

Pedometer Tip Sheet

Do's and Don'ts...

Do:

Remember to wear it daily

Calibrate the pedometer to the length of your average stride for the most accurate readings

Change the battery as soon as you notice the digital display fading

Keep the pedometer vertical to get the most accurate readings

Put a safety string through the pedometer's waist clip and pin it or loop it through a belt loop, so the pedometer is not dropped and damaged

Don't:

Get the pedometer wet- no swimming with it on!

Drop or crush your pedometer- this could break the crystal inside

Shake the pedometer as it will alter the step count

Put a pedometer in your pocket, as it cannot stay vertical, therefore, will not accurately count your steps