Yamax Digi-Walker DW150 Instructions

Main Features
1. Wide, easy to read crystal display
2. Counts up to 99,999 walking or jogging steps
3. Reset to zero (0) / power ON-OFF by simply pushing RESET button
4. Spring clip to attach to shirts / pants
5. With Walking Sensitivity Adjuster for your own walking style

How to Use Sensitive Adjuster
DW-150 is adjusted to measure 100 steps per minute for normal walking on ground level. When walking 500 steps on level ground and finding that the display shows over \( \pm 5\% \) difference you need to adjust the sensitive switch.
• If the displayed number of steps is less, please set + direction.
• If the displayed number of steps is excessive, please set - direction.

How to Replace Battery
• The display will dim as the battery begins to run down. When you notice display dimming, please replace the battery as soon as possible.
• The battery to be used is LR-43 button type battery.
• To replace the battery, please use screw driver to release two screws and open case, then replace new battery. Please make sure the positive (+) side faces to you.

At the time of purchasing, DW-150 has a factory installed monitor battery. Please note that this monitor battery is installed for testing purpose of function and performance and its battery life may not be as long as a new regular battery. (LR-43 lifetime is approx 2 yrs)

Cautionary Remarks
• If you shake DW-150 up and down by holding it vertically, you will hear a click sound. This is the sound of the pendulum swinging up and down, indicating that the pedometer is functioning properly.
• The pedometer is intended for use on flat ground. It automatically counts steps based on the impact and acceleration of step count is adjusted by \( \pm 5\% \).
• It basically counts normal walking or light jogging steps daily. Inaccurate measurement may happen in the following cases.

1. Irregular Walking
• Irregular steps, like when you walk in a crowd
• When you walk with sandals on
• When you walk dragging your feet

2. When DW-150 is subjected to sudden vertical motion or vibration, except walking or jogging.
• Standing up or down suddenly
• Jumping, strenuous exercise, or sports
• Walking up and down stairs or slopes
• Vibrations in a car, train or bus

Important Safety Tips
• When you are a convalescent, or under rehabilitation, or not able to exercise for a long period, please consult your doctor, increasing steps and speed gradually according to your physical condition.
• Avoid using or storing DW-150 in places where it gets wet or is exposed to direct sunlight, dust or humidity. Also avoid using or storing near heating appliances. It does not have a water-proof construction.
• Do not drop, hit or give strong impact to DW-150.
• Do not open the case or clip overly.
• Do not disassemble/tamper with inner mechanism.
• Store DW-150 and battery out of reach of children.
• If you swallow DW-150 unit or battery accidentally, please contact your doctor immediately.

Tracking your Steps
A Step Log is a handy guide to track your progress as you start including physical activity into your daily life.
Consider using the 10,000 Steps website www.10000steps.org.au to track your steps and progress.
The FREE interactive dashboard on the 10,000 Steps website gives you access to a range of other exciting features:

- **Daily goal progress**… encouraging you to move more
- **Graphs & statistics**…see how your activity changes over time
- **Monthly Challenges**…for individuals who like a goal to work towards
- **Race & Time-out Tournaments**…for teams of friends or workmates
- **Connect with friends**…to see each other’s progress
- **Badges**…be rewarded when you reach a range of milestones
- **10,000 Steps app**… to record your steps on a range of mobile devices

Log on at www.10000steps.org.au

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<th>Step</th>
<th>Moderate</th>
<th>Vigorous</th>
<th>Total</th>
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<td>Total for week</td>
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**Other Comments:**

Every 10 minutes of moderate activity adds 1,000 steps to your daily total and every 10 minutes of vigorous activity adds 2,000 steps to your daily total.