OMRON

Activity Monitor
Model HJA-312

All for Healthcare

TABLE OF CONTENTS

Before Using the Unit

Operating Instructions

Care and Maintenance

INTRODUCTION

Thank you for purchasing the HJA-312 Activity Monitor.

Fill-in for future reference:

DATE PURCHASED: _____

• **Staple your purchase receipt here**
• **Register your product on-line at www.register-omron.com**

This monitor uses OMRON's proprietary "Active Engine 2" technology to measure your physical activities, including household chores, desk work and walking. It then calculates the number of calories you have burned in a day. This monitor is an everyday tool that can help you find a healthy balance between diet and exercise.

Your HJA-312 Activity Monitor comes with the following components:

Main unit
Holder
Strap
Clip
Lithium Battery (CR2032×1 included)
Screwdriver
Instruction Manual

SAVE THESE INSTRUCTIONS

INTRODUCTION

- This activity monitor cannot measure the amount of calories you have consumed. If you have failed to achieve your weight reduction target, you may have consumed more calories than you have burned.
- The weight reduction target is a guideline. It is not guaranteed you will lose this amount of weight.

IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
⚠ **WARNING**	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
⚠ **CAUTION**	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

⚠ Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.

⚠ Keep the unit or battery out of the reach of young children. If a child swallows any small piece, immediately consult a doctor.

⚠ Do not throw the battery into fire because it may explode.

IMPORTANT SAFETY INFORMATION

⚠ Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

⚠ Read all information in the instruction manual and any other literature included in the box before using the unit. Operate the unit only as intended. Do not use for any other purpose.

⚠ Do not insert the battery with the polarities in the wrong direction.

⚠ Always use the type of battery indicated.

CARE AND MAINTENANCE

⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.

⚠ Do not submerge the unit or any of the components in water.

WEEKLY CALORIES BURNED GOAL TRACKER

- When you set how much weight you want to lose in the next four weeks (weight reduction target), the activity monitor calculates the target amount in terms of activity calories you should burn in a week and supports your weight reduction goals.

- The weekly target of activity calories is displayed as 100%.

- The value for your usual activity calories is updated every four weeks according to your activities. However, the first few days will display the average value calculated from your personal data.

- Week starts on Sunday.
  * If you set your target on any day other than Sunday, it is not displayed until the next Sunday.

■ Displayed values

The display shows a guideline for the amount of activity time per day required to achieve your weekly target* and a percentage for the week.
* The activity period is calculated on the assumption that all of your activities involve walking (2.5 mile/hour). However, running or other vigorous activities will reduce it faster.

Today's target amount of activity time changes depending on the activities you performed on previous days.

Today's target amount of activity time

Achievement level indicator

Achievement level of the weekly target

Congratulations mark
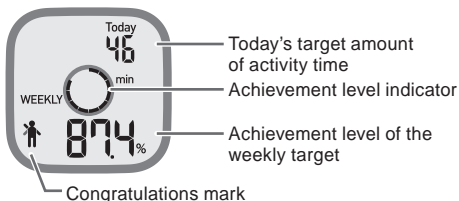
■ Achievement level indicator

This indicator shows how much of your weekly target has been achieved.
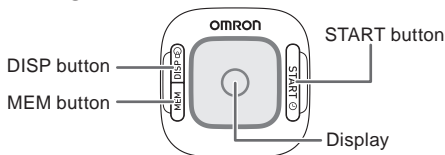
■ Congratulations mark

This mark is displayed when you have achieved your weekly target. When you have almost achieved your weekly target, the mark raises one hand to encourage you.

WORKOUT

This term generally refers to exercise or training conducted to improve health or fitness. However, in this manual, it refers to one running training session that you perform.

KNOW YOUR UNIT

MAIN UNIT

OMRON

DISP button

MEM button

START button

Display

(Back of the main unit)

Battery cover screw

Battery cover

HJA-312

3V ⎓

NFC-F

MADE IN CHINA

Communication area mark

Strap eyelet

DISPLAY

Battery low indicator

SET Today

Transfer indicator

stride

Communication indicator

WEEKLY

Total

Congratulations mark

Achievement level indicator

steps

min/mile

OK

AUTO

MEM

BEST

kcal

mile

%

Workout mark

7
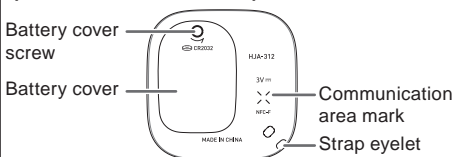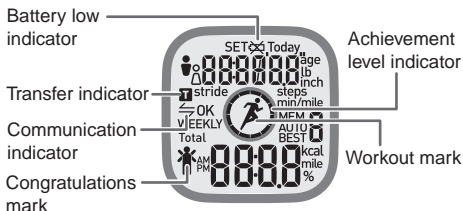
KNOW YOUR UNIT

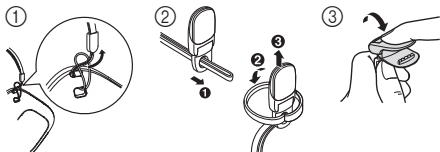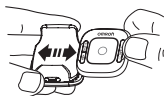**Assembling the strap**
1. Attach the strap to the unit.
2. Attach the clip to the strap.
3. Open the clip, hook the clip on your clothes, and close it.

①　　　　②　　　　③

Holder

Attach/remove the holder as illustrated below.

NOTE: Press the clip open to remove the unit. Depending on the material, the clip may cause damage to your clothes if it is attached or removed roughly.

SETTINGS

SETTING THE PERSONAL DATA, WEEKLY CALORIES BURNED GOAL TRACKER, DATE AND TIME

When you use the unit for the first time, follow the steps below.

1. Hold down the $(START \, \odot)$, (MEM), or $\boxed{DISP \, \textcircled{c}}$ button until "HELLO" is displayed.

The gender flashes on the display.

2. Setting the gender.

(1) Press (MEM) or $\boxed{DISP \, \textcircled{c}}$ to select the gender.

(2) Press $(START \, \odot)$ to confirm the setting.

3. Setting the age.

(1) Press $\boxed{DISP \, \textcircled{c}}$ or (MEM) to select the desired value for a setting.
  • Press $\boxed{DISP \, \textcircled{c}}$ (or (MEM)) to advance (go back).
  • Hold $\boxed{DISP \, \textcircled{c}}$ (or (MEM)) down to advance (go back) rapidly.

(2) Press $(START \, \odot)$ to confirm the setting.

9

4. To set the weight, repeat steps (1) to (2) in step 3 above.

5. To set the height, repeat steps (1) to (2) in step 3 above.

6. To set the WALK stride length, repeat steps (1) to (2) in step 3 above.

7. To set the JOG stride length, repeat steps (1) to (2) in step 3 above.

■ **Stride length**

- The value blinking on the display is a reference value calculated according to the height you set. Adjust your stride length by considering your walking style and physical size.

- To calculate your stride length more accurately, walk or run about 10 steps and then measure the length of one step (from toe to toe or from heel to heel).

- The unit automatically differentiates between walking and running and separately measures the distances based on the respective stride lengths and step counts.
  For this reason, you need to set your walking stride length for the WALK stride length, and running stride length for the JOG stride length.

8. To set the Weekly Calories Burned Goal Tracker, repeat steps (1) to (2) in step 3 above.

• **To turn on the Weekly Calories Burned Goal Tracker**
Set how much weight you want to lose (target weight reduction amount) in the next four weeks.

The upper limit is [Weight x 0.04] lb.

If you want to keep your current weight, set 0.0 lb.

IMPORTANT:
Reset the target weight reduction amount and your current weight every four weeks. Reckless weight reduction may do harm to your health. We recommend that you keep your weight if your BMI* is 18.5 or less. Although users who are 17 years old or younger can set a target weight reduction amount, we do not recommend these users engage in weight reduction activities.

* BMI = weight (lb) / height (inches) / height (inches) × 703

• **To turn off the Weekly Calories Burned Goal Tracker**
Select "OFF".

9. To set the year, repeat steps (1) to (2) in step 3 above.

10. To set the month, repeat steps (1) to (2) in step 3 above.

11

11. To set the day, repeat steps (1) to (2) in step 3 above.

12. To set the hour, repeat steps (1) to (2) in step 3 above.

13. To set the minute, repeat steps (1) to (2) in step 3 above.

The previous workout time and distance display appears.

This completes the setup.

NOTES:
- If no setting is made for more than 15 minutes, the default settings will be restored.
- If you hold down $(START \odot)$ while making a setting, the display returns to the gender setting.
- Be sure to correctly set the items. Incorrect settings may lead to incorrect measurement results.
- For setting range details refer to "SPECIFICATIONS" on page 36.

SETTINGS

CHANGING THE CURRENT SETTINGS

Hold down $\boxed{\text{MEM}}$ and $\boxed{\text{START} \odot}$ until the gender setting is displayed.

Use the procedures described in "Setting the Personal Data, Weekly Calories Burned Goal Tracker, Date and Time" from step 2 on page 9 to change the settings.

NOTE:
- If no setting is made for more than five minutes, your changes are not applied and the display returns to the display of the previous workout.
- * For setting range details refer to "SPECIFICATIONS" on page 36.

ATTACHING THE UNIT

The unit accurately measures activity in your pocket, or anywhere you want to put it. The unit maybe placed in the upper front pocket of your clothing, in the front pocket of your pants, or attached to your belt or pants.

The unit may not measure your activity correctly in the following conditions:

1. The unit moves irregularly.
- When the unit is placed in a bag and a bag moves irregularly.
- When the unit swings from your belt, the top of your pants or a bag.

2. Walking at an inconsistent pace.
- When you shuffle or wear sandals.
- Starting and stopping or other forms of inconsistent walking.

3. Up and down movement.
- Standing up and/or sitting down movement.
- Playing sports other than walking and running.
- Ascending or descending movement on stairs or on a steep slope.
- When you are engaged in an upper-body workout.

4. Vibrations from a moving vehicle.
- Such as riding a bicycle, automobile, train or bus.

5. Walking extremely slowly.

6. Running or walking with the unit held in your hand.

WORKOUT MODE
Use if you want to separately track activity
during a workout.

Start Workout mode
NOTE: During a workout, you cannot view any
data other than workout time, distance,
pace, and calories.

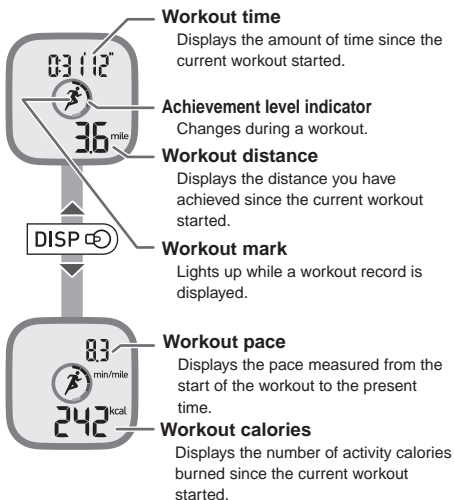**1. Press and hold $\boxed{\text{START} \odot}$.**

Hold down the button until all segments of the
achievement level indicator light up.
The unit starts to record workout time,
distance, pace, and calories.

NOTE: The achievement level indicator
rotates during a workout. Start your
workout after checking that the
indicator is lit up.

15

■ **Screen displayed during a workout**

Workout time
Displays the amount of time since the current workout started.

Achievement level indicator
Changes during a workout.

Workout distance
Displays the distance you have achieved since the current workout started.

Workout mark
Lights up while a workout record is displayed.

Workout pace
Displays the pace measured from the start of the workout to the present time.

Workout calories
Displays the number of activity calories burned since the current workout started.

16

Stop Workout mode

1. Press and hold $\boxed{\text{START} \circlearrowleft}$.

Hold down the button until all segments of the achievement level indicator turn off.

IMPORTANT:

The pace that is displayed is the average measured from the beginning to the end.

For accurate measurement, immediately hold down $\boxed{\text{START} \circlearrowleft}$ when ending the workout.

NOTES:

- A workout automatically ends 24 hours after it was started.
- If you have walked or run for more than 30 minutes during a workout, the "Good Job" message scrolls on the display after you finish workout mode.

■ **Automatic workout system**

This activity monitor has a function that automatically starts recording even if you do not start a workout.

If you have been running for over five minutes, this function starts recording on a retroactive basis. "AUTO" lights up when the Automatic workout system is active.

It stops recording if you do not walk or run for over one minute.

NOTE: This function may automatically start recording when you walk quickly even if you do not consider it a workout.

18

REVIEWING YOUR DATA

Press DISP to view the data.

04:23:1

4.8 mile

Previous workout
time/distance display
(Refer to page 20)

88 min/mile

330 kcal

Previous workout
pace/calories display
(Refer to page 21)

Today

46 min

WEEKLY

87.4 %

Weekly calories burned goal
tracker display
(Refer to page 22)
*Displayed only when the weekly
calories burned goal tracker
function is turned on.

Today

Total

1505 kcal

Total calories burned display
(Refer to page 21)

Today

9542 steps

4.1 mile

Steps/distance display
(Refer to page 22)

ABOUT THE DISPLAYS

■ Battery saving mode (sleep mode)

In order to save energy, the display will be turned off if no buttons are pressed for more than five minutes.

The display does not turn off during a workout. When you touch any button, the display restarts. The main unit continues measurement even when the display is turned off.

■ Backlight

When you hold down DISP ⊕, the backlight lights up for five seconds. The backlight keeps during holding down DISP ⊕ and goes off five seconds later, after stopping holding down DISP ⊕. The backlight does not turn on when the battery low indicator appears continuously on the display.

■ Date/time display

When you press (START ⊙), the date and time are displayed for approximately two seconds.
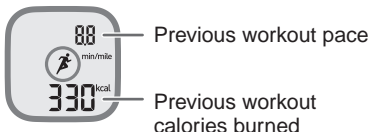
Previous workout time/distance display

The time and distance of the previous workout are displayed.

Previous workout time

Previous workout distance
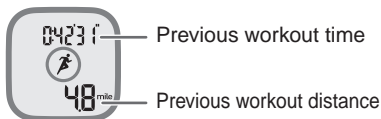
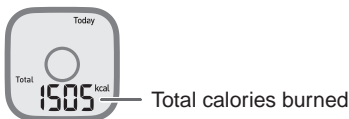## REVIEWING YOUR DATA

Previous workout pace/calories display
The pace and calories burned in the previous workout are displayed.

Previous workout pace

Previous workout calories burned

Total calories burned display
The amount of total calories burned from midnight to the present time (resting metabolism + activity calories) is displayed. The amount includes the number of calories burned through workouts.
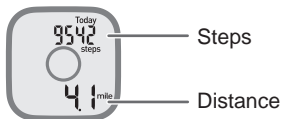
NOTE: Even if the unit is not worn, it automatically calculates the number of calories burned during your rest period in order to display the total amount.

Total calories burned

Steps/distance display

The number of steps and distance, including those you traveled during the workout, are displayed.

Steps

Distance

■ Counting the steps

In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.

Weekly calories burned goal tracker display

The display shows a guideline for the amount of activity time per day required to achieve your weekly target and a percentage indicating the level of achievement.

For more information, see "Weekly Calories Burned Goal Tracker" on page 5.

To turn this function on or off, see "Changing the Current Settings" on page 13.

22

VIEWING YOUR DATA

The measurement results for one day are automatically stored in memory and reset to 0 at midnight (12:00 AM) each day.

1. Press (MEM).
- Each time you press (MEM), the past measurement results are displayed.
- When you press (START ⊙), the date and time are displayed and the screen returns to the present display.

Memory function

Measurement results stored in memory are displayed in three groups: "Workout", "Weekly Calories Burned Goal Tracker", and "Total calories burned, step counts and distances". To switch the memory display from one group to another, follow the steps below.

1. Press (MEM) or (START ⊙) to return to the present display.

2. Press (DISP ⊙) to select the group you want to check, then press (MEM) to display the past measurement results.

[Workout]

- With each press of (MEM), you can view the BEST record and the measurement values for up to 9 previous times.

* The unit stores up to 14 workout times.
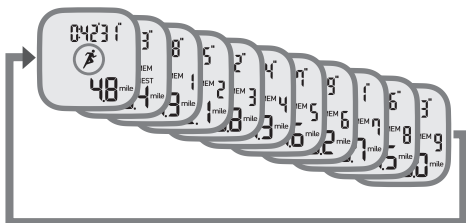
• You can also press $\boxed{\text{DISP} \circlearrowright}$ to select the type of workout display (time/distance or pace/calories) while viewing the previous results.

■ **BEST record**

Besides the records for the recent nine workouts stored in memory, the data on the workout in which you have achieved the longest ever distance is displayed as the "BEST" record.

[Weekly Calories Burned Goal Tracker]

• With each press of $\boxed{\text{MEM}}$, you can view the measurement values for up to 8 previous weeks.

24

VIEWING YOUR DATA

[Total calories burned, step counts and distances]

- With each press of $\boxed{\text{MEM}}$, you can view the measurement values for up to 7 previous days.

* The unit stores up to 14 days of data on the unit.

- You can also press $\boxed{\text{DISP}}$ to select the type of display (Total calories burned or step counts/ distances) while viewing the previous results.

NOTE: If no buttons are pressed for more than one minute, the display returns to the present display.

▉ Transfer Indicator

When the ▉ blinks / lights up, please transfer the measurement record immediately.
Blinks: indicates more than 10 days of measurement results or more than 10 workout results.
Lights up: indicates 14 days of measurement results or 14 workout results. The oldest measurement results will be deleted orderly.
Please transfer the measurement results immediately.

NOTE: The transfer indicator does not blink or light up unless the communication process is conducted at least once.
To transfer the data, refer to "OPTIONAL ACCESSORY AND TRANSFERRING DATA" on page 30.

BATTERY LIFE AND REPLACEMENT

When "⌖" blinks, replace the battery with a new one (CR2032).

| Blinking	Battery power is low.
Appears continuously	Battery is exhausted. The unit stops measurement. Data cannot be transferred. The backlight does not light up.

NOTES:
- Do not replace the battery around 12 midnight. Doing so may cause erroneous measurement results.
- The measurement results are automatically stored in memory at the top of the hour (e.g. at 12:00 AM, 1:00 AM, 2:00 AM, ... 11:00 PM). The measurement results from the top of the hour until the time the battery is replaced will be deleted for that day.
- Set the date and time after inserting a new battery (refer to "Setting the Personal Data, Weekly Calories Burned Goal Tracker, Date and Time" on page 9).
- The measurement records stored in memory and the settings you have made are not deleted.
- The battery that comes with the unit is for initial use. The battery may run out within 5 months.

BATTERY LIFE AND REPLACEMENT
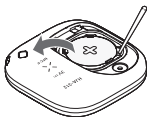
REPLACING THE BATTERY

1. Remove the battery cover.
Loosen the screw using
the supplied screwdriver
or a small screwdriver, and
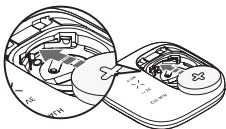remove the battery cover.
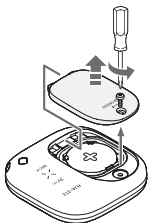
2. Remove the battery.
Remove the battery using a
thin, sturdy object (such as a
toothpick) that will not break
easily.

   NOTE: Do not use metal
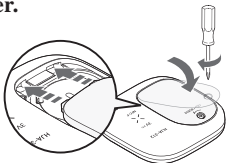   tweezers or a
   screwdriver.

3. Insert a new battery.
Insert the battery
from the side
indicated by the
arrows in the diagram
with the positive (+)
side face up.

4. Close the battery cover.

Replace the battery
cover by sliding the
catch in first, then
tighten the screw.

DELETING ALL RESULTS AND SETTINGS

To clear all of the set values and past
measurement results, do the following:

1. Press and hold MEM **and** START ⊙.
   Hold down the buttons until the gender setting
   is displayed.

2. Press and hold MEM **and** START ⊙ **again.**
   Hold down the buttons until
   "Clr" is displayed. Then, the
   gender setting is displayed.
   Now, you have cleared all set
   values and past measurement
   results.
   To continue using the unit,
   reset the personal data,
   weekly calories burned goal
   tracker, date and time (refer to
   "SETTINGS" on page 9).

NOTE: If you leave the date setting screen
   for more than 15 minutes, the display
   disappears and the default settings will
   be restored.

MAINTENANCE AND STORAGE

To keep the unit in the best condition and protect the unit from damage follow the directions listed below:

⚠ CAUTION
Do not disassemble or modify the unit.
Changes or modifications not approved by Omron Healthcare will void the user warranty.

Clean the unit with a soft dry cloth.
Do not use any abrasive or volatile cleaners.

Do not immerse the unit in water.
This unit is drip-proof. It is resistant to light rain. However, do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

Store the unit in a safe and dry location.
Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

Do not subject the unit to strong shock, drop, or step on it.

Replace a worn battery with a new one immediately.

**Remove the battery if the unit will not be used for three months or longer.**

Use of the unit must be consistent with the instructions provided in this manual.

● **OMRON NFC Communication Tray**

To track your progress and reach your goals this device connects to an online dashboard at omronfitness.com.

The data can be transferred to a computer simply by using the OMRON NFC Communication Tray.
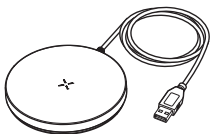
To purchase this optional accessory needed to download the data to your computer, please visit Omronfitness.com and refer to the product information tab. The OMRON NFC Communication Tray is available for sale at this site.

TROUBLESHOOTING

Phenomenon	Cause	Rectification
⊠ blinks.	Battery power is low.	Replace the battery with a new 3V lithium battery type CR2032 (refer to "Replacing the Battery" on page 27.)
⊠ lights up.	Battery is exhausted.	
Nothing is displayed.	Battery saving mode (sleep mode) is active.	Press either (MEM) (DISP ⊚), or (START ⊚).
	Battery polarity ⊕⊖ is incorrect.	Insert the battery in the correct polarity. (Refer to page 27)
	Battery is exhausted.	Replace the battery with a new 3V lithium battery type CR2032 (refer to "Replacing the Battery" on page 27.)
Displayed values are incorrect.	The unit is attached incorrectly.	See "ATTACHING THE UNIT". (Refer to page 14)
	Irregular movement. Inconsistent pace. Up and down movement.	Refer to "The unit may not measure your activity correctly in the following conditions:" in "ATTACHING THE UNIT" on page 14.

TROUBLESHOOTING

Phenomenon	Cause	Rectification
Displayed values are incorrect.	Settings are incorrect.	Correct the current settings (refer to "Changing the Current Settings" on page 13).
Error is displayed. Err	A malfunction has occurred.	Remove the battery, and insert it again. (Refer to page 27)
T blinks or lights up.	Measurement results were not transferred.	Transfer data. (Refer to "**T** Transfer Indicator" on page 25.)
Data cannot be transferred.	There is a problem with the online application.	Please visit Omronfitness.com for information on ensuring the application has been downloaded correctly (refer to "OPTIONAL ACCESSORY AND TRANSFERRING DATA" on page 30).
	The activity monitor is not placed correctly on the NFC Communication Tray.	Place the activity monitor on the NFC Communication Tray properly.
	The communication area mark of activity monitor does not match the mark of NFC communication tray, or the distance is too long.	Match the mark of activity monitor with the mark of NFC communication tray or shorten the distance to enable communication.

TROUBLESHOOTING

Phenomenon	Cause	Rectification
Data cannot be transferred.	Workout mode is on.	Please stop Workout mode. (Refer to page 17)
	Data has been transferred near an object that emits intense magnetic force or radio waves.	Please try transferring the data in a location where radio waves are not present.
Error is displayed during data transfer. Err Communication indicator	Communication error.	Check the display on your PC and follow the instruction provided. NOTE: If the error still occurs after trying the above, contact Omron's Customer Support.
The display is abnormal or buttons do not operate correctly.		Remove the battery, and insert it again. (Refer to page 27)

NOTE: If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend you record your measurement results prior to repairing your unit.

FCC STATEMENT

NOTE:
POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.

• Increase the separation between the product and the receiver.

• Connect the product into an outlet on a circuit different from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Clase B prescrites dans la norme sur le materiel brouilleur:
"Appareils Numériques", ICES-003 édictée par le minister des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

34

LIMITED WARRANTY

Your OMRON HJA-312 Activity Monitor, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron's Customer Support at 1-800-634-4350. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com
Call toll free: 1-800-634-4350

SPECIFICATIONS

Product name	Activity Monitor
Model	HJA-312 (HJA-312F-ZBK)
Power voltage	3VDC (Lithium battery CR2032 x 1)
Measurement range	Today's target amount of activity time 　　　　0 to 999 minutes Achievement level of the weekly target 　　　　0.0 to 999.9% Total calories burned 　　　　0 to 9,999 kcal Steps　　　　0 to 999,999 steps Distance　　　0.0 to 621.3 mile Workout time　0:00'00" to 24:00'00" Workout distance　0.0 to 621.3 mile Workout pace　0.0 to 999.9 minutes/mile Workout calories　0 to 9,999 kcal
Memory	Previous 14 days (Most recent 7 days on display) Workout 1 BEST record and 14 previous measurements (Most recent 9 times on display) Weekly calories burned goal tracker 8 weeks
Setting range	Gender　Male or Female Age　　6 to 99 years old Weight　22 to 300 lb (in increments of 1 lb) Height　3'4" to 6'6" (in increments of 1") WALK stride length 　12 to 48 inch (in units of 1 inch) JOG stride length 　12 to 99 inch (in units of 1 inch) Weekly calories burned goal tracker 　OFF or 0.0 to (Weight x 0.04) lb Date 　January 1, 2012 to December 31, 2040 Time 　12:00AM to 11:59PM

SPECIFICATIONS

Operating temperature/ humidity	14°F to 104°F, 30 to 85% RH During data transfer: 41°F to 95°F
Battery life	Approximately 5 months* (if used 12 hours a day)
External dimensions	Approximately 1 6/7"(W) x 1 6/7"(H) x 1/2"(D) (47 mm x 47 mm x 13 mm)
Weight	Approximately 0.9 oz (including the battery)
Contents	Activity Monitor, Holder, Lithium Battery (CR2032 x 1 included), Strap, Clip, Screwdriver, Instruction Manual

These specifications are subject to change without notice.

* Based on OMRON testing