

INSTALLATION & ONBOARDING GUIDE

FOR GARMIN® VIVOFIT 4



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.

Battery Warnings

A coin cell battery is used in this device.

If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not expose the device or batteries to fire, explosion, or other hazard.
- Do not place in high temperature environments, such as a clothes dryer.
-   **BATTERIES ARE HAZARDOUS AND MUST BE KEPT AWAY FROM CHILDREN. NEVER PUT NEW OR USED BATTERIES IN MOUTH OR IN ANY PART OF THE BODY.** Severe or fatal injuries can occur within 2 hours if swallowed or placed inside the body. If this occurs or is suspected, seek medical attention immediately.
- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.

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Warning! Choking Hazard. Small parts.

For all customer service and support, please visit www.brickfit.com.au

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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

Garmin® vívofit 4,
black and white bands included



WHAT'S NEEDED

At least one Apple iPhone or Android phone

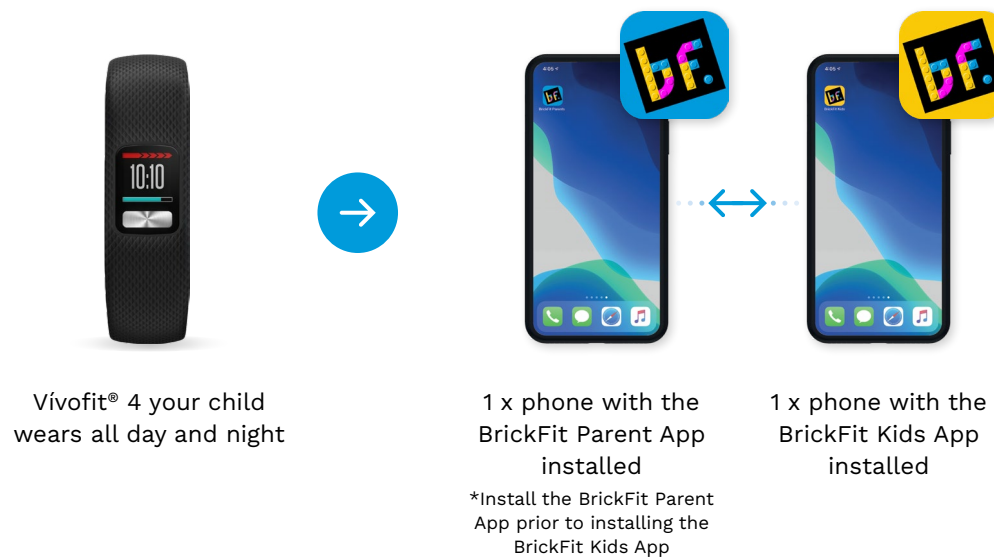
Compatible devices: Garmin® vívofit 4,
Garmin® Connect (16+), Garmin® vívosmart 4,
Apple Watch®, Apple® Health, Apple iPhone



REQUIREMENTS - USING 2 DEVICES

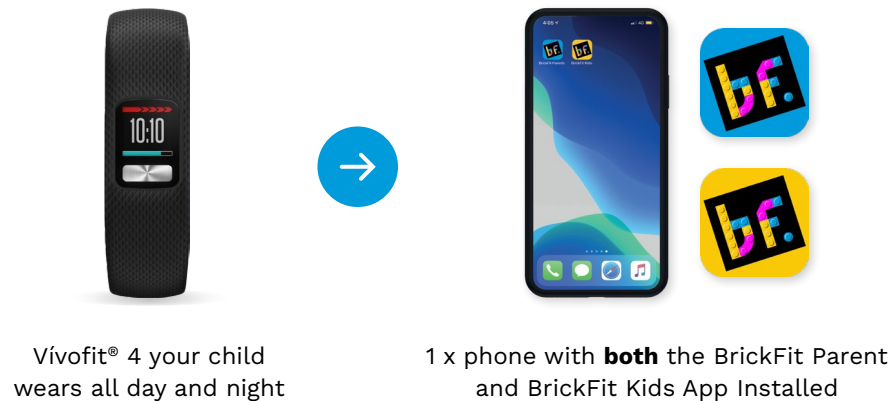
Preferred option as this allows the parent and child to each have their own device.

Two separate phones are used (one designated for the BrickFit Kids App and one for the BrickFit Parent App).



REQUIREMENTS - USING 1 DEVICE

- Garmin® is paired to BrickFit Kids App on one phone
- BrickFit Parent App is on the same phone

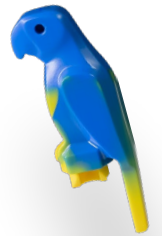




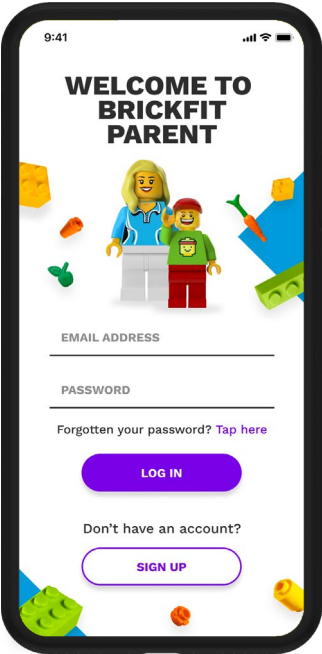
PARENT

STEP 1: BRICKFIT PARENT APP

HOW TO SIGN UP

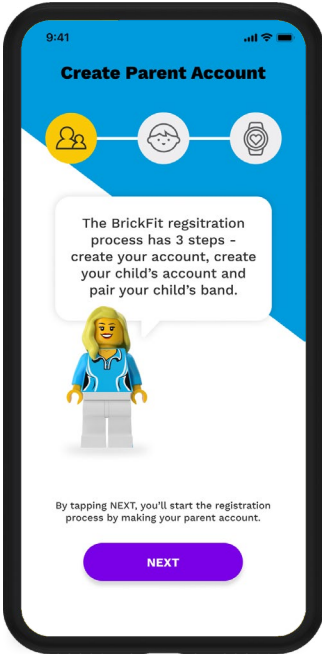


STEP-BY-STEP PROCESS



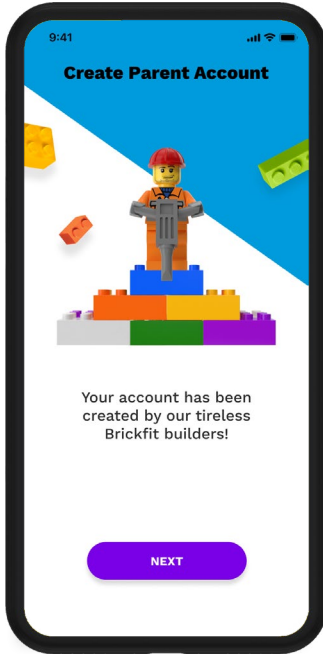
1

Click to sign up



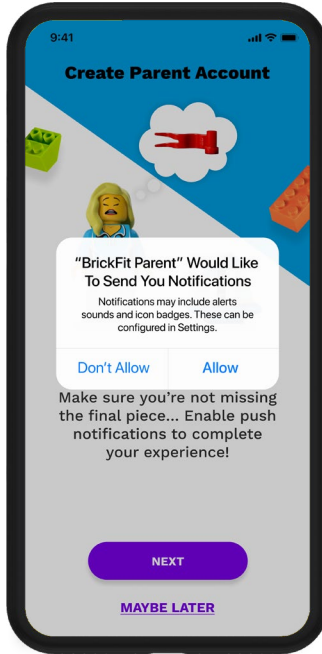
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Read required information



3

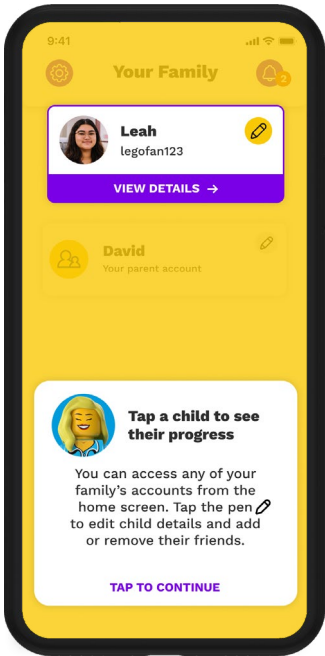
Click through screens



4

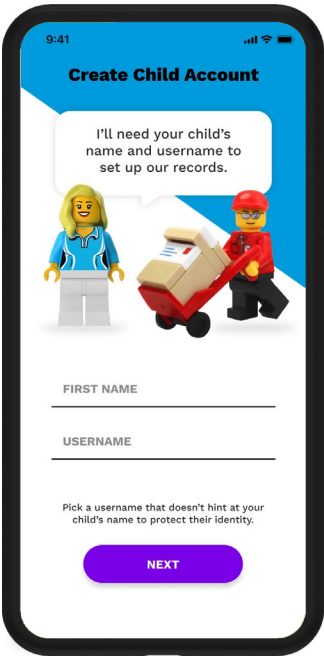
Allow Bluetooth and Notifications

STEP-BY-STEP PROCESS



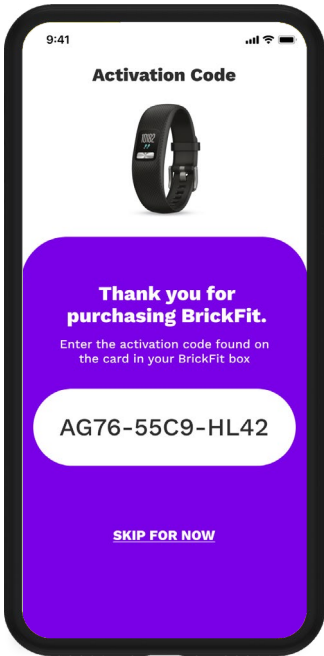
5

Follow the in-app tutorial



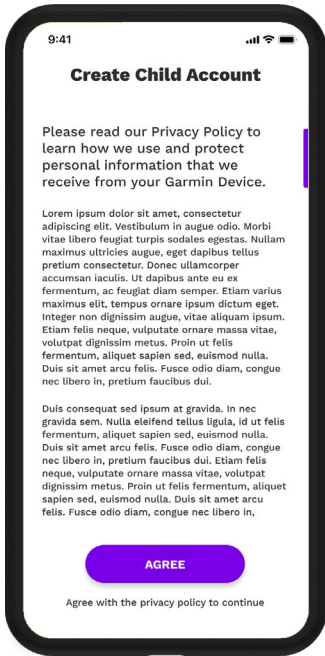
6

Create your child's account



7

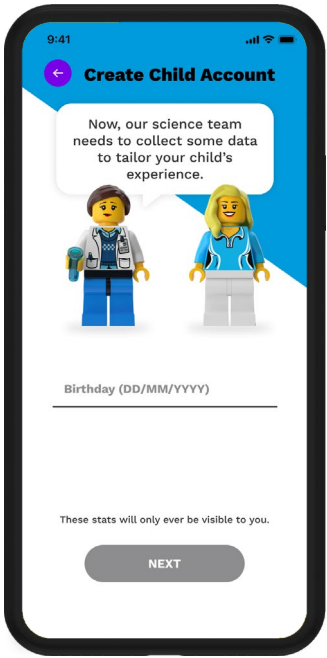
Enter in your activation code on page 3 of the welcome guide found in your BrickFit box



8

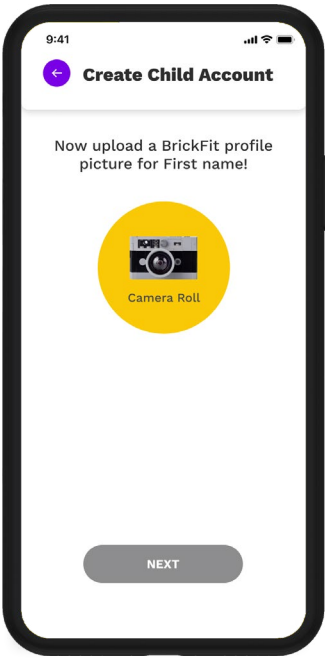
Read the Terms and Conditions

STEP-BY-STEP PROCESS



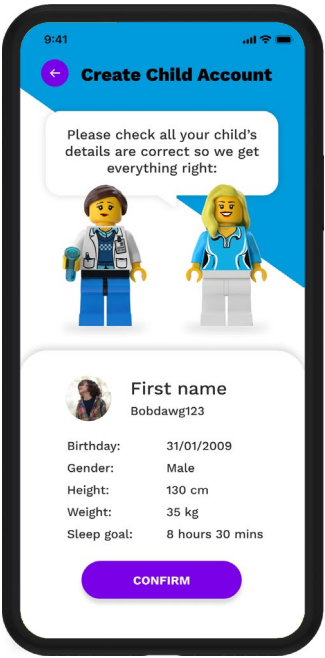
9

Add your child's information



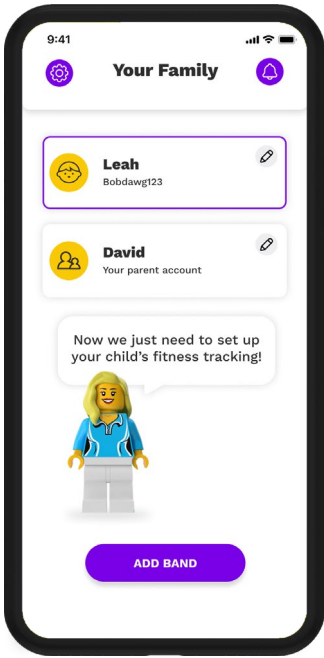
10

Select a photo of your child



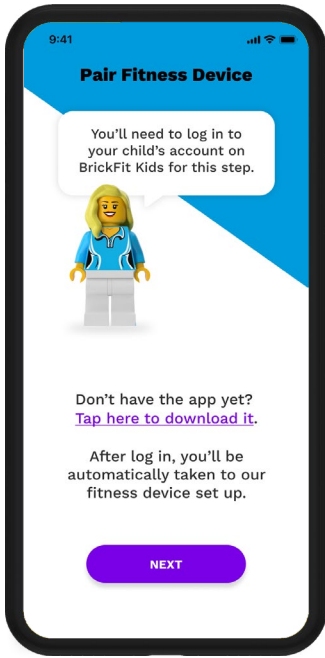
11

Check all the information is correct



12

Parent app setup complete



NEXT STEP

Logging into BrickFit Kids



KIDS

STEP 2: BRICKFIT KIDS APP

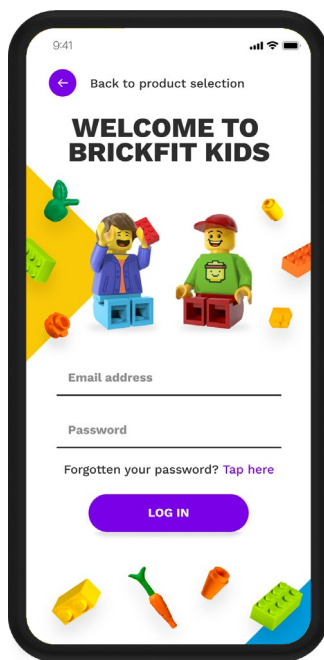
HOW TO LOGIN

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 onboarding process to finish setting up the child account.

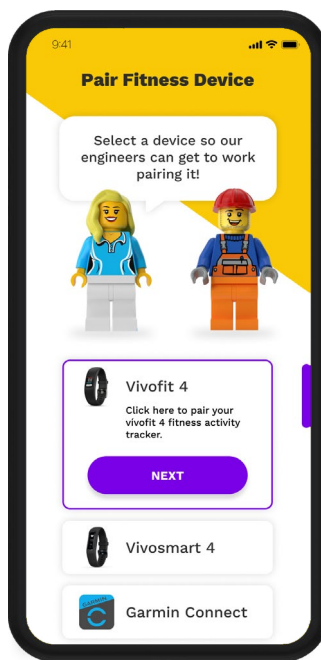


STEP-BY-STEP PROCESS



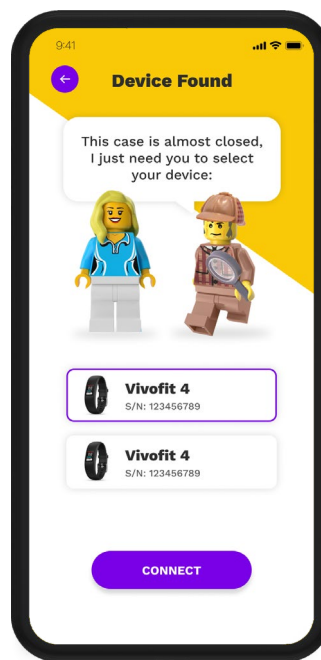
1

Use the login details for the child created during the BrickFit Parent App setup



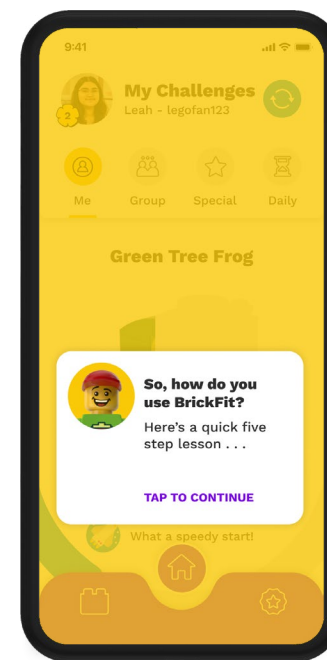
2

Pair the activity tracker by selecting vivofit® 4 and then follow the pairing instructions

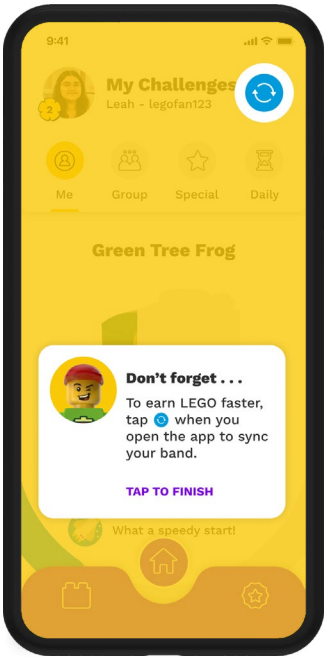


3

Complete the remainder of the in-app tutorial

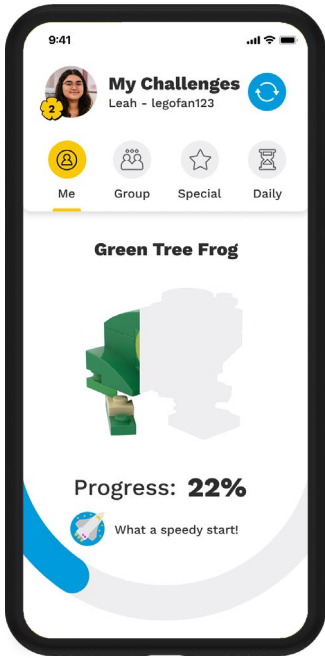
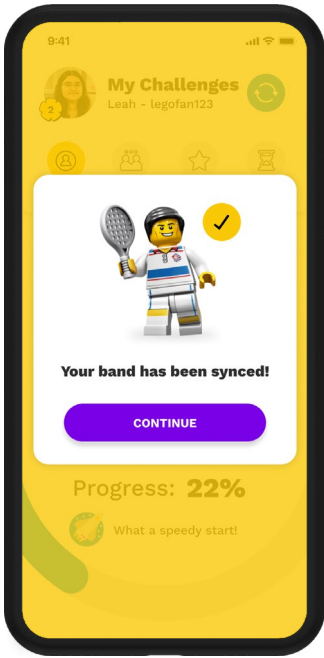


STEP-BY-STEP PROCESS



4

Sync the activity tracker using the top-right button



5

The application is ready to go!



FREQUENTLY ASKED QUESTIONS

WHAT'S A LONG-PRESS?

A long-press is holding the button on your vívofit® 4 for around 1 to 2 seconds.

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.

I'M HAVING TROUBLE PAIRING THE VÍVOFIT® 4... WHAT SHOULD I DO?

If you have had trouble syncing the vívofit® 4 to the BrickFit Kids App, please follow these instructions in order:

1. Uninstall the BrickFit Kids App
2. Remove the vívofit® 4 from Bluetooth known devices
3. Turn off Bluetooth
4. Restart your mobile device
5. Turn on Bluetooth
6. Install the BrickFit Kids App
7. Login with your username and password (you can lookup the username and change the password using the BrickFit Parent App).

8. Go to the profile page and press on TAP HERE TO REPLACE and follow the prompts to re-pair the vívofit® 4.
9. Please try this process up to 3 times. If the issue continues, please contact support.

WHAT ARE ACTIVE MINUTES?

Active minutes are calculated from step cadence. Step cadence is how many steps you take per minute. Active minutes are calculated on the vívofit® 4 after 10 minutes of consecutive step cadence of 100 or above.

DOES GYM WORK COUNT TOWARD ACTIVE MINUTES?

Although you're being 'active', the actual measurement is steps taken per minute.

HOW LONG DOES THE VÍVOFIT® 4 BATTERY LAST?

The battery lasts for one year.

For more FAQ's please visit www.brickfit.com.au



VÍVOFIT® 4 SYMBOLS EXPLAINED



Current
Date



Total steps
for the day



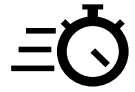
Distance
travelled for the
current day



Total calories
burned for
the day



Number of
remaining
steps to hit
target






Your weekly
active
minutes total

VÍVOFIT® 4 NAVIGATION



SYNCING YOUR VÍVOFIT® 4 WITH BRICKFIT KIDS

1. Bring your activity tracker near your phone
2. Open BrickFit Kids and press the  symbol
3. Long-press the button on the activity tracker for 1-2 seconds
4. Wait for  to appear on the activity tracker
5. Wait while the data syncs 



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