Using Your Pedometer

Pedometer Features:
- 3D silent Pedometer Sensor
- Step counter up to 99,999 steps
- Distance traveled indication up to 99,999 KM/99,999 miles (be aware of what units the pedometer is set to)
- 10 steps error correction (this means the pedometer senses is when you are walking, once it knows you are moving it will automatically add your 10 steps back on the display).
- 7 day memory
- Low battery indicator
- Sleep mode after 3 minutes of being idle (movement will wake up pedometer)

Setting Personal Data / Clock Time
In ‘step’ mode, press and hold ‘set’ until the display shows the icon ‘setup’ and the digits start to flash (press arrows to choose 12h or 24h ‘set’, clock time ‘set’, cm or in units ‘set’, set stride ‘set’, and daily target steps ‘set’).

Setting Stride Length
1. Walk 10 steps with your normal stride
2. Measure the distance from start to end (ex. measure 1st to 10th step using your toe or tip of shoe as a marker)
3. Calculate your stride by dividing the total distance by 10
   Example: Total distance = 260 in. / 10 paces = 26 in.

Pedometer Function
The paces are detected via walking movement and you can place the unit inside your pocket or inside your handbag/backpack.

The ‘Mode’ Function
Press ‘mode’ to view total distance walked, total calories burned, total time walked and total steps.

Memory Function
- The display on your pedometer will reset to ‘0’ each new day.
- Press the ‘mem’ button. The step data from yesterday is shown as “-1 day ago.”
- Continue pressing the ‘mem’ button until all 7 days of stored data is displayed (-7 days ago).

Reset Button
Use reset button when batteries are being replaced, when display becomes unrecognizable or when pressing any keys has no action.

Special Note: Each pedometer comes with a leash! This should help ensure you don’t lose your pedometer, please make sure to loop the leash on your belt loop or belt before you put it in your pocket.

If you need help with your pedometer or have questions please contact Anne Butler (abutler@pocatello.us) in Human Resources at 234-6150.