4. USING THE MEMORY FUNCTION
This unit can store up to seven days of pedometer data.

The current data for the day is automatically stored in memory when the clock time reaches 12:00am midnight.
The display will reset to '0' for the new day.

WARNING: Changing the current time may affect the memory data stored in the pedometer.

- Press the "MEM" button.
The step data from yesterday is shown as "-1 DAY'S AGO" from the LCD display.
- Press "SET" button subsequently to view other pedometer data from yesterday i.e. 'Distance', 'Calories' and 'Activity Time'.
- Continue pressing the 'MEM' button until all seven days of stored data are viewed. [-7 DAYS AGO] being the last set of data.

Example: Viewing the step data stored in memory.

5. STEP TARGET
STEP TARGET is the number of steps you target to walk each day.

Go to the setting mode to set the desired steps.
(see section 1).

Viewing the STEP TARGET progress bar:
For example 5000 steps.

![Progress bar diagram]

When the set target is reached, the progress bars flashes on the display and the pedometer will beep for 30 seconds.

Note:
- To exit Memory mode, press the "MODE" button to return to the current time, Step mode.

RESETTING THE MEMORY DATA TO '0'
- Go to "TOTAL STEP" mode, press and hold "RESET" button until the digits reset to '0'.

Note: ALL Pedometer DATA INCLUDING DATA FROM MEMORY WILL BE CLEARED!!!

8. PERFORMING A SYSTEM RESET
Perform a SYSTEM RESET in the following situations:
- When batteries are being replaced.
- When the characters on the display becomes unrecognizable
- When pressing any keys has no action

Press the SYSTEM RESET button on the back of the unit with a pin or paper clip.
The display will clear all pedometer data and revert to its default setting.

WARNING: all data stored in MEMORY, clock time and personal data such as weight and stride length will be erased.

You will need to set them again.

9. CHANGING THE BATTERIES
The pedometer uses 1 piece of CR-2032 button cell battery.

- Slide and remove the battery cover
- Take out the old battery
- Replace with fresh battery.
Make sure it is inserted in its correct polarity position.
- Slide and secure the battery cover into the compartment.

10. SPECIFICATIONS
BATTERY
Use CR-2032 x 1pc [Included]

TIME DISPLAY
12/24 Hour System