



MvBii Ventures Ltd

# zTrack 2.0

# Settings Guide

[www.mvbii.com](http://www.mvbii.com)



## My Account

Item	Description
Account Management Email	We use this to allow you to do tasks like reset your password.
Profile Picture	How you want to be tagged in the MvBii app.
Sex	We use this to help estimate your calorie burn each day.
Year of Birth	We use this to help estimate your calorie burn each day.
Height	We use this to help estimate your calorie burn each day.
Weight	We use this to help estimate your calorie burn each day.

## My Balance Colour

Item	Description
Colour number	Pick the colour you want to be used in your app as a theme and also on the zTrack centre light. For the techno people, the number is the Hue in degrees in the HSL representation of colours.

## My Activity Targets

Item	Description	Default
Daily Activity Target	The amount of time you want to try to be active each day. The app and zTrack use this to set their activity "fuel tank" levels. With sports mode off (see below) activity corresponds to the level of walking at a medium pace. On the activity wheel this gives a value of 3 or more. In sports mode, activity is more akin to jogging.	30 mins
Target Duration	The upper "fuel tank" on the Activity page can be either the total activity for a week or a month. This is to help you see over a longer period of time if you achieving your activity target, allowing for that fact that some days you may have to be less active and you may make up for it on other days.	Month
Sports Mode	Defines what level of physical activity counts towards your activity target.	Off
Enable Activity Prompting	The zTrack will monitor how long you have been continuously inactive.	On



Item	Description	Default
<b>Activity Prompt Rest Time</b>	Set this to the maximum period you want to be inactive during the day (eg: such as sitting at a desk).	60 mins
<b>Activity Prompt Reset Time</b>	Set this to be the minimum amount of time you want to be active for, in order to reset the activity prompt timer.	5 mins
<b>Activity Prompt Reset Level</b>	Set this to be the level of activity you have to achieve for Activity Prompt Reset Time, in order to reset the activity prompt timer. 3 corresponds to moderate walking; 2 is more suitable for stretching or desk exercises but be aware that if you move your arms a lot during work this will count too.	3
<b>Enable Haptic Activity Prompts</b>	If enabled zTrack will give you three short buzzes if you have been inactive for greater than Activity Prompt Rest Time (set above).	On
<b>Auto Post Progress Messages</b>	Set this if you want messages to be sent to you Group automatically when you achieve or make significant progress towards your activity targets.	On
<b>Activity Wheel Zoom (x2)</b>	When set to zoom the activity wheel is magnified (by ~2), so an activity level of 3 will have 5 dots on the scale. Switch the zoom off if your very active and want to see activity levels whilst undertaking significant exercise (fast running for example).	X2

## My Tracker

Item	Description	Default
<b>Advanced User Mode</b>	Only set this if you want to stay connected to the app every time you upload data to app. Otherwise once the zTrack has transferred data to the app it will shut down, saving battery power. If you just want to control music or take a remote selfie we recommend you use the icons on the activity and balance wheel screens to enable the feature before you connect the zTrack to the app to use it.	Off
<b>Music Mode Timeout</b>	How long the zTrack shall connect to the app when in music control mode (to allow playing and pausing of music by hand gesture). The time is reset every time you stop and start playing music.	15 mins



Item	Description	Default
<b>Group Mode Timeout</b>	NOT USED IN ZTRACK 2.0	5 mins
<b>Auto Connect</b>	If enabled the zTrack will try to upload data to the app at fixed times in the day.	On
<b>Reduce Haptic Feedback</b>	Reduces the strength of the buzz on your zTrack.	Off
<b>Minute Indicator On/Off</b>	Means the zTrack time display includes a flashing LED on the minute hand so you can tell time to the nearest minute.	On
<b>Reset Pairing Process</b>	Press this if you want to reset the Bluetooth pairing, swap to a different zTrack or think the Bluetooth connection on the phone needs to be repaired.	

## My Group

Item	Description	Default
<b>Set My Group Colour</b>	NOT USED IN ZTRACK 2.0	
<b>Team ID</b>	Provided by a team leader if you are part of a zTrack group. This is a unique ID which means you will get a daily summary of all the teams combined activity information.	Blank
<b>MvBii Friends</b>	<p>People you know with zTracks you want to be able to message and share activity information with.</p> <p>You need to enter the exact MvBii username provided by the friend (you can't search for this). If it's a valid identity it will be in white text. If it isn't (for example if you made a typo) it will stay grey.</p> <p>If you delete the entry you won't see messages from that friend but they won't be informed that you have deleted them.</p>	