How To Use Fitstep Pro Pedometers

Find Your Pedometer Number

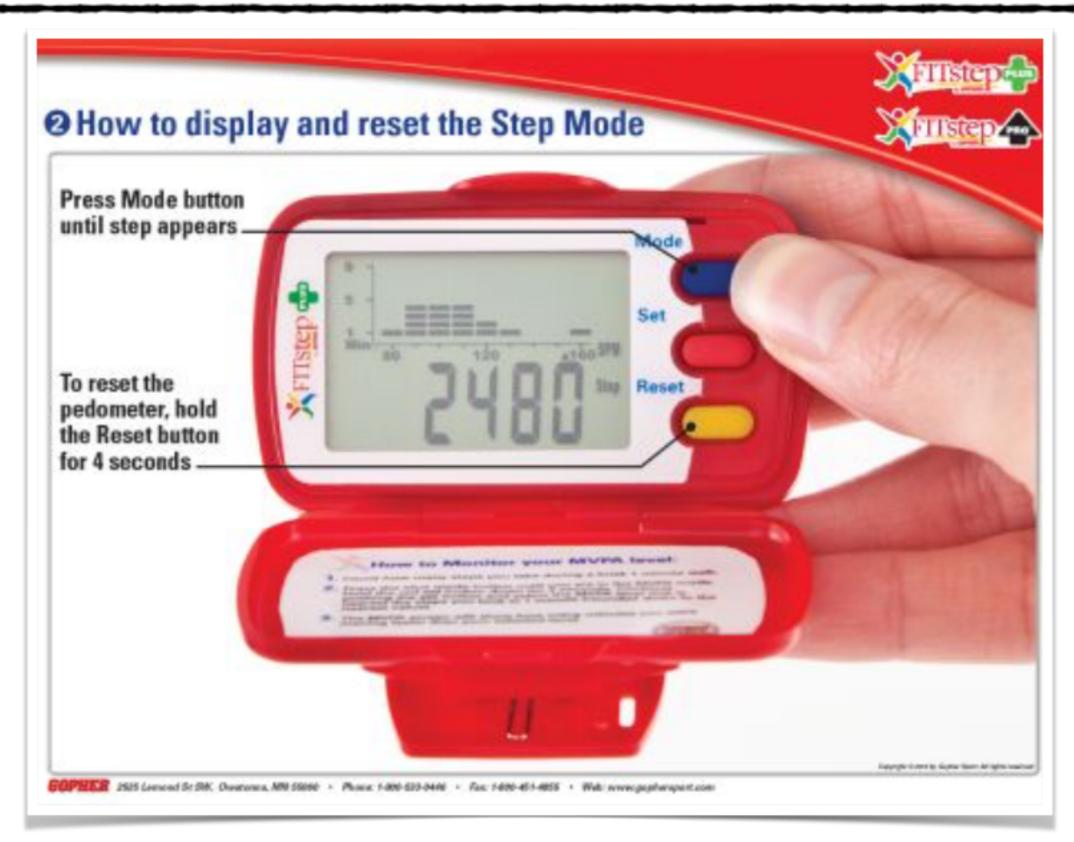# Find Your Pedometer

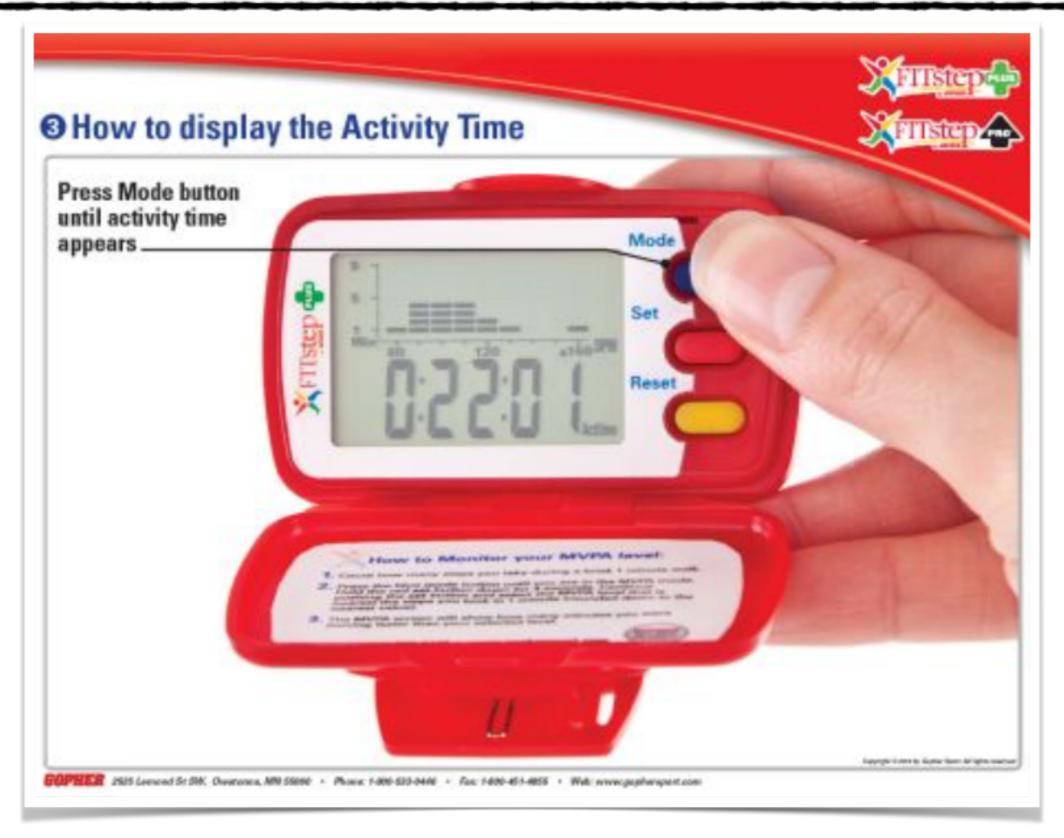# Step 1: How To Open

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

Cover Tab

Clip

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Step 2: Step Mode

Step 3: Activity Time

Step 4: MVPA Time

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