



JAWBONE SUPPORT > **SETUP UP2**

## Setup UP2



### Step 1: Charge your band\*



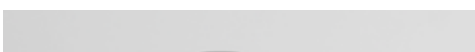
1. Your band takes approximately one hour to fully charge. Connect the charging cable to your band by aligning the pins on the charger with the band. A magnet will hold the charger in place.



2. Insert the charging cable into the USB drive on your computer or a standard USB wall adapter.



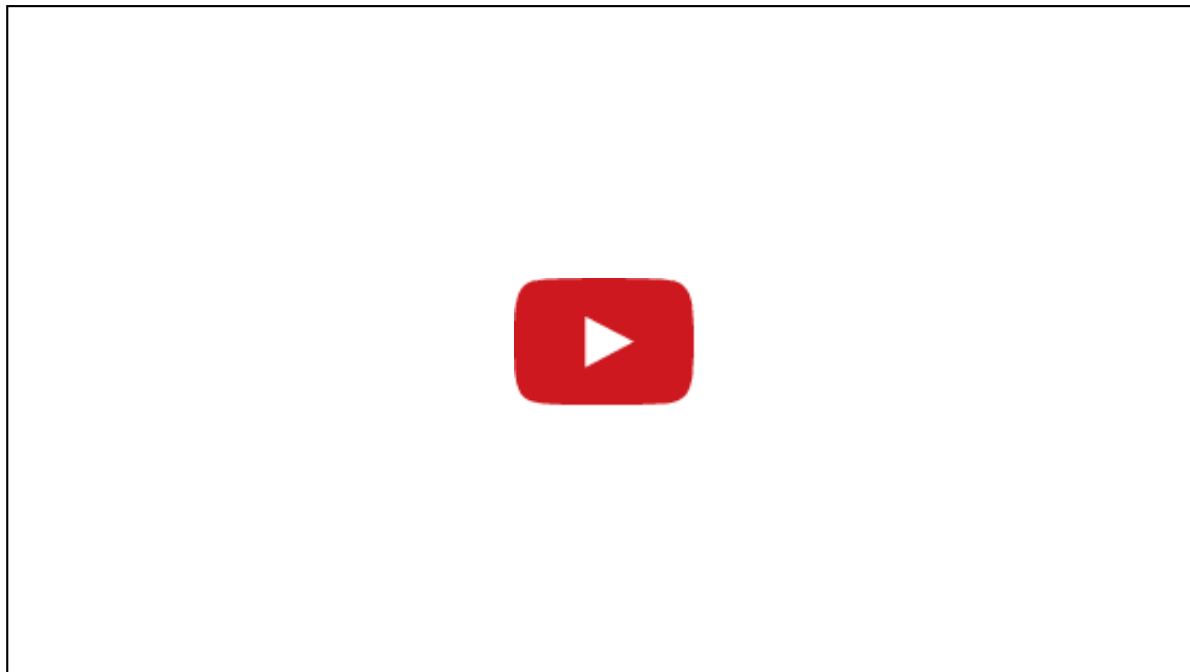
3. Icons on the face of the band will light up and pulse while the band is charging.





4. When the band is fully charged the icons will stop pulsing and the runner icon will glow solid.

\* Band shown is an UP3.



## Step 2: Size it for your wrist\*



1. The band should be worn on your non-dominant wrist. Place the band on your wrist and rest your wrist on a flat surface.



2. Thread the strap through the loop and tighten the strap so that all of the sensors are touching your skin. The band should be snug, but not tight.

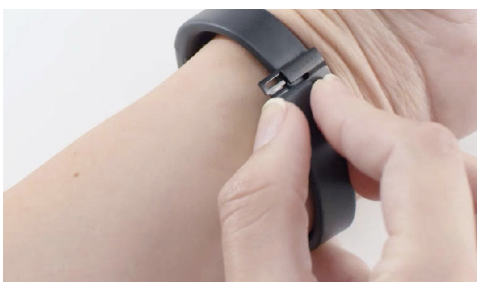




3. Use your finger to hold the loop in place and fold the strap over. Note where the clasp lands.

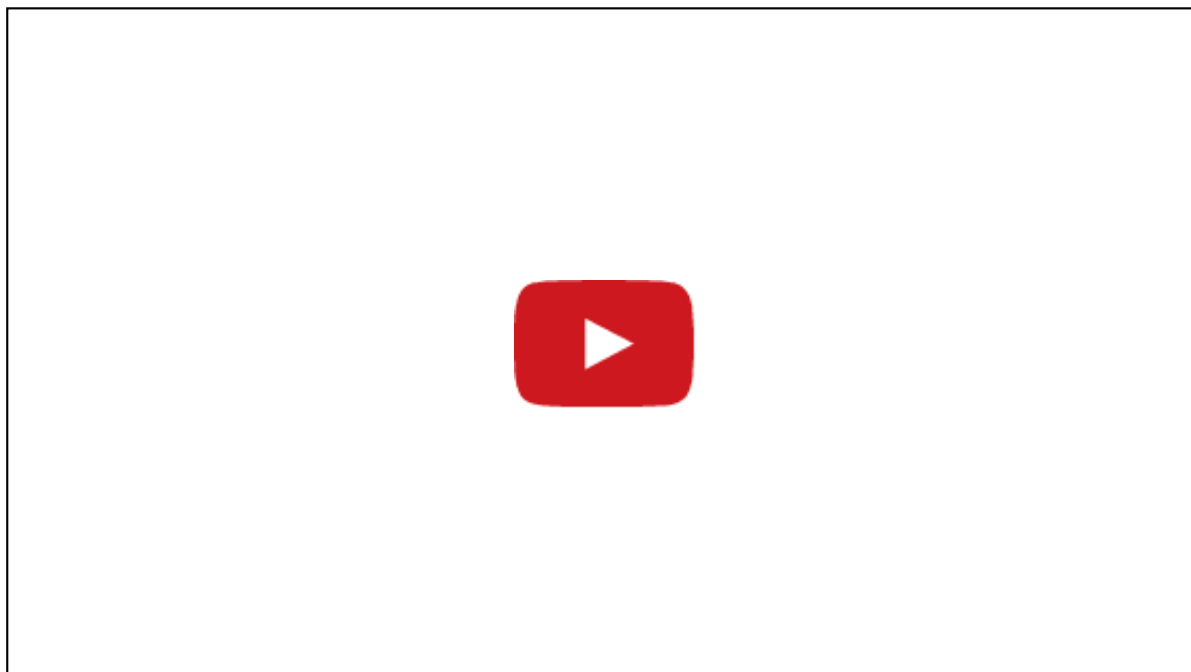


4. Remove the band and adjust the buckle by sliding it in place.



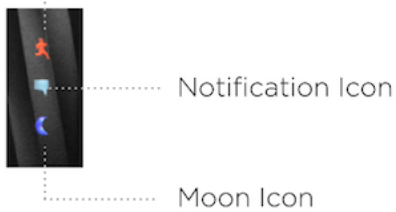
5. Put the band back on and insert the clasp into the buckle.

\*Band shown is an UP3.



### Step 3: Check your band's mode to get started\*

..... Runner Icon



1. You must be wearing your band to activate it and change modes.



2. Rapidly tap the top band surface until it wakes.



3. The runner icon will glow to indicate you are in Awake mode.



4. A moon icon will glow to indicate you are in Sleep mode.



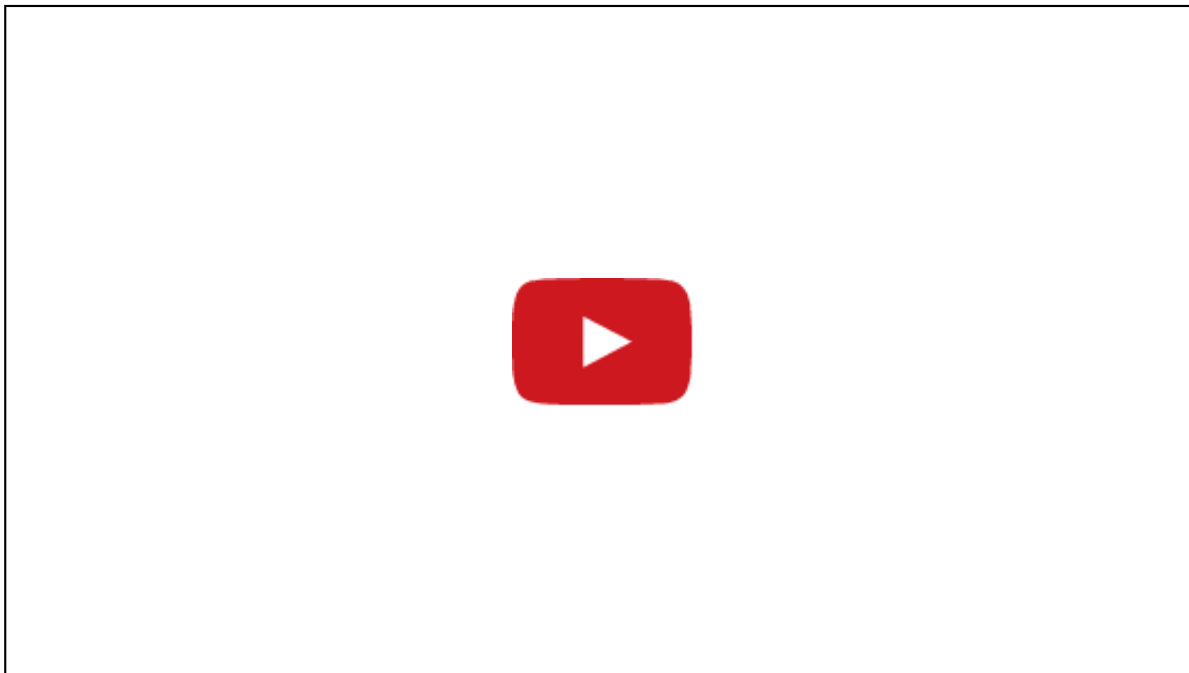


5. Touch and hold the surface of the band to switch modes, the band will vibrate and the runner or moon icon, depending on which mode you are in, will light up.



6. Set your band to Awake mode to track your daytime activity and steps.

\*Band shown is an UP3.



## Step 4: Get the UP App





## CONTACT SUPPORT

1-800-JAWBONE / 1-800-529-2663

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