

How to Use Your Pedometer
Oakland “Ready, Set, Walk!” Challenge

EX Digital Step Counter

Directions for Use

1. Attach security leash to eyelet on the bottom of the counter.
2. Place EX firmly and level on your belt or waistband above your knee. Clip the security leash onto your belt loop or clothing to avoid losing the pedometer. Depress the RESET button for three seconds to make the LCD screen read zero.
3. Start walking! Remember, 2000 steps=1 mile
4. When LCD screen dims for an extended period, replace the battery. Here’s how:
 - a. Insert a small wedge into the slot at the top of the plastic “Battery Tab”. Snap apart, replace battery with the (+) side up.
5. After two minutes of inactivity, the EX LCD screen will go blank to save battery energy. When you begin walking, the LCD will re-activate with the last digits previously displayed.

To Reset the EX Pedometer, press the “Reset” button for a minimum of three seconds to clear the LCD screen.

How to Attach the Security Leash to EX Counter:

- Loop the thin leash end through the eyelet on the bottom of the counter.
- Slide the opposite (clip end) through the loop and pull tight.