



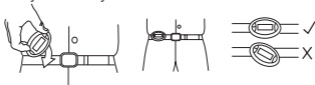
Digital Stepometer

FEATURES

- Counts up from 0 to 999999 steps
- Measures distance travelled from 0.00 to 999.99 km
- Calculates calories consumed from 0 to 99999.9 kcal
- Step alarm can be set from 0 to 999999.
- Alarm clock with 12/24 hour format
- Stopwatch functions up to 99'59'99.

WEARING YOUR DIGITAL STEPOMETER

Attach to the waistline of your clothing using the clip. Make sure you attach the Digital Stepometer horizontally and securely to ensure accurate measurement



SETTING YOUR STRIDE LENGTH AND BODYWEIGHT

1. Press the 'MODE' key until you reach the Calorie Mode 'CALO'
2. Press the 'SET' key once to set your Stride length, "spanner" and "cm" will be displayed
3. Press the 'SET' key to increase your stride length by 1cm. Hold the 'SET' key for fast advancing of digits. (Minimum Stride length can be set from 25cm)
4. Press the 'MODE' key to go to Weight setting mode, "spanner" and "kg" will be displayed
5. Press the 'SET' key to increase your weight by 1kg. Hold the 'SET' key for fast advancing of digits. (Minimum Body weight can be set from 14kg)
6. Press the 'MODE' key to exit setting

WEIGHT CONVERSION CHART

1 Stone = 14lbs

1 Stone = 6.350Kg

STONES	POUNDS	KILOGRAMS
8	112	51
9	126	57
10	140	64
11	154	70
12	168	76
13	182	83
14	196	89
15	210	95
16	224	102
17	238	108

STONES	POUNDS	KILOGRAMS
18	252	114
19	266	121
20	280	127
21	294	133
22	308	140
23	322	146
24	336	152
25	350	159
26	364	165


MEASURING YOUR STRIDE LENGTHS

In order to calculate the distance travelled and calorie consumption accurately, it is important to maintain consistent stride lengths. To determine your average stride length, walk 10 steps, measure the distance travelled and divide by 10.

EXAMPLE (6m divided by 10 = 60cm)



SETTING YOUR STEP ALARM

- Press the 'MODE' key until you reach the Step Alarm Mode. 
- Hold down the 'SET' key until the first digit on the display flashes. Use the 'MODE' key to move between the digits and the 'SET' key to select the amount.

Once you have set your target number of steps, an alarm will sound to make you aware that you have achieved your target.

If you do not set a personal target using this mode, then the Digital Stepometer will default to 10,000 steps.



SETTING THE CLOCK

- Press the 'MODE' key until you reach the Clock mode
- Hold the 'SET' key until the hour digit on the display flashes. Use the 'SET' key to select the hour required
- Press the 'MODE' key until the minute digit on the display flashes. Use the 'SET' key to select the minute required
- Press the 'MODE' key until the second digit flashes. Press the 'SET' key to reset to zero.
- Press the 'MODE' key once to complete the setting
- To select the 12/24 hour format simply press the 'RESET' key during this process



SETTING THE ALARM

- Press the 'MODE' key until you reach Alarm Mode
- Hold the 'SET' key until the hour digit on the display flashes. Press the 'SET' key to select the hour required
- Press the 'MODE' key until the minute digit on the display flashes. Press the 'SET' key to select the minute required
- Press the 'MODE' key once to complete the setting
- Press the 'RESET' key to select between Alarm, Hourly Chime or a combination of both

USING THE STOPWATCH

- Press the 'MODE' key until you reach the Stopwatch Mode and 
- Press the 'SET' key to start the stopwatch. (The  will flash constantly)
- Press the 'SET' key to stop the stopwatch
- Press the 'RESET' key to reset the stopwatch

READING YOUR DIGITAL STEPOMETER

- Use the 'MODE' key to alternate between the following displays:
 - Steps taken  **STEP**
 - Distance travelled in Km **DIST**
 - Calories consumed **CALO**
 - Step Alarm 
 - Time in 12 / 24 Hour format *00:00.00*
 - Alarm *00:00*
 - Stopwatch *00'00"00*

USING THE SENSITIVITY SWITCH

- Attach the Digital Stepometer to the waistline of your clothing and walk at your normal pace
- Count your actual steps and compare with the reading displayed
- Using the switch inside the battery compartment to move one click at a time until accuracy is achieved



BATTERY REPLACEMENT (AG10)

- Open the battery compartment by sliding the cover down
- Remove the old battery
- Insert the new battery making sure that the positive pole (+) is facing upwards (as shown)
- Close the battery compartment cover
- If the battery leaks and comes into contact with the skin or eyes wash immediately with copious amounts of water
- Batteries should be handled under adult supervision



CAUTION

- Avoid direct sunlight
- Do not drop Digital Stepometer
- Never attempt to disassemble, as it contains precise electronic components
- Clean only with a damp cloth
- Keep batteries out of the reach of children. If swallowed, consult your doctor immediately

TROUBLESHOOTING

PROBLEM	POSSIBLE REASONS	HOWTO REPAIR
Display faint	Low battery	Replace with new AG10 battery
Inaccurate measurement	Incorrect attachment method	Refer to installation
	Irregular pace	Always try to jog / walk in a uniform rhythm
	Incorrect setting	Change setting to match weight / stride length more accurately

NOTES ON CALORIE CONSUMPTION

The calorie display is an estimate of the calories consumed based upon the user's weight, stride length and the number of jogging / walking steps. In general, calorie consumption can vary widely depending on a person's sex and age.

SPECIFICATIONS

Model: Stepometer S1
Power Rating: DC 1 x 1.5V (AG10 type) battery
Dimensions: 56 (W) x 40 (H) x 16 (D) mm



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