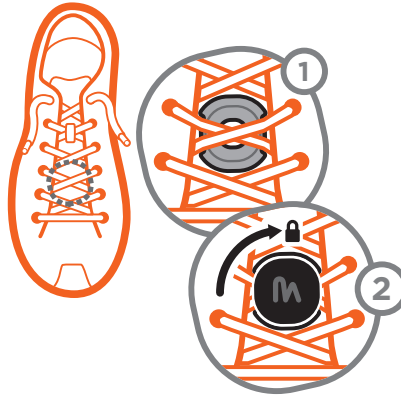


milestonepod

Welcome to your MilestonePod Quick Start

Prepare your Pod:

1. Twist counter clockwise to release Pod from the base. Use a coin to remove the battery cap.
2. Insert battery, "+" side up. Replace battery cap. Ensure the cap is flat and closed firmly.
3. Slide the base under the laces of either shoe, $\frac{3}{4}$ of the way down toward your toe, as shown.



4. MAKE IT CLICK

Important! Twist Pod clockwise firmly onto the base until you hear an audible **CLICK**. Your Pod can fall off if not secured to the base properly.



Download Free MilestonePod App:

1. Turn on Bluetooth.
2. Register using email (or Facebook).
3. On the Dashboard menu, choose "Add a Pod".
4. Find your Pod on the list by matching the last two characters of your Pod's serial #, found on the bottom of your box and inside your Pod battery cap. For example: 5C:31:3E:89:A5:3F

Note: "0" will always be a number

5. Tap the window and enter the last two characters of your Pod's serial #.
6. Enter your shoe information.
7. Run or walk: just head out the door!



Tips for Using Two or More Pods:

The Pod is built (and priced!) to live on one pair of shoes.

Benefits:

- Data accuracy — you run differently in different shoes
- Calibration accuracy — values reflect your gait cycle for that specific shoe
- Odometer — know the exact distance on each pair of shoes

There is no limit to how many Pods the MilestonePod App can support!

To add additional Pods: Menu > Add a Pod.

To rotate between Pods: Swipe the top $\frac{1}{3}$ of the Dashboard left or right.

The MilestonePod Built-In Tracking Rules

- A "session" starts when your cadence is 100 spm or more, for 6 minutes or more.
- The Pod sees pauses and erases them. A "pause" is a drop under 100 spm for less than 30 minutes. If a pause is longer than 30 minutes, the session will end.
- A session is considered a "run" when your cadence averages above 140 spm.
- A session is considered a "walk" is when your cadence averages above 100 spm and below 140 spm.
- If a session is at least 60% "running" (over 140 spm), the Pod will trim walks from the beginning and end of the session (i.e. warm-ups or cool-downs).
- The Pod counts all walking and running within a session, as long as your cadence is above 100 spm.
- The Pod counts every step towards the shoe life total (odometer feature) even if it's not part of a session.

