

Wired



Connect to Life Step-n-Track



Pedometer



Calories Burned



Time

FEATURES:

- LCD display with two-button control (mode/adjust and set/reset)
- Step counter (to 99999 steps)
- Estimates calories burned and distance walked
- Displays time
- Enter body weight and stride length
- Press "MODE" to display steps > distance > calories
- Cell phone is not required

BATTERY:

Alkaline LR1130, 1.5 V (included)

DISPLAY:

Tap the MODE button to move through the following displays:
TIME > STEP COUNT > DISTANCE > CALORIES

TIME SETTING:

When the time is displayed, press and hold SET until the hour starts to blink. Then press MODE to adjust. Press and hold SET until the minute starts to blink, and press MODE to adjust. Press SET when the correct time is displayed.

STEP COUNT:

The Step-n-Track will use movement to count steps (up to 99,999 steps). To view the step count, go to STEP COUNT mode. To reset the step count to zero, press SET.

DISTANCE and STRIDE LENGTH:

The Step-n-Track will estimate distance walked based on the step count and the length of your stride. Distance traveled can be viewed in DISTANCE mode. To enter your stride length, go to DISTANCE mode, then press and hold SET until the stride length appears and blinks. Tap MODE to adjust the stride length (from 10 to 80 inches, in increments of 2 inches; or from 30 to 200 cm, in increments of 5 cm). Tap SET to store the stride length setting.

CALORIES and BODY WEIGHT:

The Step-n-Track will estimate calories burned based on the step count and your body weight. Calories burned can be viewed in CALORIES mode. To enter your body weight, go to CALORIES mode, then press and hold SET until the body weight appears and blinks. Tap MODE to adjust the body weight (from 70 to 250 lbs, in increments of 5 lbs; or from 30 to 120 kg, in increments of 2 kg).

CHANGE UNITS OF MEASURE:

The Step-n-Track can display information in the IMPERIAL (inches, miles, pounds) or METRIC (centimeters, kilometers, kilograms) system. To change from one to the other, in TIME mode, press and hold MODE until "88:88.8" appears on the display. The units will automatically switch from IMPERIAL to METRIC or from METRIC to IMPERIAL. Note: This will also re-set all counters to zero and will return stride and weight to default settings.

IMPORTANT SAFETY INFORMATION:

The Step-n-Track calculates steps based on movement, and so the recorded steps may not accurately reflect actual steps. Distance measurements are estimated based on stride length settings and step counts, and may not accurately reflect actual distance traveled. Caloric measurements are estimated based on weight settings and step counts, and may not accurately reflect actual calories burned.

CAUTION: This device is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

CAUTION: The device may cause skin irritation. Prolonged contact with the skin may contribute to skin irritation or allergies in some users. If you experience any sign of skin redness or other skin irritation, please discontinue use. If symptoms persist, consult your doctor.

CAUTION: Consult your doctor before beginning or modifying any exercise program.

CAUTION: Consult your doctor before use if you have any preexisting conditions that might be affected by use of the device.

CAUTION: This device is not a toy. It includes small parts that can be a choking hazard. Keep this device away from small children and pets.

WARRANTY:

Basic Coverage: Your device is warranted to the owner for a period of one year from the date of purchase against defects in manufacture. This warranty does not cover: Batteries, Displays, Straps. This warranty does not cover damages due to misuse. Please note that colors may turn due to daily usage and time.

How to Request Service: In a single package, enclose your watch, your return name and address, and a check or money order for US\$7.00 payable to "Moulin Repair" to cover handling and return shipping, and mail it to Moulin Repair, Murray Hill Station, P.O. Box 1756, New York, NY 10156-1756. Additional fees may be payable for services / parts exceeding this warranty. We reserve the right to replace mailed articles with like grade and quality.

WARNING:

**DO NOT DISPOSE OF BATTERY IN FIRE.
BATTERY MAY EXPLODE OR LEAK.**



Made in China.