

# OMRON®

## INSTRUCTION MANUAL

*GOsmart™*

Tri-Axis Pocket Pedometer

Model **HJ-303**



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# INTRODUCTION

Thank you for purchasing the HJ-303 Omron® GOsmart Tri-Axis Pocket Pedometer.

**Fill-in for future reference:**

**DATE PURCHASED:** \_\_\_\_\_

**Staple your purchase receipt here.**

This pedometer is a great motivational tool to track the number of total steps, number of steps and minutes walked at a moderate pace, calories burned and distance walked.

The convenient memory function supports the management of daily walking. The power saving feature on this pedometer continues to record your activity even when the display has automatically turned off.

Your HJ-303 GOsmart Tri-Axis Pocket Pedometer comes with the following components:

- Pedometer
- Holder
- Strap
- Clip
- Battery (CR2032 installed)
- Battery Screwdriver
- Instruction Manual

## SAVE THESE INSTRUCTIONS

## MODERATE STEP FUNCTION

This pedometer displays the number of steps and minutes walked at a moderate or brisk pace in a day. Moderate intensity activity is defined as 3.0 to 6.0 METs\* by the American College of Sports Medicine (ACSM).

\* METs represents the ratio of exercise metabolic rate. 1.0 MET is defined as the energy expenditure at resting condition. On average, when sitting at rest we use 1.0 MET, when walking at normal pace (2.5 mph) we use 3.0 METs.

### **Moderate steps**

This counts the number of steps taken at a moderate pace (3.0 METs or more). Moderate to brisk walking at approximately 2.5 to 3.4 mph (may differ in individuals) is one of the most popular activities to meet this recommendation.

### **Minutes for moderate steps**

This counts the amount of time spent walking at 3.0 METs or more.

Source: ACSM and the Center for Disease Control and Prevention (CDC) physical activity recommendation for adults is at least 30 minutes of moderate intensity activity 5 or more days per week. For more information, visit [www.acsm.org](http://www.acsm.org).



### **NOTE:**

Walking up or down stairs or a steep slope, and walking on a treadmill may not be counted as moderate steps.








# IMPORTANT SAFETY INFORMATION

*To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.*








## SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

 <b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 <b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.





## OPERATING THE DEVICE

-  Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
-  Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
-  If used hanging around neck, the string can cause strangulation. Do not place pedometer with string around a child's neck.
-  If battery fluid gets in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
-  Read all information in the instruction manual and any other literature included in the box before using the unit.
-  Operate the unit only as intended. Do not use for any other purpose.
-  Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.

## IMPORTANT SAFETY INFORMATION

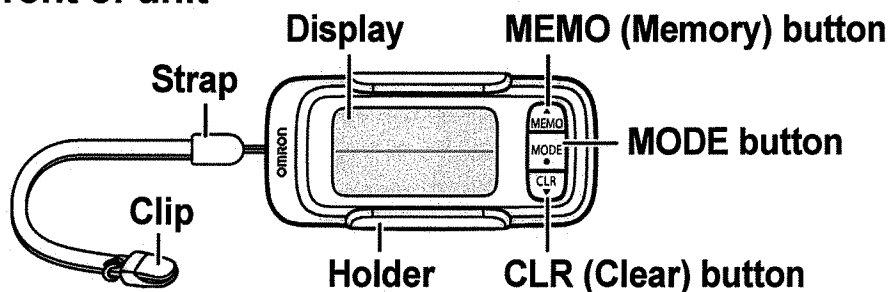
-  Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
-  If battery fluid gets on your skin or clothing, immediately rinse with plenty of clean water.
-  Do not insert the battery with the polarities in the wrong direction.
-  Replace a worn battery with a new one immediately.
-  Remove the battery from this unit when you are not going to use it for a long period of time (approximately three months or longer).
-  Do not throw the battery into fire. The battery may explode.
-  Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

## CARE AND MAINTENANCE

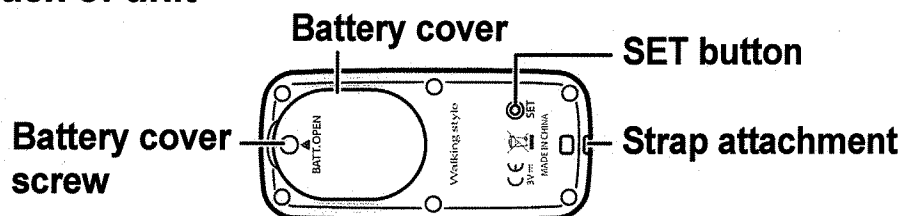
-  Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
-  Do not subject the unit to strong shocks, such as dropping the unit on the floor.
-  Do not submerge the unit or any of the components in water.
-  Do not press the button with a sharp point. This could cause damage.

# KNOW YOUR UNIT

## Front of unit



## Back of unit



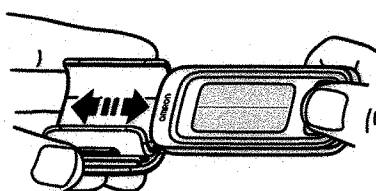
## Components

<p><b>How to attach the strap to the main unit</b></p> <p>Create a loop to attach the strap.</p>	<p><b>How to connect the strap and the clip</b></p>	<p><b>How to release and fasten with a clip</b></p> <p>To release      To fasten</p>
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### Holder

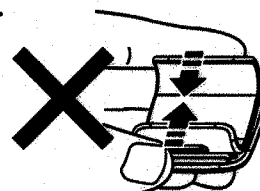
Use this holder when attaching the unit to your belt or the top of your pants.

Attach/remove the holder as illustrated below.



### NOTE:

When attaching the holder, do not grip it strongly at the top and bottom.

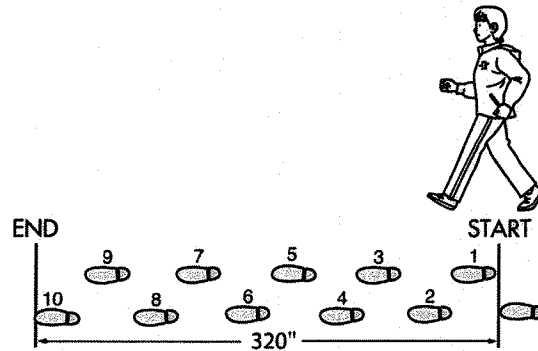


# STRIDE LENGTH MEASUREMENT

Measure your stride length before setting the pedometer.

## How to measure your stride length

1. Walk 10 steps with your normal stride as illustrated below.



2. Measure the distance from START to END in inches.
3. Calculate your stride length by dividing the total distance by 10.

### Example:

Total distance = 320"

$320 \div 10 = 32$  inches (2 feet 8 inches)

### Conversion Chart

12 inches = 1 foot

24 inches = 2 feet

36 inches = 3 feet

48 inches = 4 feet




# SETTINGS

The unit comes with the battery installed. When you use the unit for the first time or you want to change settings, follow the steps below.

For setting range details refer to “Specifications” on page 21.

## 1. Press the SET button on the back of the unit with a thin, sturdy, stick that will not break easily.

 Do not press the button with a sharp point. This could cause damage.

SET button





The hour flashes on the display.



### NOTE:

If no button is pressed for more than 5 minutes...


- When setting up the unit for the first time or after using the system reset function  
→ The display will be turned off.
- When adjusting the settings  
→ The display will revert to the Step count/Time display.

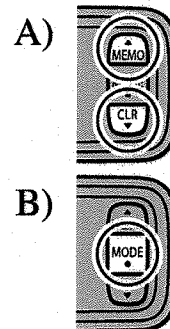
## 2. Setting the hour.

A) Press  or  to select the desired value for a setting.

- Press  () to advance (go back) one.

- Press and hold  () to advance or go back in increments of 10.

B) Press  to confirm the setting.



## 3. Repeat step 2 to set the minute.

## 4. Repeat step 2 to set the weight.

## 5. Repeat step 2 to set the height.

## 6. Repeat step 2 to set the stride length.

The Moderate steps/Minutes for moderate steps are displayed.

**All the settings are completed.**

# ATTACHING THE PEDOMETER

This pedometer accurately counts in a pocket, bag or anywhere you want to put it.

The unit may be placed in the upper front pocket of your clothing, in the front pocket of your pants, in a bag, or attached to your belt or pants, or hang it from your neck.

## NOTES:

- **Press the clip open to remove the unit.** Depending on the material, the clip may cause damage or scratches to your clothes if it is attached or removed roughly.
- **The included strap and clip are to prevent the unit from falling.** Do not hang the unit from your waist or a bag.

### Placing the unit in your pocket.

Place the unit in the front pocket of your shirt or pants. Clip the strap to the top of your pocket.



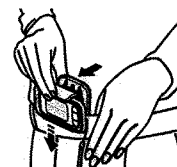
### Placing the unit in your bag.

The pedometer can be placed in any carrying bag. Clip the strap on the carrying bag.



### Attaching the unit at your waist.

Use the holder to attach the pedometer to the top of your belt or pants. Clip the strap to your pants.




### Hanging the unit from your neck.

Attach a secure string or cord to the pedometer. Place the string around your neck and hang the pedometer as illustrated.



## NOTE:

Make sure the string is correctly sized to easily remove the pedometer from around your neck.

-  If used hanging around neck, the string can cause strangulation. Do not place pedometer with string around a child's neck.

# COUNTING STEPS

## **When Steps are Counted**

The unit determines whether you are walking continuously to avoid counting movement other than steps. It does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, the pedometer displays the step count for the first 4 seconds and then continues to count.

**The unit may not count steps correctly in the following conditions:**

- 1. The memory is displayed or the unit is being set.**
- 2. The unit moves irregularly.**
  - When the main unit is placed in the bag and the bag moves irregularly because it hits your foot, your belt or the top of your pants.
  - When the unit hangs from your belt, the top of your pants or a bag.
- 3. Walking at an inconsistent pace.**
  - When you shuffle or wear sandals.
  - When you fail to walk consistently in a crowded place.
- 4. Up and down movement.**
  - Standing up and/or sitting down movement.
  - Playing sports other than walking.
  - Ascending or descending movement at stairs or in a steep slope.
- 5. Vibrations from a moving vehicle.**
  - Such as riding a bicycle, automobile, train or bus.
- 6. Jogging or walking extremely slowly.**

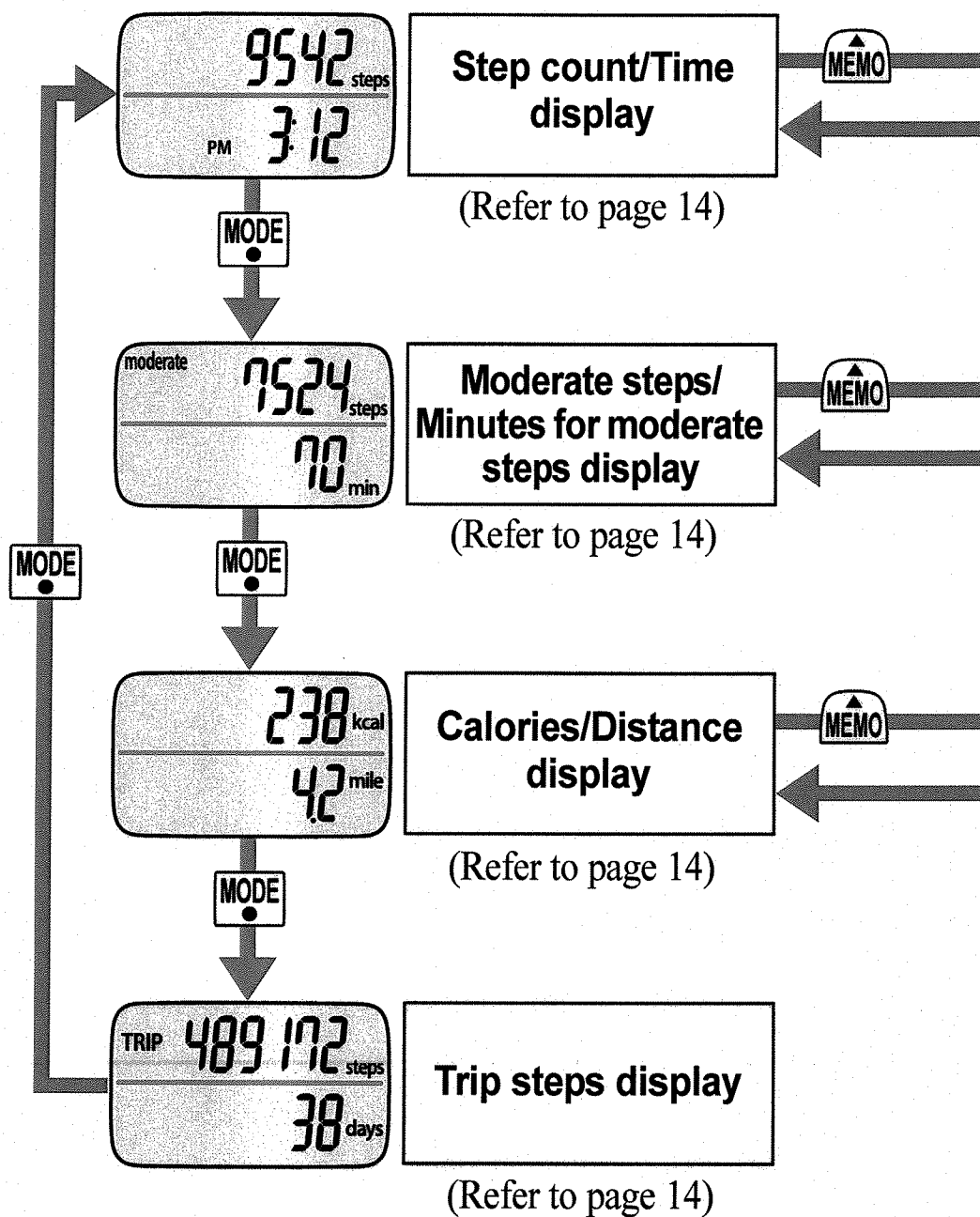
## **NOTE:**

The unit will count steps during jogging if it is attached to your belt or the top of your pants with a holder.

# CHANGING THE DISPLAY

This pedometer has different screens to display your data.

Use **MODE** to scroll through the data.

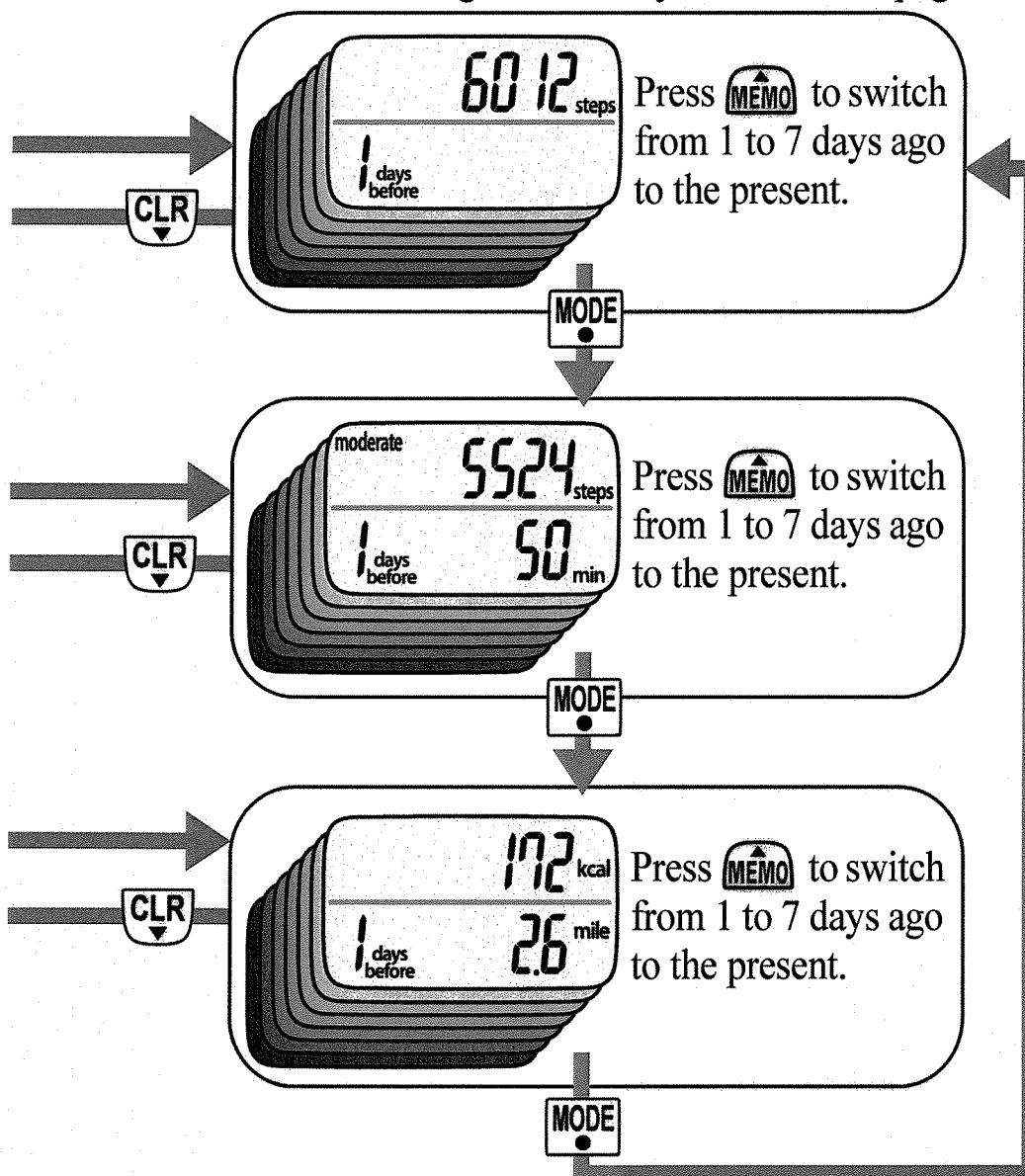


# CHANGING THE DISPLAY

Memory:

Use **MEMO** to scroll through all your measurements saved in memory.

Refer to “Using the Memory Function” on page 15.



## About the battery saving mode (sleep mode)

After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues counting steps. This mode extends the battery life.

Press **MEMO**, **MODE** or **CLR** to activate the display again.

# ABOUT THE DISPLAY

## Step count/Time display



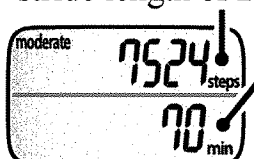
## Moderate steps/Minutes for moderate steps display

This displays only the Moderate steps and Minutes for moderate steps that were of the intensity recommended for effective exercise (3.0 METs or more).

### Moderate steps

This displays the number of steps measuring 3.0 METs or more from all the steps taken during a day.

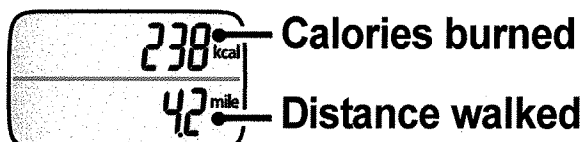
Guide to walking at 3.0 METs: Walking at 100 paces a minute for a stride length of 28 inches or 2.5 mph.



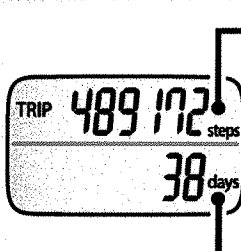
### Minutes for moderate steps

This displays the time walked at 3.0 METs or more.

## Calories/Distance display



## Trip steps display



### Trip steps (Total steps)

In addition to the normal step count, this counts the number of steps (up to 999,999 Trip steps) since the step count was reset. This is useful for counting the number of steps for an event, etc.

### Trip days (Total days)

This is the number of days from when the Trip step count was first reset (start) to when it is reset again (finish).

### NOTE:

When the number of Trip steps exceeds 999,999, the step and day count stops. To reset the Trip steps, refer to "How to reset the Trip steps data" on page 15.

# USING THE MEMORY FUNCTION

The current day's data is automatically stored in memory when the time reaches 12:00AM. The display will return to "0".

## NOTE:

The time must be correctly set in the unit.

## How to view data stored in memory (Except for the Trip steps display)

1. Press **MODE** until the data you want to see is displayed.

2. Press **MEMO** to view the data.

The previous day's data is displayed.

Continue to press **MEMO** until all 7 days of stored data is displayed.

Press **CLR** to return to the current display.

## NOTES:

- The time is not displayed when using the memory function.
- If no button is pressed for more than 1 minute, the display will return to the current day's data.

## How to reset the Trip steps data

1. Press **MODE** to select the Trip steps display.

2. Press **CLR** for at least 2 seconds.

"Clr" flashes on the display.

To cancel resetting of the Trip steps data, press **MEMO** or **MODE** while "Clr" is flashing.



3. Press **CLR** to reset the Trip steps data.

## NOTE:

If no buttons are pressed for more than 10 seconds or any button other than **CLR** is pressed, the display will return to the Trip steps display.

# BATTERY REPLACEMENT

## Low battery indicator

When the low battery indicator appears on the display, immediately replace the battery with a new CR2032 battery.

Blinking	Battery power is low.
Appears continuously	Battery power exhausted. The unit stops counting steps.

### NOTES:

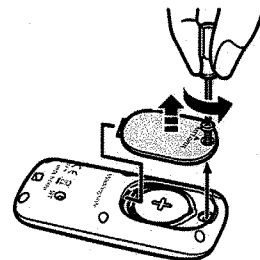
- **Do not replace the battery around 12:00AM.** The measurement results of the day when the battery was removed will be added to the measurement results for the day the battery was inserted.  
(It is assumed that the battery will be removed and replaced with a new one on the same day.)
- **The measurement results are automatically stored in memory on the hour (e.g., at 12:00AM, 1:00AM, 2:00AM, ... 10:00PM, 11:00PM).** The measurement results from the hour until the time the battery is replaced will be deleted for that day.
- **When the battery is removed, the time will be reset to "12:00AM". Reset the time after inserting the new battery. Refer to "Settings" on page 9.**  
(The measurement results stored in memory and the weight, height and stride length settings are not deleted.)



# BATTERY REPLACEMENT

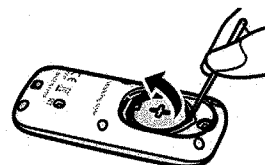
1. **Remove the screw on the battery cover located on the back of the unit, and remove the battery cover.**

Use a small screwdriver to remove the screw on the battery cover.



2. **Remove the old battery.**

Take the battery out with a thin stick that will not break easily.



## NOTE:

DO NOT use a pair of metal tweezers or a screwdriver.

## ⚠ CAUTION

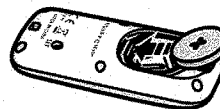
Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

## ⚠ CAUTION

Do not throw the battery into fire. The battery may explode.

3. **Insert the new battery.**

Place the positive (+) side of the battery upward. Insert the battery in the direction of the arrow as illustrated.



4. **Replace the battery cover.**

Insert the projected portion of the battery cover as illustrated.

Tighten the screw on the battery cover.

