

How To Use Fitstep Pro Pedometers



WHAT'S MY NUMBER?

2G

2R

2T

1M

1I

1P

Find Your Pedometer



Step 1: How To Open

1 How to open the FITstep™ Plus and FITstep™ Pro pedometers



Cover Tab

Clip

Step 2: Step Mode

② How to display and reset the Step Mode

Press Mode button
until step appears

To reset the
pedometer, hold
the Reset button
for 4 seconds



Step 3: Activity Time

③ How to display the Activity Time

Press Mode button until activity time appears



Step 4: MVPA Time

④ How to display the MVPA Time

Press Mode button until
MVPA time appears



Step 5: Wear It

5 How to position the FITstep™ Plus and FITstep™ Pro pedometers



Clip to your
right side
centered over
your kneecap



Step 6: Upload Pedometer...



Simply place pedometer into reader for complete upload
in less than 2 seconds