



## PEDOMETER with CALORIE COUNTER (Model #: PE316CA)

### INTRODUCTION

Thank you for selecting the Oregon Scientific Pedometer with Calorie Counter (PE316CA). This unique product is ideal in assisting an exercise routine. The pedometer counts number of steps taken from one location to another. By inputting the stride-length the total distance covered can be calculated. The calorie counter can estimate the number of calories expended during a routine.

In this box, you will find:

- Pedometer with Calorie Counter
- 2 x LR43 Size 1.5 V Batteries

Keep this manual handy as you use your new product. It contains practical step-by-step instructions as well as technical specifications and warnings you should know.

### KEY FEATURES

#### FRONT VIEW



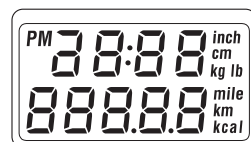
1. **COVER RELEASE** button - Press to open protective cover
2. Battery compartment - Requires 2 x LR43 size 1.5V batteries

#### INTERIOR



1. **CALO** button - Calorie measurement and weight display mode
2. **DIST** button - Total distance and stride length display mode
3. button - Turns backlight on
4. Motion Sensitivity Switch - Increases or decreases unit sensitivity
5. LCD - Two line display
6. **RESET** button - Resets display mode values to zero
7. **HR / +** button - Changes clock hour digits; changes personal weight and stride length upward
8. **MIN / -** button - Changes clock minute digits; changes personal weight and stride length downward
9. Belt clip - Use to clip unit securely to belt or waistline

### LCD DISPLAY SYMBOLS



### GETTING STARTED

#### INSULATION TAPE

Before using the device, pull out the insulation tape underneath the battery cover protecting the 2 x LR43 size 1.5V batteries.

**NOTE** The unit will not work until the tape is pulled out.

#### OPENING THE COVER

Holding the pedometer upright, grasp the clip with one hand and press the **COVER RELEASE** button with the other.

#### BATTERIES

This product uses 2 x LR43 size 1.5V batteries. Should you need to change the batteries,

1. Gently press and pull the battery compartment door.
2. Insert 2 x LR43 size 1.5V batteries or equivalent.
3. Replace the battery compartment door.

**NOTE** Protect the environment by taking exhausted batteries to authorized disposal stations.

#### CLOCK

Insert a blunt stylus into the **HR / +** or **MIN / -** buttons to alter the clock time.

**NOTE** The unit automatically returns to clock display after 5 seconds of no button being pressed.

### ADJUSTING THE SETTINGS

#### DISTANCE

The distance traveled is shown on the bottom line of the LCD display. For greater accuracy it is recommended that a personal stride-length is set.

1. Press **DIST** until the stride length is viewed on the top line of the LCD display.



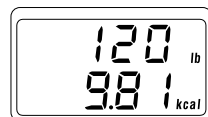
2. Insert a blunt stylus into **HR / +** to increase or **MIN / -** to decrease stride length. (11 to 60 inches or 30 to 150cm)

If no changes are made to the Stride function, the top line of the display will automatically return to the clock display after 5 seconds.

#### CALORIES

Precise calories expended calculations require taking into account many factors. The PE316CA uses body weight and the number of steps taken to give a good estimate.

1. Press **CALO** until the body weight is viewed on the top line of the LCD display.

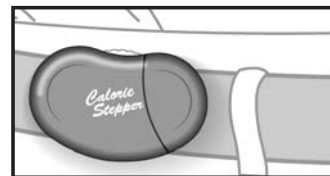


2. Insert a blunt stylus into **HR / +** or **MIN / -** to increase or decrease body weight setting.

The unit automatically returns to clock display after 5 seconds of no button being pressed.

**NOTE** Body weight can be set between 65 to 340lbs (30 to 150kg).

### WEARING THE PEDOMETER



Attach at waist level to your belt, slacks, or training attire. Maintaining a horizontal position, attach securely.

### USING THE PEDOMETER

#### COUNTING STEPS TAKEN

The pedometer counts the number of steps taken.

1. Press **DIST** once to view number of steps.

To return the pedometer display to zero, press **RESET** in **STEP** mode.

**NOTE** To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity, experiment with different settings.

**NOTE** Improper positioning of the pedometer may result in incorrect data collection.

#### MEASURING DISTANCE

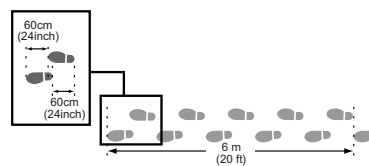
Correctly measuring distance depends on accurately setting the average length of an individual stride (stride length) and properly setting an internal motion-sensitivity device.

1. Press **DIST** until the distance traveled is viewed on the LCD display.

To return the distance counter to zero, press **RESET** in **DISTANCE** display mode.

Total Distance = steps taken x average step length

**NOTE** Individual stride-length varies. Input an appropriate length for an average stride. To determine length of stride walk 10 paces and divide distance traveled by 10.



#### COUNTING CALORIES

The built-in calorie counter is an excellent way to estimate the number of calories an exercise routine is expending.

1. Press **CALO** until the number of calories expended is viewed on the LCD display.

To return the calorie counter to zero, press **RESET** in **CALORIE** display mode.

### SAFETY AND CARE

Clean the unit with a slightly damp cloth and mild detergent. Avoid dropping the unit.

### WARNINGS

This product is designed to give you years of service if handled properly. Observe the following guidelines:

- Never immerse the unit in water. This can cause electrical shock and damage the unit.
- Do not subject the main unit to extreme force, shock, or fluctuations in temperature or humidity.
- Do not tamper with the internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
- Do not mix new and old batteries or batteries of different types.
- Do not use rechargeable batteries with this product.
- Remove the batteries if storing this product for a long period of time.
- Do not scratch the LCD display.
- Read this instruction manual thoroughly before operating the unit.

The contents of this user manual and technical specifications are subject to change without further notice. Images not drawn to scale. Do not make any changes or modifications to this product. Unauthorized changes may void your right to use the product.

### SPECIFICATIONS

Step counter	0 to 99,999 steps
Distance traveled	0 to 999.99 miles (0 to 999.99 km)
Stride distance	(11 to 60 inches or 30 to 150 cm)
Calorie Display	0.1 to 9999.9 kcal
Body Weight Range	65lbs to 340lbs (30 to 150kg)
Dimensions	(2.52 x 1.65 x 0.71 inches) (L x W x H) (64 x 42 x 18 mm (L x W x H))
Weight	1.06 ounces (30 grams)
Operating Temp	14 to 104.0 °F (-10.0 to 40.0 °C)
Storage Temp	-4 to 14 °F (-20 to 60 °C)
Batteries	2 x LR43 1.5 V
Battery Life	1 year

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