

# Walking Fit Pedometer

The WalkingFit Pedometer comes with instruction 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.



## How do I set my pedometer?

- Open the pedometer and remove the battery tab

## Select Metrics/English Standards

- Press the RESET button once and the screen will display cmKG for metric and in lb for English standard
- Press the MODE button to select your standard then press the SET button to confirm your selection

## Setting the Time

- Do not use the RESET button to clear your steps or other data. Pressing the RESET button will clear all of your personalized information regarding weight, stride length, and time!
- In time mode, hold the SET button for 2 seconds until the hour flashes
- Press the MODE button to change the hour then press SET to confirm your selection. Repeat to set the minutes.

## Setting your Weight

- The weight adjustable range is 70-250 pounds
- In the Kcal mode, press and hold the SET button for 2 seconds
- Adjust your weight by pressing the MODE button. Confirm your selection by pressing the SET button
- Once you have entered your correct weight the display will read "0"

## Why should I set my weight?

Entering your body weight will provide a more accurate calculation of the calories you burn while walking. For more information on burning calories see activity calorie calculator.

## Determining Your Stride Length

When using your pedometer, your stride length is considered the distance from the heel print of one foot to the heel print of the other foot. To measure your stride length:

- Place a tape measure on the floor
- Place your left heel at the zero mark
- Take a step with your right foot
- Measure the distance from your left heel to your right heel
- That distance indicates your stride length

## Setting Your Stride Length

- In Mile or Km mode, press and hold the SET button for 2 seconds
- Adjust your stride length by pressing the MODE button
- Confirm your selection by pressing the SET button

## How To Retrieve Your Step Information

To view your daily step count, press the MODE button until your steps are displayed.

## To Clear Your Steps

- In the step mode, press the SET button twice to clear your steps. Be sure to clear your steps each day
- Do not use the RESET button to clear your steps, this will reset all of your information regarding your weight and stride length!
- Don't forget to log your steps each day at [walkingfit.ucr.edu](http://walkingfit.ucr.edu)

## Where do I place my pedometer?

- Your pedometer counts your steps by measuring the movement at your waist
- Attach your pedometer at waist level to your belt or pants
- Your pedometer should be maintained in a horizontal position to avoid inaccurate data collection