

Setting Up Pedometers

There are 4 settings on this pedometer;

- Time
- Steps
- Kms
- Kcal

You only need to use the first two settings.

To set the time:

- Press MODE until the time setting is selected
- Press and hold SET until 12 hr shows and SET to select. The "hour" digit will flash
- Use MODE to select the hour (check A or P on right hand side to ensure you have morning or evening hour)
- Press SET when correct hour is reached. The "minutes" digits will now flash
- Use MODE to select correct minutes
- Click SET to confirm

To reset steps:

- Click MODE to reach setting no. 2 - steps
- To reset, press and hold the SET button until it changes to "0".

[Check out the Pedometer set up video too](#)