

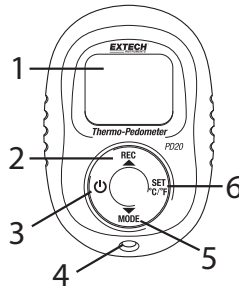
## Model PD20 - Thermo-Pedometer

### Safety

- Keep the PD20 and the battery out of reach of children
- Don't expose PD20 to liquid, fire, shock or vibration
- Please replace the battery as soon as it loses power
- Wear protective gear when handling leaking batteries

### Description

1. Display
  2. REC ▲ button
  3. ON-OFF button
  4. Eyelet for lanyard
  5. MODE ▼ button
  6. Set °C/°F button
- Battery door and Reset Button  
Located on back of PD20



### Basic Operation

- Peel the protective foil off of the display.
- Open the battery compartment (using a coin), remove the insulation strip, and close the battery door. The PD20 will power ON. If not, replace the battery.
- '0 STEP' will show at the top of the display and the time will show at the bottom when the unit is ON.
- Press and hold the ON-OFF button to switch OFF. Press and hold the ON-OFF button to switch ON again.
- The PD20 enters power-saver mode after 10 minutes of inactivity (only the time appears on the display). To deactivate power-saver mode: move the instrument slightly; the STEP display will appear.

### Settings Mode

1. Press and hold the SET °C/°F button for 3 seconds.
2. °C or °F with AM/PM will flash. Press MODE ▼ to change units. Press SET °C/°F again to confirm.
3. The time will appear with the hour digit flashing. Press REC ▲ or MODE ▼ to increase/decrease the hour. Press the SET °C/°F button to confirm.
4. Minutes will begin flashing. Press REC ▲ or MODE ▼ to increase/decrease the minutes then press SET °C/°F.
5. The step length will appear on the LCD (default 60cm / 23.5in). Press REC ▲ or MODE ▼ to increase/decrease the steplength (1cm). Press SET °C/°F to confirm.

6. The weight (default 110lbs. / 50kg) will appear on the LCD. Press REC ▲ or MODE ▼ to increase/decrease the weight (1lb.). Press the SET °C/°F button to confirm.

### STANDARD Step Counting

Press and hold MODE ▼ for 3 seconds to reset the display to '0 STEP'. Note: The PD20 ignores non-walking motion. Steps will be registered on the display after several regular steps are detected.

### Temperature Indication

Press and release the SET °C/°F button to display the actual temperature for five seconds.

### Display Modes

Use the MODE ▼ button to select the display mode:

- Calorie consumption/fat burn: KCAL and BGM or OZ
  - Distance covered in kilometers (KM) or miles (M) and the time taken (in hours/minutes at bottom of display)
  - Average speed kilometers or miles per hour
- Press MODE to return to normal mode (STEP and time).

### STANDARD 7-Day Storage

Press REC ▲ and 'DAYS AGO: 1' will appear on the display. Use REC ▲ to select the desired day (DAYS AGO 1-7). Once the desired day is reached, press MODE ▼ to select:

- Calorie consumption/fat burn: KCAL and BGM or OZ
- Distance covered in KM or miles (M) and the time taken (in hours and minutes shown at bottom of display)
- Average speed in KM/H or M/H

**Note:** The day's data is stored in memory after midnight. The current time and '0 STEP' appear on the display; the selected settings are retained (see Settings Mode).

### CONTINUOUS Step Counting

The PD20 records the no. of steps walked continuously without resting longer than 5 minutes. Stopping > 5 minutes starts a new session (counting from zero again). Only the largest step session of the day will be shown and stored. See instructions below:

1. Hold REC ▲ for 3 seconds ('CONT STEP' displays)
2. Press REC ▲ to show 7-day-CS-storage (DAYS AGO 1-7)
3. When on the appropriate day press MODE ▼ to cycle the following displays:
  - Calorie consumption and fat burned (KCAL and GM or OZ).

- Distance and time (KM or M and the time in hours and minutes).
  - Average speed (KM/H or M/H)
4. After midnight, the current data will be stored

### TOTAL 7-Day Step Storage

The Total Step Storage records total no. of steps walked. This feature comes after the regular 7-day-storage feature when stepping through the features.

- 'A' appears on right side of the display in this mode.
- When the total accumulated steps exceeds 5 digits (>99999 steps), the least significant digit displays on the second line.
- The basic operation is the same as the standard 7-day-storage feature explained in the previous section.
- Press and hold MODE ▼ to clear the storage and restart counting from zero.

**Note:** Continuous Step is an important indicator showing the intensity of a walking exercise. Doctors prefer this number over the total steps walked per day.

### RESET Button (rear)

To return the unit to its factory default state, use a paper clip or pin to press the rear RESET button.

### Attaching the PD20

- Belt: Attach the PD20 with the pouch clip on a waistband or belt.
- Around the neck: Thread a lanyard through the PD20 eyelet and make a secure knot.

### Maintenance

Clean the PD20 with a soft damp cloth. Do not use solvents or abrasives. If the unit does not work properly, please reset the instrument or replace the CR2032 battery (rear).

### Specifications

Max. Number of steps	0-99,999
Max. Distance	0-624.99 mi (0-999.99 km)
Max. Speed	0-6.25 mi/h (0-10km/h)
Max. Calorie consumption	0-99,999 kcal
Max. Fat burned	0-35.9 oz. (0-999.9g)
Operating Temperature	14°F-122°F (-10°C-50°C)
Step count accuracy	±50 per 1000 steps
Battery power	1 x CR2032 button cell
Dimensions	2.20 x 0.63 x 3.15 in (56 x 16 x 80 mm)
Weight	1.20 oz. (34g) [instrument only]

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