

# OMRON®

## INSTRUCTION MANUAL

# GO<sup>smart</sup>

### Pocket Pedometer with ACTIVITY TRACKER

### Model HJ-203



#### Before Using the Unit

Introduction.....	1
Special Features .....	2
Important Safety Information .....	3
Know Your Unit .....	5
Settings .....	6
Battery Life .....	10
Battery Replacement .....	11

#### Operating Instructions

Attaching the Unit .....	13
Reading the Current Display .....	15
Activity Tracker .....	16
Reading the Activity Tracker Display.....	17
Memory Function .....	18
Procedures for the Memory Function.....	19

#### Care and Maintenance

Care and Maintenance .....	22
Troubleshooting Tips .....	23
Specifications .....	24
FCC Statement .....	25
Limited Warranty .....	26

## INTRODUCTION

Thank you for purchasing the HJ-203 OMRON GOsmart Pocket Pedometer with Activity Tracker.

**Fill-in for future reference:**

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

- **Staple your purchase receipt here**
- **Register your product on-line at [www.register-omron.com](http://www.register-omron.com)**

This Pocket Pedometer with Activity Tracker features advanced 2D Smart Sensor technology - so it knows exactly when you're taking a step. It's more accurate than other pedometers which use the simple pendulum design. Use this in your pocket, back or hip for added convenience. The seven-day memory helps you keep track of your daily activity to help you reach your fitness goals. Plus, this unit features Activity Tracker so you can separately track your exercise output. Use this unit everyday to monitor your fitness achievements!

Your Pocket Pedometer with Activity Tracker comes with the following components:

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

## SAVE THESE INSTRUCTIONS


## SPECIAL FEATURES

### **Activity Tracker (Activity measurement mode)**

This unique setting separately tracks and stores steps/distance/calories burned/fat burned during your Activity or Exercise time.

This stores the measurement values for a specified period or session. These measurement values are separate from the measurement values stored for each day. Refer to page 16 for more information.

### **symbol at 10,000 steps**

Congratulations! The unit displays the  symbol when you reach 10,000 steps for that day. Based on that day's data only. Not displayed in the activity measurement mode.



### **Automatic stride length**

Your stride length will be automatically recommended after you input your height. You can accept or override the original number. You can manually adjust based on your walking stride lengths.







## 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

-  Please use care in checking pedometer readings and do not check readings while walking in any situation which presents hazards, such as on roads, sidewalks or trails which have vehicles, congestion, obstacles, uneven terrain or other hazards.
-  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 the unit 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.

## IMPORTANT SAFETY INFORMATION

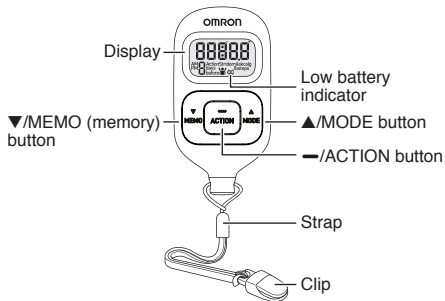
-  Operate the unit only as intended. Do not use for any other purpose.
-  Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.
-  Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still 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

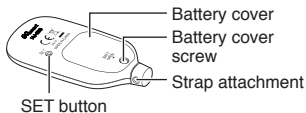
-  Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
-  Do not subject the unit to strong shocks, such as dropping the unit on the floor.
-  Do not submerge the unit or any of the components in water.
-  Do not press the SET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

# KNOW YOUR UNIT

## Front of unit



## Back of unit



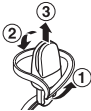
## Components

### How to attach the strap to the main unit

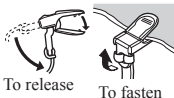
Create a loop to attach the strap



### How to connect the strap and the clip



### How to release and fasten with a clip



## NOTE:

Clothing may be damaged if you pull the unit off without opening the clip.

# 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 24.

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 SET button with a sharp point. This could cause damage. The following display (HELLO) will appear.



## NOTE:

The display will turn off if no buttons are pressed after 5 minutes while setting the unit for the first time or after resetting the unit. When resetting the unit, the display will show the current step count.

2. Setting the hour.



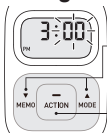
Press ▲MODE or ▼MEMO to select the desired value for a setting.

Press —ACTION to confirm the setting.

- Press ▲MODE (▼MEMO) to advance (go back) one.

## SETTINGS

### 3. Setting the minute.

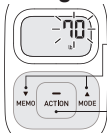


Press **MODE** or **MEMO** to select the desired value for a setting.

Press **ACTION** to confirm the setting.

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

### 4. Setting the weight.

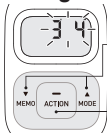


Press **MODE** or **MEMO** to select the desired value for a setting.

Press **ACTION** to confirm the setting.

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

### 5. Setting the height.



Press **MODE** or **MEMO** to select the desired value for a setting.

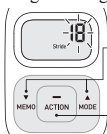
Press **ACTION** to confirm the setting.

- Press **MODE** (**MEMO**) to advance (go back) one.
- Press and hold **MODE** (**MEMO**) to advance or go back in increments of 4.

## SETTINGS

### 6. Setting the stride length.

The initial stride length value that blinks on the display is an estimated stride length calculated from your height setting.



Press **MODE** or **MEMO** to select the desired value for a setting.

Press **ACTION** to confirm the setting.

- Press **MODE** (**MEMO**) to advance (go back) one.
- Press and hold **MODE** (**MEMO**) to advance or go back in increments of 4.

#### NOTE:

To get a more accurate stride length, walk about 10 steps, then measure the length for one step (from the tip of one foot to the tip of the other). Refer to “Stride length measurement” on page 9.

#### All the settings are completed.

#### Adjust the Settings

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

The hour flashes on the display.

- 2 Follow the procedure from step 2 on page 6 “Settings”.

#### NOTES:

- This does not delete measurement values stored on the unit, including any stored today.
- If no settings are made for more than 5 minutes, the display will revert to the current step count display.



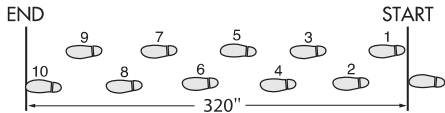
## SETTINGS

### Stride length measurement

Even though this unit can automatically set your stride length based on your height, you can measure and change as you like. Just follow these directions. Measure your stride length before setting the unit.

### 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)

## BATTERY LIFE

If the  symbol blinks or appears on the display, replace the battery with a new (CR2032) battery. If the battery is removed, the settings and all measurement values will be deleted. Please reset the settings (refer to page 8).

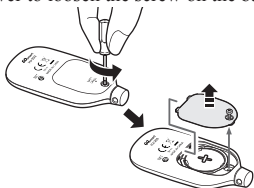
### NOTES:

- If you want to keep any of the measurement values, make a note of them before removing the battery.
- The supplied battery is for trial use. The battery life may be shorter.

## BATTERY REPLACEMENT

1. Loosen the screw of the battery cover on the back of the unit, and remove the battery cover by pulling it off in the direction of the arrow.

Use the supplied screwdriver or use a small screwdriver to loosen the screw on the battery cover.



2. Remove the battery with a thin, sturdy, stick that will not break easily.

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

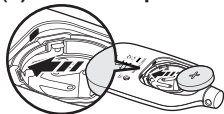
Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

### ⚠ CAUTION

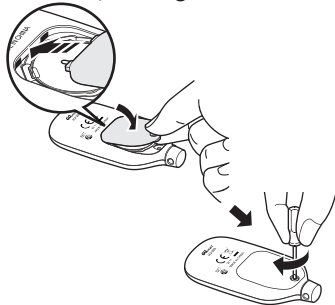
Do not throw the battery into fire. The battery may explode.

## BATTERY REPLACEMENT

3. Insert the battery (CR2032) with the positive (+) side face up.



4. Replace the battery cover by sliding the catch in first, then tighten the screw.



Distributed by:

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## ATTACHING THE UNIT

This unit can easily be placed in a pocket or bag for convenience. Follow these guidelines to ensure the most accurate results.

### 1. Place the unit in your pocket.

- Do not place the unit in the back pocket of your pants, to prevent sitting on it.
- Attach the clip on the edge of your pocket to prevent the unit from dropping.



### 2. Place the unit in your bag.

- Place the unit in a secure section or partition of your bag.
- Make sure the unit is placed horizontal or vertical in a pocket in the bag.




### 3. Hanging the unit from your neck.

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



#### NOTE:

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

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

#### NOTE:

The display will begin counting after four seconds of activity. All steps taken during those four seconds will be added onto to display.

## ATTACHING THE UNIT

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 is not positioned correctly.

- When the front of the main unit is placed in the angle of less than 60° (shown to the right) or horizontal to the ground.



#### NOTE:

The unit can count steps even if it is slanted or placed upside-down, or if the main unit is perpendicular to the ground.

### 3. The unit moves loosely.

- When the unit is loose or flat in your pocket or bag (not in a horizontal or vertical position).
- When the unit swings from your belt, the top of your pants or a bag.



### 4. Walking at an inconsistent pace.

- When you shuffle or wear sandals.
- Starting and stopping or other forms of inconsistent walking.

### 5. 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.



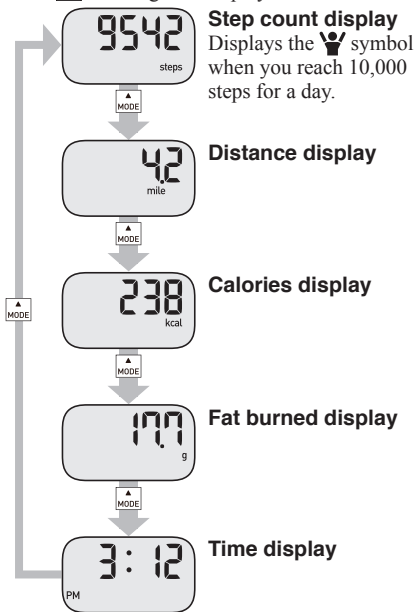
### 6. Vibrations from a moving vehicle.

- Such as riding a bicycle, automobile, train or bus.




### 7. Walking extremely slowly.

## READING THE CURRENT DISPLAY

Press  to change the display.



### About the battery saving mode (sleep mode)


After 5 minutes with no button being pressed, the message “sleep” appears, then the display will automatically turn off. However, the unit continues counting steps. This mode extends the battery life. Press ,  or  to activate the display again.

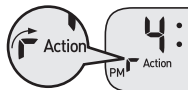
## ACTIVITY TRACKER

### NOTE:


You cannot check the current display or memory function when using activity measurement mode.

1. Press  for two seconds to start the activity measurement mode.


 rotates on the bottom left side on display when the activity measurement mode is on.



2. Start exercising.

The display changes with each press of  to display the step count, distance, calories burned, fat burned, and the time, in that order.

3. Press  for two seconds to finish.

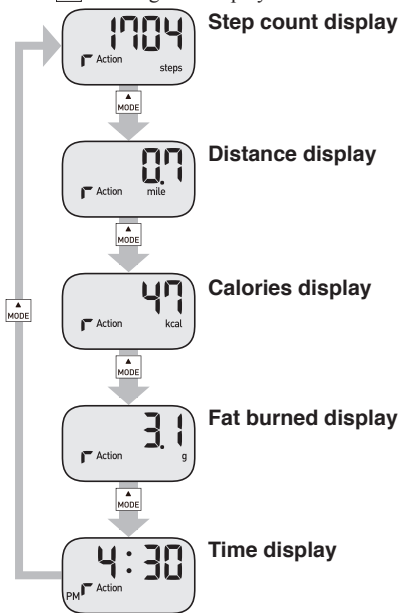
Press  to view the measurement results after activity measurement mode has finished (refer to page 18).

### NOTE:

Only one session can be stored in memory for activity measurement mode. The measurement values for the previous session will be deleted. Make a note of them before starting the new session if necessary.

## READING THE ACTIVITY TRACKER DISPLAY

Press **MODE** to change the display.



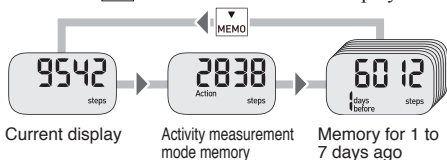
## MEMORY FUNCTION

This unit automatically stores 7 days of measurements for steps, distance, calories burned and fat burned. The clock automatically resets itself at midnight to begin measuring the next day's activity level.

- 1 Press **MODE** to select the type of measurement you want to see (steps, distance, etc).
- 2 Press **MEMO** to view the results (days 1-7) in memory.

The display changes with each press of **MEMO** as shown below.

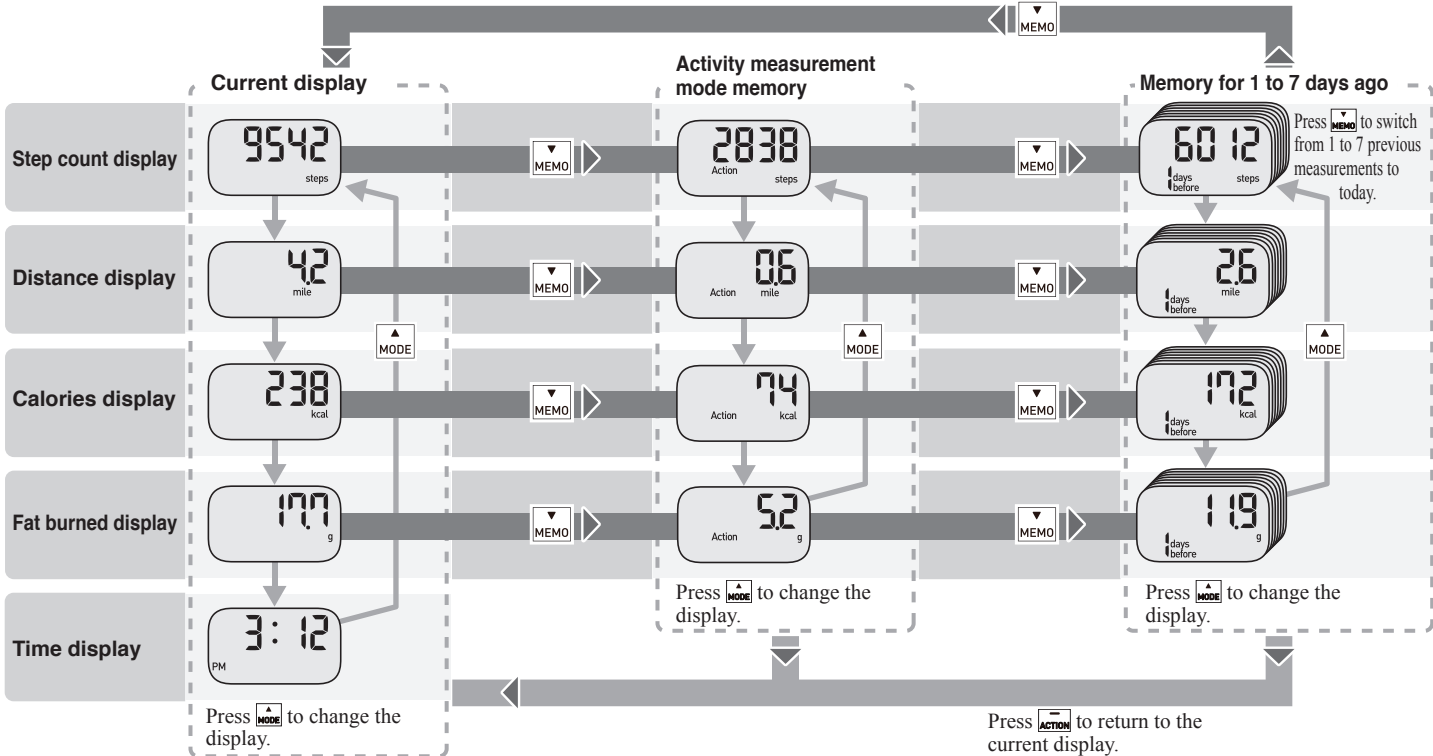
- Keep **MEMO** pressed to automatically change the display until the current display is displayed.
- Press **ACTION** to return to the current display.



### NOTES:

- Only one session of information from the Activity Tracker/Activity Measurement Mode is stored in memory (refer to page 16).
- You cannot use the memory function when using activity measurement mode (refer to page 16).
- If no buttons are pressed for more than 1 minute, the display returns to the current display. Make sure the time is correctly set in the unit.

# PROCEDURES FOR THE MEMORY FUNCTION



# CARE AND MAINTENANCE

*To keep the unit in the best condition and protect the unit from damage follow the directions listed below:*



## **CAUTION**

Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

### **Clean the unit with a soft dry cloth.**

Do not use any abrasive or volatile cleaners.



### **Do not immerse the unit or any of the components in water.**

The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

### **Store the unit in a safe and dry location.**



Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

### **Do not subject the unit to strong shock, drop, or step on it.**

**Remove the battery if the unit will not be used for three months or longer.**

**Use of the unit must be consistent with the instructions provided in this manual.**

## TROUBLESHOOTING TIPS

Problem	Probable Cause	How to Correct
The low battery indicator blinks or appears continuously.	The battery is low or worn.	Replace the battery with a new one (CR2032), refer to page 11.
Nothing is displayed.	Battery saving mode active.	Press either of  or  , refer to "About the battery saving mode (sleep mode)" on page 15.
	The polarities of the battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment, refer to page 11.
	The battery is worn.	Replace the battery with a new one (CR2032), refer to page 11.
The displayed values are incorrect.	The unit is positioned incorrectly.	Refer to "The unit may not count steps correctly in the following conditions:" on page 14.
	Irregular movement. Inconsistent pace. Up and down movement.	
	The set values are wrong.	Check the settings, refer to page 8.
The display is unusual or the buttons do not operate normally.		Replace the battery with a new one (CR2032), refer to page 11.

### NOTE:

If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend that you record measurement results.

## SPECIFICATIONS

Model:	<b>HJ-203 (HJ-203-Z)</b>	
Power Supply:	3VDC (1 lithium battery CR2032)	
Measurement Range:	Steps:	0 to 99,999 steps
	Distance:	0.0 to 9,999.9 miles
	Calories burned:	0 to 99,999 kcal
	Fat burned:	0.0 to 9,999.9 g
	Time:	12:00AM to 11:59PM
Memory:	Previous 7 days on display	
	1 activity measurement mode results on display	
Setting Range:	Time:	12:00AM to 11:59PM
	Weight:	70 to 300lb (in increments of 1 lb)
	Height:	3'4" to 6'6" (in increments of 1")
	Stride length:	12" to 48" (in increments of 1")
Operating Temperature/ Humidity:	14°F to 104°F (-10°C to +40°C) / 30% to 85% RH	
Battery Life:	Approx. 1.5 years* (When used for 4 hours a day)	
	<b>NOTE:</b> The supplied battery is for trial use. This battery can run out within 1.5 years.	
External Dimensions:	Approx. 1 3/8"(w) × 2 3/4"(h) × 3/8"(d) (35.5 mm × 68.5 mm × 11.0 mm)	
Weight:	Approx. 0.7 oz (battery included)	
Contents:	Pedometer, Strap, Clip, Battery (CR2032 installed), Screwdriver, and Instruction manual	

- Specifications are subject to change without notice.
- \* New battery life based on OMRON testing.

## FCC STATEMENT

### **NOTE:** POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## LIMITED WARRANTY

Your HJ-203, OMRON GOSmart Pocket Pedometer with Activity Tracker, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any Pocket Pedometer with Activity Tracker covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.**

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This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

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