#)
- [Heart rate zones](#)

All day heart rate

To switch all day heart rate monitoring on or off, do the following:

1. Open the MySports app on your mobile phone.
2. Tap **DEVICE**.
3. Move the slider for **All Day Heart Rate**.

Tip: Switch off all day heart rate monitoring when not in use to prolong battery life.

See: [Tracking your heart rate](#)

Phone notifications

To switch phone notifications on or off, do the following:

1. Open the MySports app on your mobile phone.
2. Tap **DEVICE**.
3. Move the slider for **Phone notifications**.

See: [Receiving phone notifications](#)

Profile

You need to set up your profile using the MySports app or on the MySports website. Your profile is sent to your TomTom Touch each time you connect to MySports.

Select the following options to set your details in each case:

- **NAME**
- **GENDER**
- **DATE OF BIRTH**
- **HEIGHT**
- **WEIGHT**

Information from your profile is used for the following:

- Date of birth allows your TomTom Touch to calculate your age, which can then be used to estimate your maximum heart rate.
- Weight and gender are needed to calculate calories more accurately.

- For your body composition, gender, height, weight and age need to be taken into account.

Important: Your TomTom Touch is linked to your profile. If you let somebody else take a body composition measurement with your device, they are likely to get an error or inaccurate result since the result is calculated using your profile details (gender, height, weight, and age).

Preferences

There are a set of preferences that you can change that can be accessed as follows:

MySports website

Click on Your name (top right hand corner) > Settings > Preferences tab.

MySports app

Tap the menu icon > Account > Profile > Preferences.

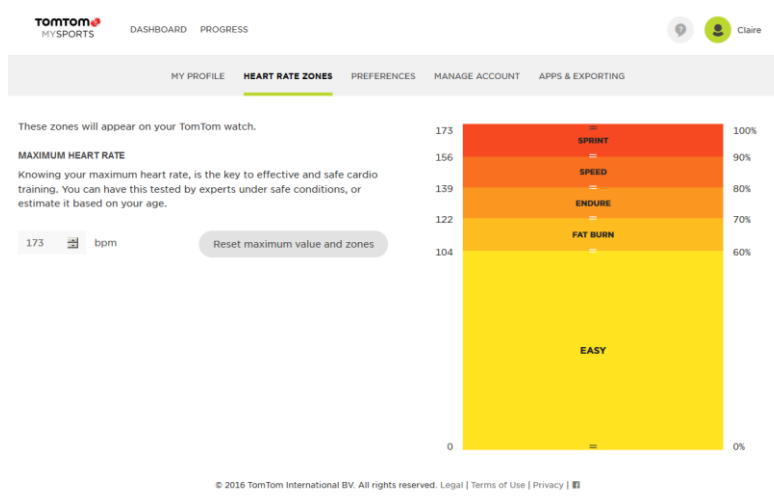
You can set the following preferences:

- **DATE DISPLAY**
- **TIME DISPLAY**
- **WEIGHT UNITS**
- **DISTANCE UNITS**
- **ENERGY UNITS**

Heart rate zones

You can change the range for your heart rate zones on the MySports website.

Click on Your name (top right hand corner) > Settings > Heart Rate Zones tab.



TomTom MySports account

Note: The MySports account is different from the TomTom or MyDrive account. There is no link between the three. You can have multiple devices associated with a MySports account.

Your TomTom MySports account is a central storage location for all your training and fitness information.

To create an account, click the button in TomTom MySports Connect, or go directly to the website: mysports.tomtom.com

As you can see from the diagram below, you can transfer your activities to your MySports account using either TomTom MySports Connect or the TomTom MySports app.

If you transfer your activities to your TomTom MySports account, you can store, analyse and view your previous activities. You can view all the metrics associated with your activities.

TomTom MySports Connect

TomTom MySports Connect does the following:

- Registers your TomTom Touch with your MySports account.
- Updates the software on your TomTom Touch when new versions become available.
- Uploads activity information to your MySports account.

Note: The TomTom MySports Connect application is a completely different application from the MyDrive application.

Installing TomTom MySports Connect

For instructions, see: [Download MySports Connect](#).

Computer compatibility

TomTom MySports Connect is compatible with the following operating systems:

Windows

- Windows 10
- Windows 8 - PC version
- Windows 7
- Windows Vista

Mac OS X

- 10.11 (El Capitan)
- 10.10 (Yosemite)
- 10.9 (Mavericks)
- 10.8 (Mountain Lion)
- 10.7 (Lion)

TomTom MySports mobile app

The MySports mobile app lets you upload and analyse your activities and see your stats while on the go.

The TomTom MySports mobile app does the following:

- Transfers your activity information to your TomTom MySports account automatically when synched with your TomTom Touch.
- Provides an alternative to TomTom MySports Connect for transferring activity information to your MySports account.

Supported phones and mobile devices

iOS

The TomTom MySports app is supported on the following phones and mobile devices:

- iPhone 4S or later
- iPod touch 5th generation
- iPad3 or later
- All iPad mini.

Android

The TomTom MySports app requires Bluetooth Smart (or Bluetooth LE) and Android 4.4 or higher to communicate with your watch. A range of Bluetooth Smart enabled Android devices have been tested to confirm their compatibility with the MySports app. Check your phone's compatibility with the MySports app by visiting the [Google Play Store](#).

Important: For China, the Google Play store is not accessible and our app is published on the [Wandoujia store](#).

Installing the TomTom MySports app

See: [Get the MySports mobile app](#)

Sharing your activities

You can share MySports activities using the Social Sharing feature of your MySports account.

To start sharing, do the following:

1. Log in to MySports.
2. Select an activity from your MySports dashboard.
3. Click the **Share** button in the top-right corner.
4. Choose, for example, **Facebook** or **Twitter** and add a comment to personalise your post.

Addendum

Warnings & Indications for use

Indications for use

TomTom Touch Fitness Tracker tracks Body Composition (body fat and muscle mass), monitors heart rate, counts steps, calories burned, distance walked, active time and sleep time. These metrics will assist you in maintaining an active lifestyle.

Warning

TomTom Touch Fitness Tracker is not a medical device and should not be used for diagnostics or treatment. Do not use TomTom Touch Fitness Tracker if you are pregnant or have a pacemaker or other internal medical device.

Bioelectrical impedance cannot be measured accurately when you are pregnant, if there are metallic objects inside your body, right after exercise or a shower, bath or after swimming. Keep the electrodes on the band away from electricity.

The data provided is a close estimate of your body composition; fluctuations may occur. Please take your measurements at the same time of the day, in the same conditions and follow the instructions provided in the box and in the FAQs.

Always consult a physician before starting an exercise program. This heart rate monitor is not a medical device and it should not be used for diagnostics or treatment.

Interference with the signal from external sources, poor contact with your wrist and other factors may prevent accurate heart rate data readings or transmission. TomTom accepts no liability arising from any such inaccuracies.

The TomTom Touch Fitness Tracker is made in China.

This is not a toy. This product and its accessories contain small parts, which can be a choking hazard. Please keep away from children. If ingestion of the battery occurs, immediately seek medical assistance.

How TomTom uses your information

Information regarding the use of personal information can be found at:

tomtom.com/privacy.

Battery and Environmental information

This product uses a lithium polymer battery that is not user accessible or user replaceable. Do not open the case or (attempt to) remove the battery. Substances in the product and/or battery may be harmful to the environment or your health if disposed of improperly. The battery contained in the product must be recycled or disposed of properly according to the local laws and regulations and always kept separate from household waste.



WEEE directive

The wheellie bin symbol on the product or its packaging indicates that this product shall not be treated as household waste. In line with EU Directive 2012/19/EU for waste electrical and electronic equipment (WEEE), this electrical product must not be disposed of as unsorted municipal waste. Please dispose of this product by returning it to the point of sale or to your local municipal collection point for recycling. By doing this you will help conserve the environment.



Battery operating temperatures

Operating temperatures: -20°C (-4°F) to 45°C (113°F).

R&TTE directive

Hereby, TomTom declares that TomTom products and accessories are in compliance with the essential requirements and other relevant provisions of the EU Directive 1999/5/EC. The declaration of conformity can be found here: tomtom.com/legal.



FCC information for the user



Federal Communication Commission Interference Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID: S4L1AT00

IC: 5767A-1AT00

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

The product complies with the FCC portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user's body or set the device to lower output power if such a function is available.

Responsible party in North America

TomTom, Inc., 2400 District Avenue, Burlington, MA 01803

Tel: 866 486-6866 option 1 (1-866-4-TomTom)

Emissions information for Canada

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Operation is subject to the condition that this device does not cause harmful interference.

This Class B digital apparatus complies with Canadian ICES-003. CAN ICES-3(B)/NMB-3(B)

The Country Code Selection feature is disabled for products marketed in the US or Canada.

Equipment is certified to the requirements of RSS-247 for 2.4-GHz.

Industry Canada statement: (English & French versions)

This device complies with ISSED's licence-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d' ISSED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

Radiation Exposure Statement:

The product comply with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Déclaration d'exposition aux radiations:

Le produit est conforme aux limites d'exposition pour les appareils portables RF pour les Etats-Unis et le Canada établies pour un environnement non contrôlé.

Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l'appareil peut être conservé aussi loin que possible du corps de l'utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.

Regulatory Compliance Mark



This product displays the Regulatory Compliance Mark (RCM) to show that it complies with relevant Australian regulations.

Notice for New Zealand

This product displays R-NZ to show it complies with relevant New Zealand regulations.

Customer support contact (Australia and New Zealand)

Australia: 1300 135 604

New Zealand: 0800 450 973

Model names

TomTom Touch Fitness Tracker: TomTom Touch Fitness Tracker: 1AT00

Taiwan Certification



本產品符合低功率電波輻射性電機管理辦法第十二條、第十四條等條文規定：

第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

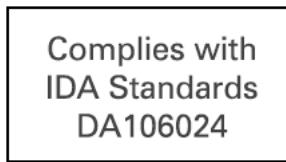
前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Chinese Certification

CMIIT ID / 2016Dj4417

IDA Standard (Singapore)



Triman logo



BF Type Equipment



Japanese Certification



R-201-160508

Japanese Recycling Information



Korean Certification

MSIP-CMM-NSW-1AT00



해당 무선설비는 운용 중 전파혼신 가능성이 있음

해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없음

B 급 기기

(가정용 방송통신기자재)

이 기기는 가정용(B 급) 전자파적합기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

Notices (Turkey)

Contact details for manufacturer (Turkey)

TomTom International B.V., De Ruyterkade 154, 1011 AC Amsterdam, The Netherlands, Tel: +31 (0)20 757 5000

Usage, maintenance and repair (Turkey)

Please see the online User Manual at tomtom.com/support for further information on how to use your device.

It is recommended that you clean your tracker once a week if you use it frequently.

- Wipe the tracker with a damp cloth as needed. Use mild soap to remove oil and dirt.
- Do not expose your tracker to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellants. Chemicals can damage the seal, case and finish.
- Clean the heart rate sensor and connection pads with mild soap and water as needed.
- Do not scratch the heart rate sensor area. Protect it from damage.

Making a complaint (Turkey)

If you have a complaint about your device, please call Customer Support on 212 356 9707. Alternatively please see <http://tr.support.tomtom.com/app/contact>

You also have the right to refer complaints and reclaims to the Consumer Court (Tüketici Mahkemesi) and the Arbitration Committee for Consumer Problems (Tüketici Sorunları Hakem Heyeti)

Lifetime of your product (Turkey)

The lifetime of your product is a minimum of 5 years as specified and announced in After Sales Services legislation dated 13/6/2014 and nr. 29029.

Your right of choice (Turkey)

Your right of choice is protected as a consumer under article 11 of “Consumer Protection Law” (Tüketicinin Korunması Hakkında Kanun).

Safety notices (Turkey)

Please see the Warning section in this Addendum.

Energy saving (Turkey)

The battery in your tracker charges when you connect it to either a wall charger or a computer using the supplied micro USB cable. You are warned when the battery level is low or critical. Battery life is shortened depending on how often you use the tracker's features, such as heart rate measurements, Body Composition measurements and how many phone notifications you receive.

Shipping and handling information (Turkey)

TomTom Fitness Trackers should be handled with care during the shipping process. This means paying attention to all shipping labels and warnings attached to the shipping crates or pallets. The trackers should be shipped in their original packaging and not be repackaged. You should use the appropriate lifting equipment to move the devices and take care to conform to all manual handling training. Be careful not to drop the trackers. Do not subject the trackers to extreme temperatures or to damp or wet storage conditions.

Technical Specifications for TomTom Fitness Trackers (Turkey)

Battery lifetime	Activity tracking: up to 5 days	
Display resolution	128 x 32 pixels	
Display size	5.58 x 22.38 mm	
Thickness	11.5 mm	
Weight	10 g	
Wrist size	121 - 169 mm (small)	140 - 206 mm (large)

Authorised Service Stations (Turkey)

IMPORTANT: You must contact Customer Support to obtain an RMA number and instructions before you send your device away to a service station.

Regenersis

Tatlısu Mahallesi.

Şenol Güneş Bulvarı.

Mira Tower. No:2 Zemin Kat D:2

P.K 34774

Ümraniye / İstanbul

Declaration of Conformity (1)



Declaration of Conformity

We, TomTom International BV

De Ruijterkade 154

1011 DK Amsterdam

The Netherlands

Declare under our sole responsibility that our product:

Product name:	TomTom Touch Fitness Tracker
Trademark:	TomTom
Type of model:	1TA00
Accessories (USB cable):	4AT00

To which this declaration relates is in conformity with the appropriate standards:

EN 60950-1:2006+A11:2009+A1:2010+A12+2011+A2:2013

EN 301 489-1 V1.9.2:2011

EN 301 489-17 V2.2.1:2012

EN 300 328 V1.9.1:2015

EN 62479: 2010

following the provisions of R&TTE Directive 1999/5/EC with requirements covering EMC Directive of 2004/108/EC and LV Directive 2006/95/EC.



The product is marked with

Signed by or for the manufacturer :

Name (in writing) : Clement Magniez

Title : Program Manager

Place and date of issue : Amsterdam Aug 16th 2016

Declaration of Conformity (2)



Declaration of Conformity



We, TomTom International BV

De Ruijterkade 154, 1011 AC Amsterdam, The Netherlands

(USA address: TomTom Inc., 2400 District Avenue,

(1-866-4-TomTom))

Burlington, MA-1803

Declare under our sole responsibility that our product:

Product name:	TomTom Touch Fitness Tracker
Trademark:	TomTom
Type of model:	1TA00

Accessories:	USB cable (model: 4AT00)
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to which this declaration relates is in conformity with the appropriate standards:

ANSI C63.4

FCC 47 CFR Part 15, Subpart B

Supplementary information:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) This device may not cause harmful interference, and
- 2) This device must accept any interference received, including interference that may cause undesired operation.

Signed by or for the manufacturer :



Name (in writing) : Clement Magniez

Title : Program Manager

Place and date of issue : Amsterdam Aug 23rd 2016

Declaration of Conformity (3)



Declaration of Conformity

We, TomTom International BV

De Ruijterkade 154

1011 AC Amsterdam

The Netherlands

Declare under our sole responsibility that our product and in combination with our accessories:

Product name:	TomTom Touch Fitness Tracker
Trademark:	TomTom
Type of model:	1TA00
Accessories:	USB Cable (model: 4AT00)

to which this declaration relates is in conformity with the following specifications:

ICES-003

Supplementary information:

This device complies with ICES-003 Canada Rules. Operation is subject to the following two conditions:

- 1) This device may not cause harmful interference, and

2) This device must accept any interference received, including interference that may cause undesired operation.

Signed by or for the manufacturer :



Name (in writing) : Clement Magniez

Title : Program Manager

Place and date of issue : Amsterdam Aug 23rd 2016

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Calorie calculations

Calorie calculations in this products are based on MET values from:

Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and Science in Sports and Exercise, 2011;43(8):1575-1581.