

STARTUP GUIDE

HOW TO ACTIVATE & NAVIGATE ACTIVITY TRACKER



Tap on your GOQii band screen to activate it.

Just Tap or Swipe your GOQii Band's screen to navigate to another screen.

LINK YOUR TRACKER WITH MOBILE APP

Turn on the bluetooth on your mobile device and keep your GOQii band close to your phone, GOQii app will search and link our GOQii band to your account, tap on the screen of our GOQii band when you see the link icon.



CHARGE YOUR GOQii BAND



Plug your GOQii device into any USB port, a PC or an Adaptor. Once you plug it, the GOQii logo appears and then the battery icon. Charge until battery icon is completely filled.



CARE AND WEARING TIPS

- ▶ Clean and dry your GOQii band regularly, especially under the band and device pocket.
- ▶ Wear your goqii band slightly loose to allow air circulation.
- ▶ Minimize usage of skin products in the area where you wear your GOQii band.
- ▶ If you notice any signs of skin irritation or any other discomfort, please stop using GOQii band and contact us.



SIGN-UP GUIDE

STEP. 1

Download the GOQii App



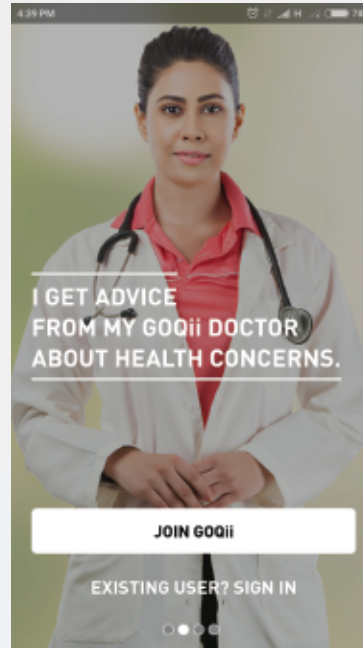
STEP. 4

Enter the Activation Code, the card provided in the box

The screenshot shows the 'ENTER ACTIVATION CODE' screen. At the top, there's a back arrow and the title 'ENTER ACTIVATION CODE'. Below it is a text input field labeled 'ACTIVATION CODE' with a clear (X) button on the right. Underneath the field is a green 'ACTIVATE' button. At the bottom, there's a note: 'The Activation code is on the card which has been provided with your GOQii tracker box.' Below this note is a small image of a card with instructions and a circled 'Activation Code' field containing '12345678901234567890'.

STEP. 2

Join GOQii



STEP. 5

Enter your Email id by which you want to register in GOQii and set a new password.

The screenshot shows the 'SIGN UP' screen. It has a background image of a person's legs running. A white overlay contains the 'SIGN UP' title, an 'EMAIL' input field, a 'PASSWORD' input field with an eye icon, and a checkbox labeled 'I ACCEPT TERMS OF SERVICE & PRIVACY POLICY'.

STEP. 3

Set up GOQii Tracker



STEP. 6

Enter your Personal details

The screenshot shows the 'TELL ME ABOUT YOURSELF' screen. It has a background image of a person's legs running. At the top, there's a title 'TELL ME ABOUT YOURSELF' and a row of icons representing different features. Below this is a blue circular profile picture placeholder with the text 'NAME'. Underneath is the question 'WHAT IS YOUR NAME?' followed by input fields for 'FIRST NAME' and 'LAST NAME'. At the bottom right, there is a green checkmark icon.

Enter all your **Personal Details**

4:52 PM

TELL ME ABOUT YOURSELF

Gender icon selected

GENDER

CHOOSE YOUR GENDER

Male and Female icons

✓

4:52 PM

TELL ME ABOUT YOURSELF

Photo icon selected

PHOTO

LET'S PUT A FACE TO THE NAME
UPLOAD YOUR PICTURE.

Camera icon

✓

4:54 PM

TELL ME ABOUT YOURSELF

Contact icon selected

CONTACT

PLEASE PROVIDE YOUR CONTACT DETAILS

PHONE
0000000000

ADDRESS (OPTIONAL)
test

CITY
Mumbai

ZIP CODE (OPTIONAL)
400067

LET US LOCATE YOU

✓

4:53 PM

TELL ME ABOUT YOURSELF

Contact icon selected

CONTACT

PLEASE PROVIDE YOUR CONTACT DETAILS

PHONE

ADDRESS (OPTIONAL)

CITY

ZIP CODE (OPTIONAL)

LET US LOCATE YOU

✓

4:54 PM

TELL ME ABOUT YOURSELF

DOB icon selected

DOB

WHEN WERE YOU BORN?

15	JUL	1997
16	AUG	1998
17	SEP	1916

✓

4:54 PM

TELL ME ABOUT YOURSELF

Height icon selected

HEIGHT

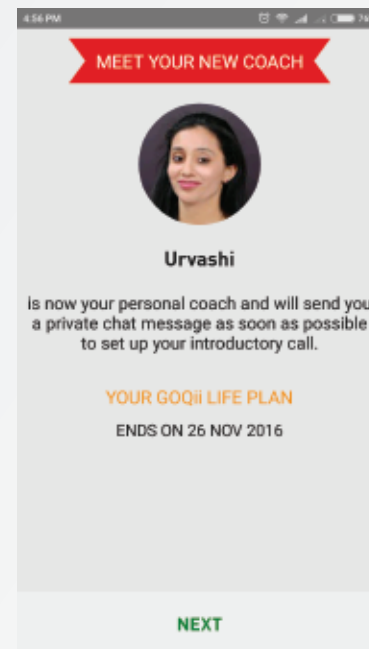
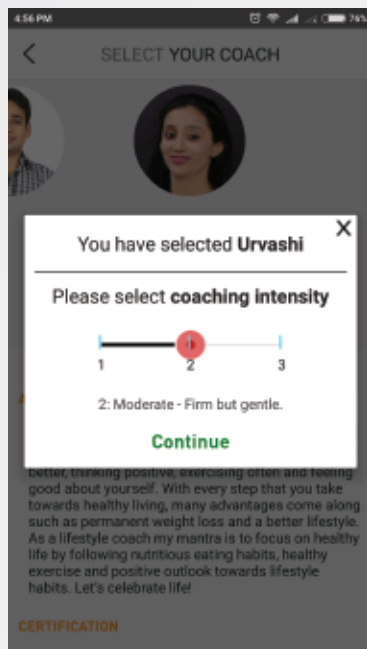
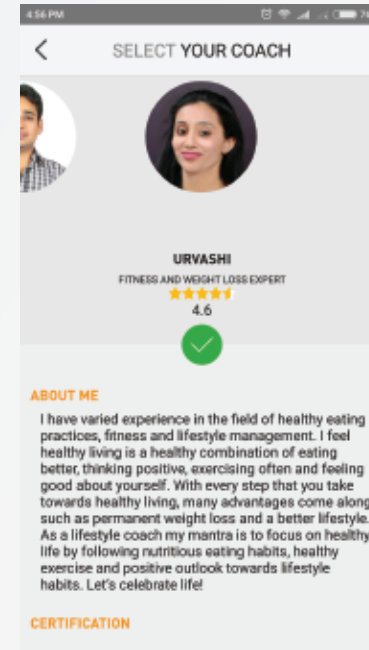
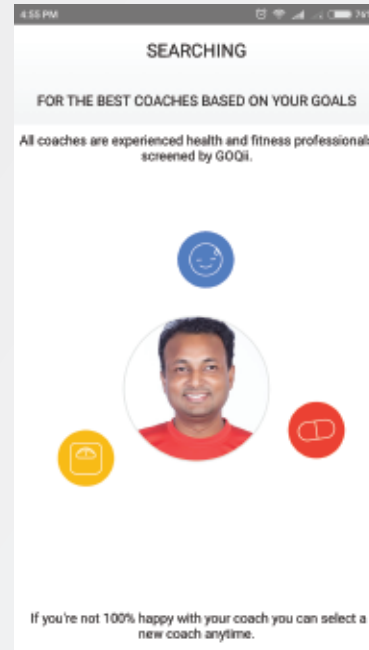
WHAT IS YOUR HEIGHT?

CM

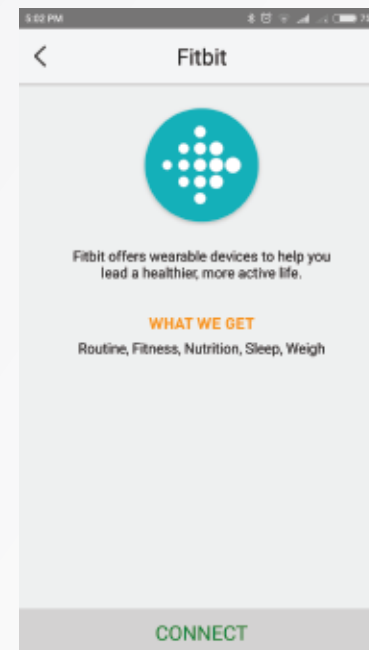
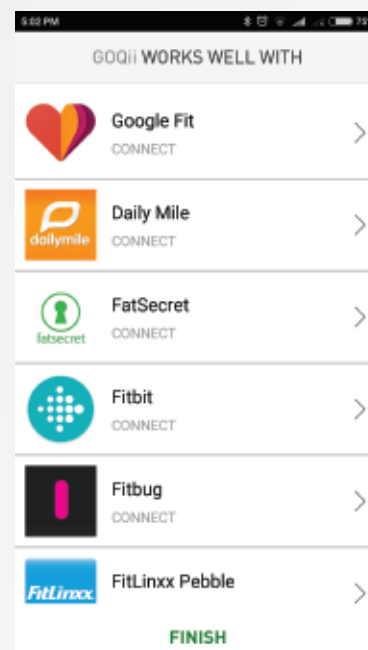
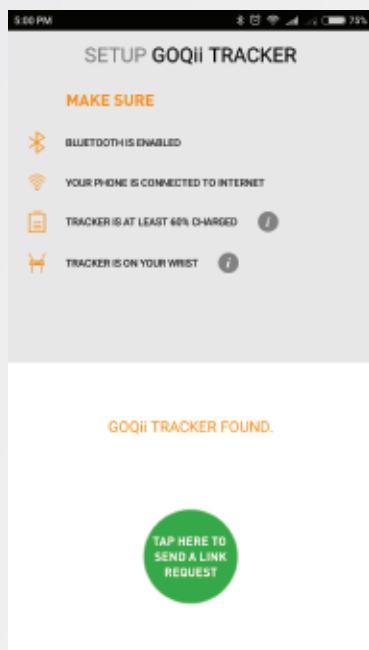
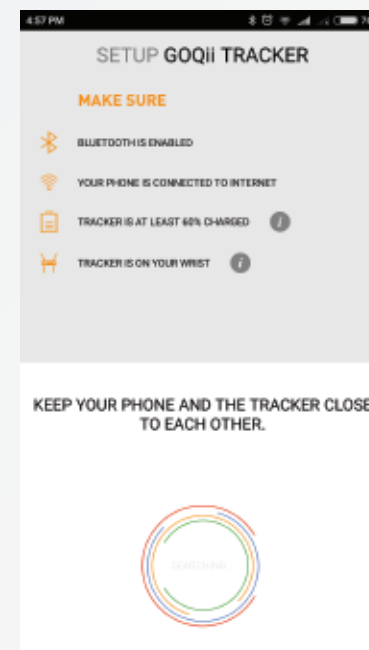
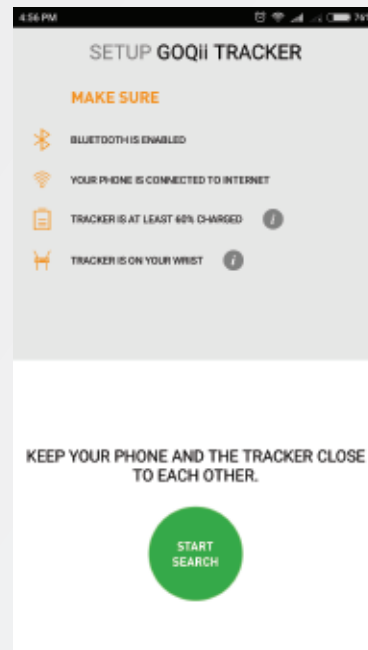
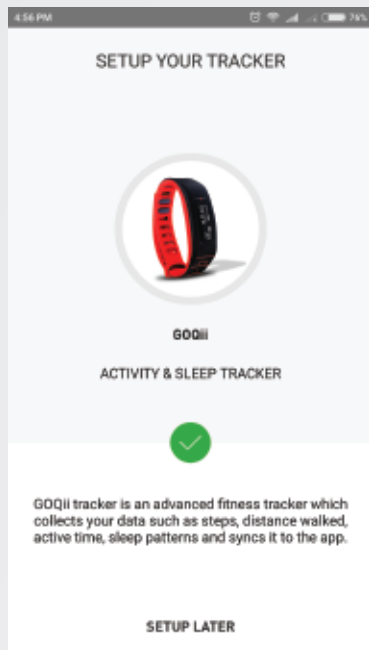
6' FT

✓

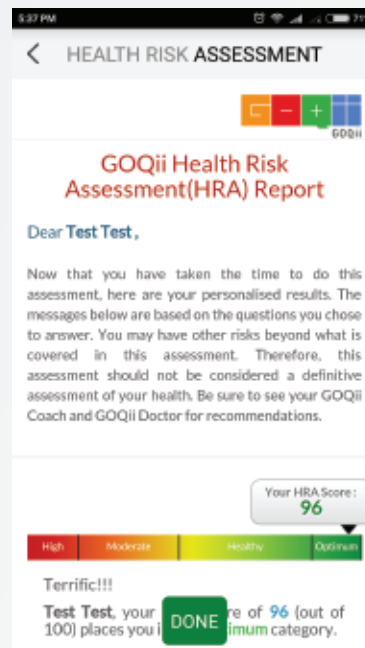
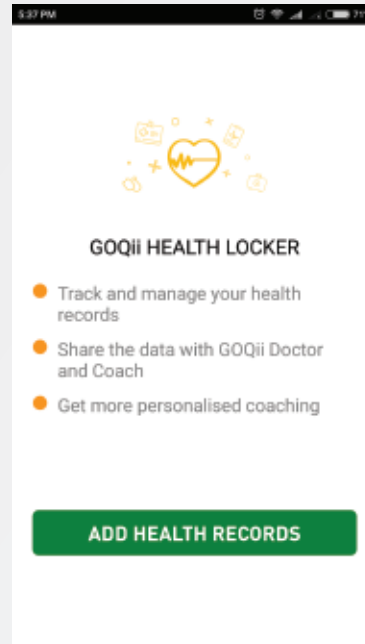
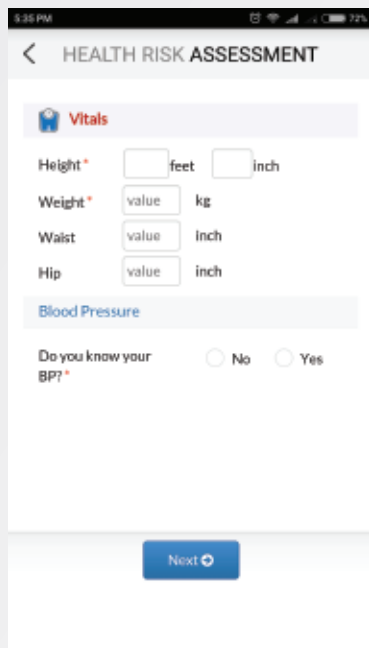
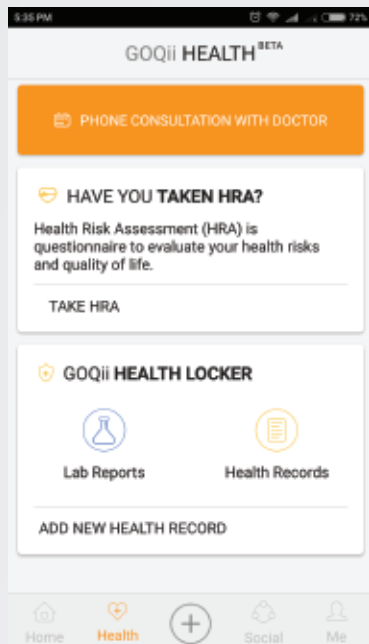
Select your Coach



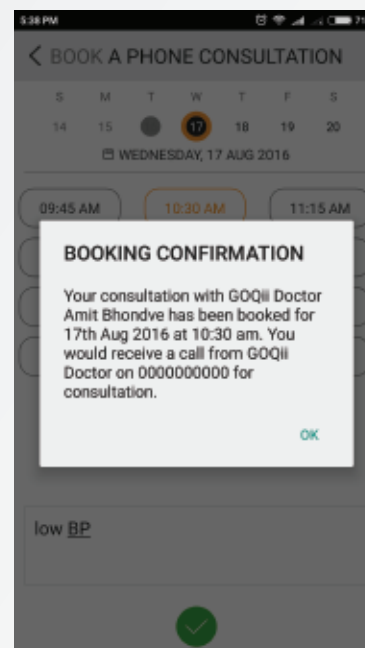
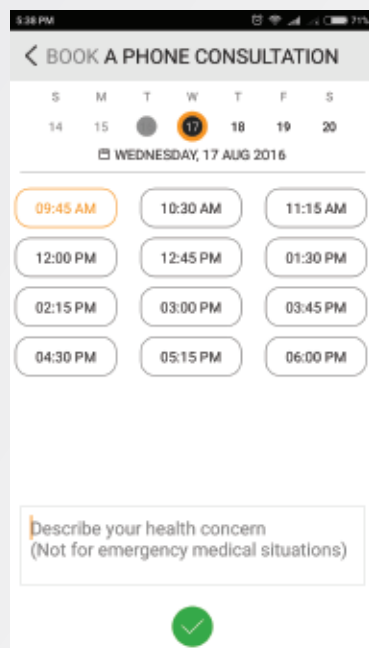
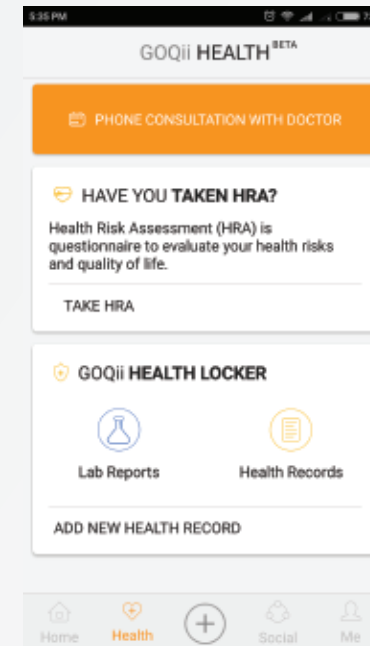
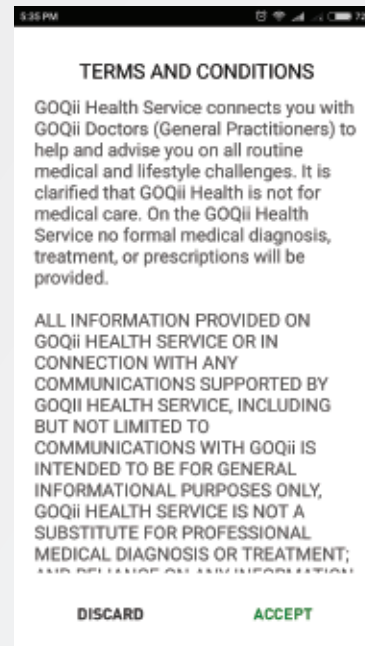
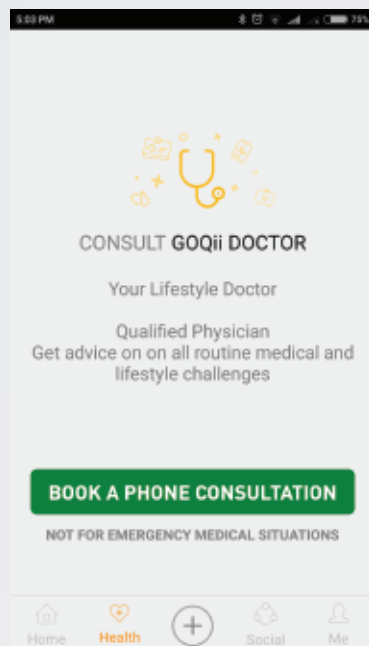
Sync with GOQii Tracker or other Apps



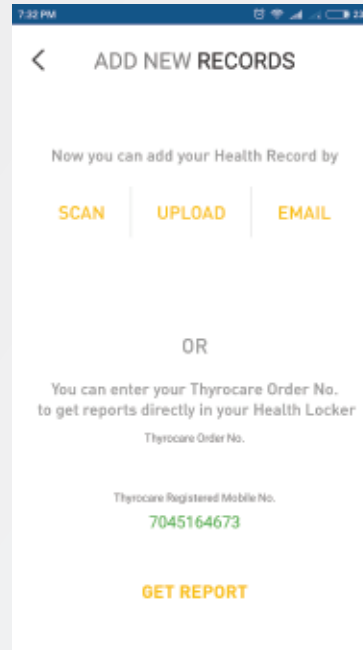
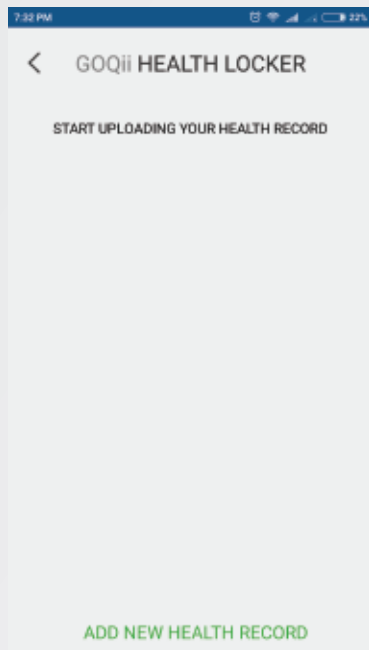
Take Health Risk Assessment



Book a Doctor Appointment

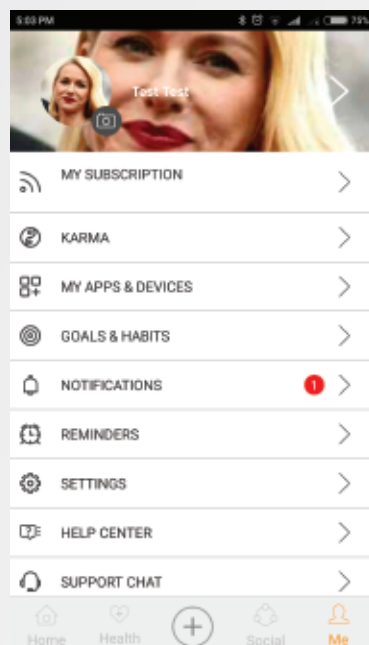
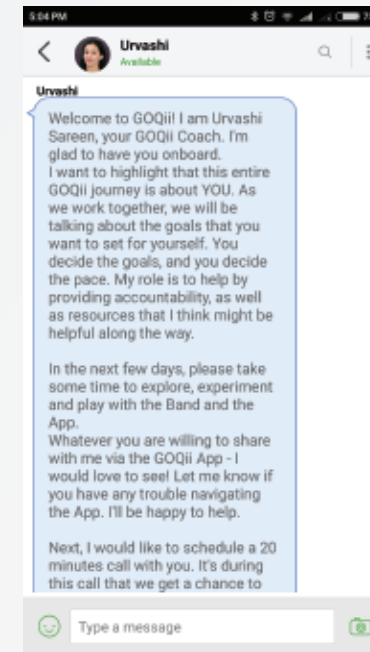


Upload Medical Records



You can safely upload your health records and medical history onto the GOQii Health Locker. Your doctor and coach can access your data with your permission. When you book tests through our partner labs, your medical reports get directly sent to your health locker.

Donate Karma Points



It has been proven scientifically that the act of giving generates personal happiness. At GOQii, our philosophy has been to achieve harmony between mind, body & soul.

GOQii and any advice given to you by your coach is intended for use only by individual healthy enough to perform exercise. While our coach's recommendations consider several factors specific to each individual, including anthropometric data, fitness goals, and lifestyle factors, we are not a medical organization, and our recommended workout plans, diets, exercise should not be misconstrued as medical advice, prescriptions or diagnoses. Consider the risks involved and consult with your medical professional before engaging in any physical activity. GOQii is not responsible or liable for any injuries or damages you may sustain that result from your use of, or inability to use, the features of GOQii or your coach's advice. You should discontinue exercise in case where it causes pain or severe discomfort, and should consult a medical expert prior to returning to exercise in such cases. If you are greater than 35 years of age, or if you have not been physically active for more than a year, or if you have any medical history that may put you at risk, including, without limitation, one or more of the following conditions you are required to seek approval from a qualified health care practitioner prior to using GOQii or acting on your coach's advice: heart disease, high blood pressure, family history of high blood pressure or heart disease, chest pain caused by previous exercise, dizziness or loss of consciousness caused by previous exercise, bone or joint problems, diabetes, high cholesterol, obesity, arthritis. We reserve the right to deny you access to GOQii or your coach for any reason or no reason, including if we determine, in our sole discretion, that you have certain medical conditions.

Please refer to detailed terms and conditions and privacy policy of our website www.GOQii.com