USING YOUR AT-83 & AT-85 PEDOMETER

How to RESET Your Pedometer

To clear out the steps recorded by your pedometer, press and hold the RESET button for 2 seconds. The AT-83 & AT-85 have a 2-second delayed reset to prevent accidental resets. We recommend clearing out the total number of steps every night when you take off your pedometer. Others keep their step total running for a week to measure their cumulative weekly total number of steps.

How to Determine Your Stride Length

When walking, your stride length is the distance from the toe of your front foot to the toe of your back foot. Before you can program stride length into your pedometer, you must determine your stride length. To do this, you must walk or run a given (measured) distance while counting the number of steps it takes to travel that distance. (Your goal here is simply to find your average stride length.)

1. Mark a starting point on the ground.
2. With the fronts of your shoes at the starting point, stand with your feet together.
3. Take 10 steps and stop.
4. Mark your stopping point on the ground (the point at the fronts of your shoes).
5. Measure the distance traveled (in feet).
6. Divide the number of feet you traveled by 10 (the number of steps you took).

The whole number is the feet of your stride length. To figure the inches, multiply the decimal part by 12. Example: 2.83 = 2 feet (0.84 x 12 = 10.08) 10 inches

How to Set Your Stride Length

1. Press MODE until MILE appears on the right side of the display.
2. Press SET once to activate the set mode. The display shows 1' 0".
3. Press RESET until your stride length in feet and inches appears.

Note: The maximum stride length is 5 feet. If you pass your target stride length, continue to 5 feet. After reaching 5 feet, the stride will roll back to 1 foot.

How to Operate the Activity Time Feature

1. The display in Activity Time mode will show 00:00:00 (hrs, min and sec).

How to Set Your Weight (AT-85 only)

1. Press MODE until KCAL appears.
2. Press SET once to activate the set mode. The display shows "lbs".
3. Press RESET until your weight appears. The display starts at 60 lbs. and will increase to a maximum of 280 lbs. before it rolls over to 60 lbs. again.

How to Set Your Clock (AT-85 only)

1. Press MODE until TIME appears. 2. Press SET to activate the hour setting mode. 3. Press RESET to set the correct hour. 4. Press SET to activate the minute setting mode. 5. Press RESET to set the correct minute. 6. Press SET to exit the clock setting mode.

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, in line with your knee*.
2. Wear the pedometer so it remains upright—not tilted forward or backward.
3. Wear the pedometer so it is level—not tilted to either side.

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

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. Grab the tab at the top of the pedometer with your index finger. Your thumbs should point towards each other (see photo #2). Lift the tab up and towards you to pop the front cover off of the pedometer (see photo #3).
4. Replace the old battery 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

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