

**BLANC SQUARE  
ACTIVITY TRACKER**



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**BLANC SQUARE**

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- **PLEASE READ MANUAL CAREFULLY BEFORE OPERATING.**
- **Keep safe for future reference.**
- **Clip, lanyard and mini screwdriver (for battery replacement) included.**

## FEATURES

- 3D Motion Sensor.
- **Multiple wearing options: Clip to waistband, wear on lanyard around neck or place in pocket or bag.**
- Step Mode up to 999999 steps.
- Distance Mode up to 999.99Km/Miles.
- Calories Mode up to 99999.9Kcal.
- Exercise Time Mode.
- 30 Days Record Mode stores your daily data for each mode, up to 30 Days.
- Total Step Mode stores your total accumulated data for each mode.
- Clock: 12 or 24 hour format.
- Metric (Km) or Imperial (Miles) unit selection.
- Daily Step Target.
- Sleep/standby mode to preserve battery.
- Low Battery Indicator.

## 10 Step Error prevention

It will start/resume counting your steps after you have taken 10 uninterrupted steps.

The steps taken before your pedometer starts/resumes counting steps will be added as long as you continue walking.

This essential feature prevents random, non-walking movements from being falsely counted as steps. Pedometers without this feature have a high risk of presenting false records because any movement would be counted as a step, even if no steps were taken.

## BEFORE YOU START SETUP

**!** **BEFORE YOU START setting up your 3DTriSport Pedometer**, prepare and make a note of your information and selections required for each setup step below. This will ensure that you have your information ready when needed during setup:

- **TIME FORMAT:** Display the time as **12Hr** (e.g. 01:00PM) or **24Hr** (e.g. 13:00).
- **TIME:** For 12Hr format, the "**PM**" icon will appear on the left side as you browse through the hour value when setting the time (e.g. 10am, 11am, 12**PM**, 1**PM**..).
- **DATE:** The date format is MONTH - DAY.
- **YEAR:** The current year.
- **UNITS OF MEASUREMENT:** Select the "**In**" icon to program your pedometer to Mile/Lb/Inch units **OR** select the "**Cm**" icon to program your pedometer to Kilometre/Kg/Cm units.
- **STRIDE LENGTH:** Measure your personal stride length for accurate distance data. If your stride length setting is not correct, your distance data will not be accurate. **How to measure your own stride length:** Walk 10 steps, marking your start step (toe end) and your last step (toe end) on the ground. Measure the distance from your start step to last step and divide it by 10 (e.g. Distance of 10 steps = 260", 260" divided by 10 = 26" stride length).  
**Alternatively, enter an average stride length and adjust if needed:**  
Men: **30"/76cm**, Women: **26"/66cm**
- **WEIGHT:** Your current weight.
- **STEP TARGET:** Your daily step target (intervals of 100, 1000 and 10000).

**!** Your pedometer will exit setup mode if no buttons are pressed within 10 seconds. You will know when you are in setup mode whenever you see the "Setup" icon and BLINKING numbers/icons displayed.

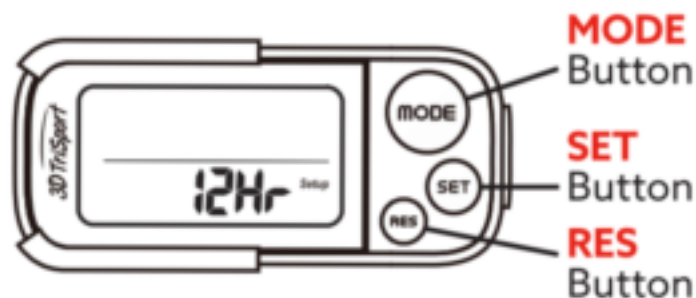
**If your pedometer exits setup mode while you are busy with settings, or if you want to change a current setting (E.g. change the time):** Follow Setup Step 1 and Step 2 (on page 4) to get into Setup mode. Then press the SET button to pass each setup step to get back to where you left (There is no need to press the RESET hole on the back of your pedometer).

### BUTTONS USED WHEN IN SETUP MODE

The **MODE** button will **decrease** numbers (-).

The **RES** button will **increase** numbers (+).

The **SET** button will confirm your selection and advance to the next setting.



## HOW TO ACTIVATE YOUR NEW 3DTRISPORT PEDOMETER

### TO ACTIVATE YOUR PEDOMETER:

1. Remove the front demo sticker from the screen.
2. Remove your pedometer from the clip (slide it off).
3. Pull and remove the battery insulation tab from the back.

## SETUP STEPS

1. **Make sure that you are in Step Mode** (Press the **MODE** button until you see the **"Step"** icon at the top of the display **and the time under the line**).  
**Setup/Settings can only be accessed from the correct Step Mode.**
2. **Hold down SET** until you see **12Hr** blinking.
3. Press **MODE** to change to **24Hr** or **12Hr time format**, then press **SET** to confirm.
4. Press **SET** to confirm the **seconds**.
5. Press **MODE (-)** or **RES (+)** to change the **hour**, then press **SET**.
6. Press **MODE (-)** or **RES (+)** to change the **minutes**, then press **SET**.
7. Press **MODE (-)** or **RES (+)** to change the **month**, then press **SET**.
8. Press **MODE (-)** or **RES (+)** to change the **day**, then press **SET**.
9. Press **MODE (-)** or **RES (+)** to change the **year**, then press **SET**.
10. Press **MODE** to change to **'In'** (MILE) or **'Cm'** (KM), then press **SET**.
11. Press **MODE (-)** or **RES (+)** to change your **stride length**, then press **SET**.
12. Press **MODE (-)** or **RES (+)** to change your **weight**, then press **SET**.
13. Press **MODE (-)** or **RES (+)** to change your daily **step target**, then press **SET**.

**Your 3DTriSport Pedometer is now set up.**

**See Page 5 to learn how to operate your pedometer.**

## OPERATING MODES AND ICONS

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Your 3DTriSport pedometer has 6 Modes. Press the **MODE** button to browse each mode along the top of the screen in the following circuit order:

**Step Mode** ("Step" icon): Displays your daily step count and the time.

**Distance Mode** ("Km" or "Mile" icon): Displays your daily distance and the time.

**Calories Mode** ("Kcal" icon): Displays your daily calories burned and the time.

**Exercise Time Mode** ("Min" icon): Displays your daily walking duration and the time.

**30 Days Record Mode** ("Step" AND "-0 | <sup>Days</sup> Record" icons): Displays your previous days data for up to 30 days ("-01" means 1 day ago). Press RES to browse previous days ("-02", "-03"..). Press SET to browse through your data for the selected day.

**Total Step Mode** ("Total Step" icon): Displays your total accumulated data since your pedometer was activated or since it was reset to factory settings. Press SET to browse your total accumulated data for Step, Distance, Calories and Exercise Time.

**!** Your Step, Distance, Calories and Exercise Time modes/data automatically reset to zero at midnight everyday ready to track for a new day (if the correct time is set on your pedometer).

Your 30 Days Record and Total Step modes/data **do not** reset, these 2 modes only store and display your previous days' data.

## 10 STEP ERROR PREVENTION FEATURE

Your 3DTriSport pedometer has a 10-Step Error Prevention feature. Your pedometer will start/resume counting your steps after you have taken 10 uninterrupted steps. This feature prevents non-walking movements from being falsely counted as steps.

## AUTOMATIC MIDNIGHT RESET

Your daily data in Step mode, Distance mode, Calories mode and Exercise Time mode automatically resets to zero at midnight each day ready to track for a new day. Your previous days data is stored in 30 Days Record mode for up to 30 days.

 Your daily data will not reset at midnight if the time setting is wrong. 30 Days Record mode and Total Step mode do not reset at midnight (pg 5).

## STEP TARGET PROGRESS BAR

The step target progress bar appears along the left side of the display, each day it accumulates as you reach the step target you set during setup. The progress bar blinks when you reach your step target for the day.

## RESETTING YOUR PEDOMETER

If you want to manually reset/clear your data without effecting your setup settings, press the RES button for 3 seconds. To reset all settings and data back to factory settings, press the reset button/hole on the back of your pedometer.



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## SLEEP/STANDBY

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Your pedometer automatically turns off when no motion is detected and no buttons are pressed for more than 3 minutes. The display turns off and the 3D sensor deactivates to conserve battery power. When motion is detected or if a button is pressed the display and sensor will turn back on and resume counting steps.

## LOW BATTERY INDICATOR

When the battery power level is low, the low battery indicator icon (  ) will appear on the right side of the display. Replace the old battery with a new battery.

**!** Your pedometer will reset to factory settings if the battery is removed or if power is lost. Your data and settings will be erased and setup will be required.

## BATTERY REPLACEMENT

Your pedometer uses one CR2032 button cell battery. To replace the battery:

1. Unscrew and remove the battery cover on the back of your pedometer using a small Phillips screwdriver (included).
2. Remove the old battery and insert the new battery.

**!** Make sure that the positive (+) side of the battery is facing upwards and that any warning stickers are removed from both sides of a new battery.

3. Replace the battery cover and fasten the screw.
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## FREQUENTLY ASKED QUESTIONS | TROUBLESHOOTING

**Q. How do I get back into setup mode to change my settings? / How do I make a change to a current setting (E.g. change the time)?**

**A. Your settings can be accessed and changed anytime. Follow the setup steps from Step 1 and Step 2 (on page 4) to get into Setup mode. Then press SET to pass each setup step to get to the step you want. There is no need to redo all settings or press the RESET hole on the back of your pedometer.**

**Q. My 3DTriSport pedometer is not resetting at midnight or is resetting unexpectedly?**

**A. Make sure that the correct time is set on your pedometer to prevent unexpected reset. If you are setting afternoon time, the "PM" icon will appear on the left side of the time. The "PM" icon will appear as you browse through the hour value when setting the time.**

To set/change the time, follow the Setup Steps (from Step 1) on Page 4. Once you have set/changed the time, leave your pedometer idle for 10 seconds to automatically exit setup mode. Your changes are stored.



**Q. My distance data is higher/lower than expected?**

**A. Your pedometer relies on your stride length setting to calculate your distance. If your stride setting is incorrect, your distance data will not be accurate (See Page 2 for advice on stride length setting). Stride length setting often needs adjustment to achieve best distance accuracy.**



To change your Stride Length setting, follow the Setup Steps (from Step 1) on Page 4. Once you have set/changed your stride length leave your pedometer idle for 10 seconds to automatically exit setup mode. Your changes are stored.




## 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.

 <b>WARNING</b>	
<b>KEEP OUT OF REACH OF CHILDREN</b> Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 hours of ingestion. Seek medical attention immediately.	

### SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

 <b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 <b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or the patient or damage to the equipment or other property.

-  Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
-  Keep the unit out of reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
-  Please use caution when wearing the unit around your neck so as to avoid possible strangulation. Do not place the unit around the neck of children.



Verwijder voordat je begint de plastic bescherming aan de achterkant van de stappentreller om de batterij te activeren.



- *De stappenteller keert na 10 seconden automatisch terug uit de setup-modus.*
- *Je herkent de setup-modus aan knipperende getallen en iconen.*



Tijdsformaat: Weergegeven als 12hr of 24hr

Datumformaat: Maand - Dag

Jaar: Huidig jaar

Meet eenheden: weergegeven in In of Cm

Stel je eigen lichaamslengte altijd correct in om een zo accurate mogelijke weergave van het aantal stappen en afstand te krijgen.

Gewicht: Je huidige gewicht kan je hier instellen

Step-target/stappendoel: Hier kan je dagelijkse stappendoel instellen.  
(Of intervals 100, 1000, 10000)

#### **Ga verder met het instellen van je stappenteller**

Om de instellingen van je stappenmeter te kunnen veranderen moet je het juiste menu selecteren. Dit doe je door op de knop mode te drukken tot dat je Step ziet en onderop de stappenteller de tijd. Als je niet in dit juiste menu zit kan je de instellingen niet benaderen.

- Hou SET ingedrukt totdat 12hr of 24h knippert druk op SET om je instelling te bevestigen.

- Druk op set om de seconden te bevestigen

- Druk MODE(-) of RES(+) om het uur te veranderen, druk SET op te bevestigen.

- Herhaal de bovenstaande handeling om nu de minuten in te stellen.

- Herhaal de bovenstaande handeling om nu de maand in te stellen

- Herhaal de bovenstaande handeling om nu het jaar in te stellen

Zodra je de tijd en datum heb ingevuld kan je op MODE drukken om verder te gaan met het instellen van de meeteenheid in INCHES(MILES) of CM(KM).

Je kan weer door MODE(-) of RES(+) drukken om de gewenste eenheid in te stellen. (Druk op SET om je gewenste meeteenheid te bevestigen.)

- Na het bevestigen van de meeteenheid kan nu je lengte worden ingesteld

- Na het bevestigen van je lengte kan nu je gewicht worden ingesteld

- Na het bevestigen van je gewicht kan nu je dagelijkse stap doel worden ingesteld

## **10 Stappen miscalculatie proventie**

De stappenteller is uitgerust met het 10 niet afgemaakte stappen berekening. Zodra de stappenteller 10 niet afgemaakte of complete stappen telt zal hij deze automatisch van het totaal aftrekken. Om een zo correct mogelijke stappen-aantal weer te geven.

## **Automatische middernacht reset**

Om 24:00H reset de stappenteller automatisch alle stappen van de (huidige) dag. Je stappen en calorieen worden opgeslagen in het 30 dagen overzicht.

**Let op!** Als je de tijd niet goed hebt ingesteld word de data niet om 24H gereset.

## **Uitdaging bar**

Aan de linkerkant van het scherm zit de doelen-bar, elke keer als je een stap zet word er een bar bij geplaatst. Als de bar knippert is het tijd voor een feestje want jij heb je stappendoel voor die dag behaald. Gefeliciteerd!

## **Je stappenteller compleet resetten**

Aan de achterkant zit een klein knopje met daarboven de tekst RESET, hiermee kan je de stappenteller in een keer compleet resetten. Hiermee zijn direct alle instellingen en voorkeuren gewist.