

# Pedometer Initial Setup and Use

## Look at Your Pedometer:

- Remove the plastic film from the display and find the three buttons set into the outside edge of the pedometer; **set**, **reset** and **mode** (See photo at right).
- The buttons are sensitive and need a light touch to avoid skipping steps.



## Activate the Battery:

- Pull the plastic battery tab completely out of the pedometer.
- The first display you will see is the **time set** screen.

## Set the Time:

1. Press and hold the **set** button for 5 seconds.
  - a. The very small word “**Set**” will show at bottom left.
  - b. “**12H**” will flash above the horizontal line.
2. Press **reset** button if you want to switch from 12-hour to 24-hour (military) time.
3. Press **set** button; the “**hour**” will flash below the horizontal line.
4. Press **reset** or **mode** to advance or go back by one until the correct hour is displayed. (For rapid advance/reverse press and hold **reset** or **mode** for more than 2 seconds).
5. Press **set** button again and the “**minutes**” will flash.
6. Repeat step 4.
7. With correct time showing, press **set** again to enter weight.

## Enter Your Weight:

- Press **set**; the “**weight**” will flash above the horizontal line.
- Press **reset** or **mode** to advance or go back by one until correct weight is displayed.
- **With** correct weight showing, press **set** again to enter step length.



## Enter Your Stride/Step Length:

- For this pedometer, stride is the distance (range is 1 – 6 feet), covered in **one step**. A MOVE! team member can help you set your stride length.
- Press **set** button; the “**stride**” will flash above the horizontal line.
- Press **reset** or **mode** to advance or go back by one until the correct stride length is displayed.
- With correct stride length showing, press **set** again to return to the main screen (steps and time).

## Change the Display:

- You may choose from the following screen displays: step/time, distance/speed, calories, exercise step, active time, and memory.
- Press **mode** button until the screen you want is displayed.

## Use the Memory Function:

- From the main screen, press **mode** 5 times until the **memory** screen is displayed (See photo at right).



Press **set** to scroll through the past 7 days of information. The number at bottom right is the number of days before today (See photo at left).

- Once at the **7 days before** display, press **set** one more time to see the **Total Steps/Total Exercise Steps** for a total of the past 7 days; note the small word “**TOTAL**” under the steps number (See photo at right).



- Press **mode** to return to the main screen display with steps/time.

**If you have problems with set up or use of your pedometer, contact a member of your MOVE! team.**