

Walking Fit Pedometer

Accusplit Eagle 1640M4

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 Up Your Pedometer

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

Choosing A Measurement System

- This unit is initially set to use English measurement units (miles).
- To change it back and forth between English and Metric (kilometers) press the crème set button and hold for 5 seconds.

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 feet.
- Divide the TOTAL DISTANCE by ten and that is your stride length!

Setting your Stride Length

- Press the yellow MODE button until arrow on top of display points to MILES.
- Press the crème SET button once to enter settings mode - Display will shift to show stride (“F 1.95 means stride is set to 1.95ft).
- Press the crème SET button to increase stride length. Press the aqua RESET button to reduce stride length.
- Press the yellow MODE button to exit setting mode.

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 lay as vertical as possible. **The cover must be closed for the pedometer to work.**

Attaching The Leash

To avoid dropping or losing the pedometer you should attach the leash. To attach the leash:

- Loop the leash around the pedometer belt clip.
- Clasp the attached metal clip to the waistband of your clothing. You may also use a safety pin to attach the leash to you.

Viewing Your Results

Once you put on your pedometer, **with the cover closed**, it will automatically begin counting your steps, distance, and activity time. Repeatedly press the yellow 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.
- STEPS-TOTAL: Keeps track of ALL steps you have taken even after you reset it for the day.
- DISTANCE: Shows the total distance you have walked or jogged since last reset.
- ACTIVITY TIMER: Shows day’s activity time since last reset.

Resetting Your Pedometer

- Reset your pedometer daily.
- While displaying DAY’S STEPS, or ACTIVITY TIME, press and hold aqua RESET button for at least 2 seconds to reset all of these to zero.
- When displaying TOTAL STEPS or DISTANCE, press aqua RESET button for two seconds to reset ALL counts, including TOTAL STEPS to zero.

Replacing The Battery

When the display starts to dim or goes blank it is time to replace your battery. Your pedometer uses one Type LR43 (L1142) 1.5 volt alkaline battery.

- To replace, insert a coin into the slot on the bottom of the case and twist counterclockwise to loosen case front; take it off.
- Use a thin object, such as a pen, to push the battery sideways out of its holder and replace it with the new battery. The battery's positive (+) terminal should be FACE UP.
- Align case front over the pedometer and press gently to snap cover back into place.