# Real**alt**

## 3D Pedometer

MODEL: PDR-200



| Support Information: |
|---|
| **Support Center and FAQ's:**<br>www.realalt.com/support |
| **Watch Setup and How to Operate Videos:**<br>www.realalt.com/setup |
| **Bonus eBook Download Link:**<br>www.realalt.com/walkfit |

## WELCOME

Thank you for choosing the Realalt 3D Pedometer.

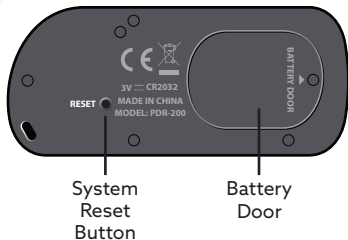**PLEASE READ MANUAL CAREFULLY BEFORE OPERATING.**

## FEATURES

- 3D Motion Sensor.
- Multiple carry options: Wear around neck. Clip to waist, pocket or place in a bag.
- Step Mode up to 999999 steps.
- Distance Mode up to 9999.99Km/Miles.
- Calories Mode up to 99999.9Kcal.
- Exercise Time Mode.
- 30 Day Memory Mode.
- Total Step Mode.
- Automatic midnight reset.
- 10 step error prevention feature.
- Clock: 12 or 24 hour format.
- Metric or Imperial unit selection.
- Daily step goal.
- Sleep/standby mode to preserve battery.
- Low Battery Indicator.

## LAYOUT



LCD Display

**MODE** Button

**SET** Button

**RESET** Button
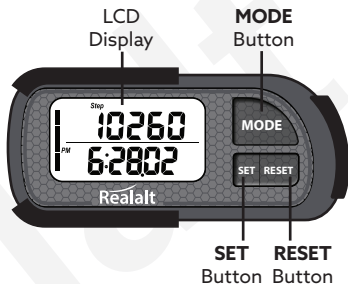
**Back of pedometer (Removed from clip)**



System Reset Button

Battery Door

# PRE-SETUP NOTES

**BEFORE you start setting up your Realalt Pedometer, prepare and note your information/selections required for each of the 8 setup steps below:**

**1.** Time format: **Choice of 12Hr or 24Hr.**

**2.** Time: **If you choose 12Hr format, make sure the 'PM' icon is displayed for noon-time (on the left of the time display).**

**3.** Date: **The date format is MONTH - DAY.**

**4.** Year: **The current year.**

**5.** Units of Measurement: **Choose 'Cm' to program the pedometer to display all units of measurement as Metric/Kilometre/Kg/Cm OR choose 'In' to program the pedometer to display all units of measurement as Imperial/Miles/Lb/Inch units.**

**6.** Stride length: **Measure your personal stride length for accurate distance records.**

**How to calculate your average stride length:**
Walk 10 steps, marking your starting step (toe end) and your last step (toe end) on the ground. Measure the distance from your start to end mark and divide it by 10.

| **Example:** | **Alternatively, enter an average stride length:** |
|---|---|
| Total distance = 260″ | Men: 30″/76cm |
| 260″ divided by 10 = 26″ | Women: 26″/66cm |

**7.** Weight: **Your current weight.**

**8.** Step goal: **Choose a step goal for every day (intervals of 100/1000/10000).**

## PRE-SETUP NOTES

**TO ACTIVATE YOUR PEDOMETER:** **Remove the front demo sticker from the screen. Remove the pedometer from the belt clip, then pull and remove the battery insulation tab from the back of the device.**

**PLEASE NOTE:** **The pedometer will exit setup mode if no buttons are pressed within 10 seconds - You will know that you are on setup mode whenever you see the 'Setup' icon and FLASHING numbers/icons on the display.**

**PLEASE NOTE:** **If your pedometer exits setup mode while you are busy with settings: Restart from Setup Step 1 (on page 4). Press SET to browse through each setup step to get back to where you left (There is no need to press the RESET hole on the back of the pedometer).**

## BUTTONS USED DURING SETUP

The **MODE** button will **decrease** numbers (-).

The **RESET** button will **increase** numbers (+).

The **SET** button will confirm your selection and advance to the next setting.

Step
10260
PM
6:2802
**Realalt**

MODE

SET   RESET

**MODE**
Button

**RESET**
Button

**SET** Button
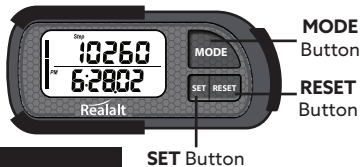
**?** Need Setup Help? Watch the
Setup Video at: **www.realalt.com/setup**

## SETUP STEPS

**1. Make sure that you are in Step Mode** (Press the **MODE** button until you see the 'Step' icon at the top of the display AND the TIME on the bottom-half of the display). **Setup/Settings can only be accessed from Step Mode.**

**2.** Hold down **SET** until you see **12Hr** flashing.

**3.** Press **MODE** to change to **24Hr** or **12Hr** time format, then press **SET** to confirm.

**4.** Press **SET** to confirm the seconds.
**5.** Press **MODE** (-) or **RESET** (+) to change the hour, then press **SET**.
**6.** Press **MODE** (-) or **RESET** (+) to change the minutes, then press **SET**.

**7.** Press **MODE** (-) or **RESET** (+) to change the month, then press **SET**.
**8.** Press **MODE** (-) or **RESET** (+) to change the day, then press **SET**.

**9.** Press **MODE** (-) or **RESET** (+) to change the year, then press **SET**.

**10.** Press **MODE** to change to 'In' (MILE) or 'Cm' (KM), then press **SET**.

**11.** Press **MODE** (-) or **RESET** (+) to change your stride length, then press **SET**.

**12.** Press **MODE** (-) or **RESET** (+) to change your weight, then press **SET**.

**13.** Press **MODE** (-) or **RESET** (+) to change your daily step goal, then press **SET**.

Your Realalt Pedometer is now set up.

## OPERATING MODES AND ICONS

Your Realalt 3D Pedometer has 6 Modes. Press the MODE button to scroll through each mode along the top of the screen (Step, km/Mile, Kcal, Min, Step, Total Step).

**The first 4 modes listed below DO reset at midnight ready to track for a new day: (As long as the correct time is set on your pedometer)**

Step Mode ('*Step*' icon) = Displays your daily step count and the time.

Distance Mode ('*Km*' or '*Mile*' icon) = Displays your daily distance walked and the time.

Calories Mode ('*Kcal*' icon) = Displays your daily calories burned and the time.

Exercise Time Mode ('*Min*' icon) = Displays your daily active time and the time.

**The last 2 modes listed below DO NOT reset at midnight as these modes simply save and accumulate your previous days data:**

30 Day Memory Mode ('*Step*' icon AND '- *01* Days Record' icon) = Displays your previous days records up to 30 days (1 day ago will display as '-01', then '-02', '-03'..) Press RESET to browse previous days, press SET to browse through your records for the selected day.

Total Step Mode ('*Total Step*' icon) = Displays your total accumulated records regardless of time. Press SET to browse your total records for each of the pedometers modes.

# 10 STEP ERROR PREVENTION FEATURE

**Your Realalt 3D Pedometer has a 10-step error prevention feature.** It will begin recording your steps once it detects motion resembling approximately 10 continuous steps. This feature prevents random non-walking movements from being recorded as steps. All steps taken before it recording begins will be added.

# AUTOMATIC MIDNIGHT RESET

Your daily records for Step Mode, Distance Mode, Calories Mode and Exercise Time Mode will automatically reset to zero at midnight every day ready to track for a new day. All accumulated daily records are saved in 30 Day Memory Mode for 30 days.

# STEP GOAL

You can set yourself a daily step goal in Setup Mode, follow the Setup Steps on page 4, you will set your step goal in setup Step 8. The step goal progress bar, on the far left of the screen, will accumulate as you reach your daily step goal. Once you reach your daily step goal, the progress bar will flash.

# RESETTING THE PEDOMETER

To reset/clear records without effecting your setup settings, press and hold RESET while in any of the modes to clear their record (Step, Distance, Calories, Exercise Time, 30 Day Memory or Total Step Mode).
Alternatively, to reset the pedometer to its factory settings, insert a pin into the reset hole on the back of the pedometer (All your setup settings and data will be erased).

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## SLEEP/STANDBY MODE

If the pedometer is left idle for 3 minutes, the display screen will automatically turn off to preserve the battery. When movement is detected, the pedometer will wake from sleep/standby mode.

## LOW BATTERY INDICATOR

When the battery power level is low, the low battery indicator icon will be displayed on the right side of the screen. Replace the old battery with a new battery.

## BATTERY REPLACEMENT

The pedometer uses 1 x CR-2032 button cell battery.
Unscrew and remove the battery cover on the back of the device using a small Phillips screwdriver.
Remove the old battery from the pedometer and insert the new battery (be sure to place the positive (+) side of the battery facing upwards).
Replace the battery compartment cover and fasten the screw.

# FAQ

**Q. My Realalt Pedometer is not resetting at midnight or is resetting unexpectedly?**
**A.** Make sure that the correct time is set on your pedometer to avoid unexpected reset. If you are setting afternoon time, make sure that the 'PM' icon is displayed to the left of the time display when setting the time. The 'PM' icon will appear as you browse through the hour selection when setting the time.

To set/change the time, follow the Setup Steps on Page 4. Once you have set/changed the time, simply leave the pedometer idle to automatically exit setup mode. Your changes remain saved.

**Q. My distance record is higher/lower than expected?**
**A.** The pedometer relies on your stride length setting to calculate your distance records, if your stride setting is incorrect, then this will effect the accuracy of your distance record (See Page 2, Step 6 for stride length advice).

To check or change your Stride Length setting, follow the Setup Steps on Page 4. Once you have set/changed your stride, simply leave the pedometer idle to automatically exit setup mode. Your changes remain saved.

**Q. How do I set my Realalt Pedometer to record distance in miles?**
**A.** To set your distance measurement units to miles you will need to select 'Mile' as your units of measurement in setup mode, this will program the pedometer to display all units of measurement as Imperial/Miles/Lb/Inch.

To change your Units of Measurement setting, follow the Setup Steps on Page 4. Once you have set/changed the Units of Measurements, simply leave the pedometer idle to automatically exit setup mode. Your changes remain saved.

Contact our friendly Customer Support Team the following ways:

**1** **By visiting:** www.realalt.com/support

**2** **Email us:** help@realalt.com

**3** **Reply to the email that we sent you when you purchased your pedometer.**

**Watch the Setup and How to Operate videos plus more by visiting:** www.realalt.com/setup