

USING YOUR AT-82 PEDOMETER



How to Set Your Clock

Your AT-82 Pedometer automatically resets to zero at midnight (total memory is 7 days). For your pedometer to reset at the appropriate time, you must set the time of day correctly.

1. Press MODE until the time appears.
2. Press SET to activate the hour setting mode.
3. Press RESET to set the correct hour (be sure to set the AM/PM correctly).
4. Press SET to activate the minute setting mode.
5. Press RESET to set the correct minute.
6. Press SET to activate the day of week setting mode.
7. Press RESET to set the correct day of the week.
6. Press SET to exit the clock setting mode.

How to RESET Your Pedometer

To clear the current day's steps recorded by your pedometer, press the RESET button. You can clear the AT-82's entire memory of 7 stored days simply by pressing and holding the RESET button for 5 seconds.

How to Change the Battery in Your Pedometer

1. To replace the battery, buy an LR-43 (also called an L-1142) battery at a discount, office supply, or drug store*.
2. Open the pedometer and hold it with the display facing away from you, keeping your thumb on the clip (see photo #1).
3. With your thumbs pointing towards each other, use your index finger to lift the tab and pull the cover toward you (see photos #2 & #3).
4. Replace the old battery with the new one, making sure the "+" sign faces upward.
5. Replace the case cover, and snap it shut.

*You may want to test the accuracy of your pedometer before replacing the battery, as research has shown that hairspring pedometers lose accuracy more quickly than coiled spring or accelerometer type pedometers.



Photo #1



Photo #2



Photo #3

How to Wear Your Pedometer

In order for your pedometer to count steps accurately, it must be worn correctly.

Follow these rules of pedometer placement:

1. A pedometer must be worn so that it is held firmly to the body. Clip the pedometer onto your belt or waistband. Ideally, the pedometer should be in line with your knee*.
2. A pedometer must be worn so that it remains upright—not tilted forward or backward.
3. A pedometer must be worn so that it is level—not tilted to either side.

*If you have a tummy, you may need to test the placement of the pedometer in several positions on your waistband to find the most accurate step count. A better position at the side of the waist in line with your arm may work best.



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