

How to use your pedometer:

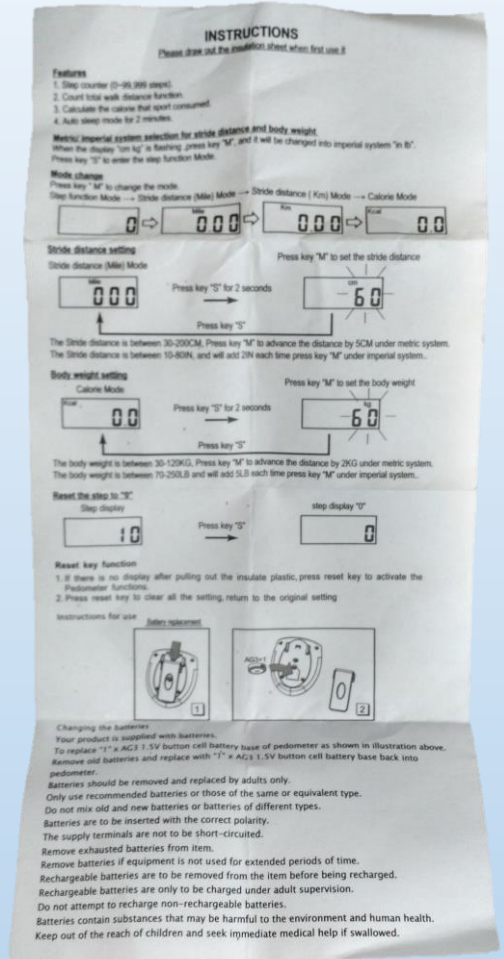


Refer to the directions in the box for help!

By hitting the M button, you can change the mode (steps, miles, Km, Kcal). You are welcome to use all the modes, however the one we are recording is just STEPS!



The Steps mode looks like this. Other modes will be labeled above the numbers. To RESET steps, in step mode press the S button!



SPECIAL FEATURES:

If interested, you can enter your stride length and weight into your pedometer! These things aren't necessary, but if you are tracking your mileage as well as steps, stride length will give you a more accurate distance. Entering your weight will give you a more accurate picture of Kcals burned (calories).