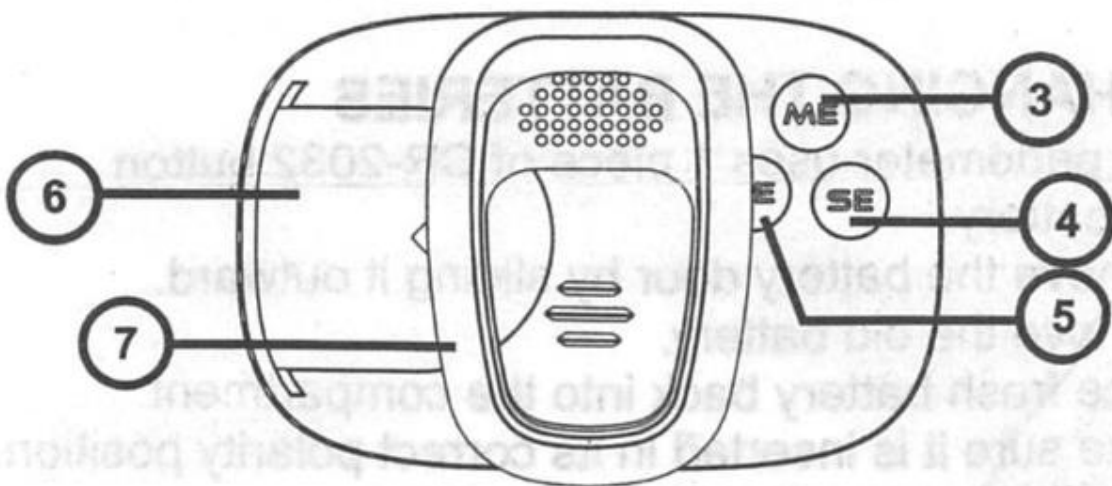


PLEASE READ MANUAL CAREFULLY BEFORE OPERATING



FUNCTION:

- 1. LCD display
- 2. MODE Button
- 3. MEMORY Button (ME)
- 4. SET Button (SE)
- 5. RESET Button (RE)
- 6. Battery Cover
- 7. Belt Clip

1. SETTING YOUR PERSONAL DATA AND CLOCK TIME

- In 'STEP' mode, Press and hold "SET" until the display show the icon 'SETUP' and the digits start to flash

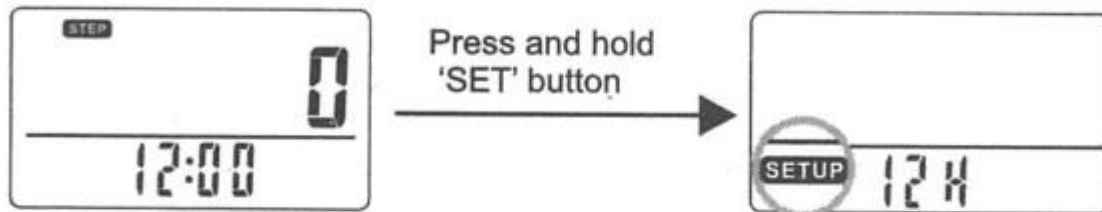


Fig. 1: Setup screen

- Press SET (SE) to enter the following setting sequences: Toggle select 12 or 24 Hours clock format, set clock time, toggle select KG or LB for metric or imperial unit system, set Weight and set Stride.
- Press RESET (RE) to select 12 hr or 24 hr display format, input the current clock time, select KG or LB for metric or imperial unit system, input your Weight and Stride details.

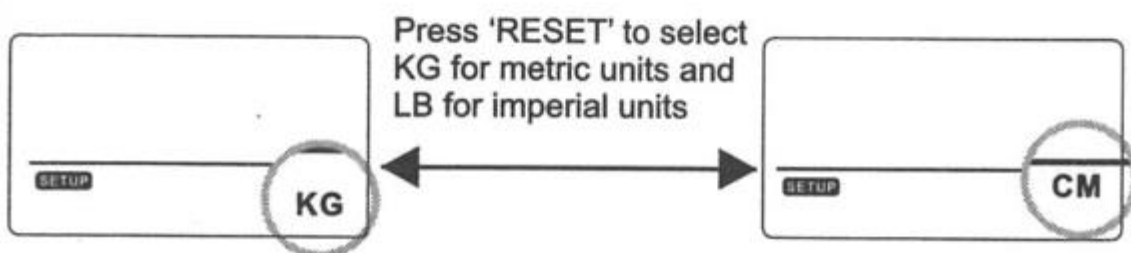


Fig. 2: Under Setup mode: selecting metric or imperial units

2. CLOCK FUNCTION

The clock can display the time in 12H or 24H format. This can only be selected under the setting mode and no other mode.

For 12H format, only the PM icon show for noon time.

Viewing clock time in SLEEP mode

If the pedometer is left idle for 1 minute, it will enter into SLEEP mode. The LCD display will only show the clock time only.

It will resume and revert back to Step mode once 10 continuous steps are successfully detected from the pedometer sensor.

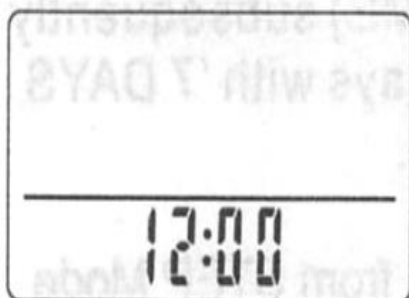


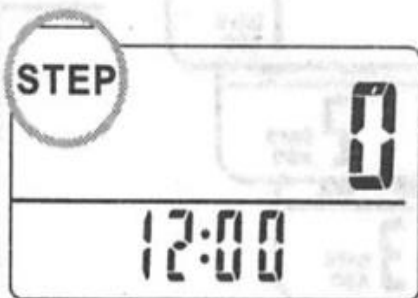
Fig. 3: Under sleep mode:
LCD display showing
clock time only

3. PEDOMETER FUNCTION

The paces are detected via the walking movement. Attached the pedometer near the middle of your waist.

A. STEP FUNCTION

- Press MODE until the top line of the display shows the word "Step". The step counter will start counting once motion is detected for 10 consecutive steps or more.



- To reset the counter, press and hold RESET (RE) until the digits revert to zero.

WARNING: all pedometer data for the day will also be reset to '0'.

B. 10 STEPS FALSE START ERROR CORRECTION

- To avoid counting accidental movements as steps, the counter will not count any movement less than 10 consecutive steps.

C. DISTANCE TRAVELLED

- Press MODE until the top line of the display shows the word "KM" for metric version. For imperial version, it will show "MILE".
- The distance travelled counter will start counting once motion is detected.
- To reset the distance value, press and hold RESET (RE) until the digits revert to zero

D. CALORIES

- Press MODE until the display shows "KCAL".
- The counter will start counting once motion is detected.
- To reset the calorie counter, press and hold RESET (RE) until the digits revert to zero.

E. ACTIVITY TIME

Record the accumulated time walked during the day.

- Press Mode button until the display shows "ACTIVITY".
- The counter will start counting once motion is detected.
- To reset the activity timer, press and hold the RESET button (RE) until the digits revert to zero.

Warning: all pedometer data for the day will also be reset to '0'.

4. USING THE MEMORY FUNCTION

The pedometer can store up to seven days of data for **Steps, Distance, Calories and Activity Time**. The data is stored with the oldest day being the last set of data in memory.

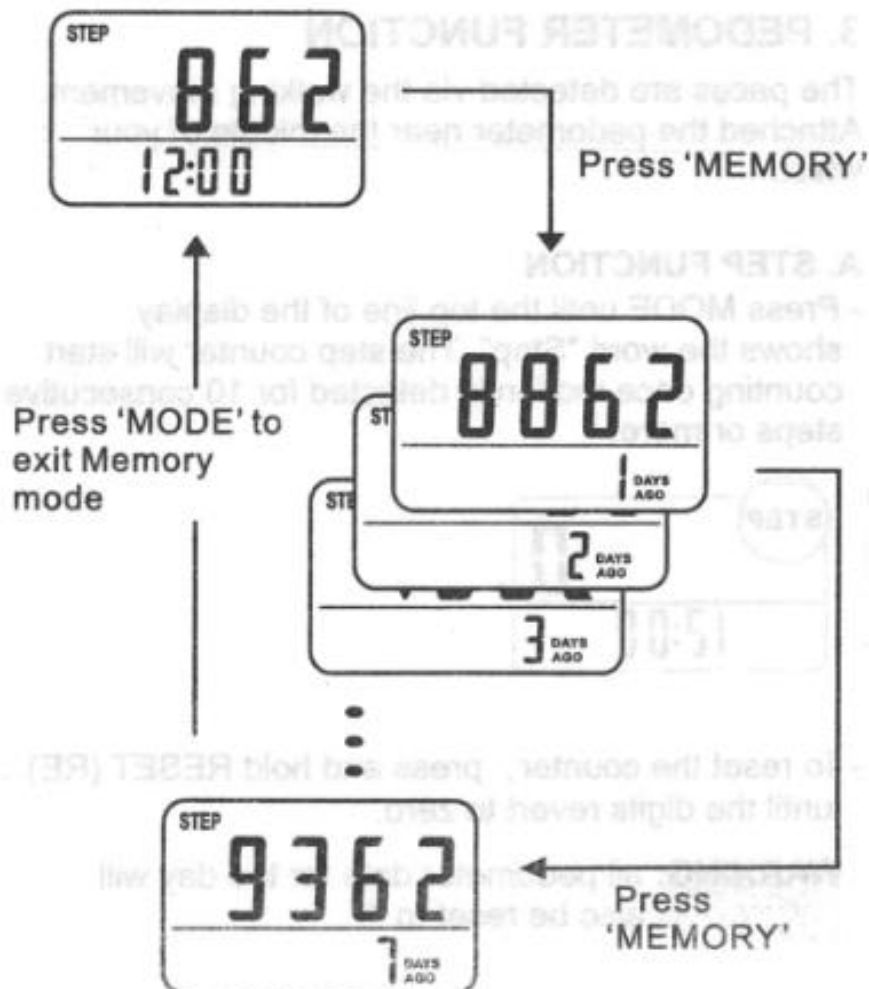
The data for today will be automatically stored in memory when the clock time reaches 12:00am midnight.

The LCD display will reset to "0" for the new day.

WARNING: Changing the current clock time may affect the data stored in the memory.

- To view the data stored in the memory, press **MODE** to select the data you want to see: Step, Distance, Calories or Activity Time.
- Press the **MEMORY** button (ME) subsequently to view data for the last seven days with '7 DAYS AGO' being the oldest record.

Example: Viewing the step data from STEP Mode



Note:

The clock time will not be displayed under the memory mode.

- Press MODE to exit Memory mode.

RESETTING THE MEMORY DATA TO '0'

- To clear the data from Memory, press and hold the 'ME' (memory) button under Memory mode, the digits on the LCD display will reset to '0'.

Note: ALL THE DATA FROM MEMORY WILL BE CLEARED !!!

5. CHANGING THE BATTERIES

- The pedometer uses 1 piece of CR-2032 button cell battery.
- Remove the battery door by sliding it outward.
- Remove the old battery.
- Place fresh battery back into the compartment. Make sure it is inserted in its correct polarity position.
- Slide the battery door back into place.

6. SPECIFICATIONS

BATTERY

Use CR-2032 x 1pc [Included]