

ONETWEAK

QUICK START GUIDE

Thank you for selecting our OneTweak pedometer product!

Please visit www.OneTweak.com for:

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9 STEPS FOR QUICK SETUP

Ask for Help: Support@OneTweak.com

1. Remove battery insulator

2. Enter SETUP mode

3. Choose Time Format

4. Set Time

Seconds, hours, minutes

5. Set date

Month, day, year

6. Choose Units of Measure

Either "in" (inches/miles/lb) or
"cm" (cm/km/kg)

7. Set Stride Length (in or cm)

Typical for kids (20"), women (26"),
men (30")

8. Set Weight (lb or kg)

9. Set Daily Target Steps

1. REMOVE THE BATTERY INSULATOR



a. Remove the pedometer from holder clip. b. Remove battery insulator.



c. The pedometer will "come alive".
The display will show Step Mode.

2. ENTER SETUP MODE – CAN ONLY ENTER FROM STEP MODE



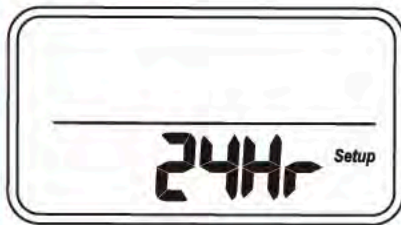
Be sure the pedometer is in STEP mode as on previous page – NOT Daily Memory mode and NOT Total Memory mode.

Hold **Set** briefly until flashing "Adj" disappears and the time format, "12Hr", is flashing.

3. CHOOSE TIME FORMAT

Use either **Mode** or **Reset** to select “12Hr” or “24Hr”.

Then press **Set** to store this setting and move on.



TIME FORMAT

NOTE: The unit reverts to Step mode if no buttons are pushed for 10 seconds.

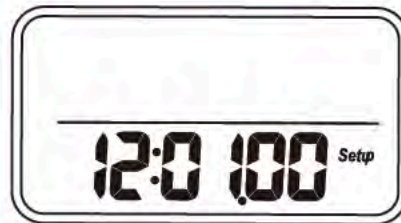
4. SET TIME - SECONDS, MINUTES & HOURS

NOTE: For 12Hr time format, “PM” displays, but “AM” does not.

Use **Mode** ↓ & **Reset** ↑ to adjust seconds (if you wish). Then press **Set** to store & move on.

Adjust hours similarly. Then press **Set** to store & move on.

Adjust minutes similarly. Then press **Set** to store & move on.



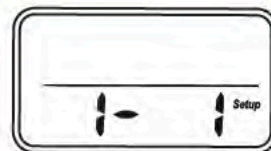
TIME SETTING

5. SET DATE - MONTH, DAY & YEAR

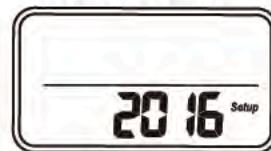
Use **Mode** ↓ & **Reset** ↑ to adjust month. Then press **Set** to store & move on.

Adjust day similarly. Then press **Set** to store & move on.

Adjust year similarly. Then press **Set** to store & move on.



DAY SETTING

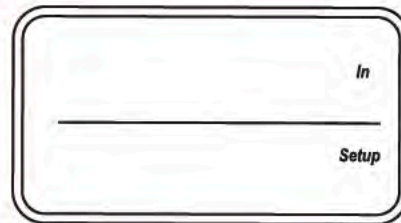


YEAR SETTING

6. CHOOSE UNITS OF MEASURE

Use **Mode** or **Reset** to select “in” (inches/miles/lb) or “cm” (cm/kg/kg).

Then press **Set** to store & move on.



“IN” & “CM” SETTING

7. SET STRIDE LENGTH

Use **Mode** ↓ & **Reset** ↑ to adjust stride length. Then press **Set** to store & move on.

Typical for kids (20"), women (26"), men (30")



STRIDE SETTING

9. SET DAILY TARGET STEPS

Use **Mode** ↓ and **Reset** ↑ to adjust daily target steps. Then press **Set** to store and exit **SETUP** mode.



DAILY TARGET SETTING

SETUP completed! Now, get your WALK on!

8. SET WEIGHT

NOTE: Weight is used only to calculate kcal burned.

Use **Mode** ↓ and **Reset** ↑ to adjust weight.

Then press **Set** to store & move on.



WEIGHT SETTING

SUMMARY OF DISPLAY SYMBOLS



THE 6 MODES OF OPERATION

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1. Step Mode
2. Distance Mode
3. Kcal Mode
4. Exercise Time Mode
5. Daily Memory Mode
6. Total Memory Mode

- Only “exercise steps” are counted. Short duration walking is ignored. After 8 steps, the “exercise steps” counting is turned on. Count will include the first 8 steps and continue counting until walking stops.
- The unit automatically resets all daily stored values to 0 at midnight.

2. DISTANCE MODE



DISTANCE MODE

Displays daily distance walked during your “exercise steps” since midnight and displays the clock time.

1. STEP MODE



STEP MODE

Displays daily step count since midnight and displays the clock time.

3. KCAL MODE

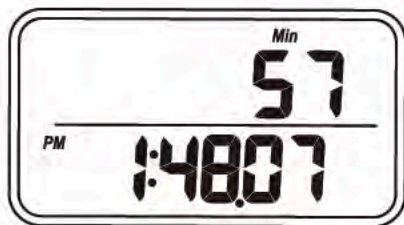


KCAL MODE

Displays kilocalories burned during your “exercise steps” since midnight and displays the clock time.

NOTE: If idle for 3 minutes, the ped sleeps (display is blank) until it is moved.

4. EXERCISE TIME MODE



EXERCISE TIME MODE

Displays your exercise time elapsed during your "exercise steps" since midnight and displays the clock time.

6. TOTAL MEMORY MODE

Displays your total stored info since last Full Reset.

- Steps
- Distance
- Kcal Burned
- Exercise Time

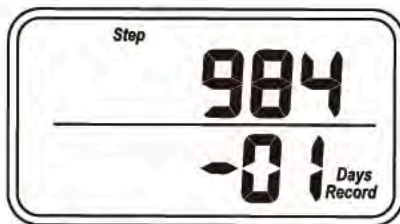


- Use Set button to toggle through the data.
- Full Reset: While in Total Memory Mode, press & hold Reset button for 2 seconds to erase all accumulated data.

5. DAILY MEMORY MODE - UP TO 30 DAYS MEMORY

Displays your stored info for up to 30 days.

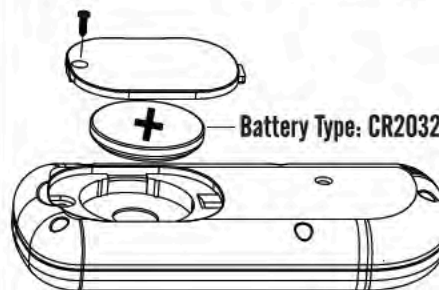
- Steps
- Distance
- Kcal Burned
- Exercise Time



- Use Set button to toggle through stored data for any day.
- Use Reset button to browse backwards to preceding day.
- 01 indicates yesterday, -02 indicates 2 days ago, etc

BATTERY REPLACEMENT

Ask for Help: Support@OneTweak.com



Use a small Phillips screwdriver to replace the battery as shown when low battery indicator is displayed. Expected battery life is more than 6 months.