

GoFit GoPed

Multifunction Pedometer
Tracks Steps, Distance,
Average Speed, Calories Burned,
Activity Timer, Time

Instruction Manual

- Read this instruction manual carefully before using the product to ensure safe and correct use
- Keep this instruction manual for reference

1 Safety Information Please read this section carefully before using your GoPed

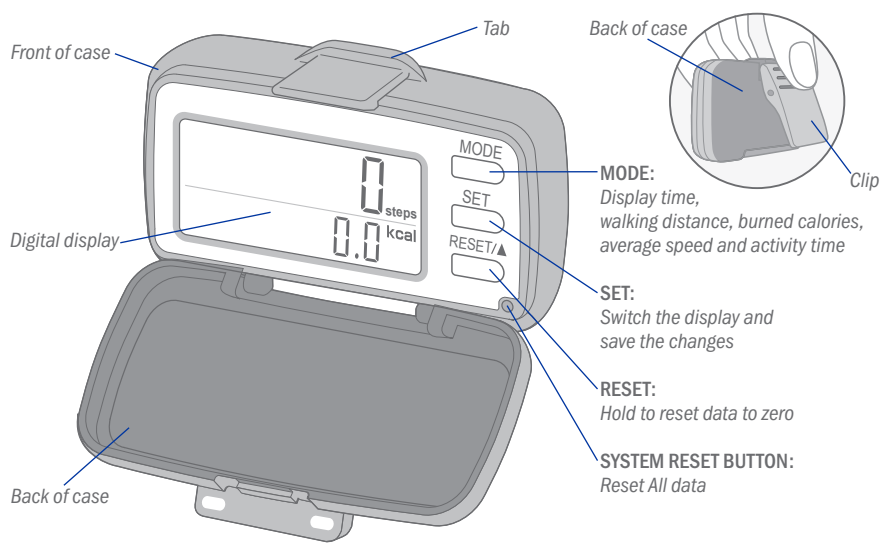
WARNING

- Keep unit away from young children
- If a child swallows battery, or other part, consult a physician immediately
- Do not disassemble, modify or attempt to repair the unit as it may cause damage or accident
- Do not throw the battery into fire as it may cause explosion

Care and Usage

- Avoid exposing unit to impact or strong shock
- Do not force-open the main unit—use coin to pry open as instructed
- Do not press too hard on the clip or twist the clip
- Avoid contact with water as unit is not waterproof

2 Components



3 Power Up

1. Turn on the power by pulling out the battery protector
2. Remove the protective film from the display
3. Reset system with small-point stylus pen or paper clip (do not use ball-point or ink pen)

5 Let's Go!

1. Clip anywhere
Clip on your pocket, Clip on your belt
 2. Open the front of the case
Press your thumb outward on the tab to open the front case.
 3. Reset the data to zero
Press and hold RESET button for 2 seconds to reset data to zero
 4. Close the case and walk
GoPed will count as you step
Open the front case to view your results
- View the results
- NOTE: If certain motions continue for 7 steps or more, the unit judges the motion to be walking and counts from that time
Avoid exposing the unit to impact or strong shock

4 How to set the Time, Stride-Length and Weight Turn page over

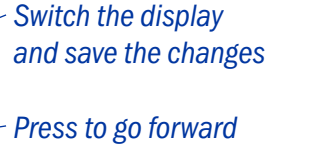
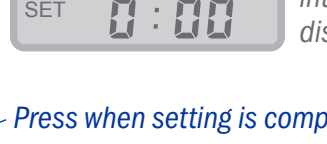
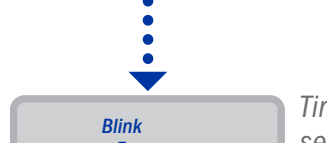
Set time, stride-length and weight before use

The default value of stride length is 28 inches (70cm).
The default weight setting is 132lb (60kg).



1. Setting Interface

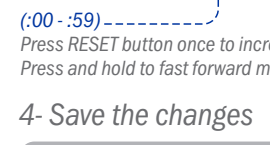
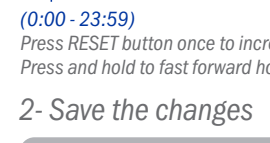
Press and hold the SET button for 2 seconds to bring up the setting interface display



- Press when setting is complete
- Switch the display and save the changes
- Press to go forward Press and hold to fast forward
- SYSTEM RESET Button Reset All Data

2. Setting Time

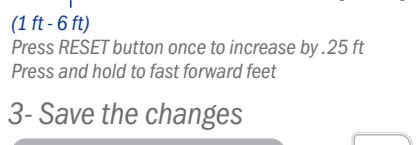
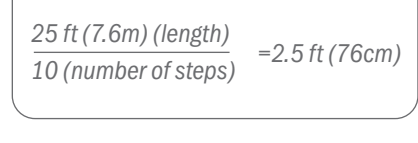
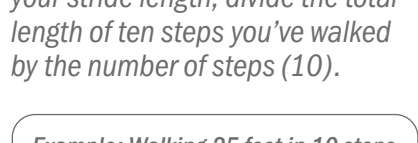
1- Set the hour
Press and hold the SET button for 2 seconds to bring up the setting interface display



- Press the SET button once to save the hour setting and move to minutes setting
- Press the SET button once to save the minutes setting and move to stride setting

3. Setting Stride-Length

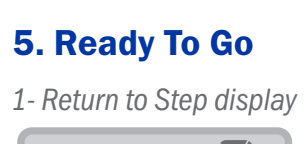
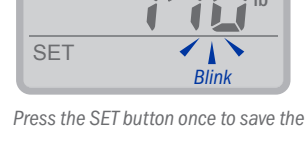
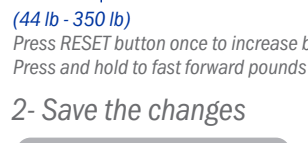
1- Measure the length of your stride
Stride length is the measurement from one foot tip to the other in a normal step. To correctly measure your stride length, divide the total length of ten steps you've walked by the number of steps (10).



- Example: Walking 25 feet in 10 steps
25 ft (7.6m) (length) / 10 (number of steps) = 2.5 ft (76cm)
- Press the SET button once to increase by one hour Press and hold to fast forward hours
- Press the SET button once to save the weight setting
- Press the SET button once to increase by one minute Press and hold to fast forward minutes
- Press the SET button once to increase by .25 ft Press and hold to fast forward feet
- Press the SET button once to save the stride setting and move to the weight setting

4. Setting Weight

1- Set the weight
Press and hold the SET button for 2 seconds to bring up the setting interface display



- (44 lb - 350 lb)
Press and hold to fast forward pounds
- Press the SET button once to save the weight setting

5. Ready To Go

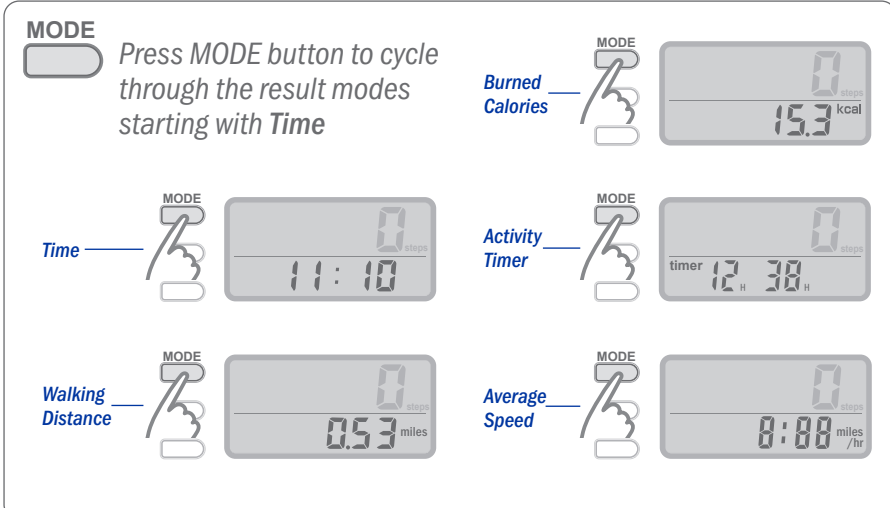
1- Return to Step display
Press MODE button to complete settings and return to Step display



Note: pressing the SET button will return to the time-setting display



6 How to View the Results



7 Tips for accurate step counting

- Close case during use
- Your GoPed may not be able to display accurate step-counts when it senses irregular motion such as:
- Walking with loose-heeled shoes like sandals flip-flops or clogs
 - Walking or running at an irregular pace
 - Playing a sport or kicking a ball or object
 - Sitting down and standing up
 - Climbing up and down stairs or steep slopes
 - Swaying back-and-forth in a vehicle
 - Jogging or jumping
- Power Saving Mode
The screen will automatically turn off after 1 minute of inactivity and will turn on again when activity resumes.

8 Maintenance

- Wipe unit with a soft dry cloth
- DO NOT use chemicals cleaners
- DO NOT immerse in water

9 Storage

- DO NOT store in direct sunlight
- DO NOT store near water
- DO NOT store around chemicals
- DO NOT store near corrosive gas
- KEEP OUT of reach of children
- If you are not using the unit for three months or more, remove the battery before storage

10 Replacing the Battery

1. Open the back case. (Fit a coin into the groove to remove the cover)
 2. Remove the old battery
 3. Insert a new battery with the correct polarity
 4. Close the back case
 5. Reset the system with small-point stylus pen or paper clip (do not use ball-point or ink pen)
- Note
- Use a CR2032 battery
 - Replace the old battery immediately when nothing shows on the display
 - Ensure the battery is oriented correctly.
 - Read this instruction manual before replacing the battery
 - Dispose of old battery properly

11 Specifications

Display	Steps: 0-99,999 steps Walking Distance: 0-99.999(Km) Burned Calories: 0-99,999(Kcal) Activity Time (timer): 0-59H59M Average Speed: mile/h Time: 24Hr
Operating Temperature	0°C-40°C
Measurement Accuracy	±5%
Material	ABS
Dimension	60.0*26.3*37.4mm
Weight	25g (Battery included)
Battery	CR2032
Battery Lifetime	One year

12 Troubleshooting

- Nothing is displayed → Refer to 10 Replacing the Battery, 3 Power Up
- The polarities of battery are not aligned properly. → Refer to 10 Replacing the Battery, 3 Power Up
- Slide out the battery protector when it is the first-time use. → Refer to 3 Power Up
- The values displayed are wrong → Refer to 7 Tips for Accurate Step Counting
- The pedometer is not attached correctly. → Refer to 7 Tips for Accurate Step Counting
- The values increased or decreased at random → Refer to 3 Power Up

13 FAQ

- Q: How do I reset the value?
A: Press the RESET button for more than 2 seconds.
- Q: Why doesn't it display anything until you've taken 7 steps?
A: This is to avoid displaying irregular movements. On your 7th step, the GoPed will display the number "7" and continue counting up.



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