



W4L™ Digital Pedometers

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.

This positioning will be accurate for most users, but if you find it is not accurate for you, follow the directions below to identify the best position for your new Walk4Life pedometer.

1. Press the MODE button until the step counter is visible. Place the pedometer on your waist band in line with the midpoint of your thigh and kneecap. Open the pedometer without removing it from your waistband. Press and hold the RESET button until zero appears, then close the cover. Begin walking at a normal pace while counting 30 steps. Stop and open the pedometer to check the step count. If it is within plus or minus three steps of 30, this is an accurate location for your pedometer. If the count is off by more than three steps, perform step below.
2. This objective of this step is to identify an accurate placement point for your pedometer. Move the pedometer toward the outside of your leg so it is positioned just in front of your hip. Open the pedometer, reset and close it, and take 30 steps as described above. If the step count is within plus or minus three steps of 30, this placement can be used for accurate measurement. If not, move the pedometer toward the hip or belly button and repeat the 30 step test until an accurate position is found. This accuracy test can be done on a regular basis to assure your pedometer is recording accurately.
3. The pedometer must remain upright (with the display perpendicular to the floor and parallel to your body) to measure accurately. Occasionally, overweight people find that the pedometer falls forward and either undercounts the number of steps or does not count at all. If this occurs, try placing the pedometer at waist level behind the hip or on the back. Another alternative is to use a Walk4Life Walk-a-belt (Velcro pedometer belt) to assure the pedometer remains upright.

WALK4LIFE, INC.
12137 Rhea Drive
Plainfield IL 60585

888.422.1806 TOLL
FREE

815.439.2340 Tel
815.439.1545 Fax

www.walk4life.com