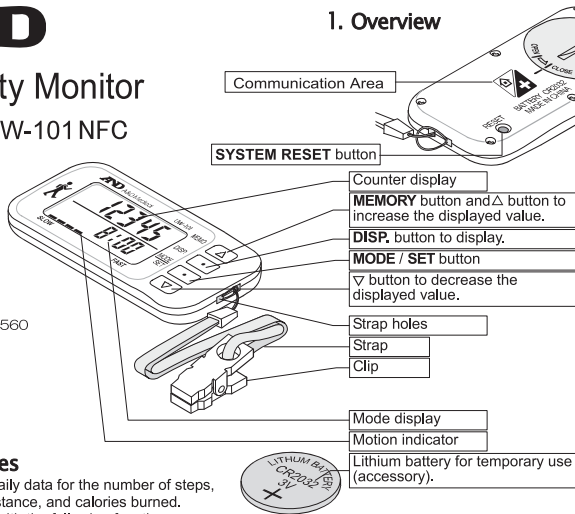




# Activity Monitor

## UW-101 NFC

### 1. Overview



1WMPD4002560

### 2. Features

- Displays daily data for the number of steps, walking distance, and calories burned.
- Equipped with the following functions:
  - A 3-axis accelerometer to detect motion.
  - A motion indicator to display the strength of walking and moderate jogging.
  - A mode to display walking distance in km and calories burned in kcal.
  - A memory function to store and display data for the last 14 days.
- When the activity monitor is idle for one minute, the display turns off. If you start walking or press a button, the display turns on again.

### 3. Preparing the Activity Monitor

#### 3.1. Setting up the Activity Monitor

**Activity Monitor settings**

1 **Check the CR2032 battery.** Refer to 3.4. & 4.  
If the mark is displayed or blinking, replace the battery.

2 **Reset the activity monitor.**  
Use a pin or similar object to gently depress the **SYSTEM RESET** button.

3 **Select metric or imperial units.**  
Select the units using the **Δ** button. Press **SET**.

	Weight	Stride length	Walking distance
Metric units	kg	cm	km
Imperial units	lb	" "	mile

4 **Enter your weight.**  
Select your weight with the **Δ** and **∇** buttons. Press **SET**.

5 **Enter your stride length.** Refer to 3.3.  
Select your stride length with the **Δ** and **∇** buttons. Press **SET**.

6 **Set the hour of the clock.**  
Select the current hour with the **Δ** and **∇** buttons. Press **SET**.

7 **Set the minute of the clock.**  
Select the current minute with the **Δ** and **∇** buttons. Press **SET**.

8 **Set the year of the clock.**  
Select the current year with the **Δ** and **∇** buttons. Press **SET**.

9 **Set the month of the clock.**  
Select the current month with the **Δ** and **∇** buttons. Press **SET**.

10 **Set the date of the clock.**  
Select the current date with the **Δ** and **∇** buttons. Press **SET**.

The activity monitor now displays the number of steps and the time and is ready for use. To change settings, press and hold **SET** for few seconds and then start from Step 2.

#### Attaching the Activity Monitor

Select a method to attach the activity monitor. Refer to 3.2.  
Secure the activity monitor to monitor body movement.

#### Measuring walking

Press **DISP.** button to start measurement.

**Walking (Moderate jogging)** Refer to 4.  
To ensure correct measurement, walk at a constant and continuous pace. Avoid excessive foot impact.

#### Displaying the current data and memory data

**Readings** Refer to 5.

**DISP.** button: Displays the current number of steps and the time.

**MODE** button: Toggles display of the walking distance and calories burned.

**Δ** button: The memory function recalls data for the last 14 days.

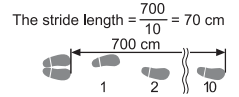
### 3.2. Securing the Activity Monitor



- Attach the activity monitor to detect motion.
- Secure the activity monitor prevent it from striking anything.
- Use the accessory strap and fit clip to prevent the activity monitor from being dropped.
- Do not put the activity monitor in the rear pocket of trousers.
- Avoid hanging the activity monitor from the waist.
- To ensure correct measurement, avoid swinging the activity monitor.

### 3.3. Measuring Stride Length

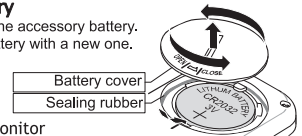
The stride length is from the tip of one foot to the tip of the other. We recommend you walk 10 steps and then calculate the average stride length.



**Example:** If you walk 10 steps and the total length is 700 cm, your stride length is 70 cm.

### 3.4. Installing Or Replacing the CR2032 Battery

- When using the activity monitor for the first time, install the accessory battery.
- If the mark is blinking or is displayed, replace the battery with a new one.
- 1 Open the battery cover with a coin or screwdriver.
- 2 Replace the battery with a new one. Make sure the positive side (+) of the battery is facing up.
- 3 Return the battery cover and fasten it.
- 4 Proceed to Step 2 under 3.1. Setting up the Activity Monitor



### 4. Precautions

- Keep the activity monitor out of the reach of young children.
- If a young child swallows a part of the activity monitor, consult a doctor immediately.
- When removing the battery, the settings and stored data are deleted.
- Avoid touching the top (+) and bottom (-) of the battery at the same time to prolong the battery life.
- Dispose of a used battery in accordance with the local regulations for battery disposal.
- In the following cases, the activity monitor may not measure correctly.
  - Excessively slow or very low-impact walking.
  - Vehicle movement: Automobile, train, bicycle.
  - Irregular motion: Exercise, swinging the activity monitor.
  - Extreme impact: Jogging, jumping, rope skipping, running.
- The activity monitor is not waterproof.
- Avoid extreme temperatures and humidity, direct sunshine, and dust.
- Do not drop or strike the activity monitor.
- Do not open or repair the activity monitor as electrical components may be damaged.

### 5. Memory function

- The memory function stores the daily number of steps, walking distance and calories burned for the last 14 days.
- At 2:00 AM each day, the daily data is stored in memory and the current counting display is reset to zero.
- If no operation is performed for one minute, the memory function is exited.
- MEMO** button: Selects a date.
- MODE** button: Displays the walking distance and calories burned.
- DISP.** button: Returns the display to measurement mode and displays the current number of steps and walking distance.

### 6. Symbols

Symbols	Function / Meaning	Recommended Action
	The low battery indicator is displayed when the battery power is low.	Replace with a new CR2032 lithium battery.
	The low battery indicator blinks when the battery is drained.	_____
	Direct current	_____
	EC directive medical device label	_____
	WEEE label	_____
	Manufacturer	_____

### 7. Troubleshooting

Problem	Possible Reason	Recommended Action
Nothing appears on the display, even when a key is pressed.	Drained battery. Incorrect positioning of the battery.	Replace the battery. Refer to 3.4. Reinstall the battery. Refer to 3.4.
Incorrect number of steps.	Incorrect detection.	Change the attachment and walking style. Refer to 3.2. & 4.
Incorrect walking distance.	Incorrect stride length.	Store a new stride length. Refer to 3.3.
Nothing appears on the display at the start of walking.	Data is displayed after 10 consecutive steps in order to ensure correct measurement.	_____

**Note:** If you can not fix the problem, request service from your dealer.

### 8. Maintenance

- Clean with a soft dry cloth or a cloth moistened with water.
- Never use alcohol, benzene, thinner, or other harsh chemicals.
- Never wash with water or place in water.
- Remove the battery if the activity monitor is not to be used for a long time.

### 9. Technical Data

Type	UW-101	
Display	Number of steps	0 to 99999
	Walking distance	0.00 to 999.99 km 0.00 to 999.99 miles
	Calories burned	0.0 to 9999.9 kcal
Functions	Diary memory for the last 14 days, motion indicator.	
Wireless communication	NFC wireless interface module	
Measurement accuracy	±3%	
Power supply & Battery life	CR2032, approx. one year (at 10000 steps / day)	
Dimensions & Weight	75[W] x 34[H] x 11[D] mm, approx. 25 g (including battery)	
Operation conditions	+10 °C to +40 °C, 30 %RH to 85 %RH	
Storage conditions	-20 °C to +60 °C, 10 %RH to 95 %RH	

**Note:** Specifications are subject to change for improvement without prior notice.