



Pedometer with PC download

Model: FB322

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INTRODUCTION

Thank you for selecting the Fitbug™ Pedometer with PC download (FB322). This unique product is ideal for monitoring your exercise routine. The pedometer counts the number of steps taken from one location to another, calculating the total distance covered and calories expended. This information can be downloaded onto your PC using our specially designed software.

Please 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.

IMPORTANT The measurement functions built into the FB322 are not meant to substitute professional measurement or industrial precision devices. Values produced by this device should be considered as reasonable representations only.

OVERVIEW

FRONT VIEW



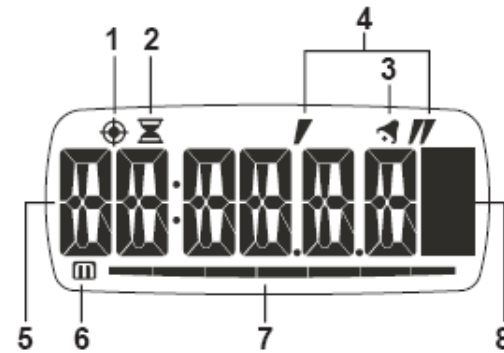
1. +: increase value of the setting; toggle setting option; toggle displays
2. **MODE/SET**: toggle between modes; enter / confirm setting
3. -: decrease value of the setting; toggle setting option; reset pedometer; toggle through memory records

BACK VIEW – BATTERY COMPARTMENT



1. Belt clip
2. Battery compartment
3. USB connection port

LCD SCREEN



1. ☉: target mode is displayed
2. ⌚: timer mode is displayed; stopwatch is running
3. 📣: alarm is activated
4. //: minutes and seconds

5. Steps, distance, calories, clock, alarm, stopwatch and user profile units
6. Memory mode is displayed
7. Bar shows the weekday for which the data relates to and target status
8. Dot matrix shows various icons to indicate the mode / display you are in

GETTING STARTED

Pull out the insulation tape away from battery compartment to activate pedometer for the first time. Pedometer will prompt you to set the clock and user profile. (Go directly to "Setting the device" section, step 3).

NOTE

- To ensure accurate calculations with your exercise, you are strongly recommended to set the pedometer and user profiles.
- Remember to set the profiles after every battery replacement or reset.

SETTING THE DEVICE

If the device is being activated for the first time or after battery change, the unit will automatically prompt you to do initial set up. (Go directly to step 3).



For normal setting procedures:

1. Press **MODE/SET** to navigate to desired settings.
 - Extra step for entering alarm mode: once inside clock setting mode, press **+** to toggle to alarm mode.
2. Press and hold **MODE/SET** to enter desired option.
3. Press **+/-** to change values and then **MODE/SET** to confirm.
4. Repeat step 3 for all options within that setting.

Continue setting the other settings by repeating steps 1-3.

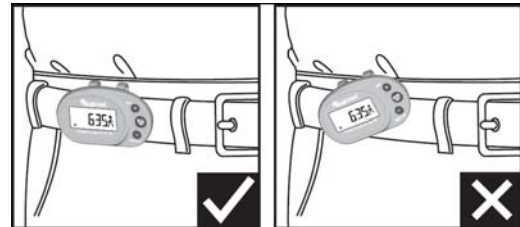
Settings	Options (Press + or - and MODE/SET to confirm)	
CLOCK	12/24 hour format	
	Hour	
	Minute	
	Day of the week	
	ALARM* (press + to toggle)	Hour Minute On/Off

USER PROFILE	Weight unit + weight Gender Age Stride unit + stride length
TARGET	Step Distance Calories
TIMER	Count-up Countdown

* To silence the alarm sound, press any button.

CARRYING THE PEDOMETER

Attach the pedometer to your belt or training attire at waist level. Secure it in a horizontal position. Improper positioning may result in incorrect data collection.



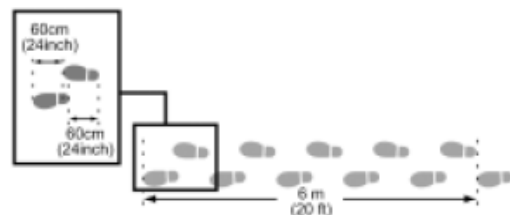
IMPORTANT FOR ACCURACY

The following conditions may cause incorrect reading of steps taken:

1. Uneven walking pace, such as walking in crowded areas or on uneven floor.
2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping or ascending/descending stairs or steep slopes.

CALCULATE STRIDE LENGTH

Individual stride length varies. Input an appropriate length for an average stride. To determine the average stride length, walk 10 paces and divide the distance traveled by 10.



SWITCHING BETWEEN MODES

Press **MODE/SET** to switch between the 6 operation modes:

- Daily
- Target
- Timer
- Memory (7-day)

- User Profile
- Clock

DAILY MODE

To view the step, distance and calorie display:

1. Press **MODE/SET** to navigate to daily mode.



2. Press **+** to switch between the 3 displays.

STEP	
DISTANCE	
CALORIE	

TARGET MODE

Once the target has been set (refer to "Setting the device" section above), you can start using this function.

To use target:

1. Press **MODE/SET** to navigate to target mode.
2. Start walking to activate the pedometer. The "GO!" screen will appear to confirm that the unit is starting to monitor your progress.



3. While you are walking, the Estimated Finish Time (EFT) will periodically appear to advise you how long it will take to complete your target, based on your current pace.

NOTE The target bar will move from left to right (start to finish) to show your progress.



4. Press **+** to change the display from the EFT to show the remaining steps, distance or calories left until target is reached.
5. When target walk is complete, FINISH will appear and a beep will sound.



To reset target while in target mode (will also clear daily records):

Press and hold **-**.

TIMER MODE

When the timer is running, it will measure steps, distance and calories. These measurements are not linked to the daily measurements and are only related to the time spent walking while the timer is on.

To set timer:

1. Press **MODE/SET** to navigate to timer mode.



2. Press and hold **MODE/SET** to enter.
3. Press **+/-** to select countdown or count-up timer and press **MODE/SET** to confirm.
 - Extra step for countdown timer: Press **+/-** to set the hr:min:sec and then **MODE/SET** to confirm.

To use timer:

- Press **-** to start / stop the timer.
- Press and hold **-** to reset the timer.
- Press **+** repeatedly to view timer, step, distance and calorie.

NOTE When you are in the timer display, will show. While timer is on, if you press **MODE/SET** and enter another mode, will flash to indicate timer is still running.

MEMORY MODE

The pedometer has a 7-day memory function. You can view total weekly or daily step, distance and calorie records.

VIEW TOTAL WEEKLY RECORDS

1. Press **MODE/SET** to navigate to memory mode.



2. Press + to toggle between the total weekly step, distance and calorie display.

VIEW DAILY RECORDS

1. Press **MODE/SET** to navigate to memory mode.
2. Press – repeatedly until you reach the day you wish to view.

A screen will appear informing you if you reached that day's target or not:

Number of steps walked	
Target achieved (high pitched beep)	
Number of steps walked	
Target not achieved (low pitched beep)	

3. Press + to view other data for that particular day (step, distance and calorie).

IMPORTANT At midnight all accumulated daily data will be stored for a period of 7 days. Therefore, memory that has been stored for 7 days will be replaced with new data.

NOTE The bar at the bottom indicates which day's memory record is being displayed.

To clear all records while in memory mode:
Press and hold-.

CONNECTING TO YOUR PC

Data can be transferred to a PC directly from the pedometer.

To connect the pedometer to a PC:

1. Insert the USB cable provided into your PC.
2. Lift the soft cover of the USB port on the pedometer.
3. Insert the USB cable into the port of the pedometer.

When connected, "PC" will appear on the LCD screen.

NOTE If connection is interrupted, please remove the USB cable from your PC and re-insert.

SOFTWARE FUNCTIONS

For detailed information on the function of the Fitbug™ bug manager software, please refer to fitbug.com.

BATTERY REPLACEMENT

The FB322 uses 1 x CR2032 battery which has already been installed.

appears when the battery is low and needs replacing.

To replace battery:

1. Slide open the battery compartment cover.
2. Remove the old battery and insert a new battery.
3. Replace battery compartment cover.

WATER RESISTANCE

The FB322 is splash proof only.

SPECIFICATIONS

Step counter	0 – 99,999 steps
Distance	0 - 999.99 km / miles
Stride distance	28 -152 cm (11 – 60 in)
Calorie	0.1 – 9999.9 kcal
Body weight range	29 – 154 kg (64 – 340 lbs)
Power	1x CR2032 lithium battery
Operating temperature	-10 °C to 50 °C (14 °F to 120 °F)
Storage temperature	-15°C to 70 °C (1 °F to 158 °F)

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use luke warm water and mild soap to clean the unit thoroughly after each training session. Never use the products in hot water or store them when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty

and may cause damage. The main unit contains no user-serviceable parts.

- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

EU DECLARATION OF CONFORMITY



COUNTRIES RTTE APPROVAL COMPLIED
All EU Countries, Switzerland 
and Norway 