

PaceKeeper 3D Pedometer Quick Start Guide and User Manual

Support: PaceKeeperFitness.com/contact

1. If you want to skip the details, find your height on the chart below and note the corresponding step length. Weigh yourself. Go to the section **How to set your stride**.
2. For greater accuracy in calculating distance walked, walk 10 paces. Measure the total distance walked in inches. Divide that number by 10. This is your step length. Enter the closest whole number into the pedometer.

Pedometer Diagram:



1. LCD Display
2. MODE button
3. SET button
4. VIEW button

Auto Wakeup and Auto Sleep function: Your PaceKeeper Pedometer responds to movement automatically by waking up when moved. After 3 minutes of inactivity, it goes to sleep. There is no switch to turn it on and off.

How to set your stride (used only to calculate distance):

1. Turn pedometer on (shake the unit) and push the MODE button until you see "STEP" in the upper right corner.
2. Push and hold down the MODE button for 3 seconds and "12 Hr" will start to flash.
3. Push the MODE button 5 times until you see "24 In" flashing. This value is your stride in inches.
4. While "24" is flashing, push the SET button repeatedly until you see your stride length appear. Press the MODE button twice to save and exit.

Height	Stride	Height	Stride	Height	Stride	Height	Stride	Height	Stride
2' 8" - 2' 9"	14"	3' 8" - 3' 9"	19"	4' 7" - 4' 8"	24"	5' 7" - 5' 8"	29"	6' 6" - 6' 8"	34"
2' 10" - 3' 0"	15"	3' 10" - 3' 11"	20"	4' 9" - 4' 11"	25"	5' 9" - 5' 10"	30"	6' 9" - 6' 10"	35"
3' 1" - 3' 2"	16"	4' 0" - 4' 1"	21"	5' 0" - 5' 1"	26"	5' 11" - 6' 1"	31"	6' 11" - 7' 0"	36"
3' 3" - 3' 4"	17"	4' 2" - 4' 4"	22"	5' 2" - 5' 3"	27"	6' 2" - 6' 3"	32"	7' 1" - 7' 3"	37"
3' 5" - 3' 7"	18"	4' 5" - 4' 6"	23"	5' 4" - 5' 6"	28"	6' 4" - 6' 5"	33"	7' 4" - 7' 5"	38"

How to set your weight (used only to calculate calories burned):

1. Turn pedometer on (shake the unit) and push the MODE button until you see "STEP" in the upper right corner.
2. Hold down the MODE button for 3 seconds and "12 Hr" will start to flash.
3. Push the MODE button 4 times to make the display flash "130" (pounds). Then push the SET button repeatedly until your weight is shown. Now push the MODE button 3 times to save and exit.

How to set the time:

1. Turn pedometer on (shake the unit) and push the MODE button until you see "STEP" in the upper right corner.
2. Hold down the MODE button for 3 seconds and "12/24 Hr" will flash.
3. To change the clock format from "12 hours" to "24 hours", push the SET button once; if not, skip this step:
4. Push the MODE button a second time and the hours will flash. Use SET button to set the desired hour.
5. Push the MODE button again and the minutes will flash. Use the SET button to set the desired minutes.

6. Once you have set the time, push the MODE button 5 more times until the display stops flashing to save and exit.

How to set the Step Target Alert function:



The *step target alert* feature tells you how close you are to your step count goal. A dashed line advances across the screen from left to right, displaying your real-time progress. Once you reach your target for the day, the display will flash.

The U.S. Department of Health and Human Services recommends that you walk 10,000 paces per day.

The step target alert automatically resets itself at 12:00am every day. If you walked 8,000 paces on Monday, come 12:00am Tuesday morning, the step target alert function will reset to "0" before counting for the day. You can review your last 7 days of activity by pushing the VIEW button.

1. Turn pedometer on (shake the unit) and push the MODE button until you see "STEP" in the upper right corner.
2. Hold down the MODE button for 3 seconds and "12/24 Hr" will flash.
3. Repeatedly push MODE until you see a blinking 5-digit number and the word "TARGET" in the upper left corner.
4. Repeatedly push the SET button to enter in your daily target step goal. It starts off in increments of "100". When it reaches "1000", it increases in increments of 1000 steps per push of the button.
5. Push the MODE button once more to save and exit the menu.

How to view your progress (Steps, Distance, Calories, Elapsed Time):

1. Turn pedometer on (shake the unit) and push the MODE button. You will see 1 of 4 labels at the top: STEP, MILE, KCAL or EXT MIN which correspond to steps, miles walked, calories burned and minutes walked.
2. Push the MODE button repeatedly to cycle through the rest of the measurements.

How to view your walking history: The pedometer has a 7-day memory function. Push the VIEW button to review your last 7 days of walking. The words: "MEM DAYS Before" will appear in the lower left corner of the screen. Continue to push VIEW to see your step counts up to 7 days ago. Press MODE to exit this screen.

Intelligent Steps Counting Function: The pedometer has intelligent step counting technology to prevent false steps from being recorded (such as shifting your weight from one foot to the other). This feature is automatically enabled and cannot be turned off.

If you walk more than 7 seconds, all of the steps you have just walked will be added to your daily count. If you walk less than 7 seconds, the steps recorded in that period of time will not be counted.

Daily step counting: The step count resets to "0" at 12:00am every day. Push the VIEW button to review the counts from the previous days. If you want to view your distance, calories or elapsed time history, push the MODE button one or more times to view the desired category and then push the VIEW button. The pedometer stores up to 7 days of data.



Battery Replacement: The pedometer uses a standard CR2032 3v lithium battery which you can find at stores such as Walmart, Target or your local drug store.

To replace, turn unit over, pull the tab on the right side of the pedometer. Be careful when removing the tab, as the battery can slip out and fall to the ground. You should change the battery when the display becomes dim or the low battery indicator is displayed.

Change Kg/cm to Pounds/inches: Push the MODE button repeatedly until you see "STEP" in the upper right corner. Hold down MODE button for 3 seconds. The display will flash. Push the MODE button 3 times so that "kg" flashes. Push the SET button once to change it from kg to Lb. Push the MODE button 4 times to save and exit.

How to reset step count, distance, calories, elapsed time: Turn pedometer on (shake the unit) and hold down the SET button for 3 seconds. Clr will flash. Push the SET button to clear the data or the MODE button to cancel. Use the VIEW button to step through each of the 7 previous days using the same procedure to clear the data. Note: Clr will flash for 10 seconds before cancelling.

How to carry/wear the pedometer: The pedometer counts steps via an onboard 3D sensor. This means that you can wear the pedometer in a variety of ways, whichever works best for you.

- Lanyard: There is a lanyard attachment point on the left side of the pedometer body (using the guide hole).
- Carabiner: Use the carabiner to attach the pedometer securely to a belt loop.
- Holster clip: You can wear the pedometer on your belt or waistband.
- Pockets: You can put it in your shirt, pants or jacket pocket. Be careful not to sit on it.
- Purse or bag: You can put it (with or without the holster) in your purse or bag or attach it to a strap.
- Check to make sure that the pedometer is securely attached so that it does not fall off when in use.

Pedometer holster: The white holster enables you to attach the pedometer to your clothing. The clip requires minimal effort, and should not be extended beyond a reasonable use of force. Exercise caution when attaching to bulky clothing. The holster can be detached from the pedometer if not needed.

Disposal of Battery:

- Do not dispose of the battery in the trash can.
- Do not put the battery in a fire as this can trigger an explosion.
- Dispose of your used battery by visiting an "electronic waste" roundup, usually held in most cities. Call your local city hall to find out dates for the Electronic Waste roundup.
- This battery contains lead, cadmium and other harmful chemicals. Keep away from children and animals. Seek first aid from a qualified medical professional immediately in case of ingestion.

Precautions: To ensure proper usage and safety, please observe the following precautions when using and wearing the pedometer:

1. To clean the pedometer, use a soft, slightly moistened cloth to gently wipe the front and back. Do not use abrasive or corrosive cleaning agents as they may cause irreparable damage. Use lukewarm water and a mild dish soap to clean the device. Do not immerse the pedometer in water as it is not waterproof.
2. Do not subject the pedometer to excessive force, shock, dust, temperature changes, or humidity. Never expose it to direct sunlight for extended periods of time. Such abuse may result in a malfunction.
3. Do not tamper with the internal components of the pedometer. Doing so will void the product warranty and may cause damage. The unit contains no user-serviceable parts, with the exception of the battery which must be replaced when it is low on charge.
4. Remove the battery when not using the pedometer for long periods of time.
5. When replacing the battery, use only a CR2032 lithium battery.
6. If the device has not been used in a long time, check to see if there is any damage prior to usage. You should not use the pedometer if it has been damaged or otherwise opened, other than battery replacement.

Notes

1. When you unboxed this unit for the first time, you may have noticed that the unit was on and steps recorded. This is due to the auto wakeup function working when the unit was in transit.
2. The pedometer's default weight is 130lbs and default stride is 24 inches.
3. Under normal usage, battery life should be at least three months.
4. The technical specifications for this product and the contents of the user manual are subject to change without notice.

Support: [PaceKeeperFitness.com/contact](https://pacekeeperfitness.com/contact)