

W4L™ PRO 3 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.

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.

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.

To Set Your Stride Length (for accurate distance measurement):

1. Measure a 30 ft distance. Mark the starting and finishing line.
2. Count the number of steps it takes you to walk the 30 ft. Walk at your normal pace (the pace you think you use most throughout the day).
3. Find your step number and the corresponding stride length (in feet and inches):.



Step Number and Corresponding Stride Length

7 = 4'03"	11 = 2'09"	15 = 2'00"	19 = 1'07"
8 = 3'09"	12 = 2'06"	16 = 1'11"	20 = 1'06"
9 = 3'04"	13 = 2'04"	17 = 1'09"	21 = 1'05"
10 = 3'00"	14 = 2'00"	18 = 1'08"	22 = 1'04"

Press the MODE button until MILE appears on the right; stride is displayed in feet and inches. Press the SET button once to activate, then press and hold down the **SET** button until your stride length appears on the display. Release the **SET** button; your stride is now entered.

To Operate 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.