ONETWEAK

QUICK START GUIDE
Thank you for choosing OneTweak!

Please visit www.OneTweak.com for
Setup Video & Tips, Registration, FAQs, Blog

Contact Info:
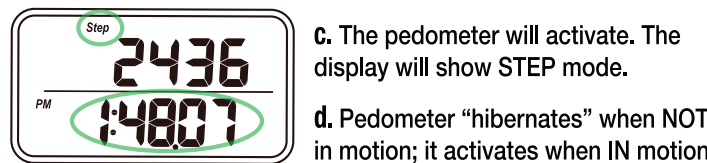Email: support@OneTweak.com
register@OneTweak.com
Phone:(512) 584-9001

1. REMOVE THE BATTERY INSULATOR

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

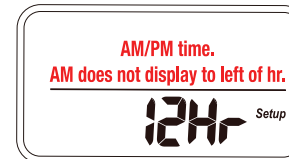c. The pedometer will activate. The display will show STEP mode.

d. Pedometer "hibernates" when NOT in motion; it activates when IN motion.

3. CHOOSE TIME FORMAT

Press **Reset** to change 12 Hr to 24 Hr.

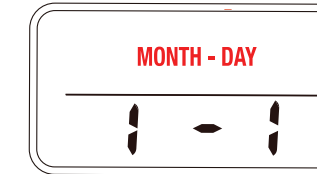Then press **Set** to store this setting and move to the next flashing value [seconds].

NOTE: You must press a button within 5-6 seconds or you will time out of setup and reenter STEP mode.

AM/PM time.
AM does not display to left of hr.
12Hr *Setup*

Military Time
24Hr *Setup*

5. SET DATE

Adjust With **Mode** or **Reset**

Month - adjust; then hit **Set**.
Day - adjust; then hit **Set**.
Year- adjust; then hit **Set**.

MONTH - DAY
1 - 1

YEAR
2012

7. SET STRIDE LENGTH

To change: adjust with **Mode** or **Reset**; then hit **Set**.

How To Measure Your Stride Length
• Walk ten steps to settle into a normal stride.
• Measure the entire distance from heel to heel in inches.
• One easy way to do this:
   a) Start with heels against a wall.
   b) Carry a pen to place behind your forward heel when you stop.
• Divide the total inches by ten to get your average.

Typical Stride Lengths
kids (20")
women(26")
men(30")

20 *In* *Setup*
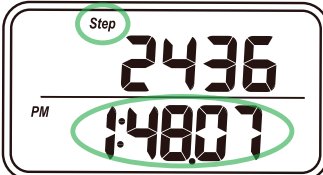
STRIDE SETTING

9 STEPS FOR QUICK SETUP
Call/Email Us for Setup Help
Email: support@OneTweak.com
Phone: (512) 584-9001

1. Remove Battery Insulator
2. Enter SETUP Mode
3. Choose Time Format:
   12 hr or 24 hr
4. Set Time:
   seconds, hours, minutes
5. Set Date:
   month - day, year

6. Choose Units of Measure
   In (inches/miles/pounds) or
   Cm (centimeters/kilometers/kilograms)
7. Set Stride Length (In or Cm)
8. Set Weight (Lb or Kg)
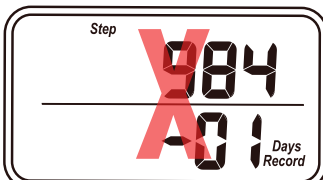9. Set Daily Target Steps

2. ENTER SETUP MODE

CAUTION!
• Make sure you are in STEP mode to begin - **NOT** DAILY MEMORY mode or TOTAL MEMORY mode.

• Hold **Set** until 12Hr begins flashing. [1st of 11 flashing values]
• Adjust with **Reset** to change [if Cm desired]; then hit **Set** to advance.

CAUTION!
• You must adjust values while flashing.

4. SET TIME

CAUTION!
• Make sure a PM displays if you set the time between noon and midnight.

Adjust with Mode or Reset

Seconds: no need to adjust; just hit **Set**.
Hours: adjust; then hit **Set**.
Minutes: adjust; then hit **Set**.

Seven in the morning.
AM does not display.
7:00.33
TIME SETTING

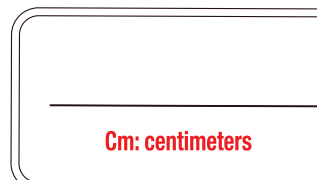**Seven In The Evening**
PM 7:00.33
TIME SETTING

6. CHOOSE UNITS OF MEASURE

Default setting:
In [inches]

To change to cm:
just hit **Reset**; then hit **Set**.

To select inches:
just hit **Set**.

In: inches

Cm: centimeters

8-9. SET WEIGHT & DAILY TARGET STEPS

To adjust weight or daily target steps: adjust with **Mode** or **Reset**; then hit **Set**.

WEIGHT: Used to calculate kcals burned.

TARGET STEPS:
• **Starting Goal:** Walk more today than you walked yesterday.
• **Ideal Goal:** Ultimately, 10,000 daily steps and 150 minutes per week of brisk walking.

SETUP completed! Now, get your WALK on!

1 10 *Setup*
BEFORE

5000 *Setup*
BEFORE

---

10. HOW TO WEAR YOUR PEDOMETER

Two Main Principles:
• **Secure** pedometer to avoid losing.
• **Stabilize** pedometer to avoid bouncing around.
Best Ways to Wear Pedometer
• Clipped to pocket facing INWARD.
• Clipped to bra.
• Clipped to belt or waistband ONLY IF secured with lanyard.
• On lanyard around neck.
Please visit our website:
OneTweak.com for valuable How to Wear information.

THE 6 MODES OF OPERATION
Call/Email Us for Setup Help 😊
Email: support@OneTweak.com
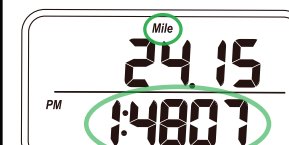Phone: (512)584-9001

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

8 STEP RULE:
• Pedometer does not count 1st 8 steps UNLESS you take a 9th step.
• As you take a 9th step, the count turns on; all 9 steps flood in on step 10.
• The count continues until walking stops.

2. DISTANCE MODE

24.15
1:48.07
DISTANCE MODE

• Displays daily distance since midnight.
• Displays clock time.

Stride Length X Step Count = Distance
• Stride length accuracy matters for distance accuracy.
• Keep in mind that stride consistency varies.

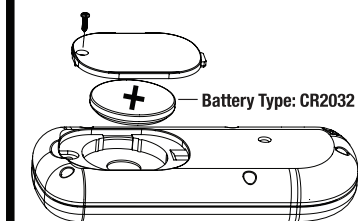## 5. DAILY MEMORY MODE

Displays your stored info for up to 30 days.

• Steps
• Distance
• Kcal Burned
• Exercise Time

984
-01

• Use **Reset** button to browse backwards to preceding day. -01 indicates one day ago, -02 indicates two days ago, etc.
• After you select a particular day, use **Set** button to toggle through stored data for that day.

BATTERY REPLACEMENT

Call/Email us for Help :) Email: support@OneTweak.com
Phone: (512)584-9001

• Use a small Phillips screwdriver to replace the battery as shown when low battery indicator is displayed

Battery Type: CR2032

• Low battery indicator displays to the right of the time on the display screen.
• Expected battery life is 6 months.

SUMMARY OF DISPLAY SYMBOLS

Total Memory Mode (Total Step)
Exercise Time Mode
Distance Mode
Step Mode Or Total Memory Mode
Calorie Mode
Step Target Icon
Units of Measurment
Units of Weight
Low Battery Indicator
Display when battery will be used up
Setup Icon
Step Target Status Bar
PM Icon Only at 12 Hr Format
Record Memory Icon

Mode
Set Reset

1. STEP MODE

AUTOMATIC RESET:
• Resets all daily stored values [step count, distance, kcals, and exercise time] to 0 at midnight.
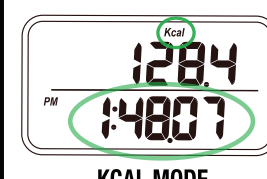
MANUAL RESET:
• Hold **Reset** down until current day's step count clears to 0; steps will be retained in TOTAL MEMORY.

WATCH 'N WALK TEST
• Hold pedometer in hand.
• Walk 30 steps while watching display.
• See if step count advances 1 step for each step walked.

2436
1:48.07
STEP MODE

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

3-4. KCAL & EXERCISE MODE

128.4
1:48.07
KCAL MODE

57
1:48.07
EXERCISE MODE

KCAL MODE:
• Displays kcals burned during your exercise steps since midnight.
• Displays clock time.

EXERCISE MODE
• Displays your total exercise time and steps since midnight.
• Displays clock time.

6. TOTAL MEMORY MODE

Displays your total stored info since last Full Reset.

• Steps
• Distance
• Kcal Burned
• Exercise Time

7560
1:48.07

• Use **Set** button to toggle through the data.
• **Full Reset:** While in TOTAL MEMORY mode, press and hold **Reset** button for 2 seconds to erase all accumulated data.
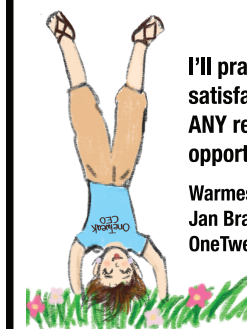
OneTweak's Commitment to YOU!
5-STAR CUSTOMER SERVICE
⭐⭐⭐⭐⭐

I'll practically stand on my head to ensure customer satisfaction so PLEASE don't hesitate to call or email for ANY reason. I consider EACH call or email the gift of an opportunity to answer questions and resolve issues.

Warmest regards,
Jan Brauner
OneTweak CEO

Email: support@OneTweak.com
register@OneTweak.com
Phone: (512) 584-9001