WC068 Digital Pedometer **Bodyfat**

PWC068-03001

CIELO

Time Mode

- The display are show the current time (hour and minute).
- You can easy to switch between the 12 hour / 24 hour display. Press S3 to toggle between the 12 / 24 hour display format.
- To set TIME: Press and hold S2 to enter into Adjust mode, “12hr” will flash and display.
- Press S3 to increase the flashing digits, and press S4 to decrease the digits. Hold the button for fast scrolling. Press S2 to confirm, and move to Minute adjustment.
- Do the same set of key to adjust the Minute. Press S2 to confirm, and return back to Time mode.

Body Fat Analyzer Mode

- This body fat analyzer could allow you to input up to 5 user data into the unit. Those information will be used on the step mode as well.
- Press the mode key to go to the body fat mode, and the user no. will be flashing.
- You can toggle which user no. you would like to register by pressing the S3 key(you can also overwrite the personal data by select the same user no. and input the data again). You can also check about the information of this user no. by pressing the S4 key.
- Once you select the user no., press and hold the S2 key for 2 sec. to adjust the data.
- First you can adjust the weight. Press S3 to increase the flashing digits, and press S4 to decrease the digits. Hold the button for fast scrolling. Press S2 to confirm, and move to Height adjustment.
- Same method to adjust the Height, Age. Press S2 to confirm. Now you can select the gender of the user. Toggle the S3 and S4 to select the gender, and press S2 to confirm.
- Now you can adjust the Stride. Press S3 to increase the flashing digits, and press S4 to decrease the digits. Hold the button for fast scrolling. Press S2 to confirm.

How to use the Body Fat Analyzer

- Press the mode key to enter into the body fat analyzer mode.
- Select the user no. you want to use by toggle the S3 key.
- Press the Analysis Start key to activate the body fat analyzer, and place your finger into the two metal spot in front of the unit. Please make sure you place the 1st joint of both thumb on top of the metal spot (Analysis Sensor), and they are well contacted.
- Press and hold for a while. The display will show the square segments from left to right to indicate the measurement are in progress. Keep holding it until it show the percentage of your body fat measurement. An icon of body shape will also show the approx. idea about your body fat situation. The scale of the measurement are based on the table below:

European:

Gender	Age	Slim	Normal	Slightly fat	Fat	Very fat
Male	Below 30	Below 15%	15%-21%	21.1%-26%	26.1%-36%	Above 36%
Male	Above 30	Below 18%	18%-24%	24.1%-29%	29.1%-39%	Above 39%
Female	Below 30	Below 18%	18%-25%	25.1%-31%	31.1%-41%	Above 41%
Female	Above 30	Below 21%	21%-28%	28.1%-34%	34.1%-44%	Above 44%

Asian:

Gender	Age	Slim	Normal	Slightly fat	Fat	Very fat
Male	Below 30	Below 14%	14%-20%	20.1%-25%	25.1%-35%	Above 35%
Male	Above 30	Below 17%	17%-23%	23.1%-28%	28.1%-38%	Above 38%
Female	Below 30	Below 17%	17%-24%	24.1%-30%	30.1%-40%	Above 40%
Female	Above 30	Below 20%	20%-27%	27.1%-33%	33.1%-43%	Above 43%

- If you loose the finger contact during the process, or the contact of the fingers are not correctly placed, the measurement will stop and “ERR” will show on the display.

Step Mode

- The display shows the step you have done.
- You can toggle between the step count, distance you have travel, and the Calories you have burn by pressing the S3 and S4. The setting of the Stride and the personal information can be done by Body fat mode.
- The calculation of those distance travel + calories burn are depends on the user you selected on the body fat mode. If you select to based on the user no. 5 as your data, all the calculation are based on the information of user No. 5.
- Press and hold the S2 to reset the step count. All the information regarding to the Step count / distance travel / Calories burn will be erased.

How to wear your pedometer

Your step counter clips easily and snugly to either side of the hip portion of your trousers or shorts. For best results keep the unit in line with the "Crease line" of your trousers.

Some situation may result incorrect step counting:

- The step counter isn't direct perpendicular to the ground. The pedometer needed to be at least 60 degree to the ground.
- Dragging feet walking with sandals or sandals likes shoes, or uneven footstep in a crowed area.
- Sport except walking or jogging, walking up / down from stair.
- Inside a vehicle (bicycle, motorcar, train, bus and other vehicle have some vibration generated.
- Motion of stand or sit.

Battery Replacement

- Release the battery compartment by unscrew the secure screw.
- Pull out the battery with the help of fingernail.
- Flip out the exhausted battery and replaced with new battery. Make sure the polarity is correct.
- Put the battery compartment back and fasten the screw.

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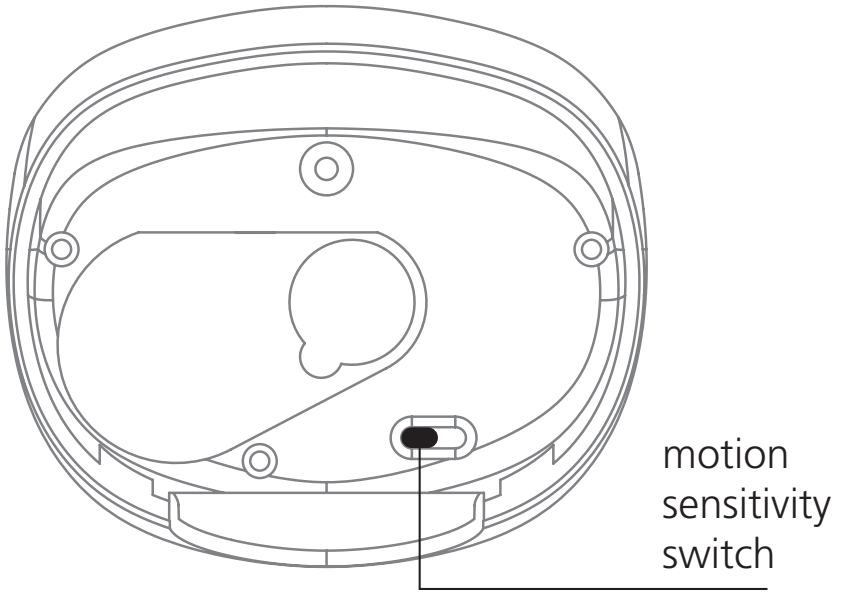
CR2032 (3V) x 1

Motion Sensitivity Slide Switch

To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individuals walking pattern, experiment with different settings.



Care of the pedometer

- Avoid exposing the pedometer to extreme temperatures.
- To clean the pedometer, use a dry soft cloth of a soft cloth moistened in a solution of water and a mild neutral detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
- Store your step counter in a dry place when not in use.
- Keep this manual and any other documentation that comes with the step counter in a safe place for future reference.

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