



# W4L™ Neo II

2 Function Digital Pedometer with 3D Sensor



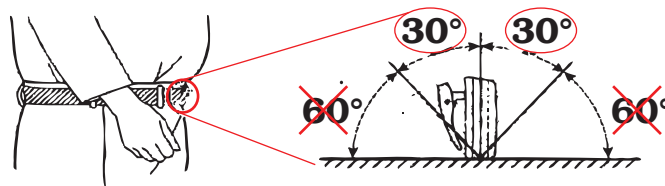
The “3D Sensor” better know as an Accelerometer is a more accurate and reliable recording mechanism utilizing a multiple vibrating filament as opposed to an old fashion pendulum strike. The “3D Sensor” is completely silent and does not have a “Clicking Noise”.

The “3D Sensor” allows for 360 degrees of motion giving the unit freedom to be positioned anywhere accurately recording for all body shapes and users, making the unit nearly 100% accurate.

### Where To Position The Pedometer:

The unit can be position anywhere and at any angle on the body (eg. waist, back/front pocket, shoe, purse, arm, etc.) on the body.

However the ideal position is to clip the unit to your belt or the top of your waistline as near as possible to the mid-line of thigh. (See Example below)



### Step Count:

Press the MODE button until STEP appears on the right. Press and hold the RESET button until a zero appears; you are now ready to begin walking.

(W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 4 seconds to clear. The display will flash during the four second interval to signal that resetting is underway).

### NOTE

**If your pedometer is not counting steps, the Step Filter may be on. Please refer to instruction below.**

### Setting the Step Filter:

(W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 4 seconds to clear. The display will flash during the three second interval to signal that resetting is underway).

Walk4Life™ pedometers incorporate a user-adjustable step filter. A step filter counts a specified number of steps before actually incorporating them into the total step count. To set the step filter, follow the steps below:

1. Push the MODE button until you are in step mode.
2. Hold down the SET button for three seconds to switch between ON/OFF. ON = 4 Steps OFF = 0 steps



### To Operate Activity Time:

Press the MODE button until the word Act time appears on the right (i.e., 00:00:00, representing hours, minutes and seconds.) Activity Time is designed to calculate your total movement time, so it will record ONLY when you are moving. To clear, press and hold the RESET button. (Pressing reset will reset both the step count and activity time).

### Battery Conservation:

Walk4Life™ pedometers have a “green mode” to preserve battery life. If the pedometer is inactive for 3 minutes, it will turn off and show a blank display. To turn the display on, walk or move the pedometer and it will resume counting. No data is lost when the pedometer is in the “sleep” mode.

### How to Replace Battery: (Battery Type CR2032)

Please refer to the following diagram to replace the battery.



### Caring for your Pedometer:

- Avoid dropping or crushing, which could break the crystal.
- Walk4Life™ Pedometers are not waterproof and should not be exposed to water or excessive moisture.
- Avoid forcing the pedometer clip onto belt or pant waist, which could cause the clip to break.
- Change the battery when the digital display becomes faded or blank.