



W4L™ NEO II 2 Function Digital Pedometer

How To Wear Your Pedometer: Place the pedometer on the waistband of your clothing or belt. Position it close to the midline of your thigh in an upright position. It should fit snug to your body and not hang loose. The pedometer needs to be completely closed to function properly.

To Activate: Press the RESET button until display is visible.

Step Count: Press the MODE button until STEP appears on the right. Press and hold the RESET button until a zero appears; you are now ready to begin walking.

W4L™ pedometers feature a delayed reset button. RESET Button should be pressed gently with the pad of finger and held for approximately 2 seconds to clear step count. The display will flash during the three second interval to signal that resetting is underway.

Activity Time: Press the MODE button until "ACT TIME" appears on the right (i.e., 00:00:00, representing hours, minutes and seconds.) Activity Time is designed to calculate your total movement time, so it will record ONLY when you are moving. To clear, press and hold the RESET button.

Battery Conservation

Walk4life pedometers are "green friendly" helping the environment by preserving battery life. If the pedometer is inactive for 5 minutes, it will automatically turn off and a blank screen is displayed.

To reactivate: Simply walk or move the pedometer and the unit will resume counting. (**Note:** No data is lost during this period.)

Caring for your Pedometer

- Avoid dropping or crushing, which could break the crystal.
- Avoid excessive moisture. Walk4Life Pedometers are not waterproof.
- Avoid forcing the pedometer clip onto belt or pant waist, which could cause the clip to break.
- Change the battery when the digital display becomes faded or blank. We recommend changing the battery once a year to maintain optimum performance.



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