

# *Lifecorder PLUS*



	LIFESTYLE COACH	PERSONAL
<b>Graph/Chart</b>		
Daily Steps	•	•
Weekly Avg Steps	•	
Daily Activity Time	•	•
Weekly Avg Activity Time	•	
Activity Level Distribution	•	•
Activity Bout 10 min or greater	•	
Cal Expenditure & Intake Balance	•	•
Cal Exp & Intake Bal. w/ Body Weight Trend	•	
Weight Loss Plan & Progress	•	•
24 hrs Activity Intensity & Duration	•	•
Performance Ranking	•	
Log Book	•	
Summary Report	•	•
<b>Settings by PC</b>		
Daily Target:Steps, Act Time, Act Cal	•	
Moderate Physical Activity Range	•	
Selecting Display Mode	•	
Blind Display	•	
Key Lock	•	
Auto Start	•	
Memory Lock/Loop	•	
Exercise Manual Entry	•	
User Name & Password	•	
Auto Download & Auto Printing	•	
Database Export	•	
Database Import	•	
Database Editor	•	

