

Wireless Activity Monitor XL-20

Fast. Easy. Accurate.



The XL-20 Wireless Activity Monitor is much more than a pedometer.

The Wellness Connected[™] Wireless Activity Monitor helps provide you with a complete record of your activity. It's easy – just clip it on your shoe and go! Automatically tracks distance, activity time, and steps. Calculates calories burned. Comes in a matte black, unobtrusive shell. Track your daily activity with the LifeSource Wellness Connected software right on your home computer. View your daily, weekly or monthly activity levels and compare it against your personal goals to keep you moving towards better health! No buttons to press, your activity data is automatically uploaded to your personal computer.

- **Wireless Connectivity** – Using patented wireless technology your daily, weekly or monthly activity levels will be effortlessly transmitted to your computer.
- **User-friendly Software** – Wellness Connected Software is included with your purchase giving you an array of features and choices to track your wellness.
- **Easy to Use** – Just clip on your shoe and go!
- **No Buttons to Push** – Access all results from the ease of your computer.
- **No Battery to Replace** – The long-life battery will last on average 640 hours of active time. This translates to 10-18 months of usage.

LifeSource XL-20 Activity Monitor is one of the most technologically advanced activity monitors available today. Designed for ease of use and accuracy, the XL-20 will effortlessly integrate activity into your daily wellness regimen.

Visit our website at www.LifeSourceOnline.com for more information
or call our Customer Satisfaction hotline at 1-888-726-9966.

- Track Steps, Calories, Activity Time & Distance
- Wireless Connectivity
- User-friendly Software
- Easy to use, just clip on your shoe and go!
- No Buttons to Push
- No Battery to Replace
- Trilingual Instructions
- One Year Warranty

XL-20 Wireless Activity Monitor

PART NUMBER	UPC NUMBER	DESCRIPTION
XL-20	0-93764-60218-4	Wireless Activity Monitor

Contents Include:

- Wireless Activity Monitor
- ActiLink™ USB Transceiver
- Downloadable Wellness Connected™ Software
- Trilingual instruction Manual (English, French, Spanish)
- Internal Battery

Wellness Connected Software

The screenshot shows the Wellness Connected software interface. At the top, there's a navigation bar with icons for home, bp, weight, activity (highlighted), account, support, and web. Below this is a date range selector from 10/28/2008 to 11/03/2008. The main section is titled 'Activity: Details' and shows progress bars for various metrics: 15,000 steps (25,000 steps to go), 570 calories (1,000 calories to go), 200 active mins (300 mins to go), and 5 miles (10.00 miles to go). On the right, there are sub-sections for 'walking', 'running', and 'moving' with their respective metrics. At the bottom, there are buttons for 'view charts', 'view details', 'Help me with this data', 'How do I track activity?', 'print', and 'logoff'. The footer indicates © 2008 A&D Medical.

Packaging and Shipping Specifications

Selling Unit (Box)	W x D x H (inches)	Wt (lb.)	Individual Item Cube (cubic feet)
XL-20	5.3 x 1.8 x 6	0.30	0.03
Unit Case (10 units)	W x D x H (inches)	Wt (lb.)	Case Cube (cubic feet)
XL-20	9.1 x 14.7 x 11.4	6.7	0.88

Ask your A&D Sales Representative about the entire Wellness Connected family of products.



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Ask your A&D Sales Representative about other LifeSource products.

- Blood Pressure Monitors
- Digital Thermometers
- Personal Scales
- Stethoscopes
- Pedometers

For questions about LifeSource products, call us toll-free at 1-800-726-3364 or visit our web site at www.LifeSourceOnline.com

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