



W4L™ ELITE 5 Function Digital Pedometer

How To Wear Your Pedometer: Place the pedometer on the waistband of your clothing or belt. Position it close to the midline of your thigh in an upright position. It should fit snug to your body and not hang loose. The pedometer needs to be completely closed to function properly.

W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 2 seconds to clear.

To Activate: Press the RESET button until display is visible.

Step Count: Press the MODE button until STEP appears on the right. Press and hold the RESET button until a zero appears; you are now ready to begin walking.

To Set Your Stride Length (for accurate distance measurement):

1. Measure a 30 ft distance. Mark the starting and finishing line.
2. Count the number of steps it takes you to walk the 30 ft. Walk at your normal pace (the pace you think you use most throughout the day).
3. Find your step number and the corresponding stride length (in feet and inches):.



Step Number and Corresponding Stride Length

7 = 4'03"	11 = 2'09"	15 = 2'00"	19 = 1'07"
8 = 3'09"	12 = 2'06"	16 = 1'11"	20 = 1'06"
9 = 3'04"	13 = 2'04"	17 = 1'09"	21 = 1'05"
10 = 3'00"	14 = 2'00"	18 = 1'08"	22 = 1'04"

Press the MODE button until MILE appears on the right; stride is displayed in feet and inches. Press the SET button once to activate, then press and hold down the **SET** button until your stride length appears on the display. Release the **SET** button; your stride is now entered.

Understanding the Step Filter (affects step count)

The "Step Filter" counts a specified number of steps before actually incorporating them into the total step count. (i.e. step filter is set to F-3" and 2 steps are taken, then stops moving, those 2 steps will not be added to the total step count.) The "Step Filter" helps eliminate false steps that occur in a variety of situations such as; traveling in a car, shifting in a chair, sitting down and getting up. Depending on what the pedometer is used for, research or personal use, a step filter may or may not be desired.

1. Push the MODE button until "**STEP**" appears on the right..
2. Hold down the SET button for three seconds. The display will show "F-3." Push the SET button again and it will show the next value which in this case would be "F-5." Push the SET button once more and it will cycle to "F-0."
3. Release the SET button and it will revert back to the step display in 10 seconds and the new value will be stored.

"F-0" = no step filter (all steps are counted)

"F-3" = three consecutive steps (default FACTORY Setting)

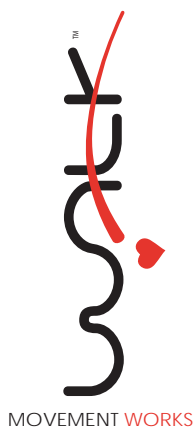
"F-5" = five consecutive steps

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To Set Your Weight (for accurate caloric burn measurement):

Press the MODE button until the word KCAL appears on the right. Press the SET button once to activate, then press and hold the SET button until your appropriate weight appears on the display. Release the SET button; your weight is now entered.

To Operate Activity Time: Press the MODE button until "ACT TIME" appears on the right (i.e., 00:00:00, representing hours, minutes and seconds.) Activity Time is designed to calculate your total movement time, so it will record ONLY when you are moving. To clear, press and hold the RESET button.

To Set Clock: Press the MODE button until the word TIME appears on the right. Press the RESET button until the cursor stops flashing. Press and hold down the MODE button until the correct hour is displayed; release button. Press and hold down the SET button until the correct minutes are displayed; release button. Cursor will begin flashing; the CLOCK is now set to the desired time.



Locking Code

1. Push the MODE button until you are in the step mode.

2. TO LOCK

Press and quickly release the SET button. The display will show five flashing hyphens (- - - - -). To enter a lock code, any combination of numbers 1, 2, and 3 can be used. To enter a code number, the MODE button will enter the number 1, the SET button number 2, and the RESET button number 3. Thus, if the buttons are pushed in the following order: MODE, SET, RESET, MODE, SET, the combination will be 12312. Once 5 numbers are entered (within 10 seconds), the letter "L" will display in the lower left-hand corner of the display indicating that the pedometer is locked and cannot be reset. (**Note:** Please record and store locking code in a secure place.)

3. TO UNLOCK

Press and quickly release the SET button. The display will show five yphens. Enter the combination that was entered to lock the pedometer. The display will flash and the "L" in the lower left-hand corner of the display will disappear. The pedometer can now be reset.

Battery Conservation

Walk4life pedometers are "green friendly" helping the environment by preserving battery life. If the pedometer is inactive for 5 minutes, it will automatically turn off and a blank screen is displayed.

To reactivate: Simply walk or move the pedometer and the unit will resume counting. (**Note:** No data is lost during this period.)

Caring for your Pedometer

- Avoid dropping or crushing, which could break the crystal.
- Avoid excessive moisture. Walk4Life Pedometers are not waterproof.
- Avoid forcing the pedometer clip onto belt or pant waist, which could cause the clip to break.
- Change the battery when the digital display becomes faded or blank. We recommend changing the battery once a year to maintain optimum performance.

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