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 resent, press and hold the SET button until it changes to "0".

Check out the Pedometer set up video too