



FEATURES

1. Records number of steps taken to 999,999 steps
 2. Registers time used during walk/run up to 99:59:59
 3. Auto power ON/OFF
 4. No programming required for immediate use, just clip on and go!
- **Auto Filter Sensor:**
5 steps movement sensor filters out irregular results and activates only after 5 or more steps.
 - **Delayed Reset Button:**
This is to prevent accidentally erasing **Reset** the records on the display.
 - **Accurate Pendulum Movement:**
The pedometer is controlled by an internal pendulum that moves down with each step that you take and springs up again.

TO OPERATE THE PEDOMETER

1. Press the MODE button to show step records.
2. Press the MODE button again to show activity time.
The timer runs automatically whenever steps are being recorded.
3. Start walking or running. The unit will keep track of your step and activity time.

TO RESET THE PEDOMETER

1. In "STEP" and "🕒" mode, hold the MODE button for 2 seconds to reset all records to zero.
2. Reset records everyday to start walking program per day.

Note: All resets must be done manually.

The concept is to use the DAY counter as a daily or trip/workout counter while also having a cumulative count that can be a separate weekly, monthly, or any period you choose.

AUTO POWER ON/OFF

1. The display will blank when no activity has been detected for 4 minutes.
2. Press button or walk 5 steps to power ON the unit.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until five (5) continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "👣" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "👣" disappears).

TO POSITION THE PEDOMETER

1. Clip the unit to your belt or to the top of your shorts, trousers or slacks as close to your hip as possible.
2. The unit is vertical to the ground as this will aid in proper function and make the display easy to read.



BATTERY REPLACEMENT

1. Remove the rear cover of the unit with a screwdriver or similar tool.
2. Remove and replace battery with LR44 or equivalent.
3. Make sure that the "+" side is up.
4. Pedometer is not waterproof. Keep away from any liquid.
5. Treat it carefully. Do not drop it or expose it to shock.