

Instructions for Pedometer Set-up

To Set the Time:

1. Press "SET" and the hour will begin blinking.
2. Press "MODE" until you reach the hour that you are looking for.
 - a. For 12-hour time, advance hour until AM or PM is displayed.
 - b. For 24-hour time, advance hour until neither AM nor PM is displayed.
3. Press "SET" again to move to the minutes.
4. Press "MODE" until you reach the minutes that you are looking for.
5. Press "SET" again to finish setting time, minutes will stop blinking.

To Clear or Reset STEP, DIST, KCAL:

1. Press "MODE" to change view to STEP.
2. Press and hold "RESET" until STEP show "0".