

How to wear your pedometer

Clip the pedometer to:

- **Your hip pocket or waistband above your hip:**



Alternatively, if you are unable to clip it in this position, you can clip the pedometer to:

- Your top pocket
- Your belt
- A secure section of your bag or backpack

The pedometer should be worn vertically with the main unit perpendicular to the ground.

It will **not** count steps correctly in the following conditions:

- The main unit is horizontal to the ground
- The pedometer moves around irregularly in your bag
- If you shuffle or walk inconsistently or very slowly
- Vibrations from a vehicle