

Brookstone

SmartStep® Pedometer
 Accurate. Affordable.
 You Earn It.

Carry the SmartStep® Pedometer anywhere!

Put it in your pocket or purse, or hang it from the included lanyard. It will track steps and miles traveled, plus calories and fat grams burned. It even counts time at midnight, plus tracks your progress for seven days.

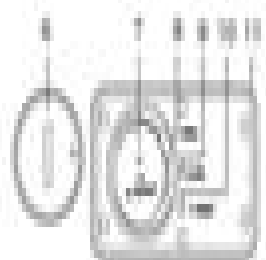
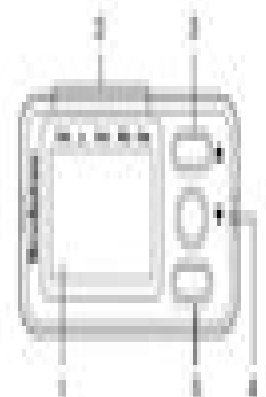
BATTERY PRECAUTIONS

- Dispose of the old battery properly. Do not dispose of the old battery in a fire.
- Do not leave the battery where a child or pet could play with or swallow it. If the battery is swallowed, contact a physician immediately.
- The battery may explode if misused. Do not attempt to recharge or disassemble the battery.
- Use only a fresh battery of the required size and type.

SAVE THESE INSTRUCTIONS

LOCATION OF CONTROLS

- | | |
|------------------------------|------------------------------|
| 1. LCD Screen | 1. Battery Compartment Cover |
| 2. Headset Tube | 2. Open Position |
| 3. Memory / ▲ Button | 3. Close Position |
| 4. Mode / ▼ Button | 10. Reset Button |
| 5. Set Button | 11. Lanyard Hole |
| 6. Battery Compartment Cover | 12. Lanyard (not shown) |



OPERATION

Your SmartStep® Pedometer comes with a battery already installed.

Remove the plastic strip from the BATTERY COMPARTMENT by pulling the tab and sliding it out from between the battery contacts.

FIRST TIME SET-UP

1. Press and hold the SET button until the LCD SCREEN shows all zeros and the hour number times.
2. Set the hour by using the MEMORY / ▲ and MODE / ▼ buttons to scroll through the numbers. Holding down either the MEMORY / ▲ or MODE / ▼ button will scroll through the numbers rapidly. Press the SET key to select the hour.
3. The minute number will blink on the LCD screen.
4. Set the minutes by using the MEMORY / ▲ and MODE / ▼ buttons to scroll through the numbers. Holding down the MEMORY / ▲ or MODE / ▼ button will scroll through the numbers rapidly. Press the SET key to select your minutes.

Note: The SmartStep® Pedometer uses 24 hour (military time) to show for daily use.

5. The weight number will blink on the LCD screen.
6. Set your weight by using the MEMORY / ▲ and MODE / ▼ buttons to scroll through the numbers. Holding down the MEMORY / ▲ or MODE / ▼ button will scroll through the numbers rapidly. Press the SET key to select your weight.

7. The stride number will blink on the LCD screen.

SETTING DISTANCE LENGTH

You must set your stride/step length in the pedometer for it to accurately calculate distance traveled.

1. Take five steps or strides and measure the distance covered in inches using a tape measure. Divide that number by five. This is your average step/stride length.
2. Set your stride length in inches by using the MEMORY / ▲ and MODE / ▼ buttons to scroll through the numbers. Holding down the MEMORY / ▲ or MODE / ▼ button will scroll through the numbers rapidly.
3. Press the SET key to select your stride.

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Brookstone User Manual

Raffaela Di Napoli



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