Digiwalker Instructions

Tools needed: Digiwalker pedometer and security strap.

This device is **not waterproof** and **can not** be worn in the shower or while swimming.

In the morning when you get up, place the device on your waist band using the plastic clip on the back of the device. Check to make sure the device is properly placed. It should be straight up and down and not leaning forward or backward. To see the step-count display open the cover of the Digiwalker. Try to position the Digiwalker so that it is in line with your knee. If the device is not straight up and down in this position, but is leaning forward or backward, reposition the device so that it is at your side or behind your back. The dietitian you are working with will demonstrate the proper position for you. Each Digiwalker pedometer also comes with a security strap. This clips onto both the Digiwalker and your waist band to secure the pedometer to your pants. Always use the security strap, otherwise the device is very easy to loose.

Every morning after you first put on the Digiwalker, do a 20 step test to make sure that the device is recording your steps accurately. If your 20 steps are measured by the Digiwalker between 18 and 22 steps the device is positioned properly. If not, try to reposition the device and try the 20 step test again.

At the end of each day open the cover to display your daily step-count. Write this number in the correct box on your calendar. Clear the numerical display by pressing the yellow button inside the cover each night. Please put the pedometer in a spot in which you'll remember to wear it the next day.