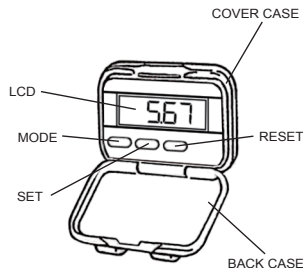
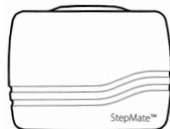


FEATURES

- **Clock** : 12 / 24-hour format (with indicator for PM).
- **Step Counter** : Counts steps taken (up to 99999 steps).
- **Distance Counter** : Counts distance covered (up to 999.99 miles).
- **Calorie Counter** : Counts calories burned (up to 99999 kcals).



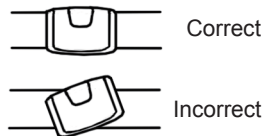
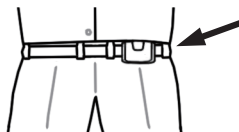
SETTING THE CLOCK

1. Press **MODE** to get into the clock mode.
2. Press **SET**, hour shown on LCD will flash. Press **RESET** to set the hour.
Each press of **RESET** will advance 1 hour. Holding **RESET** will quickly adjust the hour
3. Press **SET** again, minute shown on LCD will flash. Press **RESET** to set minute.
Each press of **RESET** will advance 1 minute. Holding **RESET** will quickly adjust the minute.
4. Press **SET** again to activate the clock.

STEP COUNTER

The step counter counts how many steps you have walked or run.

1. Press **MODE** to get into step counter mode. LCD should display 00000 (if not, press **RESET** to clear the value to 00000).
2. Clip StepMate™ to your belt, shorts or pants as close to your hip bone as possible.
3. Be sure to place StepMate™ in the correct position and keep it straight.
4. Begin to walk or run. It will count your individual steps (up to 99999 steps).
5. To restart StepMate™, simply press **RESET** to clear the old records and repeat steps 1-4.



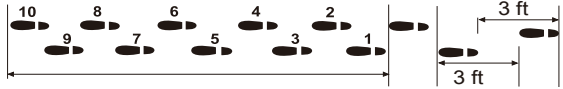
DISTANCE COUNTER

The distance counter keeps a walking/running total of the distance traveled.

1. Press **MODE** to get into distance counter mode. LCD should display 0.00 (if not, press **RESET** to clear the value to 0.00).

2. Measure your stride length first.

Using your normal stride, walk or run 10 steps. The distance from your first step's toe to your tenth step's toe is your total step distance. Next, Divide the total step distance by 10 to get your average stride length. (For example, a total step distance of 30 feet divided by 10 steps equals a distance of 3.0 feet per stride).



3. Press **SET**, LCD will flash. Next, press **RESET** to input your stride length. (For example, inputting 2.5 feet, the LCD displays 2.50). Each press of **RESET** will advance 0.1 feet.
4. Clip StepMate™ to your belt, shorts, or pants.
5. Begin to walk or run. It will accumulate the distance you've traveled (up to 999.99 miles).
6. To restart StepMate™, simply press **RESET** to clear old records and repeat steps 1-5.

CALORIE COUNTER

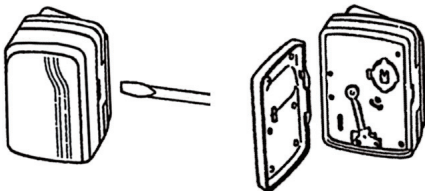
The calorie counter will tell you the amount of calories burned during the exercise.

1. Press **MODE** to get into calorie counter mode. LCD should display 0.00 (if not, press **RESET** to clear the old records to 0.00).
2. Press **SET**, LCD will flash. Next, press **RESET** to input your weight. (For example, inputting 125 lbs, LCD displays 125). Each press of **RESET** will advance 1 lb.
3. Clip StepMate™ to your belt, shorts, or pants.
4. Begin to walk or run. It will accumulate the calories burned (up to 99999 kcals).
5. To restart StepMate™, simply press **RESET** to clear the old records and follow steps 1-4.

REPLACING THE BATTERY

If the LCD is dim or faded, replace the battery with a new LR44 button cell battery, or equivalent.

1. Use a flathead screwdriver to open the battery cover from the bottom. Take the old battery out and insert a new one into the battery holder. (with + side up).
2. Close the battery cover and safely dispose of the old battery.



NOTE: You will need to re-enter the stride length, weight, and adjust the clock after replacing the battery.