

Features:

The LCD display with five-digit number and two keys: mode and set.

1. Step counts range: 0 to 99999
2. Records calories, km & miles, counts distance
3. Time display: 12/24 hour
4. Body weight and stride (metric or imperial)
5. Product lifespan: approximately one year
6. On time display, press "MODE" to display steps > step distance > calorie.



AM

PM

Time display interface

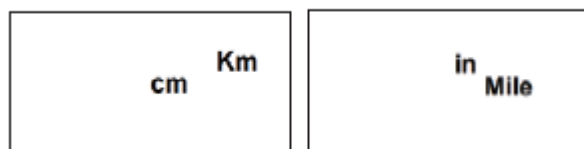
Power: LR 1130 (AG10), 1.5V Size: 11.6*3.1(mm)
Alkaline manganese button battery

Operating instructions**1. Metric and Imperial system setting**

On time display interface, press "MODE" and hold, the number "0" will display and after 10 seconds, the sign "88:8.8.8" will flash. Press "SET" to switch between metric and imperial setting. Then press "MODE" again and you can check the change.



When replacing the battery, the sign "88:8.8.8" will flash for 1 second. Press "MODE" to switch between metric and imperial setting and press "SET" to confirm setting. Please note that this setting will need to be reset every time when the battery is changed.



2. Time setting

On time display interface, press "SET" for 5 seconds, the sign "12 Hr." will flash. You can:

- a) Press "MODE" to switch to 24-hour mode. Then press "SET" to confirm setting.
- b) Press "SET" again and press "MODE" to set the time field of hour and minute. Press "SET" to confirm setting.

3. Step Count

On time display interface, press "MODE" and the step number will display. Press "SET" to reset and the number will be displayed as "0". It will start counting steps from 0.

4. Step distance setting

Metric setting:

On time display interface, press "MODE" twice and the walking distance will display as "0.00 km" Press and hold "SET" key for 5 seconds, the step distance of "60 cm" (default setting) will display. Step distance by metric setting ranges from 30 to 200 cm. Press "MODE" and it will add on 5 cm each time. Or press and hold "MODE" key for quickly adding on the number. Press "SET" to confirm the setting.

Imperial setting:

To switch to imperial setting follow operation instructions 1. Imperial and Metric Settings. Press "MODE" twice and the walking distance will display as "0.00 Mile" Press and hold "SET" key for 5 seconds, the step distance of "24 in" will display. Step Distance by imperial setting ranges from 10 to 80 inches by pressing "MODE" key, and it will add on 2 inches each time you press. Press "SET" to confirm step distance.

5. Weight setting

Metric setting:

On time display interface, press "MODE" three times and "0.0 Kcal" will display. Press and hold "SET" key for 5 seconds and the weight "60 kg" will display (default setting). Weight by metric setting ranges from 30 to 120kg. Press "MODE" and it will add on 2kg each time. Or press and hold "MODE" key for quickly adding on the number. Press "SET" to confirm the setting.

Imperial setting:

Switch to imperial setting by following the instructions under 1. Imperial and Metric Setting. Press "MODE" three times and "0.0 Kcal" will display. Press and hold "SET" key for 5 seconds and the weight "130 lb" will display (default setting). Weight by imperial setting ranges from 70 to 250 lb. Press "MODE" and it will add on 5 lb each time. Or press and hold "MODE" key for quickly adding on the number. Press "SET" to confirm the setting.

Note:

Do not disassemble the instrument, or it will cause damage.

Battery standard: 1 x LR 1130 (AG10), 1.5V.

For accurate recording the battery is required to be changed every 12 months.

Do not drop the tracker.

Do not immerse in water.(Do not wear when taking a bath or shower.)

**BATTERIES**

- Keep batteries away from children and pets.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household WEEE waste recycling centre.

