



**“Getting Excellent Results from your
OZO Fitness SC 3D Digital Pedometer!”**

The advertisement features a photograph of a man and a woman hiking on a mountain trail. The man is wearing a red backpack and a light blue shirt, while the woman is wearing a blue backpack and a pink top. In the foreground, three digital pedometers are displayed: a black one showing 9299, a pink one showing 9300, and a blue one showing 29299 and 115511. The OZO Fitness logo is in the top right corner of the photo. Below the photo, the text "SMART ACTIVITY TRACKER" is centered. Underneath, five icons represent different tracking features: a footprint for "STEPS" (Walking or Running), a location pin for "DISTANCE" (Miles or Km), a flame for "CALORIES" (Burned), a target for "DAILY TARGET" (Track to Goal), and a microchip for "MEMORY" (30 Day Log).

SMART ACTIVITY TRACKER

- STEPS**
Walking or Running
- DISTANCE**
Miles or Km
- CALORIES**
Burned
- DAILY TARGET**
Track to Goal
- MEMORY**
30 Day Log

Activate your Pedometer

1. Pull out battery insulator strip from the back of the Pedometer



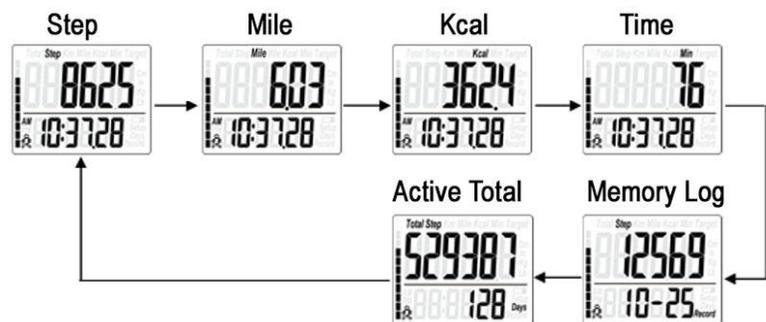
2. Peel off plastic cover from pedometer screen.



May need to slide off back clip

Programming the SC 3D Pedometer

Press the **WHITE** button to navigate between screens.



Handy Tip:

Tool to Calculate your stride length: www.ozofitness.com/Stride, for more accurate distance tracking

Begin programming on the Step Screen

Click the **WHITE** button until you see the word '**Step**' in the top left corner and the clock below the line. Just like you see in the image below.



1. **If 30 seconds elapses** without a button press, the **pedometer will exit the setting sequence.**
2. **Programming sequence runs forward only**, if a mistake is made, you can easily go back and change it.
3. Tool to Calculate your stride length: www.ozofitness.com/Stride, for more accurate distance tracking

Setting the Clock

- Start programming on the Step screen as shown above
- PRESS & HOLD **WHITE** button, **ADJ** will Flash
- Release **WHITE** button when you see **12Hr** or **24Hr** Flashing
- PRESS **BOTTOM** Button to toggle between **12HR** for (AM/PM) or **24HR** (13:00)
(Once the desired format **12HR** or **24Hr** is Flashing)
- PRESS **WHITE** Button to save clock format

Setting the Hour and Minutes

- PRESS **BOTTOM** button to advance **Hour** to correct time
- PRESS **WHITE** button to save Hour
- PRESS **BOTTOM** button to advance **Minutes** to correct time
- PRESS **WHITE** button to save Minutes
- PRESS **BOTTOM** button to zero out seconds
- PRESS **WHITE** button to save Seconds

Set the Date

If you are only tracking steps, place the pedometer on a table for 1 minute, after setting the year. This will exit the programming sequence and then your pedometer is ready to use.

- PRESS **BOTTOM** button to advance **Month** to correct month
- PRESS **WHITE** button to save Month
- PRESS **BOTTOM** button to advance **Day** to correct day
- PRESS **WHITE** button to save Day
- PRESS **BOTTOM** button to advance **Year** to correct Year
- PRESS **WHITE** button to save Year

Set your Stride Length

If you advance your stride length too far, you can continue advancing past the max 84"/ 213 cm to start over and set the stride length you desire.

- PRESS **BOTTOM** Button to toggle between **I** (Inches) or **C** (Centimeters)
Once the desired **Unit of Measurement I** or **C** is Flashing
- PRESS **WHITE** Button to save Unit of Measurement
- PRESS **BOTTOM** button to advance **Stride Length** to correct length
- PRESS **WHITE** button to save Stride length
- PRESS **BOTTOM** button to advance **Weight** to correct weight
- PRESS **WHITE** Button to save Weight

Set your Daily Step Target

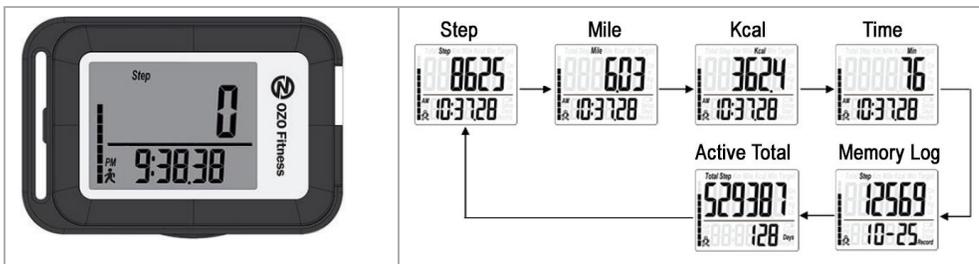
- PRESS **WHITE** button to move to second **Digit**
- PRESS **BOTTOM** button to advance **Digit** to desired number
(if 10,000 steps, change to a 1, if less than 10,000 change to a zero)
- PRESS **WHITE** Button to save
- PRESS **BOTTOM** button to advance **Digit** to desired number
- PRESS **WHITE** Button to save
- PRESS **BOTTOM** button to advance **Digit** to desired number
- PRESS **WHITE** Button to save & exit set up

Your daily step target progress is shown with the vertical bar on the left side of the screen, the closer you get to your goal the closer it gets to the top of the screen.

Congratulations your Pedometer is Set!

Understanding the Pedometer Screens

Understanding the sequence of screens to view your recorded Activity Data
Press the **WHITE** button to navigate between screens.



- The **Step Screen** shows the total amount of steps the pedometer has captured
- The **Mile Screen** shows you the mileage the pedometer has recorded
- The **Kcal Screen** shows you an estimate of the number of calories burned
- The **Time Screen** shows you the total activity time
- The **Active Total Screen** automatically cycles between all data counts every 2 seconds, showing you all time totals since the pedometer was activated. This is particularly useful when you are trying to achieve a long term goal or using it for team competitions at work or in a social setting.
- The **Memory Log Screen** shows you past day's performance across all data counts and automatically cycles to the next every 2 seconds. It will hold the past 30 days in memory and you can view them by date. Press the **BOTTOM** button to view previous dates.

Using your SC 3D Pedometer

See online instructions for videos and additional information.

Where to place your pedometer

Your SC 3D Pedometer can be placed anywhere on your person;

- In a pocket
- Clipped on your waist or bra
- On a strap
- Carried in your hand and
- In a purse or bag
- Hanging around your neck with the included Lanyard.

False Start Monitor

The Pedometer will begin counting steps after you have taken 8 in a row; then it will begin the count at 9 onward. We recommend taking at least 12 steps before checking. This is in place to avoid counting phantom steps when you aren't actually walking.

Sleep Mode

The SC3D Pedometer goes into hibernation mode after about a minute of inactivity. The screen will remain on, but it won't use any more power than a digital watch. As soon as it detects activity it will resume tracking.

We have included a high quality battery which normally lasts from 8 months to a year depending on usage. Spare batteries are available and inexpensive. The battery is a 3V CR2032 button cell.

1. View our [online Help documentation](#)
2. www.ozofitness.com start an instant chat
3. Help@OZOFitness.com, (response time usually under 2 hours from 9am-9pm EST)

Q: Why won't the numbers on the screen change when I push the buttons?

A: You need to remove the protective plastic film from the screen before you start to use the Pedometer.

If you have already done so and continue to have an issue, please contact us at help@ozofitness.com. We normally respond in less than 4 hours.

Q: Why doesn't it count all of my steps?

R: There are 3 things to check:

1) Make sure you are viewing the active step count screen. Press **WHITE** button until you see the word step at the top left of the screen and the clock below the line. That is your active day's step count screen.

2) Your SC 3D Pedometer has a false start monitor. It will start counting steps after 8 consecutive steps have been taken. Starting the count at 9 forward. This is to avoid counting phantom steps. For example, if you are walking around your house, you are likely to have frequent stops and not always arrive at 8+ steps. We recommend taking 12 steps before checking your Pedometer.

3) The built-in clock can play a part in erasing steps. The pedometer is programmed to reset all counts at midnight daily. If the clock on your pedometer is setup with AM/PM reversed, this resetting function could be triggered at noon instead. Your Pedometer will display either an "AM" or "PM" beside the clock at the bottom of the screen when set in a 12Hr clock format. Otherwise if it were set to a 24Hr clock format it would display 13:00 instead of 1PM. If you are unsure, you can check [how to set your clock](#).

Q: Do I need to reset my SC 3D Pedometer Daily to begin at Zero

A: No, you don't need to reset your SC 3D Pedometer.

It is programmed to reset all step counts at midnight daily. If the clock on your pedometer is setup with AM/PM reversed, resets will happen at noon instead. Your Pedometer will show a **PM** or **AM** at the bottom of the screen to the left of the clock when set in 12Hr clock mode. Please make sure it is set to the correct time. If set to a 24Hr clock format it would show 13:00 at 1PM. For those working night shifts, you may opt to reverse your time to have uninterrupted counting all night.

Q: How to Change your SC 3D Pedometer from Kilometers to Miles

A: The SC 3D Pedometer can change between Imperial and Metric on the fly. The SC 3D Pedometer calculates both miles and kilometers. You can toggle between **Mile** and **Km** by pressing the "**BOTTOM**" button



Q: I work night shifts; how do I stop it from resetting at midnight?

A: The pedometer is programmed to reset all step counts at midnight, so you wake up the next morning and start at zero again. However, if you intentionally reverse the AM/PM setting on your clock, this resetting function could be triggered at noon instead. Allowing you to have a full night of step counts without interruption.

Q: How does the Memory Log work?

A: Press the **WHITE** button to navigate between screens. The Memory Log screen shows the date below the line.

The pedometer stores data for Steps, Distance, Calories and Activity Time. The data is stored by the day's date, showing month and day at the bottom of the screen. The data for today will be automatically stored in memory when the clock reaches midnight.

To view a different date, click the "**BOTTOM**" button to cycle backwards through the days.

Q: How can I make my distance more accurate?

A: Incorrect Distance? Try increasing or decreasing your stride length by **3 to 5 inches**. Don't worry this won't impact any other reading except the distance counter.

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Begin programming on the Step Screen

Click the **WHITE** button until you see the word '**Step**' in the top left corner and the clock below the line.



- PRESS & HOLD **WHITE** button – **ADJ** Flashes on screen
- RELEASE **WHITE** Button when **12HR** or **24HR** is Flashing
- PRESS **WHITE** Button save **Clock format**

- PRESS **WHITE** Button save **Hour**
- PRESS **WHITE** Button save **Minutes**
- PRESS **WHITE** Button save **Seconds**
- PRESS **WHITE** Button save **Month**
- PRESS **WHITE** Button save **Day**
- PRESS **WHITE** Button save **Year**
- PRESS **BOTTOM** Button to toggle between **I** (Inches) or **C** (Centimeters)
Once the desired **Unit of Measurement I** or **C** is Flashing
- PRESS **WHITE** Button to save unit of measurement
- PRESS **BOTTOM** button to advance **Stride Length** to correct length
- PRESS **WHITE** button to save Stride Length
- PRESS **WHITE** button to save Weight

Set Pedometer on table for 1 minute. It will exit the setting sequence and you are ready to go.

Congratulations your Stride adjustment is Complete!