POLAR.

POLAR.

Polar Gewichtsmanagement-Produkt

Polar Weight Management Products

WM42/WM41
WM22/WM21

Congratulations on your purchase of a Polar Weight Management Product.
This product helps you to achieve your personal weight management goals.

This manual provides you with information on how to:
- Create your personal Weight Management Program.
- Update your Program on a daily and weekly basis.
- Monitor your progress on a daily and weekly basis.

The Polar Weight Management Product is designed to improve your body. It has a personalized Weight Management Program that helps you to plan gradual weight loss, and long-term maintenance once your weight loss goal is achieved. The Program is based on exercise and diet, giving you guidance on how much energy to expend through exercise and how many calories to eat in order to achieve your target body weight.
Please read on to understand how to use each of the functions in the product to get the most out of your Weight Management Program.

WM22

WM21

CONTENTS

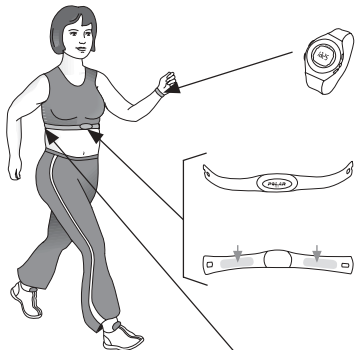Information only specific to the WM42/WM41 products is in blue text.

1. INTRODUCTION TO WEIGHT MANAGEMENT PRODUCT

1.1 WEIGHT MANAGEMENT PRODUCT ELEMENTS

The Polar Weight Management Product consists of a wrist unit, transmitter, elastic strap, the Polar Weight Management Guide Book, the Polar Calorie Counter Card and the measuring tape.

Wrist Unit
The wrist unit includes a Polar Weight Management Program.
You can create, update, and monitor your Program with the wrist unit.
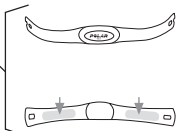
Transmitter
The transmitter detects and transmits your heart rate to the wrist unit. Wear the transmitter while exercising.

The electrode areas are on the back of the transmitter.
The electrodes detect your heart rate continuously and transmit it to the wrist unit.

Elastic Strap
The elastic strap holds the transmitter around your chest.

Polar Weight Management Guide Book and Polar Calorie Counter Card
The Guide Book contains information and tips on how to successfully manage your weight. You can check the information on the calorie content of various food and drink from the Polar Calorie Counter Card.

1.2 WRIST UNIT BUTTONS AND SYMBOLS

◀ / ⊖

By pressing the ◀ / ⊖ button, you can:

- Enter the Diary from the Time of Day display.
  ⚖ appears.
- Move to the previous menu or backwards in the menus.
- Decrease the selected flashing value when ⊖ is on the display.

By pressing the Back button, you can:

- Answer no to the wrist unit's questions.
- Cancel the selection.
- Exit the displayed menu and return to the previous level.
- Switch the alarm off. Press any other button to snooze the alarm for ten minutes.

By pressing and holding the Back button, you can:

- Return from any menu to the Time of Day display (Except from the Exercise menu).
- ⊶ Lock and unlock all the buttons (except the Light button) in the Time of Day display. Press and hold the back button until Buttons Locked or Unlocked is displayed. For further information, see the section *How to Change Settings/ General Settings/ Selecting Button Lock Settings*, page 107.

Weekday and Date

Back

Time of day

- Arrow guides you to press the buttons.
- Menu text guides you to find the main menus (Exercise, Setting, File, Program).

▶ / ⊕

By pressing the ▶ / ⊕ button, you can:

- Enter the Diary from the Time of Day display.
  ⚖ (WM22/WM21) 🍎 (WM42/WM41) appears.
- Move to the next menu or forward in the menus.
- Increase the selected flashing value when ⊕ is on the display.

Light

- Press the Light button to switch the backlight on.

By pressing and holding the Light button, you can:

- Switch the heart rate zone alarm ◀◀ on or off while recording exercise information.
- Start adjusting the alarm quickly ◀◀ on or off in the Time of Day display. For further information, see the section *How to Change Settings/ Setting the Watch/ Setting Alarm*, page 113.

OK

By pressing the OK button, you can:

- Answer yes to the wrist unit's questions.
- Enter the menu in the Time of Day display.
- Accept your selection.
- Enter the displayed menu.

Weight Management Program Symbols

The pen indicates where you can find the electronic Diary of your Weight Management Program. It also appears when your Weight Management Program's targets have been changed. The symbol disappears after updating your weight, intake calorie, or Extra Diary (WM42/WM41).

The scale indicates the function in the Diary where you can monitor and update your weight.

The trophy indicates that you have achieved your target weight.

The heart indicates the function in the Diary where you can monitor the calories burned weekly during your exercise sessions.

The apple indicates the function in the Diary where you can monitor and update your intaken calories.

The X indicates the function in the Diary where you can monitor and update your own definable value. An example would be your waist circumference (Extra Diary is available only after you have set it in the Setting menu).

The envelope reminds you to either enter your weight or update your Weight Management Program. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.

Other symbols

The heart symbol without frames indicates the transmission of your heart rate. For further information, see the section *Exercising with Your Weight Management Product*, page 94.

The framed heart indicates the coded transmission of your heart rate. For further information, see the section *Exercising with Your Weight Management Product*, page 94.

The sound symbol:
• In the Time of Day display, indicates that the Alarm is set.
• In the Exercise menu, indicates that the Heart rate zone alarm is on.
For further information, see the section *Exercising with Your Weight Management Product*, page 94.

The battery symbol indicates that the wrist unit battery is low. For further information, see the section *Care and Maintenance*, page 115.

1.3 FUNCTIONS

The main functions of the Weight Management Product are described below.

Diary*			
Weight	Exercise	Intake	Extra*
⚖	❤	🍎	✗

*Diary is available after you have created your Weight Management Program. Extra Diary is available after you have switched on the Extra Diary view.

Press OK

Exercise	File	Setting	Program

	Exercise File	Diary File	General Settings	Diary Settings	User Settings	Watch Settings	New Program	Current Program

In the Exercise menu, you can monitor information such as your heart rate and calorie expenditure during exercise.

In the File menu, you can view the information on your last exercise session. In the WM42/WM41 Diary File, you can view long-term information on nutrition, exercise, and information on your weight.

In the Setting menu, you can set the alarm and the time of day, and other Settings.

In the Program menu, you can either create a new Program or check your current Program.

1.4 BASIC SETTINGS OF YOUR NEW WRIST UNIT

You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be switched off.

1. Activate the wrist unit by pressing any button. The display fills up with digits. Press OK.
2. **Basic Settings** is displayed. Press OK to start the **Basic Settings**.
3. **Tim**e: Use the ⊖ / ⊕ buttons to select **12** h or **24** h time mode. Press OK.
   - **12 h**: the time is displayed from 1 to 12 am or pm. In the date and birthday settings, the month is set first and then the day (mm.dd).
     - Use the ⊖ / ⊕ buttons to select **AM** or **PM**. Press OK.
     - Use the ⊖ / ⊕ buttons to set the **hour**s. Press OK.
     - Use the ⊖ / ⊕ buttons to set the **minut**es. Press OK.
   - **24 h**: the time is displayed from 0 to 23 hours. In the date and birthday settings, the day is set first and then the month (dd.mm).
     - Use the ⊖ / ⊕ buttons to set the **hour**s. Press OK.
     - Use the ⊖ / ⊕ buttons to set the **minut**es. Press OK.
4. **Dat**e: Use the ⊖ / ⊕ buttons to select the day (**dd**) or month (**mm**). Press OK.
   - Use the ⊖ / ⊕ buttons to select the month (**mm**) or day (**dd**). Press OK.
   - Use the ⊖ / ⊕ buttons to select the year (**yy**). Press OK.
5. **Unit**s for weight and height:
   - Use the ⊖ / ⊕ buttons to select pounds and feet (**lb/ft**) or kilograms and centimeters (**kg/cm**). Press OK to accept your selection.

Note: If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button.

6. **Weight**: Use the ⊖ / ⊕ buttons to set your current weight. Press OK.

    Note:
    - *Press the ⊖ / ⊕ button briefly to adjust the ounces/grams.*
    - *Press the ⊖ / ⊕ button down to adjust the pounds/kilograms.*
    - *If you choose the wrong units, you can still change them by pressing and holding the Light button.*

7. **Height**: Use the ⊖ / ⊕ buttons to set your height. Press OK.

    Note: If you selected lb/ft as your units, you first set feet (step 7) and then inches (repeat step 7).

8. **Birthday**: Use the ⊖ / ⊕ buttons to select your birth month (**mm**) or day (**dd**). Press OK.
    - Use the ⊖ / ⊕ buttons to select the day (**dd**) or month (**mm**). Press OK.
    - Use the ⊖ / ⊕ buttons to select the year (**yy**). Press OK.
9. **Gender**: Use the ⊖ / ⊕ buttons to select **female** or **male**. Press OK.
10. The wrist unit asks you if the Settings are OK?

If you prefer to change some of your Basic Settings, press the **Back** button to return to the previous setting. Press the **Back** button again until you reach the setting you want to change.
Once you have finished the Basic Settings, press OK and you can start using the Weight Management Product.

Note:
- *It is important that you be precise with the settings, as they have an impact on the accuracy of the Weight Management Program.*
- *If you change the user information, the wrist unit confirms that you really want to change the user.*
  If you want to change the user, the wrist unit asks: Create New Program?
    If yes, press OK. For further information, see the chapter Creating a Weight Management Program, page 78, starting from step 5.
    If no, press the Back button. The wrist unit automatically creates a Weight Maintenance Program for you. For further information,
    see the section Creating a Weight Management Program, starting from Your Personal Program section, page 81.
  If you do not want to change the user, press the Back button. The wrist unit returns to the old user information.

2. POLAR WEIGHT MANAGEMENT PROGRAM

The Polar Weight Management Product is for healthy adults who want to successfully manage their weight. The Weight Management Program is based on exercise and diet, giving you guidance on how much energy to expend through exercise and how many calories to eat in order to achieve your target body weight.

The personalized Program helps you to plan gradual weight loss by recommending a target weight and Program duration, taking into account your current weight, height, gender, and age. In addition to the target weight and duration, the Program asks you to determine your daily activity level and the amount of exercise you want to aim for. Based on the chosen values, you receive targets for **daily** nutrition intake and **weekly** energy expenditure in calories, for example the number of calories you should obtain from food and drink and the number of calories you should burn while exercising. By following these recommendations, you will achieve your target weight by the end of the Program. For further information, see the section *Creating a Weight Management Program*, page 78.

After you create your Program, you should start monitoring your progress in the electronic Diary on a daily and/or weekly basis. In the Diary, you can update your current weight and check it against the recommended target weight.
If you have the WM22/WM21 Weight Management Product, see the section *Monitoring and Updating Your Progress with WM22/WM21*, page 82 for further information.

In addition to your weight, the WM42/WM41 Weight Management Product also allows you to monitor your nutrition intake calories and exercise calories on a daily basis. It also enables you to update your Weight Management Program on a weekly basis. This means that you are able to keep your progress up to date by just entering your current weight on a weekly basis. Depending on the results obtained, you may receive new nutrition intake and weekly exercise targets for the following week. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.

2.1 CREATING A WEIGHT MANAGEMENT PROGRAM

This section provides you with step by step information on how to create your own Weight Management Program (see steps 1 to 9).

EXAMPLE: Laura's Personal Information
Laura has entered the following user information in the Basic Settings:
Gender: Female
Age: 38 years
Height: 5 feet 5 inches/165 cm
Weight: 172.0 lbs/78.0 kg

1. Start from the Time of Day display.
2. Press OK. Exercise is displayed.
3. Press ◄. Program is displayed. Press OK.
4. New Program is displayed. Press OK to start creating your Program.

Note: if Basic Settings is displayed, you have not set all the user information. The wrist unit prompts you to set the Basic Settings first. For further information, see the section Basic Settings of Your New Wrist Unit, page 75.

EXAMPLE:

Laura's **Current Weight**:
172.0 lbs/78.0 kg

Laura's **Target Weight** Recommendation:
154.3 lbs/70.2 kg

5. **Current Weight** - Adjust with the ⊖ or ⊕ button. Press OK to set the value.

6. **Target Weight** - The Program recommends a target weight for you according to your Body Mass Index (BMI), see the table on the following page. For more detailed information on the calculation of the BMI, see the Weight Management Guide Book. Press OK to set the value.

Weight Status	Weight Recommendation	Program
Obese (BMI higher than 29.9) Overweight (25–29.9)	Maximum of 10% weight loss is allowed during one Program.	Recommendation: **Weight Loss Program**. The Program recommends a target weight for you. If you want to change your target weight, adjust it within the given limits with the ⊖ / ⊕ buttons. If you want to maintain your current weight, the **Weight Maintenance Program** is also available. Set your current weight as the target weight.
Normal weight (18.5–25)	Maintain your weight.	Recommendation: **Weight Maintenance Program**. If you want to lose weight, the **Weight Loss Program** is also available. You can set your own target weight in the Program within the given limits (maximum 10%). The lowest target value equals a BMI of 18.5.
Underweight (Lower than 18.5)	Do not lose any weight.	Recommendation: Only **Weight Maintenance Program**. The Weight Loss Program is not available in this case, because it is not healthy for you to lose any weight.

7. **Workday** - Select the way you usually spend most of the day with the ⊖ / ⊕ buttons. Press OK.

Sitting	You sit at work and move around a little. An example would be that you are an office worker.
Standing	You stand at work and move around bit. An example would be that you are a housewife or that you are working as a teacher, nurse or a sales person.
Moving	You are on the move most of the day and do very strenuous work. An example would be that you are a construction worker or a cleaning woman.

8. **Exercise** - Select how strenuously and how many hours you **want to exercise weekly** during your Program with the ⊖ / ⊕ buttons. Press OK.

Program Exercise amount:	You do exercise causing a little breathlessness and little sweating e.g. walking. This is classified as a low intensity exercise and your heart rate would be between 100–130 bpm.	Program Exercise amount:	You do exercise causing breathlessness and sweating e.g. brisk walking or tennis. These are classified as a high intensity exercise and your heart rate would be between 130–160 bpm.
Minimum	3–4 hours per week	Minimum	About 2 hours per week
Moderate	4–6 hours per week	Moderate	2–4 hours per week
Maximum	More than 6 hours per week	Maximum	4–5 hours per week

Your fitness and other factors affect how strenuous the exercise feels, and how high your heart rate rises.

The amount of exercise you choose determines the balance between the amount of nutrition in your diet and calories you expend in your exercise. The more you exercise, the more you can eat.

When creating a Maintenance Program, the Program duration is continuous. Skip step 9 and move to *Your Personal Program* section.

9. **Duration** - The Program recommends a Program duration in weeks based on your weight loss target. The shorter the duration, the tougher the Program is. By using the ⊖ / ⊕ buttons, you can adjust the recommended duration within reasonable limits. Press OK. The wrist unit displays **Your Personal Program** and automatically displays your targets.

Your Personal Program

Targets - the Program duration (in weeks) and the weight loss (in lbs or kg) are displayed. When creating a Maintenance Program, the Program targets are to maintain your weight. Press OK to proceed.
Daily Intake - the recommended number of calories that you should obtain from food and drink daily is displayed. Press OK to proceed.
Weekly Exercise - the recommended number of calories that you should burn through exercise weekly is displayed. Press OK.

The **Program starts** and the wrist unit automatically returns to the Time of Day display. After you create your Program, you can start monitoring your progress in the electronic Diary. The pen symbol indicates where you can find the Diary. The symbol is displayed until you update your weight. For further information, see the section *Monitoring and Updating Your Progress with WM22/WM21*, page 82. In WM42/WM41, when you update your weight, intake or exercise calories, or your Extra value, the symbol disappears. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.

2.2 MONITORING AND UPDATING YOUR PROGRESS WITH WM22/WM21

2.2.1 WEIGHT DIARY - MONITORING AND UPDATING YOUR WEIGHT
Update your current weight in the wrist unit daily or weekly. It is recommended that you always weigh yourself with the same scale at the same time of day, preferably in the morning before breakfast.

1. Start from the Time of Day display and press ▶.

Target weight
Current weight

The arrow indicates whether your weight has decreased, increased, or stayed the same since the last time.

Check which direction the arrow is pointing:

 Your starting point in the Weight Loss Program.

 > Your weight is decreasing.

 < Your weight is increasing.

 When the arrow is at the right end of the bar, you have reached your target weight. This is also your starting point if you are using Weight Maintenance Program.

2. Press OK to input your current weight.
3. Decrease the value with ⊖ button or increase the value with ⊕ button. Press OK, or press the **Back** button to cancel your update.

If 🏆 is displayed, it indicates that you have reached your target weight with the help of the Polar Weight Management Program! Congratulations! Press OK. The Weight Maintenance Program starts. For further information, see page 92, starting from step 5.
4. Press the **Back** button to return to the Time of Day display.

2.2.2 MONITORING NUTRITION AND EXERCISE CALORIES IN THE WEIGHT MANAGEMENT GUIDE BOOK

After a meal, write down the number of calories you had in the Weight Management Guide Book Diary. Check the calorie content of your meal from the Polar Weight Management Guide Book or from a detailed menu planner at www.polarpersonaltrainer.com/wm. You can also find out the calorie content of various food and drink from the Polar Calorie Counter Card.

When you wear your transmitter during an exercise session, the wrist unit automatically calculates the number of calories you have burned. After an exercise session, check the number of calories you have burned from File and write them down in the Weight Management Guide Book Diary. For further information, see the section *Exercise File*, page 100.

2.2.3 CHECKING YOUR CURRENT PROGRAM TARGETS WITH WM22/WM21

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Press ◄. Program is displayed. Press OK.
3. Current Program is displayed. Press OK to start checking the current targets of your Program.
   If Empty is displayed, create the Program first. For further information, see the section *Creating a Weight Management Program*, page 78.

4. **Targets** - the Program duration (in weeks) and the weight loss (in lbs or kg) are displayed. Press OK to proceed.
5. **Daily Intak**e - the recommended number of calories that you should consume daily is displayed. Press OK to proceed.
6. **Weekly Exercise** - the recommended number of calories that you should burn through exercise weekly is displayed. Press and hold the **Back** button until the time of day is displayed.

2.3 MONITORING AND UPDATING YOUR PROGRESS WITH WM42/WM41
This chapter describes how you can monitor your weight, nutrition calories, exercise calories, and your self-defined target value in the electronic Diary.

The Weight Management Program coaches you to manage your weight by giving you targets for the amount of weight you should lose, and the amount of calories you should eat and drink daily and burn through exercise weekly.
You can update these values and check your progress against the assigned targets in the electronic Diary. This way you have reliable information on your progress immediately and you know if you are achieving your goals as planned. In addition, you can use Extra Diary to monitor a value that you determine yourself, such as your waist circumference.

• Start from the Time of Day display and press ▶. Use the ◀ or ▶ button to move between Intake, Exercise, Weight, and Extra Diary.

| Time of Day | INTAKE Diary | EXERCISE Diary | EXTRA Diary* | WEIGHT Diary |

Extra Diary is available after you have switched Extra Diary on in the Setting menu.

- If you do not want to view one of these Diaries, you can switch that specific Diary view off. For further information, see the section *How to Change Settings*, page 105.
- If you want to return to the Time of Day display in any menu, press and hold the **Back** button until the time of day is displayed.

2.3.1 INTAKE DIARY - MONITORING AND UPDATING THE CALORIE CONSUMPTION DAILY

Nutrition intake target, meaning the number of calories you can consume **daily** in food and drink. The bar indicates your target for daily intake calories. The bar is updated when you update your intake calories. When the bar is full, you have consumed your target daily amount of calories. Your current intake calories. Update the calories in the wrist unit one or more times a day. Updating is not obligatory, but the more precisely it is done, the more precise your Program will be. The wrist unit automatically resets the intake calories for the day to zero at midnight (00:00).

How to update the daily intake calories:
- Press OK. The number of calories you added last time is displayed. Adjust it with the ⊖ / ⊕ buttons.
- Press OK. Calories added is displayed. The wrist unit automatically adds the calories to the daily calorie intake total.

To change the accuracy rate of the calories you add each time when updating the calorie intake, see the section *Diary Settings for the Weight Management Program in WM42/WM41*, page 108.

Note: If you mistakenly add too many calories, you can adjust your current intake calories by adding minus calories.

2.3.2 EXERCISE DIARY - MONITORING THE CALORIES BURNED BY EXERCISING WEEKLY

Target for the number of calories to be burned during your exercise sessions in a week.

The bar indicates your target for the weekly exercise calories. The wrist unit automatically fills in the bar during your exercise sessions. When the bar is full, you have burned the targeted number of calories for the week.

The total number of calories burned during your exercise session(s) during the week. The Program automatically calculates the exercise calories and adds them to the weekly exercise calorie total each time you exercise, provided that you wear the transmitter. The wrist unit automatically resets the calories to zero between Sunday and Monday at midnight (00:00). To view the number of calories you have burned in one exercise session, see the section *Exercise File*, page 100.

2.3.3 WEIGHT DIARY - MONITORING AND UPDATING YOUR WEIGHT

Target weight

Current weight. Update your weight in the wrist unit daily or weekly.

The arrow indicates if your weight has decreased or increased since you last updated your weight.

Check which direction your arrow is pointing:
Your starting point in the Weight Loss Program.

> Your weight is decreasing.

< Your weight is increasing.

When the bar is empty, you have reached your target. This is also your starting point if you are using the Weight Maintenance Program.

How to Update Your Daily Weight

The Program reminds you to update your weight daily. If you want to change the reminder from daily to weekly, see Weight Diary Settings in the section *Diary Settings for the Weight Management Program in WM42/WM41 / Weight Diary Settings*, page 110. Update your current weight in the wrist unit and check it against the assigned target weight in the Weight Diary.

It is recommended that you always weigh yourself with the same scale at the same time of day, preferably in the morning before breakfast.

1. Press the ▶ button to open the ✉ reminder message. If you do not want to update your weight, press the **Back** button and the wrist unit returns to the Time of Day display.
2. The wrist unit prompts you to update your weight.
   Decrease the value with ⊖ button or increase the value with ⊕ button.
   Press OK or to cancel the updating of your weight press the **Back** button.
   Weight Updated is displayed and the wrist unit returns to the Time of Day display.

Note:
- *You can update your weight any time of the day by pressing OK in the Weight Diary. Decrease the value with ⊖ button or increase the value with ⊕ button. Press OK to update your weight.*
- *If your weight change since the previous week's average is greater than +/- 2 kg/4.4 lbs., the wrist unit prompts you to confirm this change. Press the **Back** button to cancel your update and readjust it, or press OK to accept your update.*
- *If you have achieved your target weight, see the section Achieving Your Weight Loss Target, page 91.*

2.3.4 EXTRA DIARY - MONITORING AND UPDATING YOUR EXTRA VALUE

Extra Diary is available after you have switched Diary view on in the Setting menu.

In Extra Diary, you can define your own target, which you can monitor daily or weekly. This target could be your waist circumference, the number of exercise sessions, or something else you choose. You can set the targets and change the updating frequency in the Setting menu.

For further information, see Extra Diary Settings in the section *Diary Settings for the Weight Management Program in WM42/WM41 / Extra Diary Settings,* page 109.

Your target value

Your current value

- If you have selected daily resetting, the wrist unit automatically resets the value to zero at midnight (00:00).
- If you have selected Weekly resetting, the wrist unit automatically resets the value to zero between Sunday and Monday at midnight (00:00).
- If you have selected manual resetting, you can reset the value yourself when you want.

How to Update Your Extra Diary Value:
- Press OK.
- Adjust the current value with the ⊖ / ⊕ buttons.
- Press OK.

2.4 WEEKLY UPDATE WEIGHT MANAGEMENT PROGRAM WITH WM42/WM41

The weekly update function automatically reviews your progress in the Weight Management Program. The wrist unit reminds you to update the Program. Just by entering your current weight, you get a review of your progress so far. Depending on the results, you can get a new nutrition intake and weekly exercise targets for the following week.

EXAMPLE : LAURA'S 1ST WEEK'S UPDATE WEIGHT LOSS PROGRAM:

- **Result:** 1 week 2.2 lbs/1 kg
- **Left:** 13 weeks 13.2 lbs/6.8 kg
- **Daily Intake:** 1750 kcal
- **Weekly Exercise:** 1850 kcal

The weekly update function also automatically informs you when you have reached your weight loss target. For further information, see the section *Achieving Your Weight Loss Target*, page 91.

If you have not managed to follow the Program according to the plan, you will get a notification informing you that your initial weight loss target is no longer achievable in the defined duration. In this case, you are prompted to create a new Weight Management Program. For further information, see the section *Not Achieving Your Weight Loss Target*, page 92.

1. The wrist unit automatically reminds you to update the Program with the ✉ symbol once a week.
   The reminder appears between **Sunday and Monday at midnight (00:00)**.
   Press the ▶ button to open the reminder message.
2. When the wrist unit notifies you that it is time for your **weekly update**, press OK.

Note: You can adjust your weight within reasonable limits (+/- 2 kg/4.4 lbs since the previous week's average weight). If your weight change since the previous week's average is greater than +/- 2 kg/4.4 lbs., the wrist unit prompts you to confirm this change. Press the Back button to cancel your update and readjust it, or press OK to accept your update.

3. The wrist unit asks you to enter today's weight.
   Decrease the value with ⊖ button or increase the value with ⊕ button. Press OK.

4. The wrist unit checks your progress and displays the following updated information:

Result
Duration of the Program (in weeks) and your weight change completed so far are displayed. Press OK to proceed.

5. Left
The remaining Program duration in weeks and weight loss target are displayed.

Note: The Program duration calculation starts from the first Monday of the Program.

Press OK to proceed.

EXAMPLE:
Laura had selected the recommended 13 week Weight Loss Program on a Tuesday. She created her Program Tuesday. Next Monday she will still have 13 weeks left because the Program duration calculation starts from Monday.

6. Daily Intake
The recommended number of calories you should consume daily is displayed.
You can monitor and update your intake calories in the Intake Diary. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.
Press OK to proceed.

7. Weekly Exercise
The recommended number of calories you should burn weekly during exercise sessions is displayed.
You can monitor the calories you burn during your exercise sessions in the Exercise Diary. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.
Press OK to proceed.

8. Program Updated is displayed and the wrist unit returns to the Time of Day display. Indicates where you can find the electronic Diary of your Weight Management Program and reminds you that your Weight Management Program targets have been updated. The symbol is displayed until you update your weight, intake calories, or your Extra value.

2.5 ACHIEVING YOUR WEIGHT LOSS TARGET

1. Reminder message ✉ is displayed in the Time of Day display. Press the ▶ button to open the reminder message.
2. The wrist unit reminds you that it is time for your **weekly update**, press OK.
3. The wrist unit asks you to enter today's weight.
   Decrease the value with ⊖ button or increase the value with ⊕ button. Press OK.

*Note: You can adjust your weight within reasonable limits (+/- 2 kg/4.4 lbs since the previous week's average weight). If your weight change since the previous week's average is greater than +/- 2 kg/4.4 lbs., the wrist unit prompts you to confirm this change. Press the **Back** button to cancel your update and readjust it, or press OK to accept your update.*

4. The wrist unit checks **your progress** and displays the following information:

   Result
   Duration of the Program (in weeks) and your weight change completed so far are displayed. Press OK to proceed.

   When 🏆 is displayed, it indicates that **you have reached your target weight** with the help of the Polar Weight Management Program! Congratulations! Press OK to proceed to get your Weight Maintenance Program.

5. **Targets to Maintain** - Press OK. The wrist unit starts the Weight Maintenance Program and gives you targets to maintain your weight.
6. **Daily Intake** - the recommended number of calories that you should consume is displayed.
   Press OK to proceed.
7. **Weekly Exercise** - the recommended number of calories that you should burn weekly during exercise.
   Press OK to proceed. Program Started is displayed and the wrist unit returns to the Time of Day display.

Note: If you have achieved 90% of your target weight loss by the last weekly update of your Weight Loss Program, the Program also informs you that you have achieved your target.

2.6 NOT ACHIEVING YOUR WEIGHT LOSS TARGET
Same as steps 1, 2, and 3 on the previous page.
4. The wrist unit checks **your progress** and displays the following information: **Target No More Realistic**. This means that you have not managed to follow the Program according to the plan and that the weight loss target is no longer achievable in the initially determined Program duration. Press OK.
   The wrist unit asks you if you want to **Create New Program?**
   • If you do want to create a new Program, press OK.
     For further information, see the section *Creating a Weight Management Program*, page 78 starting from step 4.
   OR
   • If you do not want to create a new Program, press the **Back** button. A Program to maintain your weight starts automatically.

2.7 CHECKING YOUR PROGRESS IN THE WEIGHT MANAGEMENT PROGRAM WITH WM42/WM41

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Press ◀. Program is displayed. Press OK.
3. Current Program is displayed. Press OK to start checking the current targets of your Program.
4. **Result** - The weeks used for the Program and your weight change during the Program is displayed. Press OK to proceed.

   If **Empty** is displayed, you should create a Program. For further information, see the section *Creating a Weight Management Program*, page 78.

   If **Targets to maintain** is displayed, the wrist unit informs you that your Weight Maintenance Program has started. Press OK and continue from step 7.

5. **Left** - The remaining Program duration in weeks and the remaining weight to lose are displayed. Press OK to proceed.

   *Note: The Program duration calculation starts from the first Monday of the Program.*

6. **Daily Intak**e - the recommended number of calories that you should consume **daily** is displayed. Press OK to proceed.

7. **Weekly Exercise** - the recommended number of calories that you should burn **weekly** during exercise sessions is displayed. Press and hold the **Back** button until the time of day is displayed.

3. EXERCISING WITH YOUR WEIGHT MANAGEMENT PRODUCT

In the **Exercise** menu, you can check your heart rate and calorie expenditure. To measure your heart rate, you need to wear the transmitter. The wrist unit automatically records and saves the exercise information and calculates the energy expenditure during your exercise session.

3.1 HOW TO PUT YOUR TRANSMITTER ON AND START RECORDING YOUR EXERCISE
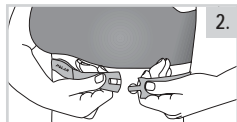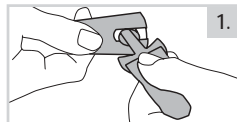
1. Attach one end of the transmitter to the elastic strap.
2. Adjust the transmitter's strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.
3. Lift the transmitter off your chest and **moisten the two grooved electrode areas** on the back. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.
4. Wear the wrist unit as a watch and press OK to enter the menu. Exercise is displayed.
5. Press OK. Start? is displayed. Your heart rate appears in a few seconds. Keep a minimum of 3 feet/1 meter from other heart rate monitor users.
   With WM42/WM41 keep the minimum distance of 3 feet/1 meter until the framed heart rate symbol ♥ appears. This means your transmitter is coded to your wrist unit, which helps avoiding interference from other heart rate monitors and devices.
6. Press OK again to start recording your exercise. Exercise time starts running.

If you are using WM42/WM41 and OwnZone is displayed, see the section *OwnZone*, page 97.
If you want to skip the OwnZone determination, press OK and start your exercise.

Note:
- *Electromagnetic fields from power lines, TV sets, are often sources of interference that can also cause erroneous heart rate readings. For further information, see the section The Polar Weight Management Product and Interference During Exercise, page 117.*
- *If Basic Settings appears, see the section Basic Settings of Your New Wrist Unit, page 75 and complete all your settings.*
- *If you just want to check your heart rate and do not want to record your exercise, skip step 6.*
- ***If your display reads** - - / 00, your heart rate is not being received. Bring the wrist unit up to your chest near the Polar logo on the transmitter. The wrist unit takes a few moments to find the heart rate signal again.*

3.2 FUNCTIONS DURING EXERCISE
Note: Your exercise information is saved only if the stopwatch has been on for more than one minute.

Checking the Time of Day
Bring the wrist unit near the Polar logo on the transmitter. The time of day and current heart rate are displayed.

Checking Exercise Duration, Time of Day, Heart Rate Limits, or Calories
Use the ◀ or ▶ button to view the following options:

1. Exercise duration

1. Press ▶

Heart rate

2. Time of day
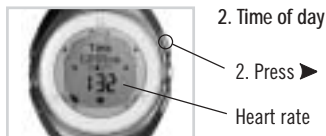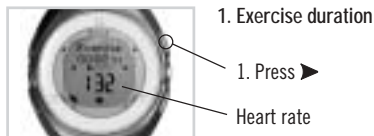
2. Press ▶

Heart rate

3. Heart rate limits

On the left, you can see your lower heart rate limits and on the right, your upper heart rate limits.

3. Press ▶
Heart rate

The heart rate symbol moves left or right according to your heart rate. If the heart symbol is not visible, it means your heart rate is either below or above your set heart rate limits. In this case, an alarm goes off, provided the zone alarm is switched ◄|| on.

4. Exercise Calories

Calories burned during your exercise session
The accumulation of calories starts as your heart rate is displayed.

Heart rate

In WM42/WM41, the graphical bar indicates the target for the weekly exercise calories of your Weight Management Program. When the bar is full, you have reached the targeted calories for the week.

Switching the Heart Rate Zone Alarm Sound ◄|| On or Off
Press and hold the Light button until the alarm is switched on or off.

Switching the Backlight On
Press the Light button and the display is illuminated for a few seconds.

Exercising with the wrist unit in the dark: After you have illuminated the display once while exercising, the display automatically illuminates each time you press any button or bring the wrist unit near the Polar logo on the transmitter, until you stop recording the exercise.

Pausing the Exercise
You can pause your exercise while taking a break to drink water, or do some other activity.
1. Press the Back button. Resume? and the paused exercise time appear. The recordings of the exercise is paused.
2. Press OK to continue recording the exercise.

Stopping the Exercise

1. Press the **Back** button. Resume? and the paused exercise time appear.
2. Press the **Back** button. Exercise is displayed. The recording of your exercise has been stopped.
3. Press the **Back** button again to return to the Time of Day display.
4. Press OK to enter menu.
5. To check the saved information, press the ▶ button. File is displayed. Press OK to enter the File menu.
   If you are using WM42/WM41, press OK again. For further information, see the section *Exercise File*, page 100.

Note:
- *The wrist unit shows the Time of Day display in 5 minutes if you forget to stop the heart rate measurement after you pause the exercise and remove the transmitter from your chest.*
- *To check how to take care of your transmitter after exercising, see chapter Care and Maintenance, page 115.*

3.3 OWNZONE

The Polar Weight Management WM42/WM41 product is able to determine your individual exercise heart rate zone automatically. This is called OwnZone (OZ). It can be done during a warm-up period lasting 1–5 minutes by walking or jogging. You can also determine your OwnZone in other exercise modes. The main idea is that you start exercising slowly with light intensity. You then gradually increase the intensity of your exercise to raise your heart rate. Using OwnZone makes exercise easier and more enjoyable. You do not have to worry about calculations or guesswork for your exercise intensity determination.

There are two different exercise intensity zones, which you can select in the Settings menu for the OwnZone function: OwnZone Weight and OwnZone Basic. OwnZone Weight is an ideal exercise heart rate for weight loss purposes. OwnZone Basic is suitable for moderate intensity exercise. It can also be used for weight maintenance exercise. For further information, see the section *How to Change Settings*, page 106.

The different OwnZone methods ensure that the safest possible exercise zone is determined for you.

OZV, OwnZone Variability This is the primary method based on measuring changes in your heart rate variability during warm-up for exercise. Heart rate variability reflects changes in your body's physiology.

OZL, OwnZone Latest If your heart rate variability decreases either too slowly or too fast or if your heart rate exceeds the safety limit during the OZ determination, the wrist unit selects your latest OwnZone.

OZA, OwnZone Age Alternatively, if there is no previous OwnZone determination in memory and your OZV fails, your age-based heart rate zone is used. This corresponds to 60–75% or 65–85% of your maximum heart rate depending on whether you have selected OZ Weight or OZ Basic, respectively.

3.3.1 DETERMINING YOUR OWNZONE HEART RATE LIMITS

Check the following before starting to determine your OwnZone:

- You have set your user information correctly.
- You have switched the OwnZone function on. Each time you start saving exercise information and have the OwnZone function on, the wrist unit starts finding your OwnZone. For further information, see the section *How to Change Settings*, page 105.

You should always redefine your OwnZone:

- When changing your exercise environment or exercise mode.
- If you feel unusual, e.g. stressed or ill, about the physical state of your body when starting to exercise.
- After changing your settings.

1. If you start from the Time of Day display, press OK twice. Wait until your heart rate appears.
   Press OK. OZ appears in the display.
   If you want to skip OwnZone determination and use the previously determined OwnZone (OZL), press OK and go to step 3.
   If you have not determined your OwnZone before, your age-based heart rate limits (OZA) are used.

2. You determine your OwnZone in five stages:

1. ▶____ Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm during this first stage. After each stage you hear a beep (if the sound settings are on) and the display automatically illuminates (if you have switched the backlight on once before), indicating the end of the stage.

2. ▶▶___ Walk at a normal pace for 1 min. Smoothly increase your heart rate by 10–20 bpm.

3. ▶▶▶__ Walk at a brisk pace for 1 min. Smoothly increase your heart rate by 10–20 bpm.

4. ▶▶▶▶_ Jog at a slow pace for 1 min. Smoothly increase your heart rate by 10–20 bpm.

5. ▶▶▶▶▶ Jog at brisk pace or run for 1 min.

3. At some point during stages 1–5, you hear two beeps. Your OwnZone has been determined. The following information is displayed:
See the explanations for OZV, OZL, and OZA on the previous page.
OwnZone heart rate limits.
Current heart rate.

You can now continue your exercise. Try to stay within the given heart rate zone to maximize the benefits of the exercise.

Switch Timing Signals on/off
You can switch the OwnZone timing signals on/off in the Sound settings of General Settings.
For further information, see the section *General Settings, page 106*.

4. CHECKING SAVED INFORMATION IN FILE

The File menu includes information on recorded exercises. In the WM42/WM41 product, the Diary File also includes saved information your daily calorie intake and your weekly weight progress.

4.1 EXERCISE FILE

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Press ▶. File is displayed.
3. Press OK.
   WM42/WM41: Exercise File is displayed. Press OK.

   Note: If Empty is displayed no exercise information has been recorded in the file.

4. Scroll with the ◀ or ▶ button to the following exercise information:
Exercise Date	Exercise date
Exercise Duration	Exercise duration
Exercise Calories	Calories burned during the exercise
Average Hr	Average heart rate of the exercise

Target Zone
The heart rate limits you used during your exercise.
The time you spent between the heart rate limits.
For further information, see the sections *General Settings* and *Setting Heart Rate Limits*, page 105.

Tot. Cal
The date when total cumulative calories were last reset.
Total cumulative calories burned during several exercise sessions, commencing from the previous resetting.

Note: When you have burned 999 999 kcal (or cal), the total cumulative calories are automatically reset to zero.

Tot. Time
The date when total cumulative time was last reset.
Total cumulative exercise time for several exercise sessions, commencing from the previous resetting.

Note: When you have exercised 9999 huors and 59 minutes, the total cumulative time is automatically reset to zero.

Press and hold the Back button until the wrist unit returns to the Time of Day display.

Note: Your exercise information is saved only if the stopwatch has been on for more than one minute.

Resetting the Total Time or Calories to Zero
Reset these counters to zero to use them as an exercise time or caloric indicator. For example, if you reset them monthly, you can monitor your monthly running totals.
If you start from the Time of Day display, repeat steps 1–4.
5. Use the ◄ or ► button and scroll to the display showing Tot. Time or Tot. Cal.
6. Press OK. Tot. Time or Tot. Cal Reset? is displayed.
7. Press OK. The wrist unit asks: Are you sure?
8. Press OK. Or, if you want to cancel the reset, press the Back button.
9. Press and hold the Back button until the wrist unit returns to the Time of Day display.

Note: Resetting these values does not reset the exercise calories recorded in Your Diary File.

4.2 DIARY FILE

You can check the automatically saved daily or weekly Diary information in the Diary File.

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Press ▶. File is displayed.
3. Press OK. Exercise File is displayed. Press ▶.
4. Diary File is displayed. Press OK to enter the Diary File. Intake is displayed.

Note: If Empty is displayed no information has been recorded in the file.

5. Use the ◀ or ▶ button to select one of the following Diaries:

| Daily Intake calories* | Weekly Exercise calories* | Weekly Weight* | Your daily or weekly Extra value* |

*This Diary is displayed only if you have switched the Diary view on in the settings menu.

6. Press OK to enter one of the Diaries above and check your information.
   The previous day or the last day of the previous week is displayed.
7. Scroll the saved daily or weekly information with the ◀ or ▶ button. The white indicator moves according to the date or week. Press and hold the Back button to return to the Time of Day display, or continue viewing your Diary values.
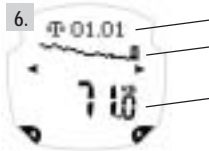
Intake Diary

The selected day is displayed.

You can view your calorie intake for the last 14 consecutive days. The white indicator enables you to quickly compare the calorie intake level of the selected day against the level of the other days.
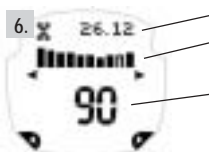
The exact calories entered that date.
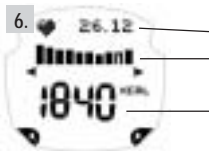
Exercise Diary

The last day of the selected week is displayed.

You can view your exercise calories for the last 26 consecutive weeks. The white indicator enables you to quickly compare the exercise calorie level of the selected week against the level of the other weeks.

All exercise calories you have saved during your exercise in the selected week.

Weight Diary

The last day of the selected week is displayed.

You can view your average weight for the last 40 consecutive weeks. The white indicator enables you to quickly compare the average weight of the selected week against the average of the other weeks.

The exact average weight entered that week.

Extra Diary

The selected day or the last day of the selected week is displayed.

You can view values for the last 14 consecutive days or weeks. The white indicator enables you to quickly compare the values of the selected day/week against the values of other days/weeks.

The exact values entered that date or week.

Note: If you select manual Extra Diary resetting, your values are not saved in the Diary File.

How to Add or Edit Entered Information

You can edit the information you have entered in the Diary during the previous 14 days or 14/26/40 weeks or add missing calorie intake information of the current week afterwards. Any changes made to the calorie intake, during the current week, before the weekly update, cause an automatic adjustment to the Weight Management Program. For example if you want to update on Wednesday the intake calories of Monday, the change will still affect the ongoing Program. Although the intake calories added to previous Sunday will not have an effect to your Program, because the weekly update of the previous week has already taken place. You can also edit the older exercise calories and weight, but this has no affect on the ongoing Weight Management Program.

If you start from the Time of Day display, repeat steps 1–7.

8. Press OK to start editing the value of the selected day.
9. The wrist unit asks if you want to Edit the value? Press OK.
10. Adjust the flashing new value with the ⊖ / ⊕ buttons. Press OK.
11. Press and hold the Back button to return to the Time of Day display.

Note: You cannot add or change the values of the ongoing day.
Although, you can add or change the intake diary values of the ongoing week. The exercise diary or the weight diary values of the ongoing week cannot be added or changed.

The extra diary values of the ongoing week can be changed, if you have selected daily resetting. You cannot change the extra diary values, if you have selected weekly resetting.

In the Setting menu, you can view or change the information you have set earlier, such as the measuring units for your weight, or you can set information, such as your heart rate limits, volume and alarm settings.

5.1 GENERAL SETTINGS

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Scroll to Setting with the ◀ or ▶ button. Press OK. General Settings is displayed.
3. Press OK. Use the ◀ or ▶ button to select **Limits**, **Sounds**, **Keylock**, or **Units** settings.
4. Press OK to select the desired settings.

Exercise ◀ ▶ File ◀ ▶ Setting
▼
General Settings
▼
Limits ◀▶ Sounds ◀▶ Keylock ◀▶ Units
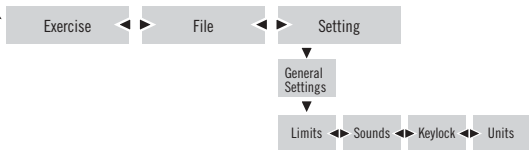
1. **Setting Heart Rate Limits** (Limits)
   These are the heart rate limits that are used when you exercise. Select one of the following options: Auto, OwnZone (only in WM42/WM41), Off, or Manual with the ⊖ / ⊕ buttons, and press OK.

   Auto   Automatically calculated age-based heart rate limits (220 − age) correspond to 60–75% of your maximum heart rate: The wrist unit calculates the heart rate limits based on the birthdate you have entered. Upper and Lower Limits are displayed.

OwnZone   Select Weight or Basic with the ⊖ / ⊕ buttons. Press OK.
            There are two different options for automatic heart rate zone determination: OwnZone Weight and OwnZone Basic. For most adults, OwnZone Weight corresponds to 60–75% and OwnZone Basic corresponds to 65–85% of their maximum heart rate. OwnZone Weight is good for weight management, particularly for overweight and less fit individuals, or at the beginning of your Weight Management Program. OwnZone Basic improves your fitness more efficiently and is well suited for when you have exercised for some time or when you are in weight maintenance phase. For further information, see the section *OwnZone*, pages 97–99.

Off   Function is switched off.

Manual   Set the upper heart rate limits with the ⊖ / ⊕ buttons. Press OK.
            Set the lower heart rate limits with the ⊖ / ⊕ buttons. Press OK.

Press ➤ to proceed to Sound settings.

2. **Setting Volume for Sounds**
   Select the quiet Vol 1, or loud Vol 2, or sounds OFF with the ⊖ / ⊕ buttons. Press OK.

   If you change the Vol 1 or Vol 2 setting, all the wrist unit tones are affected. If you select the Sounds Off setting, the button and activity sounds (e.g., start/stop exercise) are switched off. The watch alarm sounds can be switched on or off in the Watch settings. The heart rate zone alarms can be switched on or off when you exercise. For further information, see pages 96 and 113.

   Press ➤ to proceed to the Keylock settings.

3. **Selecting Button Lock Settings** (Keylock)
   Select Auto or Manual with the ⊖ / ⊕ buttons. Press OK.

   Auto   The wrist unit automatically locks all the buttons (except the Light button) if you do not press any button within one minute. You can switch the button lock off in the Time of Day display by pressing and holding the **Back** button until Buttons unlocked is displayed.

   Manual You can switch the button lock on or off in the Time of Day display by pressing and holding the **Back** button until ⊶ is displayed or disappears.

   Press ▶ to proceed to the Units settings.

4. **Changing Weight, Height, and Calorie Units**
   Select lb/ft/cal or kg/cm/kcal with the ⊖ / ⊕ buttons. Press OK.
   Press and hold the **Back** button to return to the Time of Day display.

	lb/ft	kg/cm
Weight	Pounds	Kilograms
Height	Feet/Inches	Centimeters
Calorie	Cal	Kcal

5.2 DIARY SETTINGS FOR THE WEIGHT MANAGEMENT PROGRAM IN WM42/WM41

In the Diary Settings, you can choose to monitor and use your Diaries. To monitor the information in the Diaries, see the section *Monitoring and Updating Your Progress with WM42/WM41,* page 84.

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Scroll to Setting with the ◀ or ▶ button. Press OK. General Settings is displayed.
3. Scroll to Diary Settings with the ◀ or ▶ button. Press OK. Intake Diary is displayed.
4. Use the ◀ or ▶ button to select the **Intak**e Diary, **Exercise Diary**, **Extra Diary**, or **Weight Diary** settings. Press OK to start adjusting the desired settings.

Exercise	◀ ▶	File	◀ ▶	Setting

General Settings	◀▶	Diary Settings

Intake Diary	◀▶	Exercise Diary	◀▶	Extra Diary	◀▶	Weight Diary
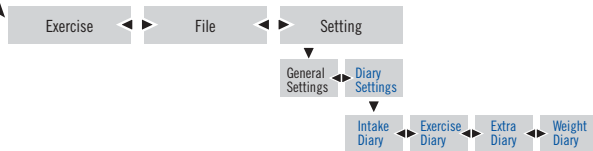
Intake Diary Settings

If you start from the Time of Day display, repeat steps 1–4.

5. Diary view On: Enables you to follow your calorie intake in the Intake Diary.
   Diary view Off: Intake Diary is not accessible.
   Switch the view On or Off with the ⊖ / ⊕ buttons. Press OK.
   If you choose Off, skip step 6.
6. Increase Rate: Use the ⊖ / ⊕ buttons to set the accuracy of the intake calories (1, 10, 50, or 100 kcal). This accuracy is used when you update the Intake Diary. Press OK.
7. Press ▶ to proceed with the Diary Settings.

Exercise Diary Settings

If you start from the Time of Day display, repeat steps 1–4.

5. Diary view On: Enables you to follow the progress of your weekly burned calories during exercise sessions in the Exercise Diary.
   Diary view Off: Exercise Diary is not accessible.
   Switch the view On or Off with the ⊖ / ⊕ buttons. Press OK.
6. Press ▶ to proceed with the Diary Settings.

Extra Diary Settings

The Extra Diary menu can be used for following a value that you define yourself (such as your waist circumference).

If you start from the Time of Day display, repeat steps 1–4.

5. Diary view On: Enables you to follow the progress of your chosen value (for example, waist circumference) in Extra Diary.
   Diary view Off: Extra Diary is not accessible.
   Switch the view On or Off with the ⊖ / ⊕ buttons. Press OK.
   If you choose Off, skip steps 6–8.
6. Increase Rate: Use the ⊖ / ⊕ buttons to set the accuracy of your definable value (0.5 or 1). This accuracy is used when you update the Diary. Press OK.
7. Target: Use the ⊖ / ⊕ buttons to set the target value you want to reach.
   If you set your target to 0, Extra Diary does not use the graphical trend display. Press OK.
8. Reset: Use the ⊖ / ⊕ buttons to set how often you want the wrist unit to reset your value to zero (daily or weekly) or select Manual to do it yourself. If you choose to reset the value manually, Extra Diary does not use the graphical trend display and the Extra Diary File is not accessible. Press OK.

   Note: If you use Extra Diary for monitoring your waist circumference, select manual resetting.

9. Press ▶ to proceed with the Diary Settings.

Weight Diary Settings

If you start from the Time of Day display, repeat steps 1–4.

5. Diary view On: Enables you to follow your weight progress in the Weight Diary.
   Diary view Off: Weight Diary is not accessible.
   Switch the view On or Off with the ⊖ / ⊕ buttons. Press OK.
   If you choose Off, skip step 6.
6. Use the ⊖ / ⊕ buttons to set how often (daily, weekly, or never) the wrist unit should ask you to update your weight.
   Press OK.
7. Press and hold the Back button to return to the Time of Day display.

By keeping track of your weight and calorie intake on a daily basis, you will have information on your progress immediately at hand. By weighing yourself at least once a week, you can tell if you are on track. The idea is to stick to your plan and focus on the overall weight loss target by making the necessary adjustments along the way. For further information, see the section *Monitoring and Updating Your Progress with WM42/WM41*, page 84.

5.3 CHANGING USER SETTINGS

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Scroll to Setting with the ◀ or ▶ button. Press OK. General Settings is displayed.
3. Scroll to User Settings with the ◀ or ▶ button. Press OK to start changing the settings.
4. **Height**: Adjust the height with the ⊖ / ⊕ buttons. Press OK.

Note: If you selected lb/ft as your units, you should first set feet (step 4) and then inches (repeat step 4). You can change the units by pressing and holding the Light button.
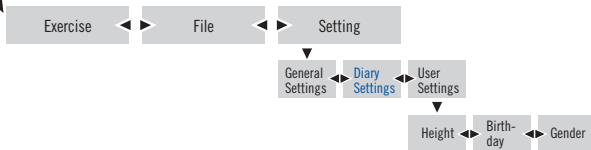
5. **Birthday**: Adjust the day (dd) or month (mm) with the ⊖ / ⊕ buttons. Press OK.
6. Adjust the month (mm) or day (dd) with the ⊖ / ⊕ buttons. Press OK.
7. Adjust the year (yy) with the ⊖ / ⊕ buttons. Press OK.
8. **Gender**: Select female or male with the ⊖ / ⊕ buttons. Press OK.

Note: The wrist unit checks that you really want to change the user by displaying user changed.
If you do not want to change the user, press the Back button. The wrist unit returns to the old user information.
If you want to change the user, the wrist unit asks: Create New Program?

If yes, press OK. For further information, see the section Creating a Weight Management Program, page 78, starting from step 5.
If no, press the Back button. The wrist unit automatically creates a Weight Maintenance Program for you. For further information, see the section Creating a Weight Management Program, starting from Your Personal Program section, page 81.

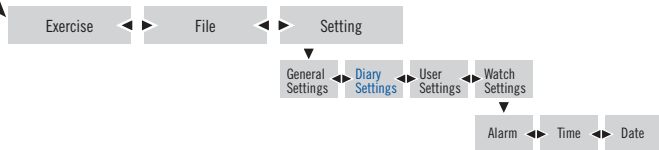9. Press ▶ to proceed to the next settings.

When you set your birthday, the order of the day and month depends on the 12 h/24 h mode you set in the Basic Settings of the wrist unit. If you want to change this order, go to the section *Setting the Time*, page 113.

5.4 SETTING THE WATCH
Note that there are two ways that the time and date can be presented. Select the presentation mode when setting the 12 h (date: mm.dd.yy) or 24 h (date: dd.mm.yy) time.

1. Start from the Time of Day display. Press OK. Exercise is displayed.
2. Scroll to Setting with the ◀ or ▶ button. Press OK. General Settings is displayed.
3. Scroll with the ◀ or ▶ button to Watch Settings. Press OK.
4. Use the ◀ or ▶ button to select **Alarm**, **Tim**e, or **Dat**e settings. Press OK to set the selected settings.

Exercise	◀ ▶	File	◀ ▶	Setting

General Settings	◀ ▶	Diary Settings	◀ ▶	User Settings	◀ ▶	Watch Settings

Alarm	◀ ▶	Time	◀ ▶	Date

Setting Alarm ⊣

If you start from the Time of Day display, repeat steps 1–4.

5. Select Alarm **Off**, **Daily**, or **Mon-Fri** (alarms only on weekdays) with the ⊖ / ⊕ buttons. Press OK.
   If you choose Off: go to step 8.
   If you choose 24 h mode: go to step 6.
   If you choose 12 h mode: select AM or PM with the ⊖ / ⊕ buttons. Press OK.
6. Set the hours for the alarm with the ⊖ / ⊕ buttons. Press OK.
7. Set the minutes with the ⊖ / ⊕ buttons. Press OK.
8. Press ▶ to proceed.

If the ▭ is displayed and you have set the alarm on, the alarm will still activate one more time. After that the alarm symbol ⊣ disappears. If you try to reset the alarm the wrist unit displays Battery Low. You cannot reset the alarm until the battery is changed.

Switching the Alarm Off (Snooze):
Press the **Back** button to stop the alarm. When the alarm is stopped, the display automatically illuminates. Pressing any other button will snooze the alarm for ten minutes. If you do not stop the alarm, it will sound for one minute and return to the Time of Day display.

Setting the Time
If you start from the Time of Day display, repeat steps 1–4.

5. Select the **12 h** or **24 h** time mode with the ⊖ / ⊕ buttons. Press OK.
6. If you select the 12 h mode, select AM or PM with the ⊖ / ⊕ buttons. Press OK.
7. Set the hours with the ⊖ / ⊕ buttons. Press OK.

8. Set the minutes with the ⊖ / ⊕ buttons. Press OK.
9. Press ▶ to proceed.

Setting the Date
If you start from the Time of Day display, repeat steps 1–4.
5. Select **mm** (month) or **dd** (day) with the ⊖ / ⊕ buttons. Press OK.
6. Select **dd** (day) or **mm** (month) with the ⊖ / ⊕ buttons. Press OK.
7. Select **yy** (year) with the ⊖ / ⊕ buttons. Press OK.

Press and hold the **Back** button to return to the Time of Day display.

5.5 HOW TO TRANSFER DATA FROM A COMPUTER VIA UPLINK (WM42/WM41)
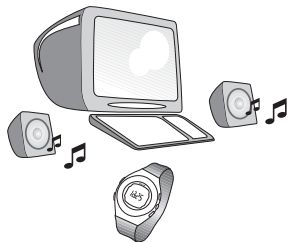
Your Polar Weight Management Product offers you the option of transferring certain data from www.polarpersonaltrainer.com/wm directly to your wrist unit via Polar UpLink. You can gain access and start the registration process to this web site by entering the 13 digit serial number from the back cover of your Weight Management product.

In order to be able to use the UpLink feature, you need a computer with a sound card and dynamic loudspeakers or earphones.

See www.polarpersonaltrainer.com/wm for further instructions.

6. CARE AND MAINTENANCE

Your Polar Weight Management Product is a high-tech instrument and should be treated with care. The suggestions below will help you fulfill the guarantee obligations.

Taking care of your Polar Weight Management Product
- Wash the transmitter regularly after use with a mild soap and water solution. Dry it carefully after washing with a soft towel. Keep the wrist unit clean and wipe off any moisture.
- Never store the transmitter wet. Sweat and moisture can keep its electrodes wet and the transmitter activated, which shortens the battery life.
- Store your Weight Management Product in a cool and dry place. Do not store it in any kind of non-breathing material, such as a plastic bag or a sports bag if it is wet.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Do not dry the transmitter in any other way than with a towel. Mishandling may damage the electrodes.
- Keep your Weight Management Product out of extreme cold and heat. The operating temperature is 14 °F to 122 °F/ -10 °C to +50 °C.
- Do not expose the Weight Management Product to direct sunlight for extended periods, such as by leaving it in a car.

Transmitter Batteries
The estimated average battery life of the transmitter is 2500 hours of use. Contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters. See your Customer Care and Registration Card for detailed instructions.

Wrist Unit Batteries
The estimated average battery life of the wrist unit is two years in normal use. Please note that excessive use of the backlight and the alarm signals drain the battery more rapidly. The ▭ symbol indicates low battery and that the battery should be replaced. Do not open the wrist unit yourself. To ensure the water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only.
At the same time, a full periodic check of the Polar Weight Management Product will be done.

Note: Water resistance cannot be guaranteed after unauthorized service.

Polar Service Center
Should your Polar Weight Management Product need service, see your Customer Care and Registration Card to contact an authorized Polar Service Center.

7.1 THE POLAR WEIGHT MANAGEMENT PRODUCT AND INTERFERENCE DURING EXERCISE

Electromagnetic Interference
Disturbances may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or when you walk through electric security gates.

Exercise Equipment
Several pieces of exercise equipment with electronic or electrical components such as LED displays, motors, and electrical brakes may cause interfering stray signals. To try to tackle these problems, relocate the wrist unit as follows:
1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as far as it is possible.
4. If the Polar Weight Management Product still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

Crosstalk
When in non-coded mode ♥, the wrist unit picks up transmitter signals within 3 feet/1 meter. Simultaneous non-coded signals from more than one transmitter can cause an incorrect readout.

Using the Polar Weight Management Product in Water Environment
Your Polar Weight Management Product is water resistant to 160 feet/50 meters.
Users measuring their heart rate in water may experience interference for the following reasons:
- Pool water with a high chlorine content and seawater are very conductive. This may cause a short circuit in the electrodes of the transmitter, which prevents ECG signals from being detected by the transmitter unit.
- Jumping into water or strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up ECG signals.
- The ECG signal strength depends on the individual and also varies depending on an individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in water than in other use.
- Do not press the buttons of the wrist unit under water.

7.2 MINIMIZING POSSIBLE RISKS OF THE WEIGHT MANAGEMENT PROGRAM

The Polar Weight Management Progam is not targeted at those who are underweight (BMI less than 18.5) or severely obese (BMI over 35). If you have obesity-related diseases or other medical conditions, you are advised to consult your physician, nurse, or physiotherapist before starting any exercise. Too rapid weight loss (more than 4,4 lbs/2 kg per week) is not recommended. Steady weight loss with small changes in nutrition and physical activity ensures the best and longest results. If you experience any atypical symptoms related to digestion or body fluid balance, heart symptoms, or disorders in your joints or ligaments during the Program, we recommend you consult medical personnel. The Program is not recommended for use during pregnancy.

Exercise may include some risk, especially for those who have been sedentary. Before starting a regular exercise program, it is recommended that you answer the following questions about your health status. If the answer is yes to any of these questions, we recommend that you consult a doctor before starting an exercise program.
- Have you not exercised for the past 5 years?

- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medication for heart problems, blood pressure, psychical conditions, asthma, breathing as well as some energy drinks, alcohol, and nicotine, can affect heart rate.

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.

Notice to persons with pacemakers, defibrillators, or other implanted electronic devices. Individuals who have a pacemaker use the Polar Weight Management Product at their own risk. Before use, we always recommend an exercise test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Weight Management Product.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in the *Technical Specifications* chapter, page 125. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

8. FREQUENTLY ASKED QUESTIONS

Why should I update my weight daily?
If you enter your weight in your wrist unit daily, the Program is more accurate and you achieve better results.

How much can my weight increase before the arrow of the weight Diary turns to the left?
In a Weight Loss Program, the arrow shows today's weight compared to yesterday's weight (or the last updated weight, if you have not inputted your weight daily). In a Weight Maintenance Program, your weight is compared to your target weight. Your weight is allowed to increase 3.3 lbs/1.5 kg before the arrow turns to the left as an alarm to pay attention to your weight.

What should I do if...
...I burn more exercise calories than is recommended by the Weight Management Program?
Exceeding the target amount of exercise calories by a small amount is not harmful, it is even desirable! If you exceed the target by a continuous and large amount, it is recommended that you create a new Program and select a higher amount of exercise for your new Program. This way, the amount of your intake calories is in proportion to the real amount you exercise.

...I eat more calories than is recommended by the Weight Management Program?
In order to reach your targets, it is good to stick to the given Program. Exceeding the calorie target once does not matter, but it is important that you update all the calories you have eaten in the wrist unit. This way the Program can adjust itself for you.

...I burn less exercise calories than the weekly recommended amount?
In order to reach your targets, it is good to stick to the given Program. In WM22/WM21, the monitoring of the Weight Management Program should be done manually with the Weight Management Guide Book. If you notice that you are running notably behind your targets, it is recommended that you create a new Program and recheck the requested values.

In WM42/41, your progress is checked in the weekly update and you will be given new targets for the following week. If you have lagged behind the targets, your Program will automatically become stricter so that you can reach your original target weight in the desired time.

...someone else starts using my wrist unit?
Each time the user changes, the new user should enter her/his user information settings first and then create a new Weight Management Program. When the user settings are changed, the old Program is no longer valid and the electronic Diaries are reset to zero.

Changing the user information or creating a new Weight Management Program does not delete the saved data from the Exercise File and the Diary File. The saved new Program data is automatically added to the old Program data in the Diary File. The old data has no affect on the new Program.

...I forget the last weekly update of my Weight Loss Program?
The Program automatically changes to a Weight Maintenance Program. To check your new Program's targets, see *Monitoring and Updating Your Progress with WM42/WM41* chapter, page 84.

...I don't know where I am in the Setting or File menu?
Press and hold the **Back** button until the time of day is displayed.

...there is no heart rate reading (- -)?
1. Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
2. Check that you have kept the transmitter clean.
3. Check that there are no sources of electromagnetic radiation in close vicinity to the wrist unit, such as TV sets, cellular phones, CRT monitors, etc.
4. Have you had a cardiac event that may have altered your ECG waveform? In this case, consult your physician.

...heart symbol flashes irregularly?

1. Check that your wrist unit is inside the transmission range and not further than 3 feet/1 meter from the Polar transmitter you are wearing.
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the transmitter are moistened.
4. Make sure that there is no other heart rate transmitter within the reception range (3 feet/1 meter).
5. Cardiac arrhythmia may cause irregular readings. In this case, consult your physician.

...the heart rate reading becomes erratic or extremely high?

You may have come within range of strong electromagnetic signals that cause erratic readings on the wrist unit display. Check your surroundings and move further away from the source of the disturbance.

...the display is blank?

The Polar Weight Management Product is in battery saving mode when it is dispatched from the factory. To activate it, press any of the buttons. The Basic Settings starts. See the section *Basic Settings of Your New Wrist Unit*, page 75.

...the symbol ▬▭ is activated?

Usually the first sign of an expired battery is the low battery indicator ▬▭. Have the batteries checked.

...the buttons do not react?

Reset the wrist unit. Resetting clears the date and time settings. The User, File, and Diary information are saved.

Press all buttons except the Light button at the same time until the display is filled with digits. Press OK. For further information, see the section *Basic Settings of Your New Wrist Unit*, page 75, starting from step 2.

If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time of Day display.

If this does not work, have the batteries checked.

...the wrist unit battery needs to be changed?

We recommend that any service be done by an authorized Polar Service Center. The guarantee does not cover damage or consequential damage caused by service not authorised by Polar Electro. The Polar Service Center will test your wrist unit for water resistance after battery replacement and make a full periodic check of your complete Polar Weight Management Product.

...another person with a Weight Management Product/Heart Rate Monitor is causing interference?

Your exercise partner may have coincidentally activated exactly the same code as you. In this case, move away from your exercise partner or proceed as follows:

1. Stop the stopwatch and heart rate measurement.
2. Take the transmitter off your chest for 10 seconds.
3. Put the transmitter back on and start the heart rate measurement again.

...the OwnZone limits based on heart rate variability (OZV) vary a lot?

Heart rate variability reacts sensitively to all changes taking place in your body and environment. The OZV heart rate limits are affected by, amongst other things, your state of fitness, the time of day of the OwnZone determination, the type of exercise and your state of mind. The lower limit of the OZV can vary for the same person by as much as 30 beats. However it is important that the exercise carried out in the OwnZone feels light or moderate. For example, if you raise your heart rate too rapidly after the first stage, you may receive OwnZone heart rate limits that are too high. If the OwnZone limits seem to be too high, we recommend that the OwnZone determination be repeated.

...I can rarely get the OwnZone determination working so that it would provide me with heart rate limits that are based on heart rate variability (OZV).

1. Check that the elastic strap is snug enough.
2. Make sure that the electrodes of the transmitter are moistened against your skin.
3. Put on the transmitter 15–20 minutes prior to the start of your exercise to ensure good adaptation between the electrodes and your skin.
4. If you get OwnZone limits based on age (OZA) or the previously determined OwnZone limits based on your heart rate variability (OZL) in less than one minute, you have not raised your heart rate sufficiently slowly. Raise your heart rate more slowly during the OwnZone determination. The heart rate reading should not rise over 20 beats/minute from the starting level. During the first stage you could put on your exercise clothing.
5. If you get OwnZone limits based on age (OZA) or the previously determined OwnZone limits based on your heart rate variability (OZL) after five minutes, you have not raised your heart rate sufficiently rapidly. Raise your heart rate more quickly during the OwnZone determination.
6. If you have always used walking and running to determine your OwnZone, walking uphill or cycling may work better for you.
7. Stress or anxiety may reduce your heart rate variability so that the required point where the heart rate variability vanishes cannot be measured. Relax for 5–10 minutes before exercising by sitting down and decreasing your heart rate.
8. For a small percentage of people, the heart rate variability will not totally disappear with increasing workload. In this case the age-predicted limits are the best estimate for the exercising zone.

9. TECHNICAL SPECIFICATIONS

The purpose of this product is:
- To help the user to achieve her/his personal weight management goals.
- To indicate the level of physiological strain and intensity during an exercise session.

No other use is intended or implied.

Wrist Unit
Battery type: CR 2032
Battery life: Average 2 years in normal use
Operating temperature: 14 °F to 122 °F / -10 °C to +50 °C
Water resistance: to 160 feet / 50 meters
Wrist strap material: Polyurethane
Back cover and wrist strap buckle material: Stainless steel complying with the nickel release regulations of the EU (EU Directive 94/27/EU and its amendment 1999/C 205/05).
Heart rate is displayed as number of heartbeats per minute (bpm).
Watch accuracy better than ± 0.5 seconds/day at 77 °F/25 °C temperature.
Accuracy of heart rate measurement: ± 1 % or ± 1 bpm, whichever larger, definition applies to steady state conditions.

Limit Values
Chronometer .... 23 h 59 min 59 s
Heart rate limits .... 30–199 bpm
Total time .... 0–9999 h
Total calories .... 0–999999 kcal
Birthday 1921–2020
Maximum Weight
Loss Program duration .... 26 weeks

Transmitter
Battery type: Built-in Lithium Cell
Battery life: Average 2500 hours of use
Operating temperature: 14 °F to 122 °F/
                                      -10 °C to +50 °C
Material: Polyurethane
Waterproof

Elastic Strap
Buckle material: Polyurethane
Fabric material: Nylon, polyester, and natural
                          rubber including a small
                          amount of latex

10. LIMITED POLAR INTERNATIONAL GUARANTEE

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or International Guarantee Card, which is your proof of purchase!**
- Guarantee does not cover battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.
- Guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.

11. DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by one or several of the following patents:
US 5491474, US 5486818, US 4625733, US 6272365, US 6477397, US 4625733, US 5491474, US 5486818, US 5611346, US 6477397, US 6272365, US 6418394, US 6361502, US 6277080, US 6104947. Other patents pending.