


FRONT 正面



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

Model EZ-1

1. REMOVE THE BATTERY INSULATOR



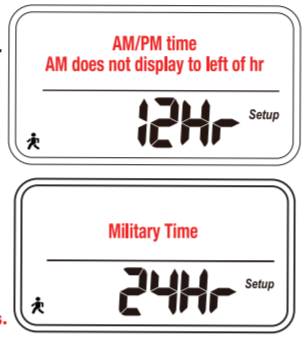
a. Remove the pedometer from holder clip. b. Pull tab to remove battery insulator.

c. The pedometer will activate & display STEP mode.

d. Pedometer hibernates/sleeps when not in motion; it activates when in motion.

3. CHOOSE TIME FORMAT

Press **Mode** or **Reset** to select 12 Hour (am / pm) or 24 Hour (military time). Press **Set** to store and move on.



Note: The pedometer will exit setup if no buttons are pressed for 30 seconds.


5. SET DATE - MONTH, DAY & YEAR

Adjust with **Mode** or **Reset**.

Month - Adjust; then press **Set** to store & move on.

Day - Adjust; then press **Set** to store & move on.

Year - Adjust; then press **Set** to store & move on.



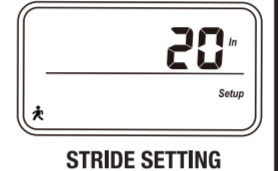
7. SET STRIDE LENGTH

To change stride: press **Mode** or **Reset**; then press **Set** to store & move on.

Easy Way To Measure Your Stride Length

- Get a pen to place behind your forward heel when you stop.
- Place heels against a wall.
- Walk 10 steps to settle into a normal stride.
- Set pen behind forward heel.
- Measure entire distance [heel to heel] in inches.
- Divide total inches by 10 to get your average.

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



9. SET DAILY TARGET STEPS


Press **Mode** or **Reset** buttons to adjust daily target steps one digit at a time. Then press **Set** to store each digit individually.

Here is an example of how to enter a daily target of 010000 steps:

- 0 is flashing - 005000 - press **Set**.
- 0 is flashing - 005000 - press **Mode** to increase number.
- 1 is flashing - 015000 - press **Set**.
- 5 is flashing - 015000 - press **Reset** 5 times to decrease number to 010000. Press **SET** to store.

The pedometer automatically exits the setup mode after you have set the first 4 digits. **Setup is now complete.**

NOTE: The pedometer will exit setup if no buttons are pressed for 30 seconds.



9 STEPS FOR QUICK SETUP

1. Remove battery insulator
2. Enter SETUP mode
3. Choose Time Format
4. Set Time
5. Set date
6. Choose Units of Measure
7. Set Stride Length
8. Set Weight
9. Set Daily Target Steps

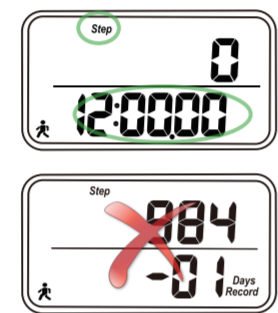
Typical Stride Lengths:
kids (20")/women(26")/men(30")

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

Caution! Must be in STEP mode to begin - not DAILY MEMORY mode or TOTAL MEMORY mode [Press **Mode** button consecutively if not in step mode]. Press and hold **Set** button until 24hr begins flashing [1st of 11 flashing values]

Press **Mode** to change [if 12 hr. desired]; then press **Set** to store and move on.

Caution!!! You must adjust values while flashing.

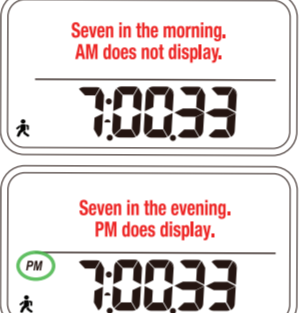


4. SET TIME - HOURS, MINUTES, SECONDS

Note: For 12Hr time format, PM displays but AM does not. Make sure PM displays if you set the time between noon and midnight.

To adjust values: Press **Mode** or **Reset**; then press **Set** to store & move on.

Order of flashing values: Hours/Minutes/Seconds



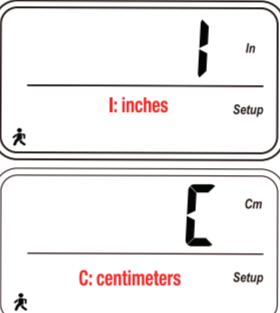
6. CHOOSE UNITS OF MEASURE

Press **Mode** or **Reset** to select:

C - Cm (cm/km/kg) (metric)

I - In (inches/miles/lb) (imperial)


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



8. SET WEIGHT

Note: Weight is only used to calculate kcal burned.

To adjust weight, press **Mode** or **Reset**; then press **Set** to store & move on



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.

BACK 背面

SUMMARY OF DISPLAY SYMBOLS



1. STEP MODE

Press the **Mode** button until the display shows STEP mode.


- Displays # of steps walked since midnight.
- Displays the clock time.

Do not confuse this with DAILY MEMORY Mode[#5] or TOTAL STEPS MEMORY Mode[#6].

AUTOMATIC RESET:

- All daily stored values [step count, distance, kcals, and exercise time] are automatically reset to 0 at midnight.

NOTE: The pedometer automatically sleeps if idle for 3 minutes. (Refer to Step 9 for information on sleep mode)



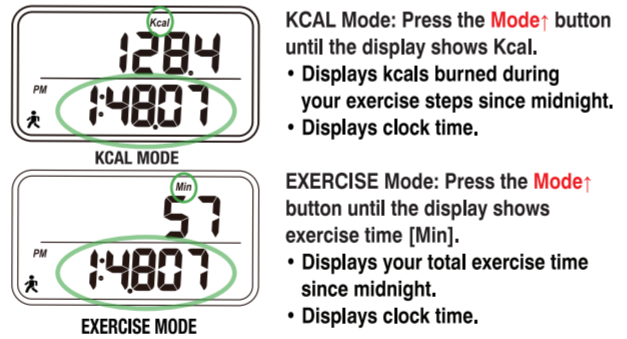
3-4. KCAL MODE & EXERCISE TIME MODE

KCAL Mode: Press the **Mode** button until the display shows Kcal.

- Displays kcals burned during your exercise steps since midnight.
- Displays clock time.

EXERCISE Mode: Press the **Mode** button until the display shows exercise time [Min].

- Displays your total exercise time since midnight.
- Displays clock time.




6. TOTAL MEMORY MODE

Displays your total stored info since last Full Reset.

- Steps
- Distance
- Kcal Burned
- Exercise Time

Press the **Mode** button until the display shows Total Step.

- 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.




8. STEP COUNT ON/OFF

You can pause the step counting function. This is useful if you are traveling in a car do not wish the car journey to be counted as steps.

To PAUSE: In any mode, press and hold the **Mode** and **Reset** buttons for 3 seconds. This will turn the step counting off; the flashing **Step** symbol will disappear. The data will stop accumulating.

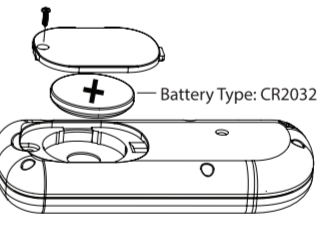
To RESUME: Press and hold the **Mode** and **Reset** buttons for 3 seconds.



BATTERY REPLACEMENT

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.



THE 6 MODES OF OPERATION


1. STEP Mode
2. DISTANCE Mode
3. CALORIES BURNED Mode
4. EXERCISE TIME Mode
5. DAILY MEMORY Mode
6. TOTAL STEPS MEMORY Mode

8 STEP RULE [cardiac feature]

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.

STEP COUNTING SYMBOL

The symbol flashes when the step counting function is enabled; it stops flashing when the pedometer enters sleep mode. The symbol is not displayed when the step counting function is paused. Refer to Step 8 - Step Count ON/OFF for how to pause and enable step counting.




2. DISTANCE MODE

Press the **Mode** button until the display shows DISTANCE mode (Km or Mile). This shows the distance walked since midnight.

Press the **Set** button to choose between Km or Miles for distance walked.

Stride Length X Step Count = Distance
[See Watch 'n Walk test for important accuracy information]




5. DAILY MEMORY MODE - UP TO 30 DAYS MEMORY

The pedometer stores 30 days of data for the Steps, Distance, Kcals Burned, Exercise Time.

Press the **Mode** button until the display shows STEP-01 Days Record.

- Use **Reset** button to browse backwards to preceding days.
- -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 from that day.



7. Watch n' Walk test: best and easiest test of accuracy

- Hold pedometer in hand.
- Walk 20 - 30 steps while watching display.
- See if step count advances 1 step for each step walked after the ninth step [see 8-Step Rule].

IF your distance measurement seems inaccurate [but the Watch 'n Walk test shows that your step count is accurate], usually either

- or your stride length measurement is off,
- or your stride is inconsistent.

Less frequent causes:

- walking too slowly
- steps added due to excessive movement such as vehicle travel
- too little acceleration signal on treadmills [see OneTweak.com]

9. SLEEP MODE

The pedometer automatically enters sleep mode when no motion is detected and no buttons are pressed for 3 minutes. The **Step** symbol stops flashing and the screen remains on - the 3D sensor is now sleeping to conserve battery power.

Once motion is detected or a button is pressed, the 3D sensor will automatically turn on and resume counting steps.

OneTweak's Commitment to YOU!

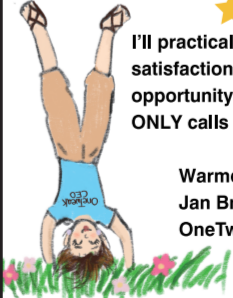
5-STAR CUSTOMER SERVICE

★★★★★

I'll practically stand on my head to ensure customer satisfaction. I consider EACH call or email the gift of an opportunity to answer questions and resolve issues. The ONLY calls or emails I don't like are the ones I don't get.

Warmest regards,
Jan Brauner
OneTweak CEO

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



☆