

Walking Fit Pedometer

P-110 Panic Pedometer



The Walking Fit Pedometer comes with instructions on how to operate the pedometer, but just in case if you need a refresher, here are some of the key points to remember about the pedometer and how to operate it.

Setting the Clock

- Press MODE until the time appears on display
- Press and Hold SET until the hour flashes
- Press RESET until the correct hour is displayed; then press SET.
- Wait for minutes to start flashing
- Press RESET until the correct minutes are displayed; then press SET.

Setting Up Your Pedometer

- To record your distance, you will need to set your stride length.

Finding Your Stride Length

- Your stride length is the length of one of your steps – measured “toe to toe”.
- Walk ten steps with your normal stride and measure the TOTAL DISTANCE in inches.
- Divide the TOTAL DISTANCE by ten and that is your stride length!

Setting your Weight and Stride Length

- Press MODE button until step counts appear (right after CLOCK).
- Press and hold SET button until screen displays LB and INCH setting (numbers below LB will flash)
- Press RESET to input your weight; then press SET.
- Wait until the numbers below INCH flashes.
- Press RESET to input your stride length; then press SET. Setting the Sensitivity

Replacing The Battery

When the display starts to dim or goes blank it is time to replace your battery. To replace, unscrew the battery cover and replace with 4 new 1.5V batteries.

The level of sensitivity can be changed on the back on the pedometer by toggling the white switch between two levels.

Wearing Your Pedometer

Hold open the belt clip and slide the pedometer onto your belt or the top of your pants or skirt. It should fit snugly and above the knee. It should be positioned as close to the center of your thigh as possible.

Viewing Your Results

Once you put on your pedometer it will automatically begin counting your steps, distance, and calories. Repeatedly press the MODE button to cycle through the pedometers modes.

Display Modes

- STEPS-TODAY: Counts steps taken since last reset, reset daily to count each day's steps.
- DISTANCE: Shows the total distance you have walked or jogged since last reset.
- CALORIES: Shows amount of calories burned since last reset.

Resetting Your Pedometer

- Reset your pedometer daily.
- While displaying STEPS, or ACTIVITY TIME, press and hold RESET button for at least 2 seconds to reset all of these to zero.