

# INSTALLATION & ONBOARDING GUIDE

FOR GARMIN® CONNECT



#### Important Safety and Product Information

##### **WARNING**

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

##### **Choking Hazard**

This product contains small parts. This product is not for children under 3 years.

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Warning! Choking Hazard. Small parts.

For all customer service and support, please visit [www.brickfit.com.au](http://www.brickfit.com.au)

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# CONTENTS

REQUIREMENTS	04
BRICKFIT PARENT: HOW TO SIGN UP	05
BRICKFIT KIDS: HOW TO LOGIN	09
FREQUENTLY ASKED QUESTIONS	12

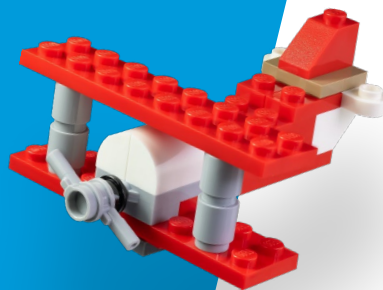
**QUICK TIP!**  
Install the BrickFit  
Parent App first



# THANK YOU FOR JOINING THE BRICKFIT PROGRAM!

Created by the Brickman, LEGO® Certified Professional and LEGO® Masters Australia judge Ryan McNaught, together with the Deakin University Institute for Physical Activity and Nutrition (IPAN), BrickFit is a revolutionary way to engage kids and adults with healthy exercise and get creative with LEGO® bricks.

The BrickFit program comes with a complete LEGO® Creative Fun set as well as bonus LEGO® pieces that can be used to create over 150 different models! As children progress through the app's fitness goals, they'll unlock more and more instructions to help them learn new techniques and create new LEGO® models to show to their family and friends.



## WHAT'S IN THE BOX

BrickFit® welcome guide

BrickFit® app activation code (on page 3 of the welcome guide)

LEGO® Classic 11016 Creative Building Bricks

Bonus LEGO® bricks and base plate



## WHAT'S NEEDED

At least one iOS or Android phone or tablet

One Garmin Connect account with a Garmin Activity tracker connected

Compatible devices: Garmin® vívofit 4, Garmin® Connect (16+), Garmin® vívosmart 4, Apple Watch®, Apple® Health, Apple iPhone

Please note: Other devices are compatible with BrickFit, please see our website for details and instructions: [brickfit.com.au](http://brickfit.com.au)



## REQUIREMENTS - USING 2 DEVICES

**Preferred option as this allows the parent and child to each have their own device.**

Two separate phones are used.

- Garmin Connect account is linked with the BrickFit Kids App on one phone
- BrickFit Parent App is installed on the parent's phone



Garmin Connect activity tracker your child wears all day and night



1 x phone with the Parent App installed

\*Install the BrickFit Parent App prior to installing the BrickFit Kids App

1 x phone with the BrickFit Kids App installed

## REQUIREMENTS - USING 1 DEVICE

**Use this option if you are an adult participant**

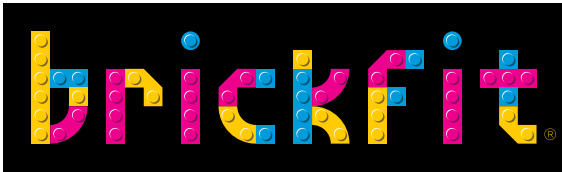
- Garmin Connect account is linked with the BrickFit Kids App on one phone
- BrickFit Parent App is on the same phone



Garmin Connect activity tracker your child wears all day and night



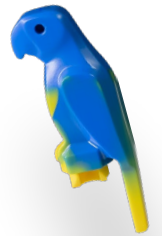
1 x phone with **both** the BrickFit Parent and BrickFit Kids App Installed



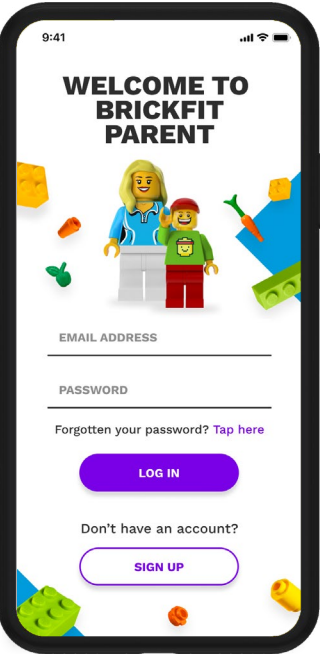
**PARENT**

**STEP 1: BRICKFIT PARENT APP**

# **HOW TO SIGN UP**

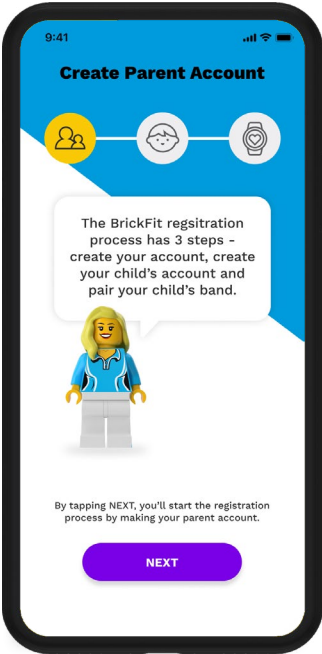


STEP-BY-STEP PROCESS



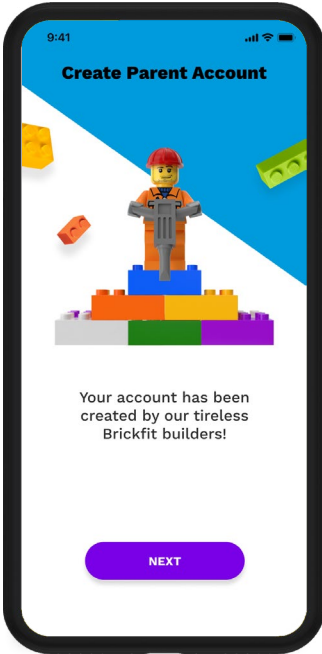
1

Click to sign up



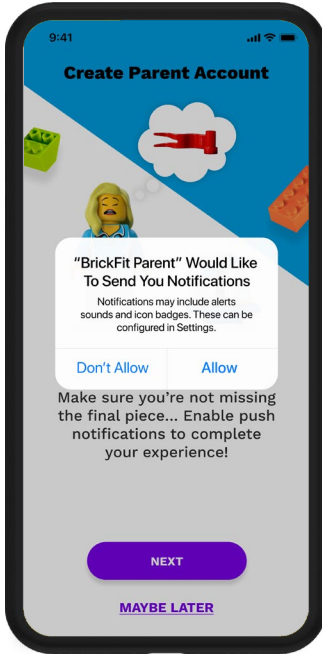
2

Read required information



3

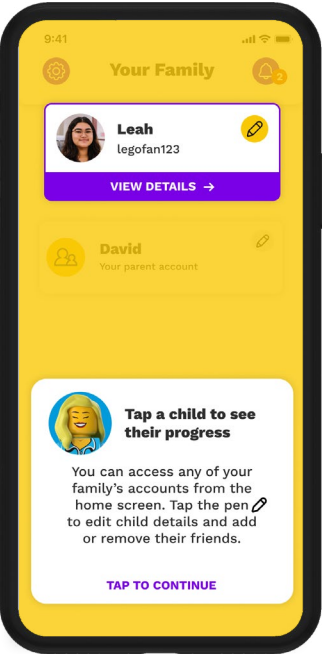
Click through screens



4

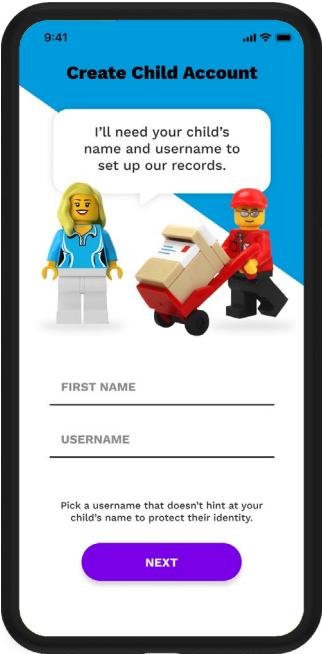
Allow Bluetooth and Notifications

# STEP-BY-STEP PROCESS



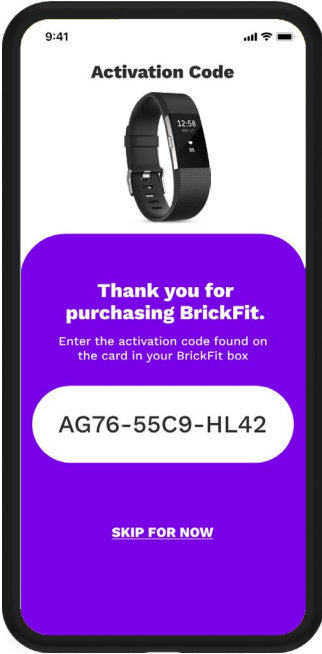
5

Follow the in-app tutorial



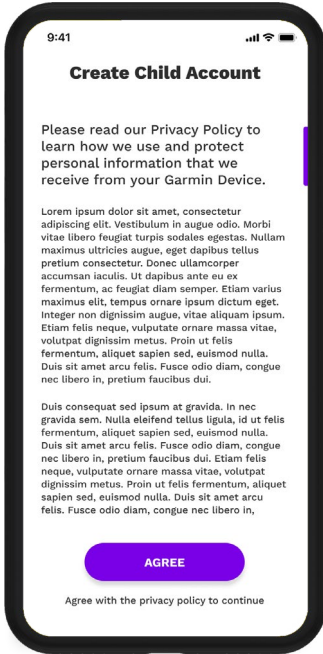
6

Create your child's account



7

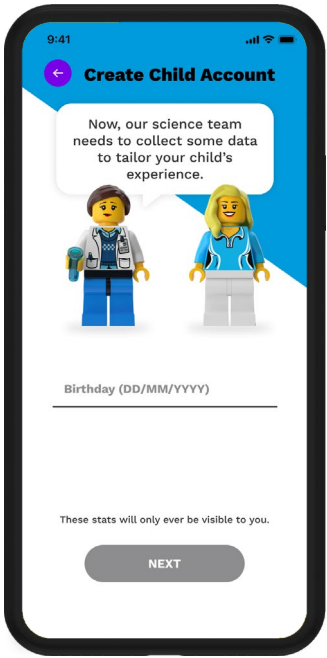
Enter in your activation code on page 3 of the welcome guide found in your BrickFit box



8

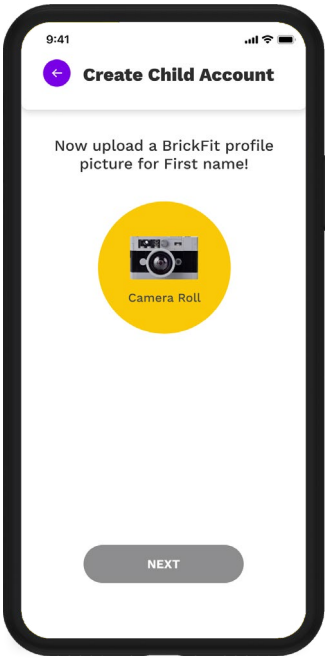
Read the Terms and Conditions

STEP-BY-STEP PROCESS



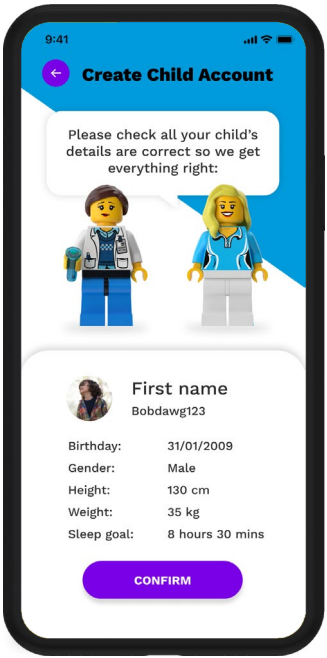
9

Add your child's information



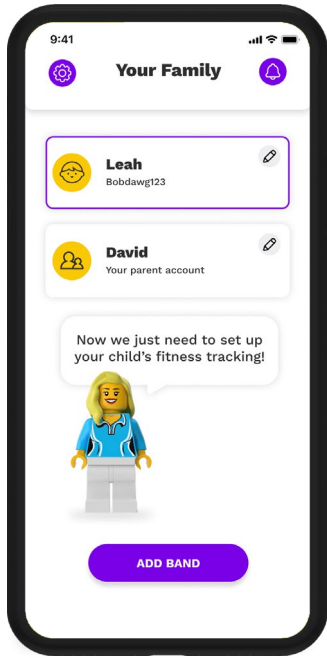
10

Select a photo of your child



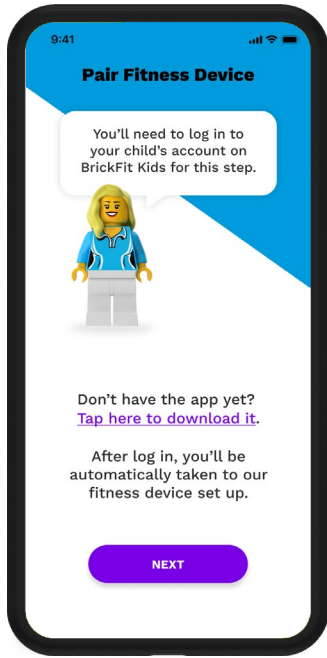
11

Check all the information is correct



12

Parent app setup complete



NEXT STEP

Logging into BrickFit Kids





**KIDS**

## **STEP 2: BRICKFIT KIDS APP**

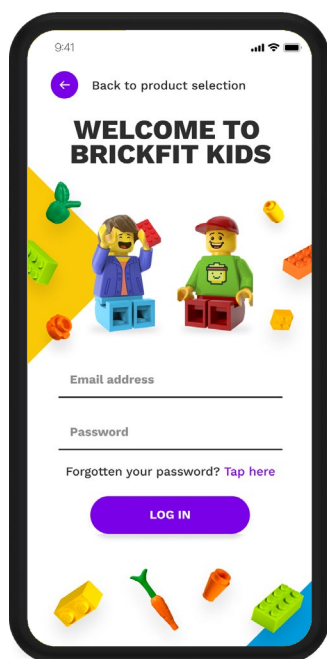
# **HOW TO LOGIN**

**IMPORTANT:** This stage can only take place once the child's account has been created on the BrickFit Parent App. Make sure your account has been created in the BrickFit Parent app.

When you sign into the BrickFit Kids App for the first time you will be greeted with a short oboarding process to finish setting up the child account.

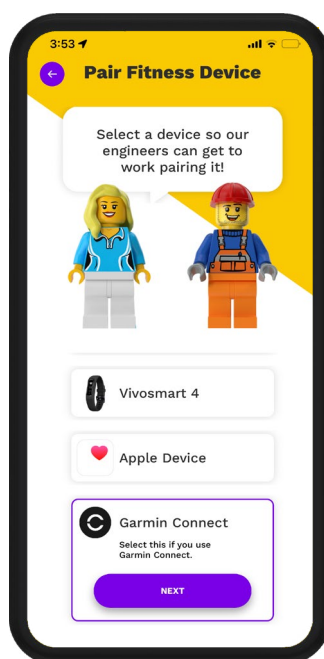


## STEP-BY-STEP PROCESS



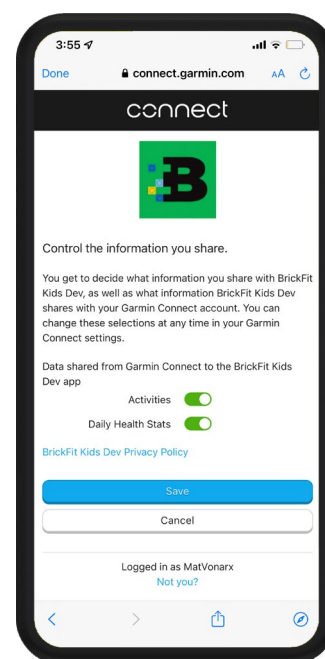
1

Use the login details for the child



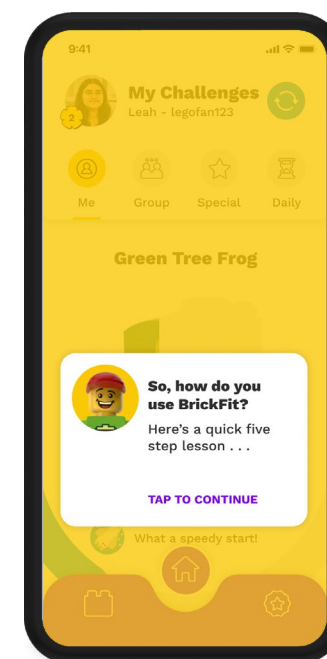
2

Select the Garmin Connect option and then follow the connection instructions



3

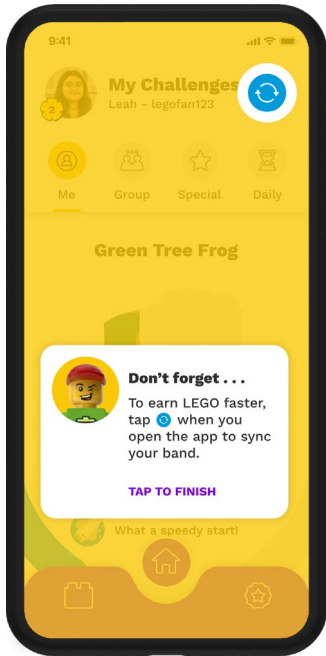
Allow BrickFit to read your activity from Garmin Connect when you press the sync button.



4

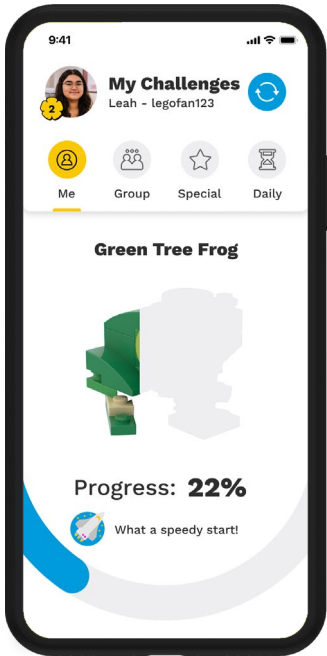
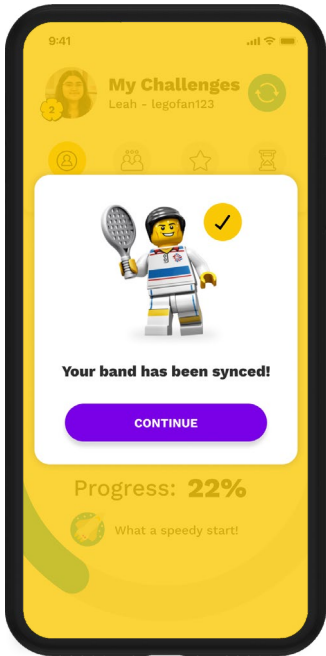
Complete the remainder of the in-app tutorial

**STEP-BY-STEP PROCESS**



5

Sync Garmin Connect to BrickFit using the top-right button



6

The application is ready to go!

## FREQUENTLY ASKED QUESTIONS

### HOW DO I SETUP MYSELF UP AS AN ADULT PARTICIPANT

Plenty of adults are Brickfitters!  
Just follow the 1 device set up instructions in this manual, where both apps are on the one mobile device. Setup both the parent and child accounts with your own details.

### HOW OFTEN DO I NEED TO SYNC

It is recommended to sync your Garmin Connect activities daily to keep up to date with how you are progressing on each challenge. Remember to sync your device in Garmin Connect then press the sync button in BrickFit kids.

### WHAT ARE ACTIVE MINUTES?

Garmin activity trackers typically calculate active minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off or not available then, the device calculates active minutes by analysing your steps per minute and requires a consecutive step cadence of 100 or above.

For best results:

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or greater activity level.

For more FAQ's please visit [www.brickfit.com.au](http://www.brickfit.com.au)



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