

INSTRUCTIONS FOR USING THE CHIP PEDOMETER:

1. Clip it onto your belt vertically (straight down) in line with your right knee.
2. When you open the lid of your CHIP Step meter, you will find 2 mode buttons: a yellow one on the right to measure your steps, and a white button on the left to keep track of your exercise time in seconds and minutes.
3. To activate the pedometer, just press down the yellow button long enough to register zero. It will now begin to count your steps as you move.
4. The accumulated step number can be reset by keeping the yellow button down long enough until the numbers have flashed three times. It will then reset itself to zero.
5. Press the left button and it will give you the length of exercise time in seconds and minutes. Press it again, and it will be set to continue counting your steps.

Remember, you are never dressed completely unless this little CHIP Step Meter is at your side to keep you inspired in reaching your daily goal of 10,000 steps = 4 miles.