



How do I use my pedometer?

Wear your pedometer every day. Put it on in the morning and keep it on as long as you are awake.

Clip the pedometer to your belt or waistband, on the front of your body. Put it as close to your hipbone as you can. If you are right-handed, put the pedometer on your right hip. If you are left-handed, put it on your left hip.

Clip the pedometer on straight up and down, not sideways.

Be sure to attach the safety strap to your clothes. This will keep the pedometer from falling off! The clip on the pedometer is not very strong—do not force it onto your belt, or it may break.



If you want to wear the pedometer under your clothes, you can clip it to your underwear.

Take the pedometer off at night, and put it near your keys, shoes, hair brush, or whatever will remind you to put it on again the next day.

Track your number of steps each day. Open your pedometer carefully so you don't accidentally reset it to zero.

Reset the orange button each day once you have recorded your steps. Hold the button down for a few seconds to reset it.

How do I take care of my pedometer?

Pedometers and water don't mix! Do not wear your pedometer in the shower, bath, or while swimming.

You might hear a rattling noise in the pedometer. This is normal.

Do not shake the pedometer when you wear it. Don't keep it in your pocket or purse.