GoFit GoPed

Multifunction Pedometer

Tracks Steps, Distance, Average Speed, Calories Burned, Activity Timer, Time

Instruction Manual

- Read this instruction manual carefully before using the product to ensure safe and correct use
- Keep this instruction manual for reference

1 Safety Information
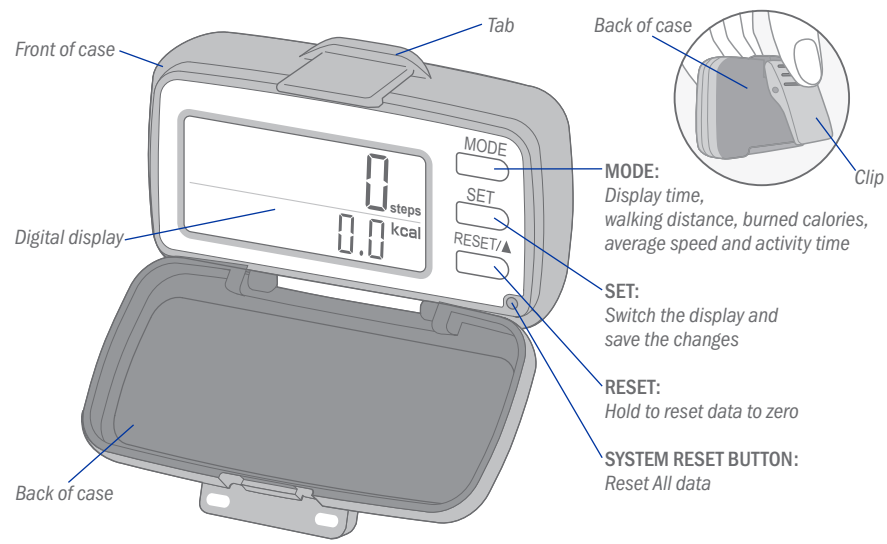*Please read this section carefully before using your GoPed*

⚠ WARNING

- Keep unit away from young children
- If a child swallows battery, or other part, consult a physician immediately
- Do not disassemble, modify or attempt to repair the unit as it may cause damage or accident
- Do not throw the battery into fire as it may cause explosion

Care and Usage

- Battery NOT included - GoFit GoPed uses a CR2032 battery
- Avoid exposing unit to impact or strong shock
- Do not force-open the main unit— use coin to pry open as instructed
- Do not press too hard on the clip or twist the clip
- Avoid contact with water as unit is not waterproof

2 Components

- Front of case
- Tab
- Back of case
- Digital display
- Clip
- Back of case
- **MODE:** Display time, walking distance, burned calories, average speed and activity time
- **SET:** Switch the display and save the changes
- **RESET:** Hold to reset data to zero
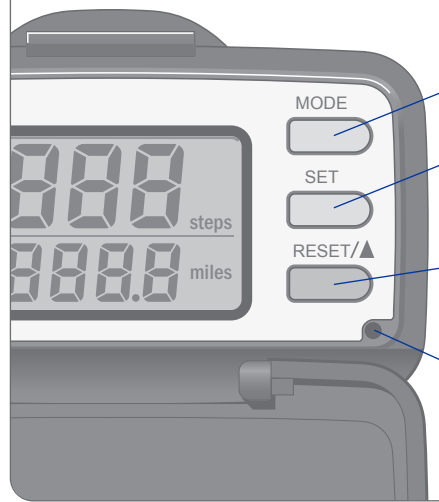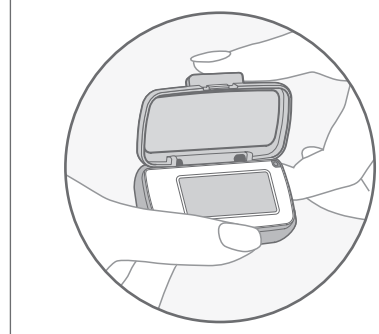- **SYSTEM RESET BUTTON:** Reset All data

3 Power Up

1. Open the back case. (Fit a coin into the groove to remove the cover)
2. Insert a new battery with the correct polarity
3. Close the back case
4. Remove the protective film from the display

Protective film
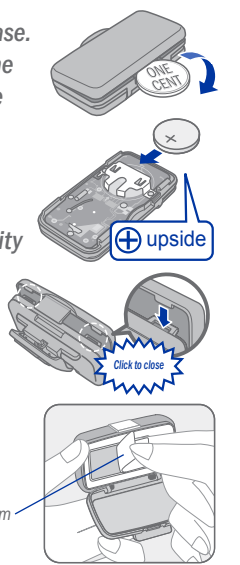
## 4 How to set the Time, Stride-Length and Weight *Turn page over ▶*

Set time, stride-length and weight before use

The default value of stride length is 28 inches (70cm). The default weight setting is 132lb (60kg).

- MODE — *Press when setting is complete*
- SET — *Switch the display and save the changes*
- RESET/▲ — *Press to go forward / Press and hold to fast forward*
- **SYSTEM RESET Button** *Reset All Data*

1. Setting Interface

Press and hold the SET button for 2 seconds to bring up the setting interface display
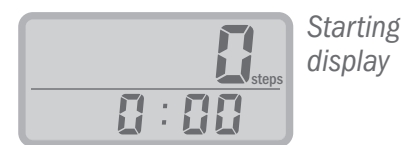
Starting display
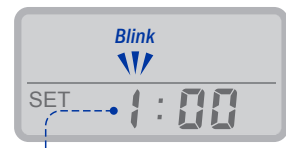
Time-setting interface display

2. Setting Time

1- Set the hour

Blink

(0:00 - 23:59)
Press RESET button once to increase by one hour
Press and hold to fast forward hours
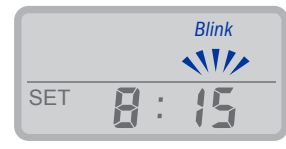
2- Save the changes

Blink

Press the SET button once to save the hour setting and move to minutes setting

3- Set the minutes

Blink

(:00 - :59)
Press RESET button once to increase by one minute
Press and hold to fast forward minutes

4- Save the changes

Blink

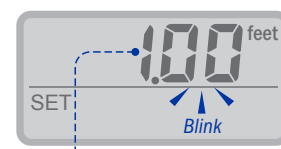Press the SET button once to save the minutes setting and move to stride setting

3. Setting Stride-Length

1- Measure the length of your stride

Stride length is the measurement from one foot tip to the other in a normal step. To correctly measure your stride length, divide the total length of ten steps you've walked by the number of steps (10).

Example: Walking 25 feet in 10 steps

$$\frac{25 \text{ ft (7.6m) (length)}}{10 \text{ (number of steps)}} = 2.5 \text{ ft (76cm)}$$

2- Set the stride length

Blink

(1 ft - 6 ft)
Press RESET button once to increase by .25 ft
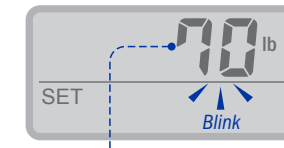Press and hold to fast forward feet

3- Save the changes

Blink

Press the SET button once to save the stride setting and move to the weight setting

4. Setting Weight

1- Set the weight

Blink

(44 lb - 350 lb)
Press RESET button once to increase by one pound
Press and hold to fast forward pounds

2- Save the changes

Blink

Press the SET button once to save the weight setting
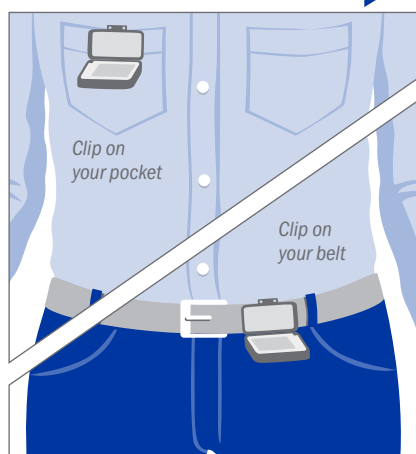
5. Ready To Go

1- Return to Step display

Press MODE button to complete settings and return to Step display

Note: pressing the SET button will return to the time-setting display
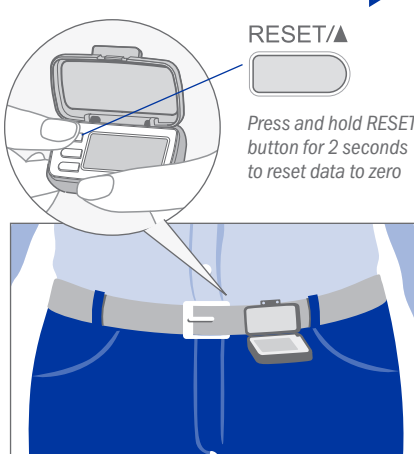
5 Let's Go!

① Clip anywhere

Clip on your pocket
Clip on your belt

② Open the front of the case

Press your thumb outward on the tab to open the front case.

③ Reset the data to zero

RESET/▲
Press and hold RESET button for 2 seconds to reset data to zero

④ Close the case and walk

GoPed will count as you step

Close the front of the case
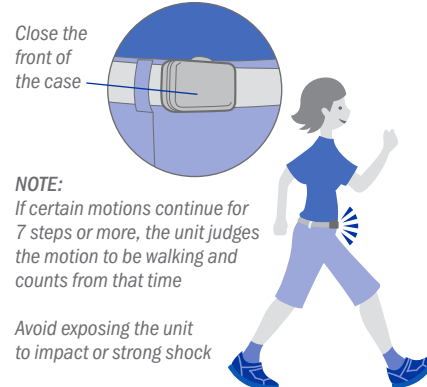
NOTE:
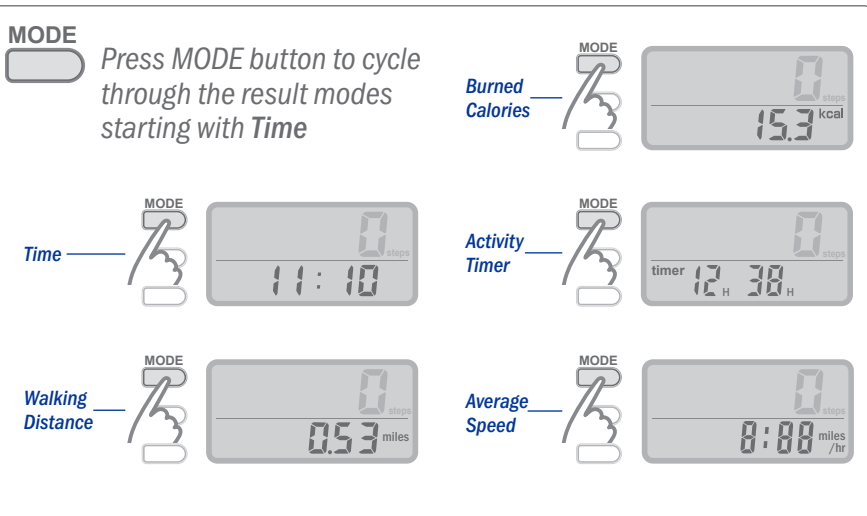If certain motions continue for 7 steps or more, the unit judges the motion to be walking and counts from that time

Avoid exposing the unit to impact or strong shock

View the results
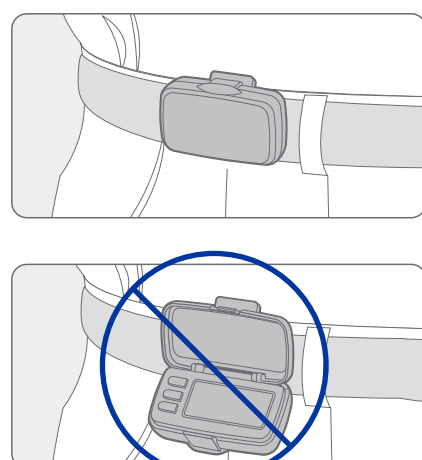
Open the front case to view your results

6 How to View the Results

MODE — Press MODE button to cycle through the result modes starting with **Time**

- Time — 11:10
- Walking Distance — 0.53 miles
- Burned Calories — 15.3 kcal
- Activity Timer — timer 12.38 ft
- Average Speed — 8:88 miles /hr

7 Tips for accurate step counting

Close case during use

Your *GoPed* may not be able to display accurate step-counts when it senses irregular motion such as:

- Walking with loose-heeled shoes like sandals flip-flops or clogs
- Walking or running at an irregular pace
- Playing a sport or kicking a ball or object
- Sitting down and standing up
- Climbing up and down stairs or steep slopes
- Swaying back-and-forth in a vehicle
- Jogging or jumping

Power Saving Mode — The screen will automatically turn off after 1 minute of inactivity and will turn on again when activity resumes.
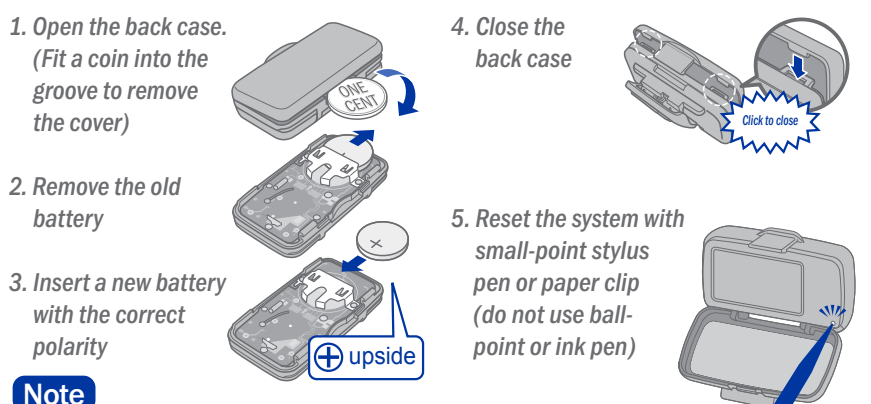
8 Maintenance

- Wipe unit with a soft dry cloth
- **DO NOT** use chemicals cleaners
- **DO NOT** immerse in water

9 Storage

- **DO NOT** store in direct sunlight
- **DO NOT** store near water
- **DO NOT** store near shock/vibration
- **DO NOT** store around chemicals
- **DO NOT** store near corrosive gas
- **KEEP OUT** of reach of children
- If you are not using the unit for three months or more, remove the battery before storage

10 Replacing the Battery / System Reset *(Battery not included)*

1. Open the back case. (Fit a coin into the groove to remove the cover)
2. Remove the old battery
3. Insert a new battery with the correct polarity
4. Close the back case
5. Reset the system with small-point stylus pen or paper clip (do not use ball-point or ink pen)
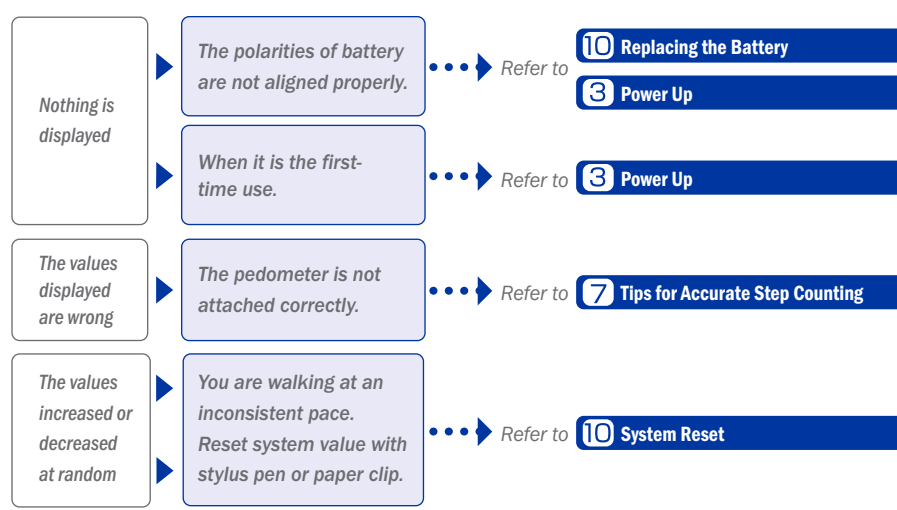
Note
- Use a CR2032 battery
- Replace the old battery immediately when nothing shows on the display
- Ensure the battery is oriented correctly.
- Read this instruction manual before replacing the battery
- Dispose of old battery properly

11 Specifications

Display	
	Steps: 0-99,999 steps
	Walking Distance: 0-99,999(Km)
	Burned Calories: 0-99,999(Kcal)
	Activity Time (timer): 0-59H59M
	Average Speed: mile/h
	Time: 24Hr
Operating Temperature	0℃-40℃
Measurement Accuracy	±5%
Material	ABS
Dimension	60.0*26.3*37.4mm
Battery	CR2032

12 Troubleshooting

Nothing is displayed	The polarities of battery are not aligned properly.	Refer to	10 Replacing the Battery / 3 Power Up
	When it is the first-time use.	Refer to	3 Power Up
The values displayed are wrong	The pedometer is not attached correctly.	Refer to	7 Tips for Accurate Step Counting
The values increased or decreased at random	You are walking at an inconsistent pace. Reset system value with stylus pen or paper clip.	Refer to	10 System Reset

13 FAQ

Q: How do I reset the value?
A: Press the RESET button for more than 2 seconds.

Q: Why doesn't it display anything until you've taken 7 steps?
A: This is to avoid displaying irregular movements. On your 7th step, the GoPed will display the number "7" and continue counting up.