Getting Started:
Setting Up Your Pedometer

Starting your walking program is easy! Use these simple instructions to setup your pedometer and walk your way to better health.

Pedometer Setup

You can begin using your pedometer after you:

• Pull the clear, protective battery strip from the pedometer, and

• Clip it onto your waist (use the extra safety clip so it doesn't fall off).

• Your pedometer must be closed in order for it to accurately count your steps.

• When you wake up every morning, remember to reset your steps by holding down the RESET button.

Additional Features

You can wear your pedometer all day during your walking program—that way, you'll track steps, time, and miles throughout your daily routine. And, in addition to tracking steps, your pedometer offers other features. To learn more, scroll through these functions by pressing the MODE button.

(And don't forget to log your daily steps on your tracking form or log onto **www.bluecrossma.com/gowalking** and enter your steps into the online Go Walking log.)

Set the Clock

• Press the MODE button until the time is shown on the display.

• Hold down the SET button until the hour digits blink, and continue pressing SET to advance to the desired hour.

• Press the MODE button until the minute digits are blinking, then press SET to advance to the desired minute.

• Press the MODE button until the seconds digits are blinking, then press the SET button to reset to zero.

• Press the MODE button to complete the setting.

Measure Your Stride

• Measure off a distance of 20 feet.

• Walk the 20 feet at a normal stride, counting the number of steps.

• Do the math: 20 divided by the number of steps equals your personal stride.

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Record Your Stride

• Press the SET button to go to Stride Length Setting Mode.

• Press the SET button to increase your stride length by one inch. (Stride length can be set from 10–90 inches.)

• Press MODE button to exit.

For more detailed instructions/illustrations, please see the manufacturers' instructions enclosed with your pedometer.

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