

TANITA PD637

Tanita PD-637 Pedometer with Calorie Expenditure

User Instruction Manual

1. INTRODUCTION

The Tanita PD-637 Pedometer is designed to help you monitor your daily physical activity by accurately tracking your steps, distance walked, and estimated calories burned. This manual provides essential information for the proper setup, operation, and maintenance of your device to ensure optimal performance.

2. SAFETY INFORMATION

- Keep the device out of reach of small children to prevent accidental ingestion of small parts, especially the battery.
- Do not attempt to disassemble or modify the pedometer. This may cause damage and void the warranty.
- Avoid exposing the device to extreme temperatures, direct sunlight, or high humidity.
- Do not immerse the pedometer in water. It is not waterproof.
- Dispose of batteries according to local regulations.

3. PRODUCT OVERVIEW

The Tanita PD-637 Pedometer features a compact design with an integrated clip for secure attachment to clothing. It includes a clear digital display and intuitive buttons for easy navigation and setting adjustments.



Figure 1: Tanita PD-637 Pedometer in open position, displaying the digital screen and control buttons (SET, START/STOP/UP/RESET, DOWN, MODE).

Components:

- **Digital Display:** Shows time, steps, distance, calories, and pacer.
- **SET Button:** Used to enter setting mode and confirm selections.
- **START/STOP/UP/RESET Button:** Initiates/pauses tracking, increases values during setting, and resets data.
- **DOWN Button:** Decreases values during setting.
- **MODE Button:** Switches between different display modes (Steps, Calories, Distance, Pacer, Time).
- **Integrated Clip:** For attaching the pedometer to your waistband or pocket.



Figure 2: Tanita PD-637 Pedometer in closed position, showing the Tanita brand logo and the transparent blue casing.

4. SETUP

4.1 Battery Installation

The Tanita PD-637 uses one CR2032 lithium-ion battery (included). To install or replace the battery:

1. Locate the battery compartment on the back of the device.
2. Use a small coin or screwdriver to open the battery cover.
3. Insert the CR2032 battery with the positive (+) side facing up.
4. Replace the battery cover and secure it.

4.2 Initial Settings

After battery installation, or if the device resets, you will need to set the time and your personal data for accurate readings.

1. **Set Clock:** Press the **SET** button to enter setting mode. The time display will flash. Use the **UP** or **DOWN** buttons to adjust the hour, then press **SET** to confirm and move to minutes. Repeat for minutes.
2. **Set Stride Length:** After setting the time, the stride length setting will appear. This is crucial for accurate distance calculation. Measure your average stride length (distance covered in one step) in inches (range: 2-60 inches). Use **UP** or **DOWN** to adjust, then **SET** to confirm.
3. **Set Weight:** Next, set your body weight in pounds (range: 50-300 lbs). This is used for calorie expenditure calculation. Use **UP** or **DOWN** to adjust, then **SET** to confirm.
4. **Unit Selection (Optional):** Some models may allow selection between imperial (miles, lbs, inches) and metric (km, kg, cm) units. If prompted, select your preferred units.
5. Once all settings are confirmed, the pedometer will return to the main display, ready for use.

5. OPERATING INSTRUCTIONS

5.1 Wearing the Pedometer

For accurate step counting, attach the pedometer securely to your waistband or pocket, close to your hip. Ensure it is positioned vertically and does not swing freely.

5.2 Tracking Activity

- **Start Tracking:** The pedometer automatically starts counting steps when it detects motion. To ensure it's active, press the **START/STOP** button if the display shows "STOP" or is paused.
- **Pause Tracking:** Press the **START/STOP** button once to pause activity tracking. The display may show "STOP".
- **Reset Daily Data:** To reset your daily step count, distance, and calories, press and hold the **RESET** button (often combined with START/STOP/UP) for a few seconds until the values clear. This is typically done at the beginning of a new day.

5.3 Display Modes

Press the **MODE** button repeatedly to cycle through the following display modes:

- **Steps Taken:** Displays the total number of steps taken (1-99,999).
- **Calories Burned:** Shows the estimated calories expended.
- **Distance Walked:** Displays the total distance covered (0-999.99 miles).
- **Pacer:** Provides a visual or audible cue for maintaining a consistent pace (50-200 bpm).
- **Time:** Displays the current time.

6. MAINTENANCE

6.1 Cleaning

Wipe the pedometer with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

6.2 Battery Replacement

When the display becomes dim or the device stops functioning, it's time to replace the battery. Follow the battery installation steps in Section 4.1. Ensure you use a fresh CR2032 battery.

6.3 Storage

Store the pedometer in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery.	Replace the CR2032 battery (refer to Section 4.1).
Inaccurate step count.	Incorrect stride length setting; improper wearing position; device malfunction.	Verify stride length setting (Section 4.2). Ensure the pedometer is securely clipped vertically near the hip (Section 5.1). If problem persists, try resetting the device.

Problem	Possible Cause	Solution
Pedometer does not count steps.	Device is paused; battery issue; malfunction.	Press START/STOP to ensure tracking is active. Check battery. If problem persists, contact support.
Settings reset unexpectedly.	Low battery; accidental reset; internal error.	Replace battery. Re-enter settings (Section 4.2). Avoid pressing and holding the RESET button unintentionally.

8. SPECIFICATIONS

Feature	Detail
Model Number	PD637
Brand	TANITA
Sensor Type	Pedometer
Stride Range	2 - 60 inches
Weight Range	50 lbs. to 300 lbs
Step Counter Range	1 - 99,999 steps
Distance Measurement Range	0 - 999.99 miles
Pacer Range	50 - 200 bpm
Power Source	1 x CR2032 Lithium-ion battery (included)
Product Dimensions (L x W x H)	2.8 x 1.8 x 0.7 inches
Item Weight	0.5 lbs (approx. 227 grams)
Package Dimensions	11.3 x 7.9 x 3.7 cm
Screen Size	2 Inches
Color	Blue
Manufacturer	Tanita
International Article Code	04904785563728

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Tanita website. Keep your purchase receipt as proof of purchase for warranty claims.

