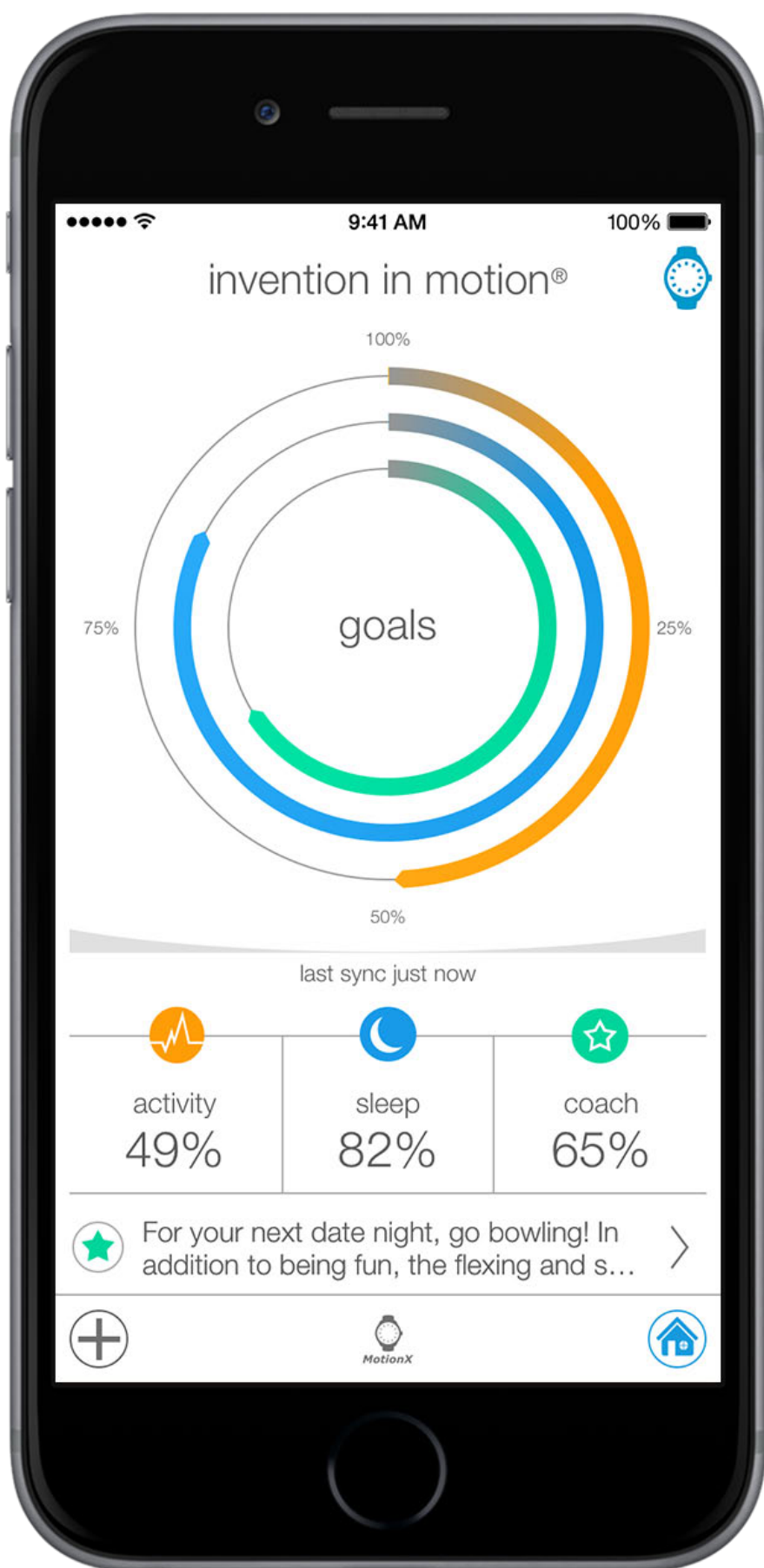




# User Guide

## MotionX-365

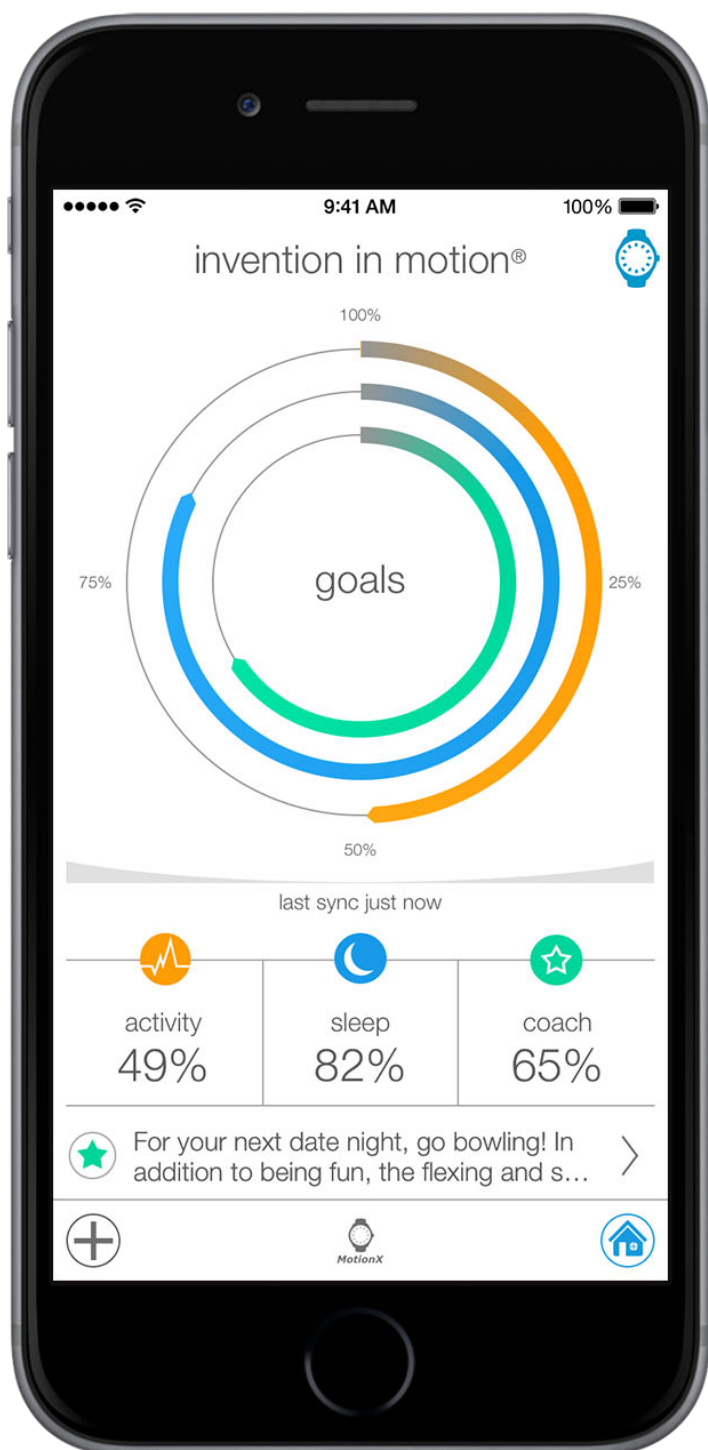




# MotionX-365

The widely used, patented MotionX® sensor-fusion engine inside your Swiss made horological smartwatch tracks activity and sleep patterns. Daily activity (steps, calories, and distance) and sleep information is presented accurately in real-time on its iconic, elegantly modern analog dial.

Simple and easy-to-understand graphics highlight how much you have moved and slept during the day, week, or month. Goals and dynamic coaching help encourage a better self-awareness and understanding, which in turn fosters well-being.



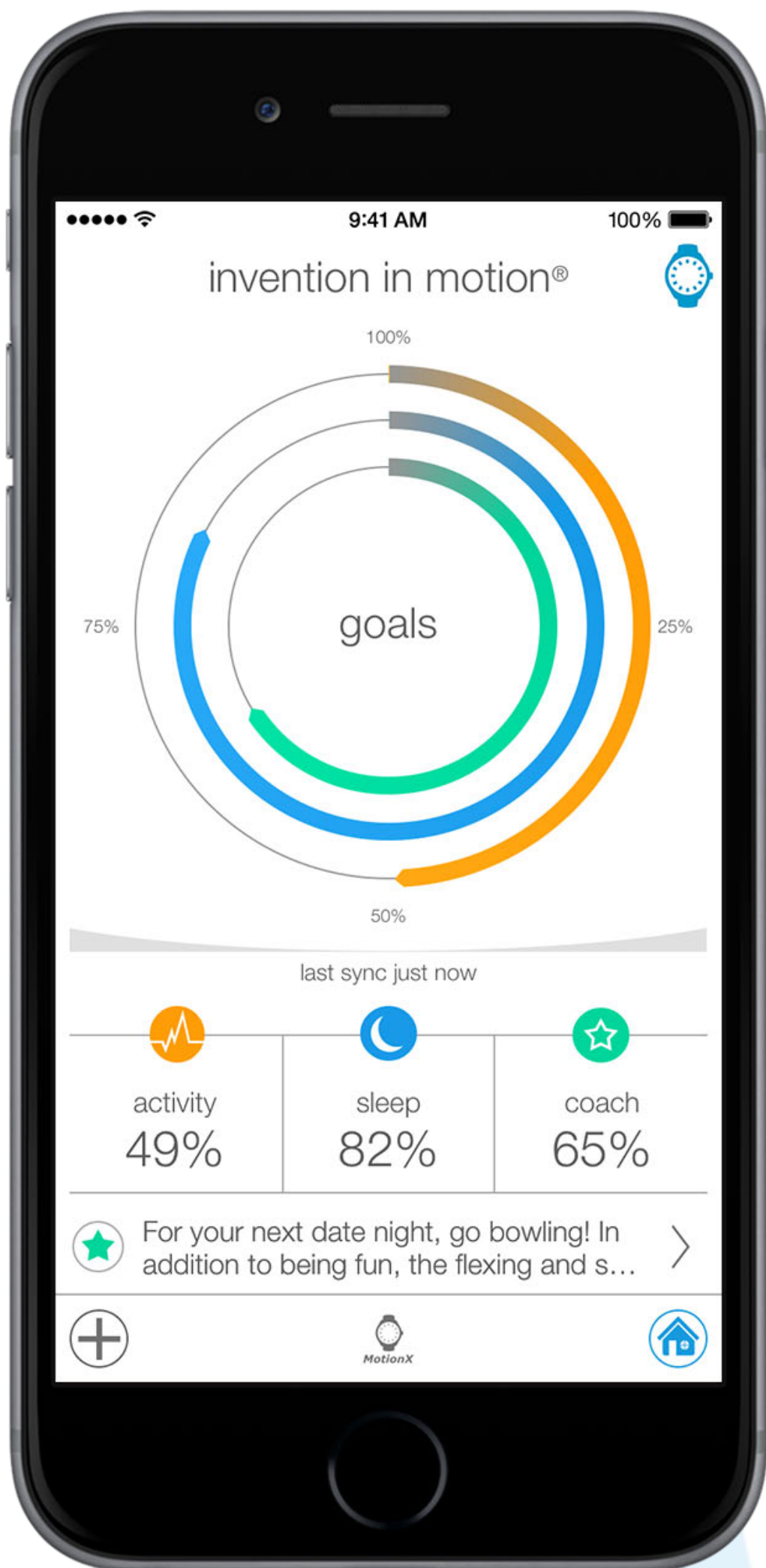
To sync data, your smartwatch connects to your phone or tablet via Bluetooth. Launch the MotionX-365 app and press the smartwatch's crown button to connect. Your data will sync with the app once it has connected.

Your data syncs every minute automatically when the app is open and your horological smartwatch has established a Bluetooth connection with your phone or tablet.



Once the sync is complete, you can immediately review your progress in the app.

The primary screen (Dashboard) shows an overview of daily progress toward your activity and sleep goals. Important **connection status** information is shown in the upper right watch icon.



## Connection Status



no watch paired  
touch icon to pair watch



watch not connected  
press the watch crown  
button to connect and sync



watch is connected



watch connected  
and sync in progress



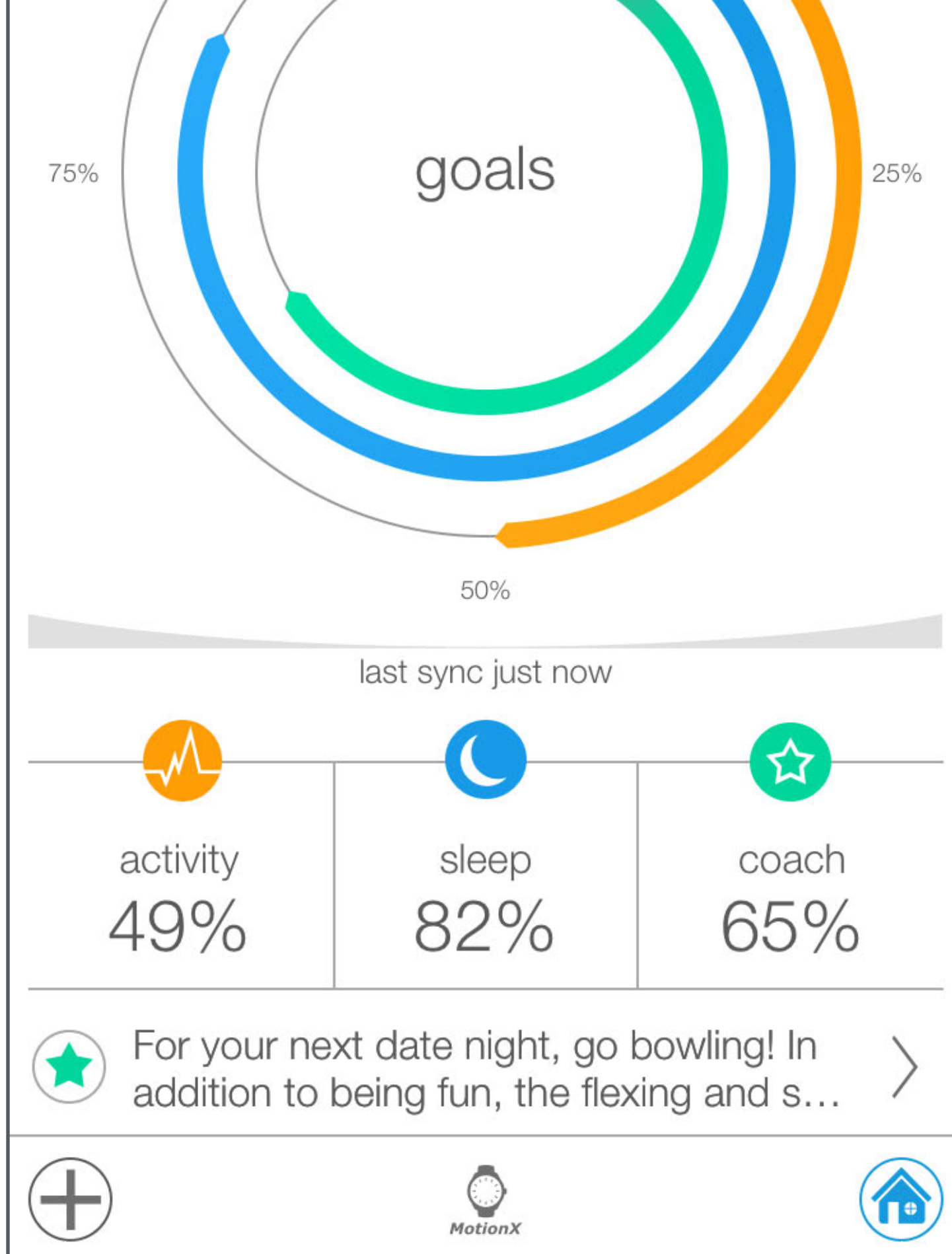
phone or tablet  
Bluetooth is turned off



watch connected  
and in timed workout mode



watch connected  
and in sleep mode



### Application actions:

Change modes, access settings and share or export your data.

### Dashboard shortcut:

When highlighted it indicates you are currently on the Dashboard.

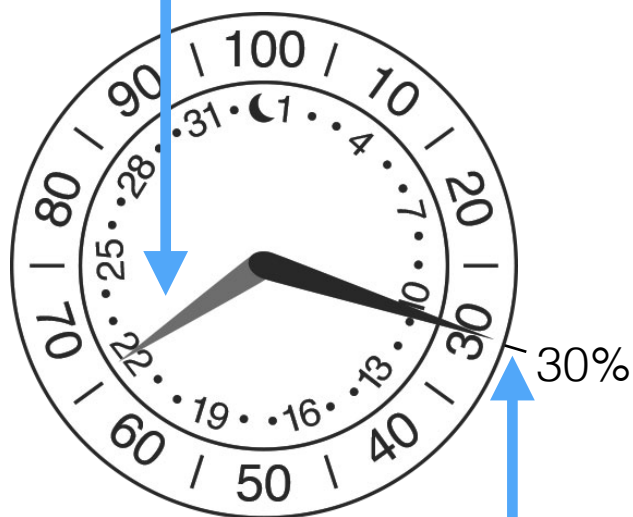
Touch the icon from any other screen to return to the Dashboard.

# The Sub-Dial: Modes



## Activity Mode

In Activity Mode, the date hand points to the current date—in this case, the 22nd—and remains there.

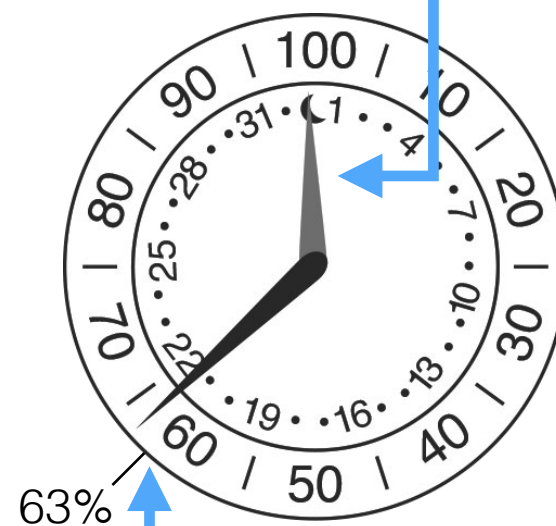


Goal hand points to the percent of activity goal achieved today on a scale of 0-100%, in this case 30%.



## Sleep Mode

In Sleep Mode, the date hand points to the moon icon and remains there.



Goal hand points to percent of sleep goal achieved today on a scale of 0-100%, in this case 63%.

NOTE: The sub-dial face and hands may vary in appearance and color from watch model to model. For example Alpina, Frederique-Constant, and Movado watches have goal progress as the outer ring while Mondaine watches have goal progress as the inner ring.

# The Watch Crown: **Crown Actions**



The watch crown button plays an integral role in the operation of your horological smartwatch.

By pressing the crown you can initiate a sync with your smartphone or tablet, check your goal progress, and switch modes.

# Crown Action: **Sync Data**

Press the crown button **once** and the app will sync with a nearby paired smartphone or tablet.

Place the watch and phone or tablet very close together for optimal performance.

The animated spinner indicates the watch and app are syncing.

invention in motion®



100%



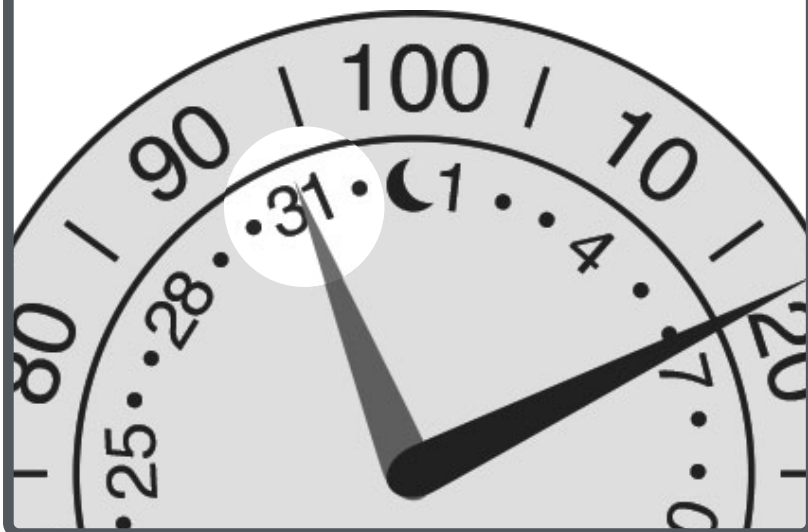
# Crown Action: **Switch Modes**

Press and hold the crown button for three seconds to switch between sleep and activity modes.



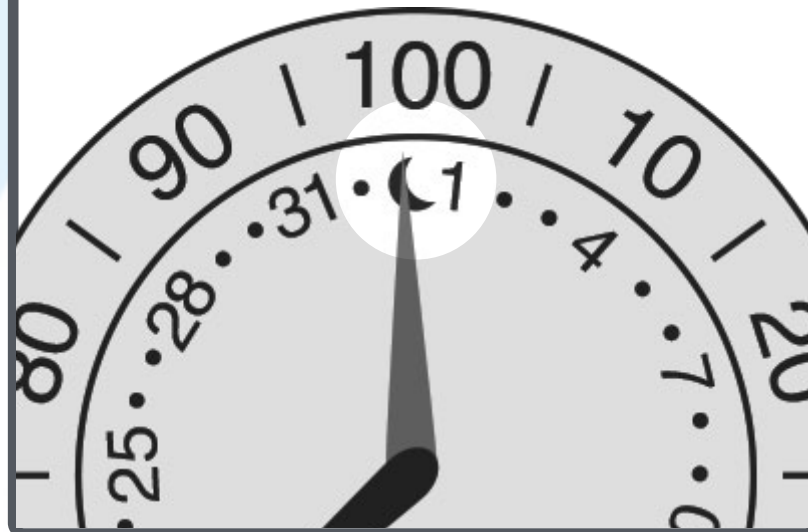
## Activity

When you're in Activity Mode, the date hand points to the current date, in this case, the 31st.



## Sleep

When you're in Sleep mode, the date hand points to the moon icon.



NOTE: The sub-dial face and hands may vary in appearance and color from watch model to model. For example Alpina, Frederique-Constant, and Movado watches have goal progress as the outer ring while Mondaine watches have goal progress as the inner ring.



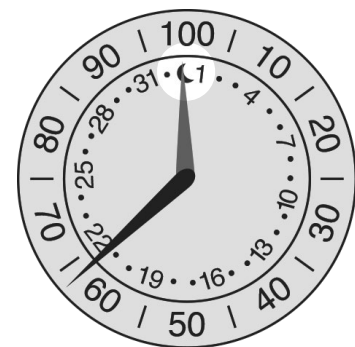
# Crown Action: **View Goal Progress**

Press the crown button twice to view goal progress in the *inactive* watch mode —for example, take this action during the day to see the sleep goal you achieved last night.



**Activity Mode**

When in Activity Mode, pressing twice shows progress toward today's Sleep goal

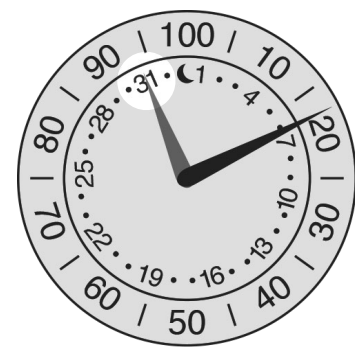


NOTE: The date hand moves to the moon when it shows sleep progress.



**Sleep Mode**

When in Sleep Mode, pressing twice shows progress toward today's Activity goal



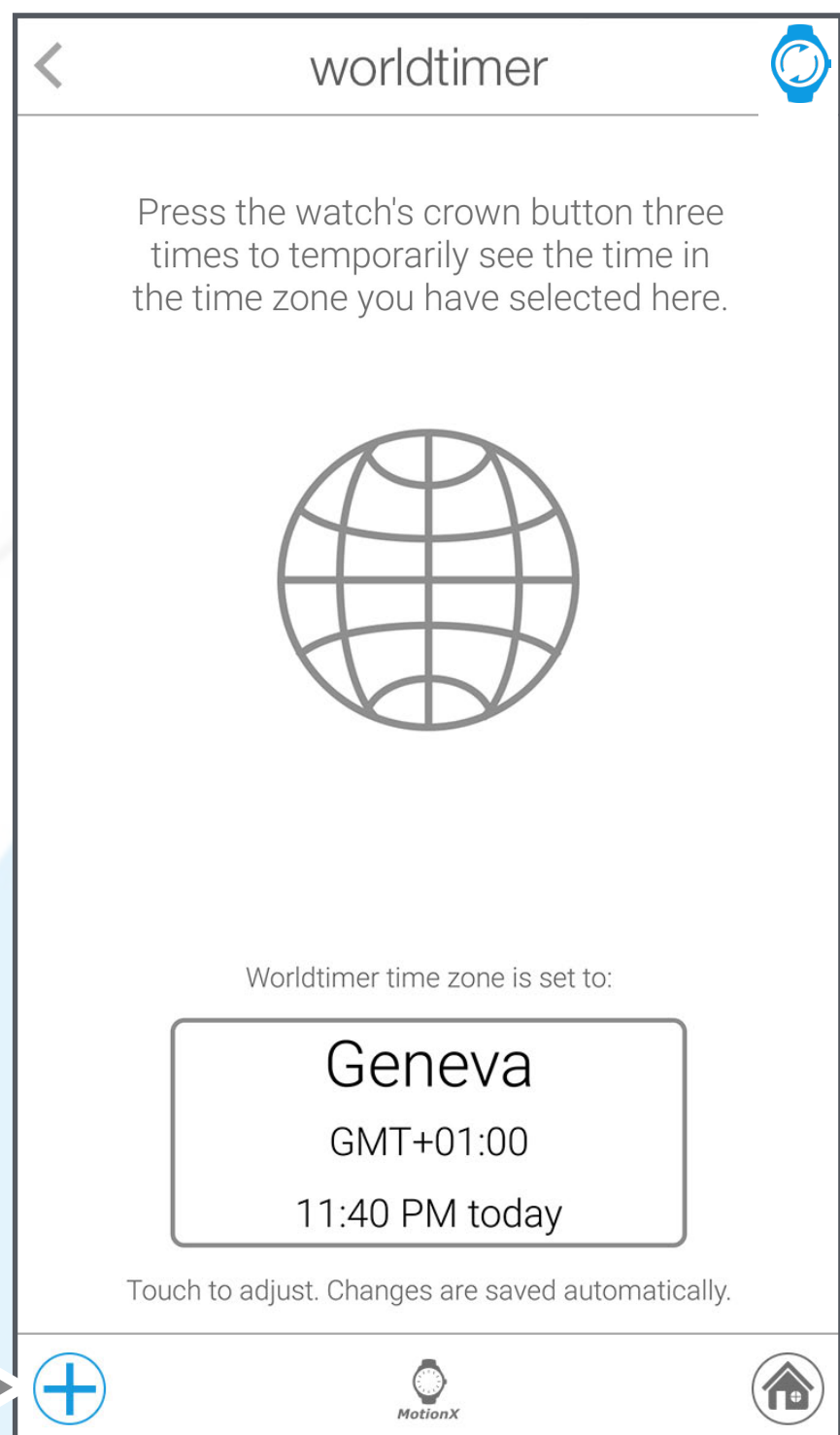
NOTE: The date hand moves to the current date when it shows activity progress.

NOTE: The sub-dial face and hands may vary in appearance and color from watch model to model. For example Alpina, Frederique-Constant, and Movado watches have goal progress as the outer ring while Mondaine watches have goal progress as the inner ring.

# Crown Action: **Worldtimer**

Press the crown button **three times** to temporarily see the current time in the time zone you have selected.

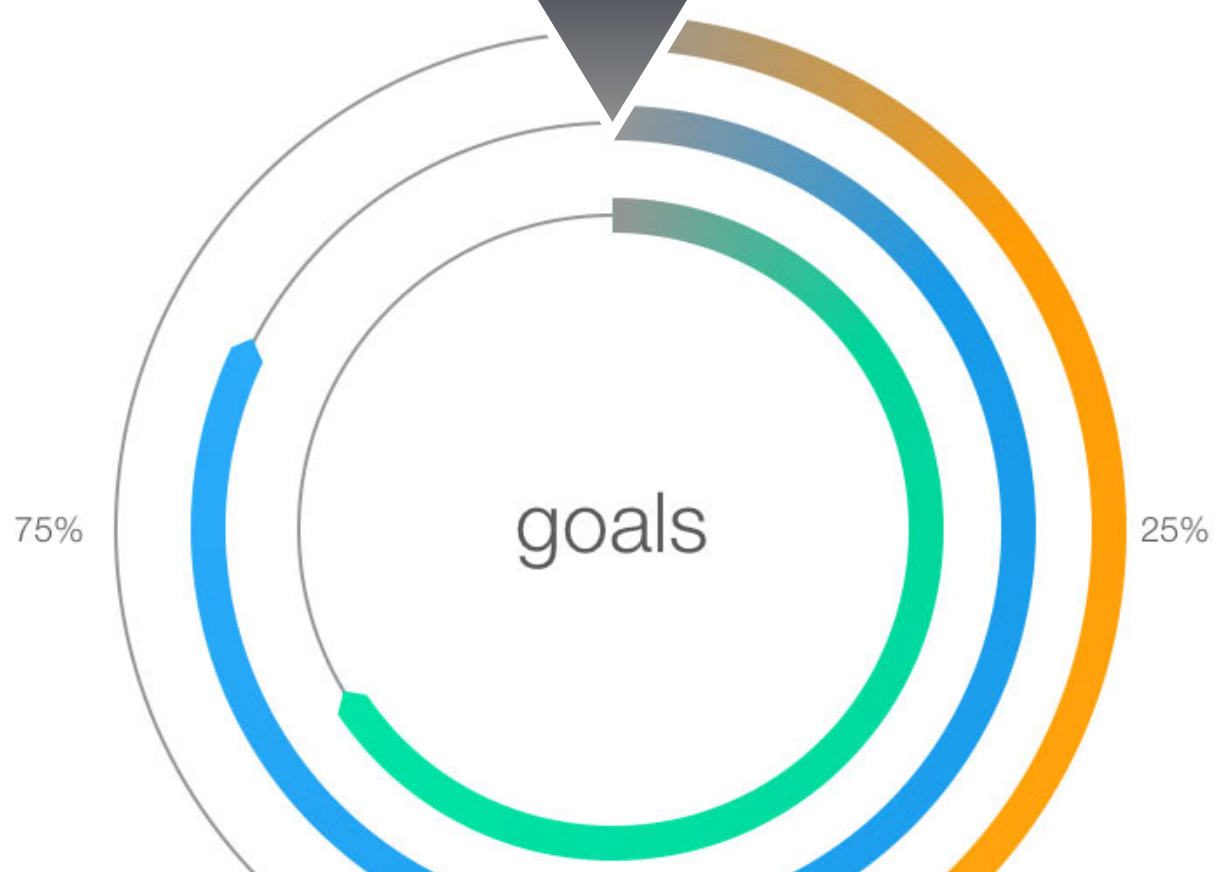
Configure the Worldtimer in the **Application Actions** menu.








# Dashboard


Each colored ring represents your goal completion percentage: activity in orange, sleep in blue and coach (overall) in green.






Touch one of the goal percentages to view detailed graphs and data.

last syn. just now

 activity 49%	 sleep 82%	 coach 65%
--------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------

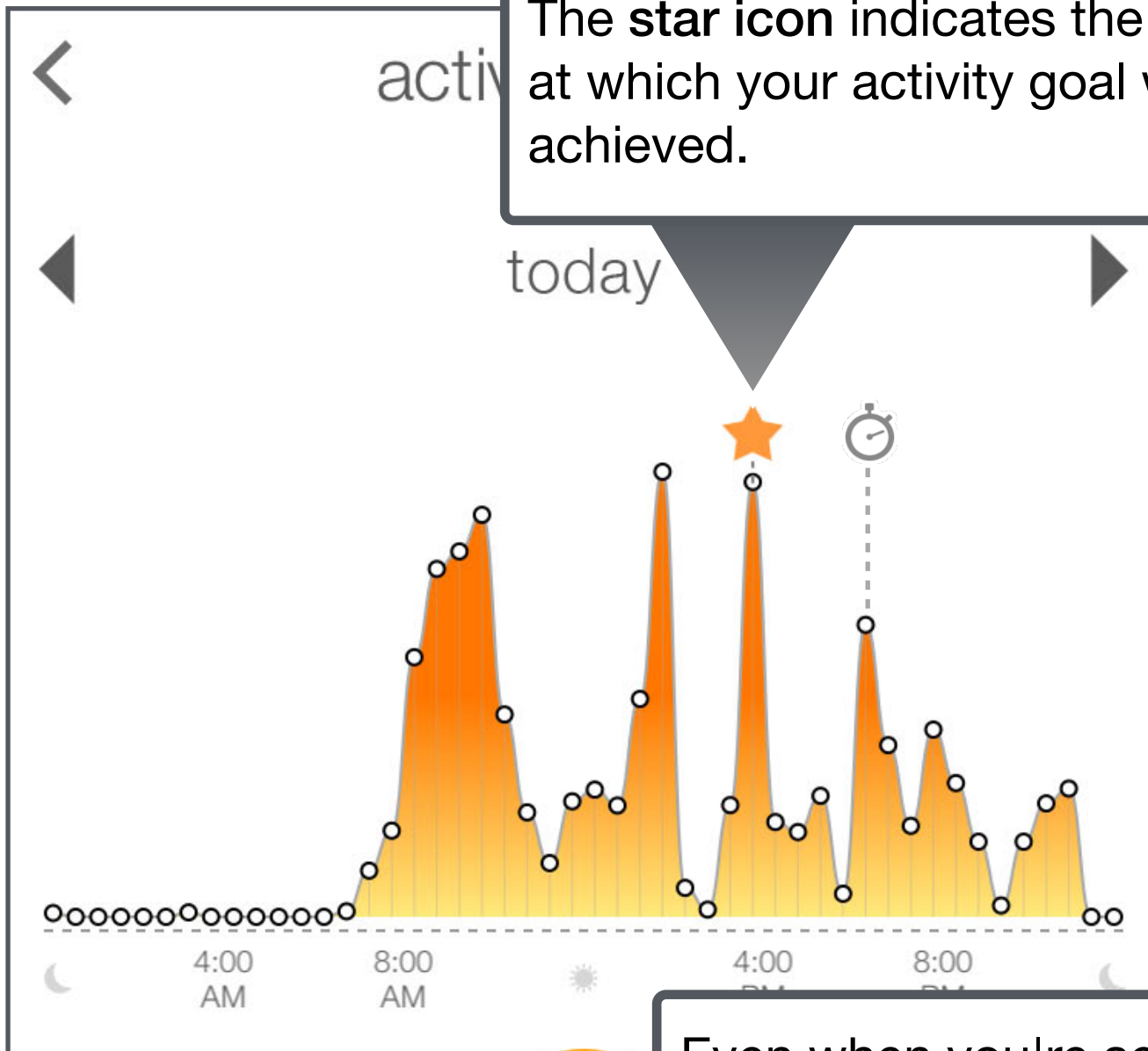
 For your next date night, go bowling! In addition to being fun, the flexing and s... >



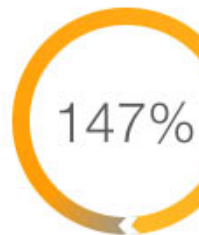
# Activity

The **star icon** indicates the point at which your activity goal was achieved.



The calories you burn from taking steps (walking, jogging or running) are shown under **step calories**.

Even when you're sedentary or sleeping, your body burns calories; they are known as BMR (basal metabolic rate) calories or **rest calories**.



steps 14,747	active time 2:13	distance 6.58 mi
total calories 2,481	step calories 621	rest calories 1,859

+

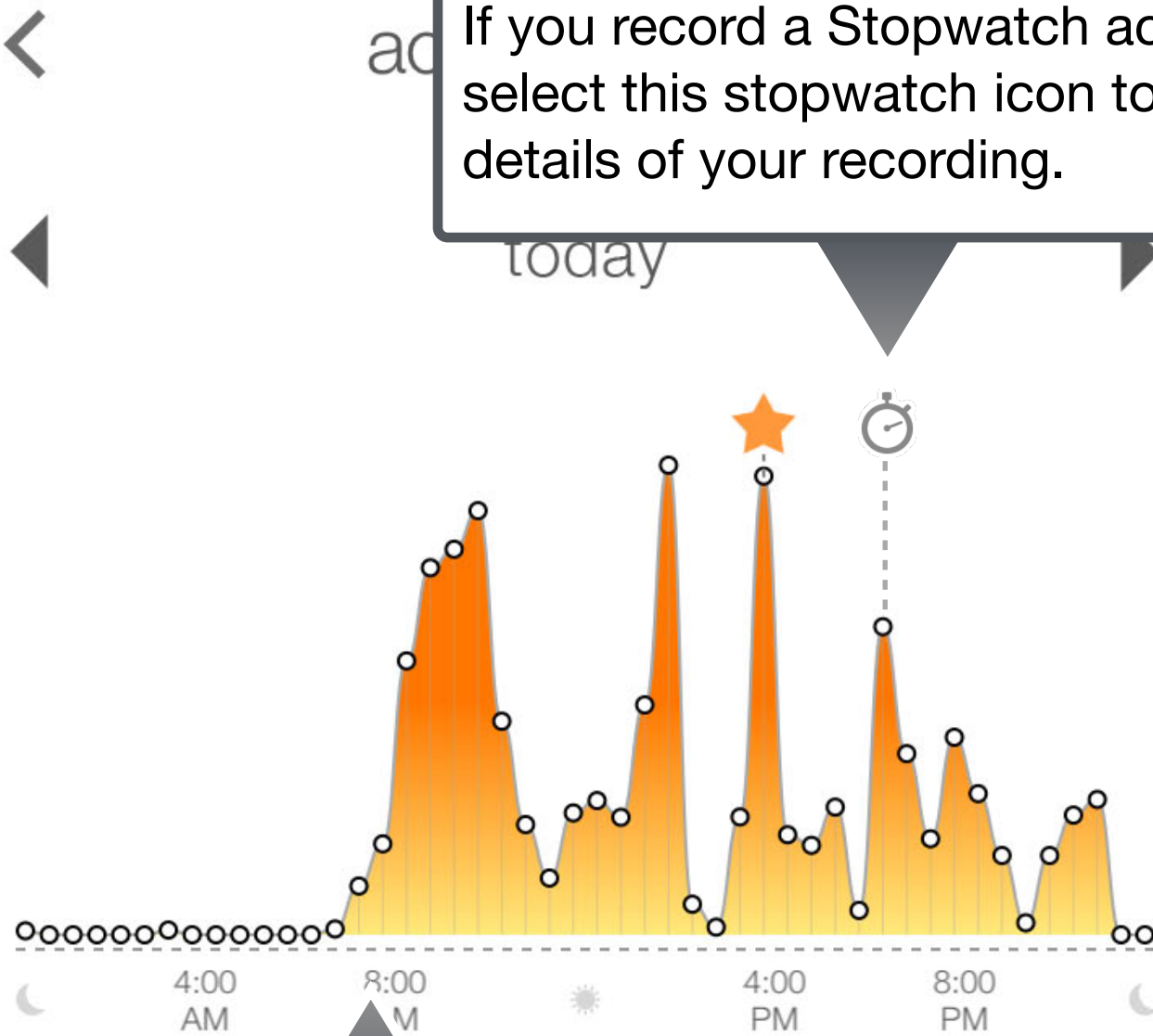
MotionX

Home



# Activity

If you record a Stopwatch activity, select this stopwatch icon to view the details of your recording.



Touch and drag your finger across the graph to view how many steps you had at a particular time of day.

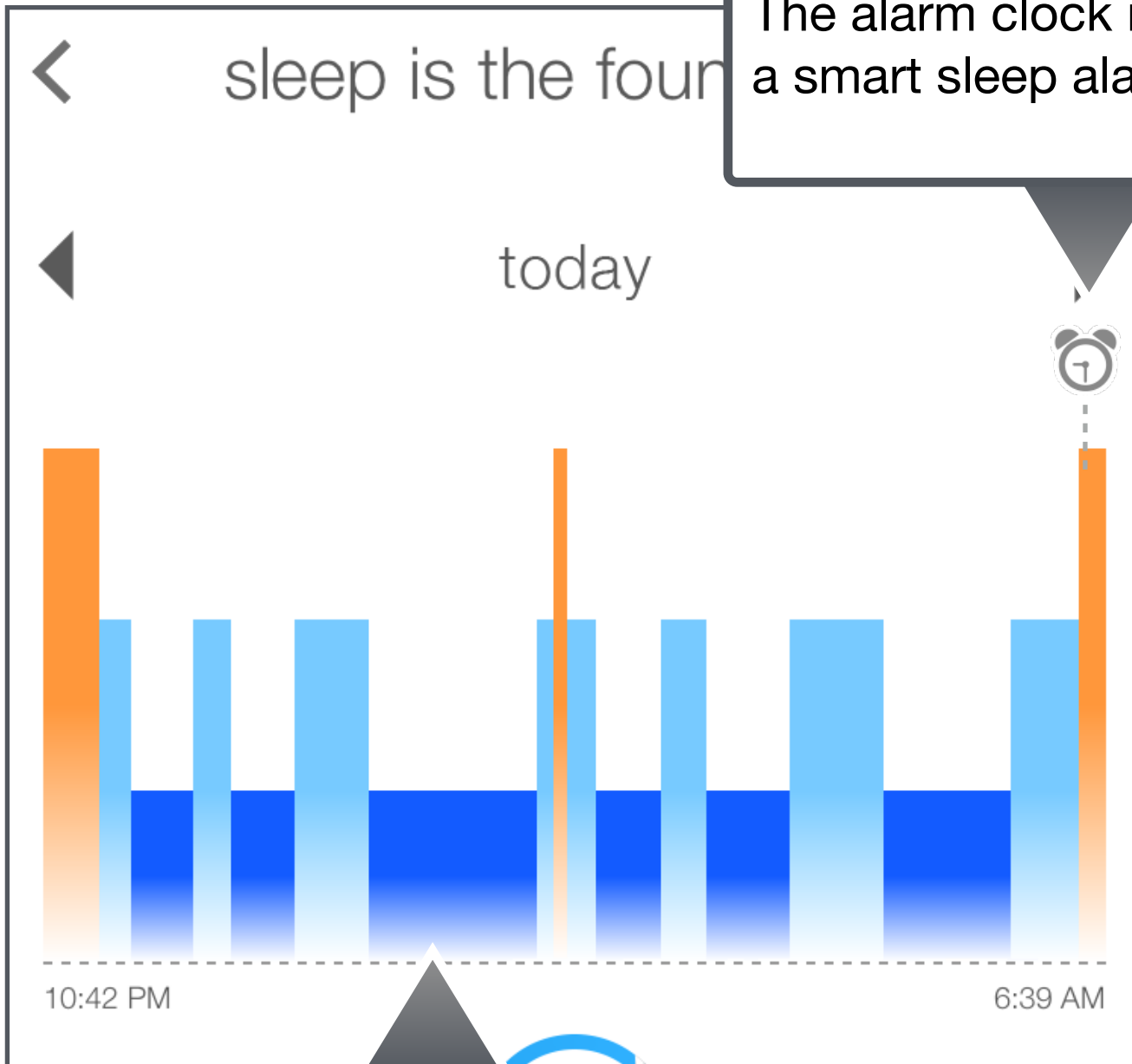
14,747	active time 2:13	distance 6.58 mi
total calories 2,481	step calories 621	rest calories 1,859

Navigation icons: +, MotionX, Home



# Sleep

The alarm clock icon indicates a smart sleep alarm.



The graph indicates periods of deep sleep, light sleep, and awake time.

deep sleep 2:20	light sleep 5:22	awake 0:15
total sleep 7:42	fell asleep 0:06	woke up 1 time

Navigation icons: +, MotionX, Home



# Sleep



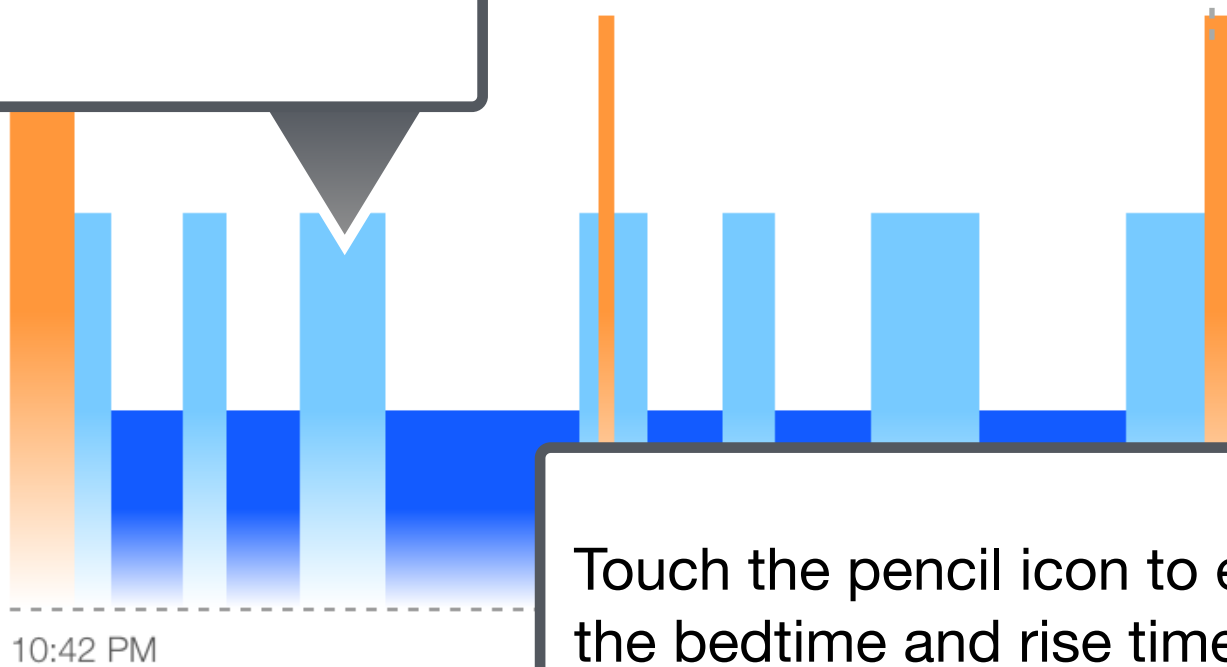
sleep is the foundation



today



Touch and drag your finger across the graph to view start and end times of each sleep segment.



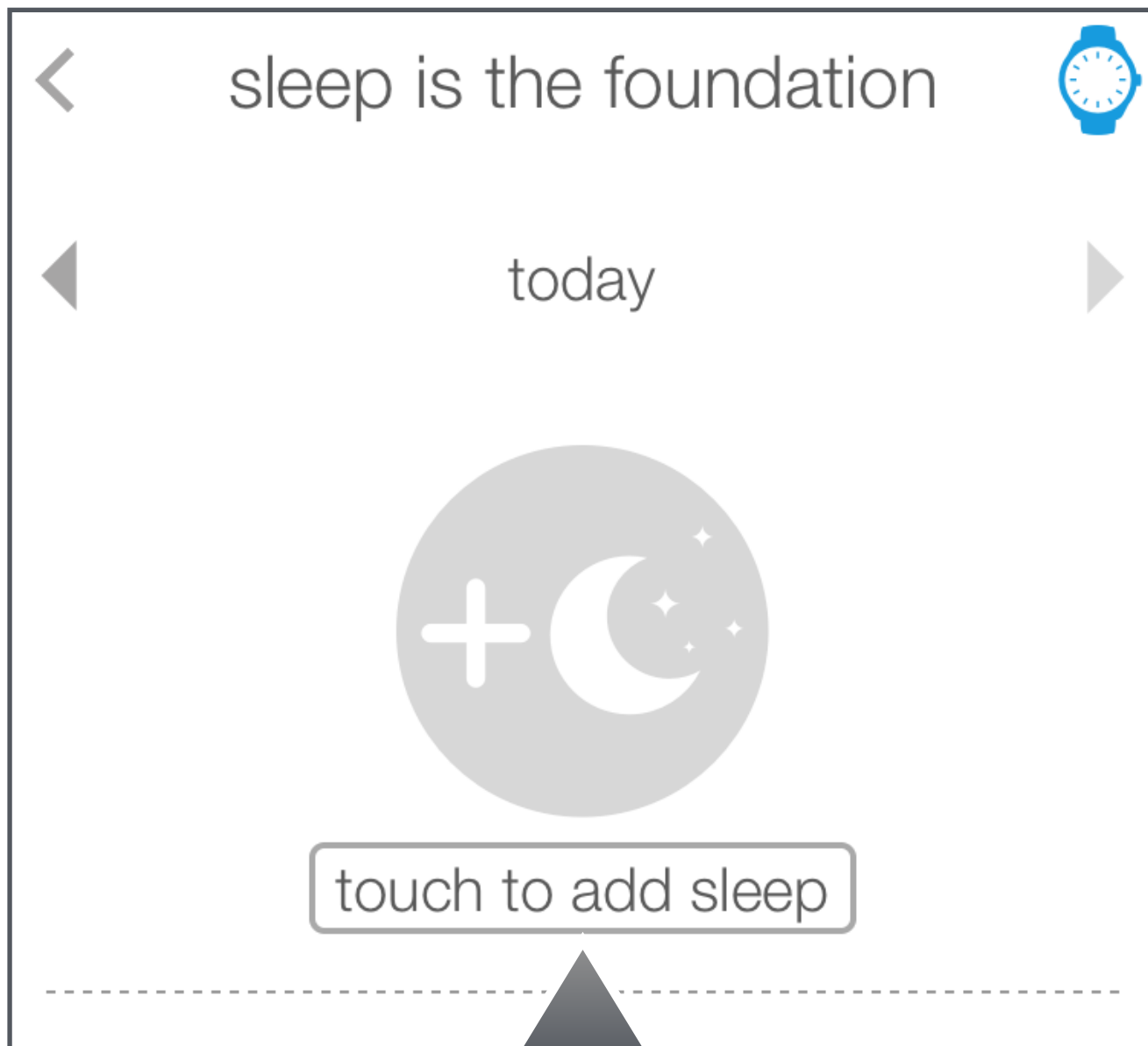
Touch the pencil icon to edit the bedtime and rise time of your sleep recording, or to delete your sleep recording.

deep sleep 2:20	light sleep 5:22	awake 0:15
total sleep 7:42	fell asleep 0:06	woke up 1 time







# Sleep



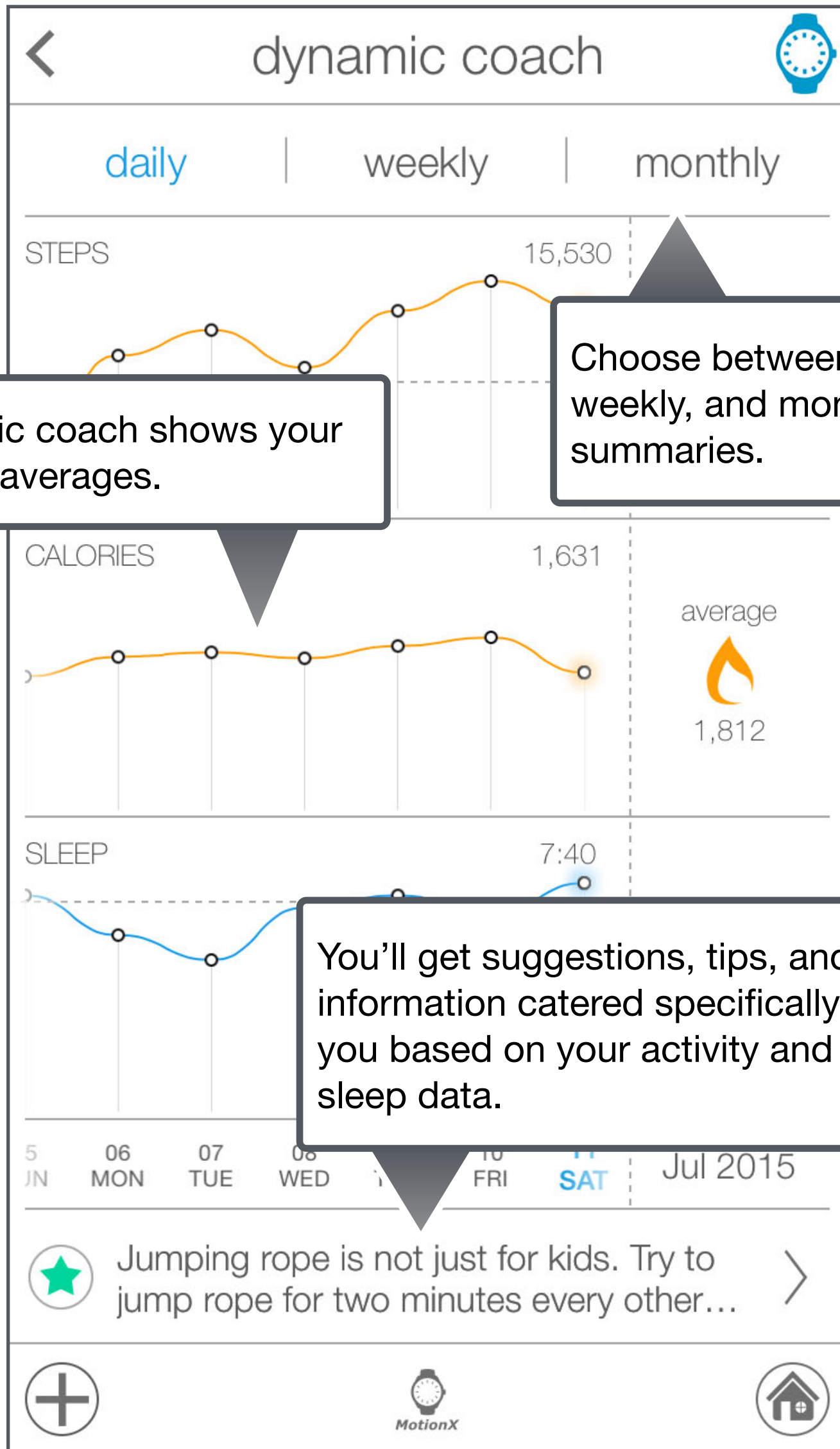
If you forgot to put the watch into sleep mode but wore the watch to sleep, you can still see your sleep data. Sync your watch, then select **touch to add sleep** and specify your approximate bedtime and rise time. Even if you did not wear the watch to bed, you may use this to log a manual sleep entry.

0:00	0:00	0:00
total sleep 0:00	fell asleep 0:00	woke up 0 times
	 MotionX	





# Dynamic Coach



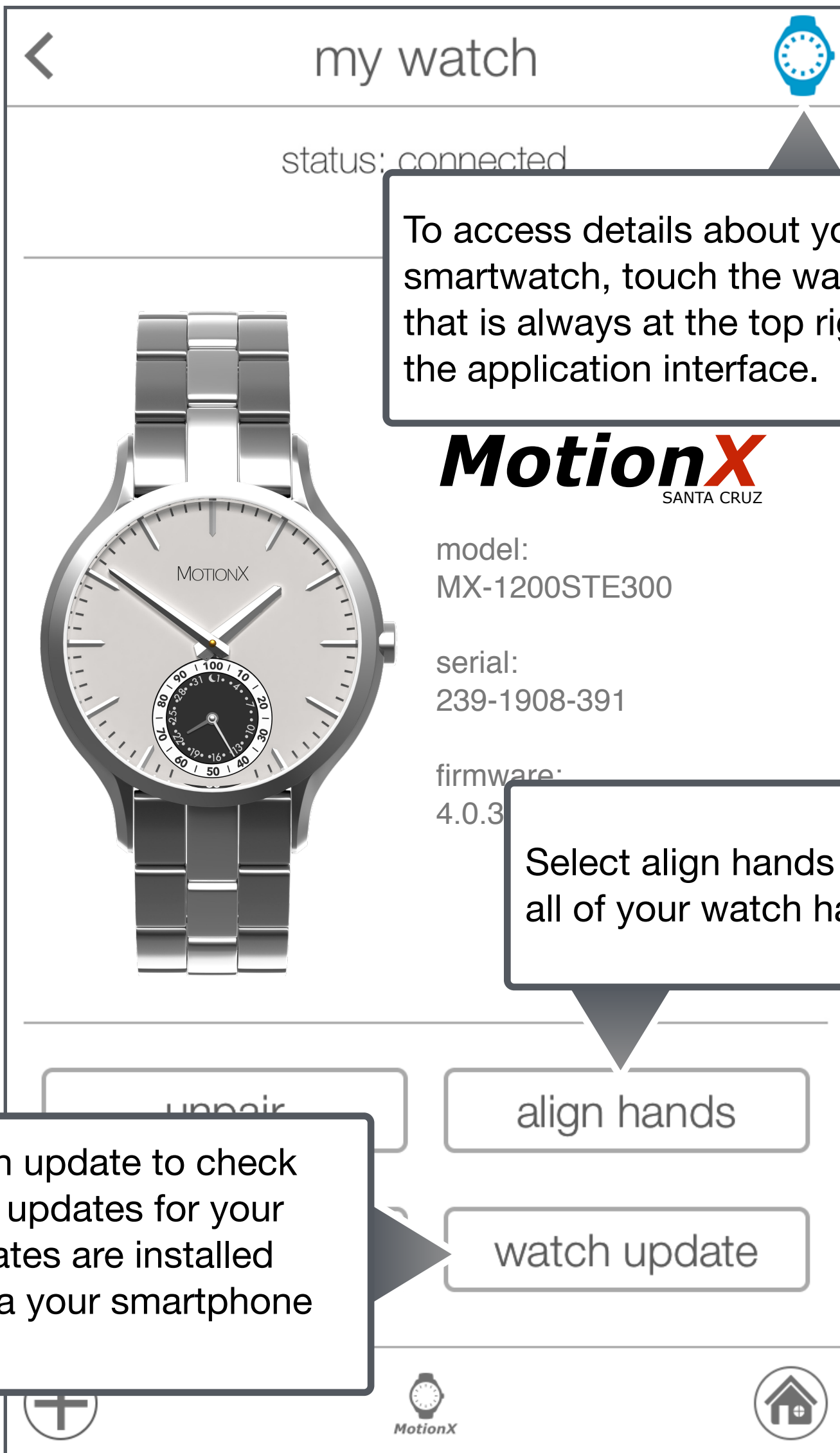
The dynamic coach shows your trends and averages.

Choose between daily, weekly, and monthly summaries.

You'll get suggestions, tips, and information catered specifically to you based on your activity and sleep data.



# My Watch



To access details about your connected smartwatch, touch the watch button that is always at the top right corner of the application interface.

## **MotionX** SANTA CRUZ

model:  
MX-1200STE300

serial:  
239-1908-391

firmware:  
4.0.3

Select align hands to calibrate all of your watch hands.





align hands

watch update

Select watch update to check for firmware updates for your watch. Updates are installed wirelessly via your smartphone or tablet.












# Application Actions

	settings	Access settings (see table on next page)
	sleep cycle alarms	Wakes you at the optimal time in your sleep cycle during the time frame you set.
	get active alert	Set a get active alert to remind you to move. Your watch will make a sound if you sit still for too long.
	worldtimer	After setting up the worldtimer, press the crown button three times to temporarily see the time in the timezone you selected.
	start sleep mode	Allows you to switch between sleep and activity mode. You can also do this by pressing and holding the crown on the watch.
	record a powernap	<p>Use powernaps to catch up on your sleep during the day.</p> <p>Sleep duration indicates the amount of time you wish to sleep for. The app will only start counting duration after you actually fall asleep (ie. you selected 30 minutes, but it takes you 10 minutes to fall asleep, so the app will wake you a total of 40 minutes later.)</p> <p>Max duration indicates the latest time the alarm will sound after you start the powernap (ie. you need to be up in 45 minutes, so you want to be woken at that point regardless of how long it takes you to fall asleep or whether you are in deep sleep.)</p>
	stopwatch	Allows you to record the steps you take on a walk, hike, jog or run and view the distance covered during your recording.
	share	Share your graphs via email or Twitter. You also have the option to export all of your data.




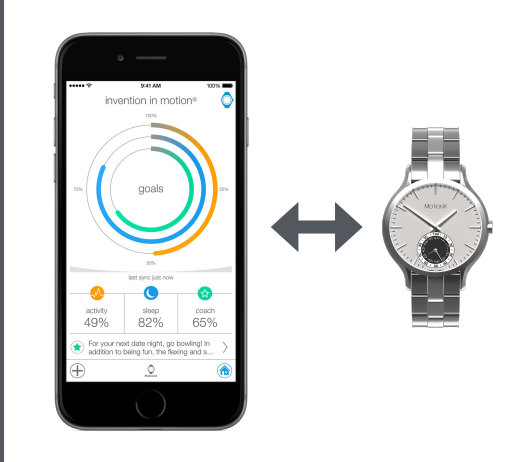


# Settings

	my watch	View details about your watch including connection status, firmware version, last sync time, and serial number. You can also align hands, unpair, and reset.
	goals	Review and adjust what you established as your activity and sleep goals.
	sleep mode placement	Choose the location for your watch when you go to bed: either on your wrist or under your pillow.
	user profile	Adjust your profile information.
	general	Adjust your preference for distance units, sleep mode auto-stop, and BMR calorie counting. If you are signed into an account, view your last backup or enable cloud backup. Also allows user to Reset Watch, Reset application or Reset Calibration.
	account	Create, log in or log out of a MotionX Cloud account for backing up your data.
	add new watch	Follow the instructions to pair a new watch.
	help & faq	Additional resources to help you get the most of your horological smartwatch.
	send feedback	Contact us directly for assistance, feedback or suggestions.



# Troubleshooting

If your Horological Smartwatch is unable to connect to your phone, try the following steps to connect.

	<p><b>1.</b> With the MotionX-365 app open, press the watch crown once — this will activate the connection between your smartwatch and the app.</p>
	<p><b>2.</b> While troubleshooting, try placing your watch very close to your phone or tablet.</p>
	<p><b>3.</b> If there is a red Bluetooth symbol in the upper right corner of the phone's display, Bluetooth is turned off on your smartphone. Turn on Bluetooth from your phone's Settings app. If your Bluetooth is already on, turn it off then back on again.</p>
	<p><b>4.</b> Power off your phone to restart it. Then re-launch the MotionX-365 app and try connecting again. In general, it's a good idea to restart your phone or tablet from time to time to keep them running smoothly.</p>

If you have any other questions, please contact the MotionX support team at [support@MotionX.com](mailto:support@MotionX.com)