Data Tracker USB Pedometer

Operation Manual

Please read manual carefully before operating.

1. LCD display
2. Lanyard hole
3. MEMORY button
4. SET button
5. MODE button
6. RESET button
7. End cap
8. Battery cover
9. System RESET hole

Features

Pedometer
- 30 silent pedometer sensors.
- Step counter up to 999,999 steps.
- Indicator for distance traveled up to 999.99 km/999.99 Miiles.
- Calories burned indication up to 9999.9 Kcal.
- Metric and imperial system selection.
- 10-step error correction.

Target
- Set your daily walking steps target.
- Clock: 12/24 hour format.
- Activity Time: Record your daily activity time during walking.
- Seven-Day Memory: Record your pedometer activities up to seven days.
- Low Battery Indicator: When the battery is low, the low battery icon will show on the LCD display.

Getting Started

- Pull the battery insulator to activate the pedometer.
- If the LCD is not functioning correctly, please perform a system reset - see section 5 using the system RESET hole.
- If the pedometer still doesn't function after a system reset, remove the battery cover, reinstall the battery and reset the system again.
- The LCD may show some faint background digits. This is normal because of the fresh battery. This will disappear when the battery drops to normal operating voltage.

1. Setting Your Personal Data and Clock Time

- In STEP mode, press and hold SET until the display shows the icon SETUP and the digits start to flash.

Fig. 1: Setup screen
- Press RESET button to choose between 12 hr and 24 hr for the 12 or 24 hour clock display format.
- Press SET button to enter the following setting sequence: select 12 or 24 hour clock format, set clock time, select CM (metric) or IN (imperial) units, set stride, set weight and set daily target steps.

Fig. 2a: Under SETUP mode select metric or imperial units.

- Press MODE button to set your desired 12 or 24 hour display format then set your preferred clock time.
- Press SET to set strides. Select CM for metric units or IN for imperial units. Set desired STRIDE, set WEIGHT and set daily TARGET steps.

Note: to set the stride distance correctly, please read the section on "Setting Your Stride Length".

- After setting your weight, press SET to set your daily walking TARGET steps. Use RESET/MODE to select your desired walking steps in intervals of 1000 steps and 100 steps for a target that is lower than 1000 steps.

Fig 2b: Under SETUP mode setting daily target steps.
- Press SET or leave it idle for approximately 10 seconds to confirm setting.

Setting Your Stride Length

START 150/38cm END

- As above illustration, walk 10 steps with your normal stride.
- Measure the distance from start to end.
- Calculate your stride by dividing the total distance by 10.

Example:
Total distance = 150cm/stride = 150cm/10 paces = 15cm
Total distance = 381cm/stride = 381cm/10 paces = 38cm

2. Clock Function - 12hr/24hr Format

The clock can display the time in 12hr or 24hr format. This can only be selected under the setting mode and no other mode.

For 12hr format, only the PM icon shows for noontime.

3. Pedometer Function

The paces are detected via your walking movement. You can place the unit inside your pocket, handbag or backpack.

a. Total Step Function

- Press MODE button until the top of the display shows the word TOTAL. This shows the total number of steps accumulated since the last reset of the pedometer step counter. This is the total number of steps walked over a period of time.

To View Total Distance Walked

- Press SET under the TOTAL STEP mode display.

To View Total Calories Burned

- Press SET twice under the TOTAL STEP mode.

To View Total Time Walked

- Press SET as many times as necessary under the TOTAL STEP mode display.

- To reset the counter, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data for the day will also be reset to zero.

b. Step Function

- Press MODE button until the top of the display shows the word STEP. This shows the number of steps walked during the day.

To reset the counter, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data for the day will also be reset to zero.

c. 10 Steps Error Correction

- To avoid counting sudden movements as steps, the counter will not count any movement less than 10 consecutive steps.

Distance Traveled

- Press MODE button until the display shows KM for metric version. For imperial version, it will show MILE.
- The distance traveled counter will start counting once motion is detected.
- To reset the distance, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data for the day will also be reset to zero.

d. Calories

- Press MODE button until the display shows KCAL.
- The counter will start counting once motion is detected.
- To reset the calorie counter, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data for the day will also be reset to zero.

4. Activity Time

Record the accumulated time walked during the day.

- Press MODE button until the display shows ACTIVITY.
- The counter will start counting once motion is detected.
- To reset the activity time, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data for the day will also be reset to zero.

5. Using the Memory Function

The unit can store up to seven days of data for the number of steps walked.

The current day data is automatically stored in the memory when the clock time reaches 12 midnight.

The display will reset to zero for the new day.

WARNING: changing current clock time may affect the memory data stored in the pedometer.

- Press the RM button. The step data: (1 DAYS AGO) from the previous day is displayed. Continue pressing the RM button until all seven days of stored data is displayed: (7 DAYS AGO) being the last set of data.

Example: to view the memory data.

a. Total Step Function

- Press MODE button until the top of the display shows the word TOTAL. This shows the total number of steps accumulated since the last reset of the pedometer step counter. This is the total number of steps walked over a period of time.

To View Total Distance Walked

- Press SET under the TOTAL STEP mode display.

To View Total Calories Burned

- Press SET twice under the TOTAL STEP mode.

To View Total Time Walked

- Press SET as many times as necessary under the TOTAL STEP mode display.

- To reset the counter, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data including memory will also be reset to zero.
Connecting to the PC

Software Installation

1. Installing the Software
Download the software from the link below into your computer.
http://promotoolboxonline.com/downloads

There are two versions of the same software for you to choose. See the graphic layout below and decide which is most suited for you.

2. Choosing the Correct Software Interface
There will be two versions of the same software for you to choose from:

- Modern Interface
  If you prefer the software appearance to look like below, download the setup file “Setup_TModem.exe” from the Modern Interface folder.

- Classic Interface
  This is the alternative software appearance for you to select. Download the setup file “Setup_TClassic.exe” from the Classic Interface folder.

3. Uninstall
- Choose the Window start button.
- Select Program.
- Select TrakNote.
- Under TrakNote, select uninstall and follow the instructions on the computer screen.

Go to http://promotoolboxonline.com/downloads for more information on how to run the software under Classic Interface or Modern Interface.

---

Example: viewing the target steps graph at 5000 steps.

![Graph showing steps](image)

When the target steps set is reached, the progress bar on the display will flash and the pedometer will beep for 30 seconds.

6. Low Battery Indicator
When the battery is dropped to a certain level, the low battery indicator icon will show on the display. When this happens, you need to replace the old battery with a fresh battery.

![Battery Indicator](image)

7. Sleep Mode
Under sleep mode, i.e., the unit is left idle for three minutes, the LCD display will shut off automatically. If any movements are detected, the pedometer will wake up from the sleep mode.

![Sleep Mode](image)

8. Using the System Reset Hole
Use the SYSTEM RESET function in the following situations:
- When batteries are being replaced.
- When the display digits become unrecognizable.
- When pressing keys produces no action.

Press the SYSTEM RESET button on the back of the unit with a pin or paper clip. The display will revert to its default setting.

WARNING: all data stored in MEMORY and the set data (time, weight, and stride length) will be erased. You will need to set the time, weight and stride length again.

9. Changing the Batteries
The pedometer uses a CR-2032 button cell battery.
- Remove the battery door and take out old battery.
- Put a fresh battery back into the compartment. Make sure it is the correct polarity position.
- Slides and secure the battery door into the compartment.

10. Specifications
- Battery: Use CR-2032 x 1 pc (Included)
- Time Display: 12/24 hour system

[足部計測装置]