

TFA 42.2003

TFA Dostmann HiTrax Walk Pedometer 42.2003 Instruction Manual

Model: 42.2003

INTRODUCTION

The TFA Dostmann HiTrax Walk Pedometer 42.2003 is an electronic device designed to track your physical activity. It provides essential data such as steps taken, distance covered, and calories burned, helping you monitor your fitness goals. This pedometer is easy to use and operates independently, without the need for a smartphone application.

For optimal health, experts recommend taking between 6,000 and 10,000 steps per day. This device assists you in achieving these targets by providing clear, real-time feedback on its digital display.

PACKAGE CONTENTS

- TFA Dostmann HiTrax Walk Pedometer 42.2003
- 1 x LR44 Battery (pre-installed or included separately)
- User Manual

SETUP

1. **Battery Installation:** The pedometer requires one LR44 battery. If not already installed, open the battery compartment (usually located on the back) and insert the LR44 battery, ensuring correct polarity (+/-). The battery is included with your purchase.
2. **Initial Power On:** Once the battery is installed, the device should power on automatically or by pressing the 'Mode' button.
3. **Attachment:** Securely attach the pedometer to your belt or waistband using the integrated clip. For accurate readings, ensure the device remains vertical and stable during movement.



Image: The TFA Dostmann HiTrax Walk Pedometer, illustrating its compact design and the clip for attachment to clothing.

OPERATING INSTRUCTIONS

The HiTrax Walk Pedometer features a simple two-button interface for easy operation: 'Mode' and 'Reset'.

1. **Viewing Data:** Press the **Mode** button repeatedly to cycle through different display modes:
 - Steps Count
 - Distance (in kilometers or miles)
 - Calories Burned
2. **Resetting Data:** To clear all current activity data (steps, distance, calories), press and hold the **Reset** button for a few seconds until the display resets to zero. This is typically done at the start of a new day or activity session.
3. **Automatic Power Off:** To conserve battery life, the pedometer is designed to automatically turn off after approximately 2 minutes of inactivity. It will resume tracking when movement is detected again or when a button is pressed.

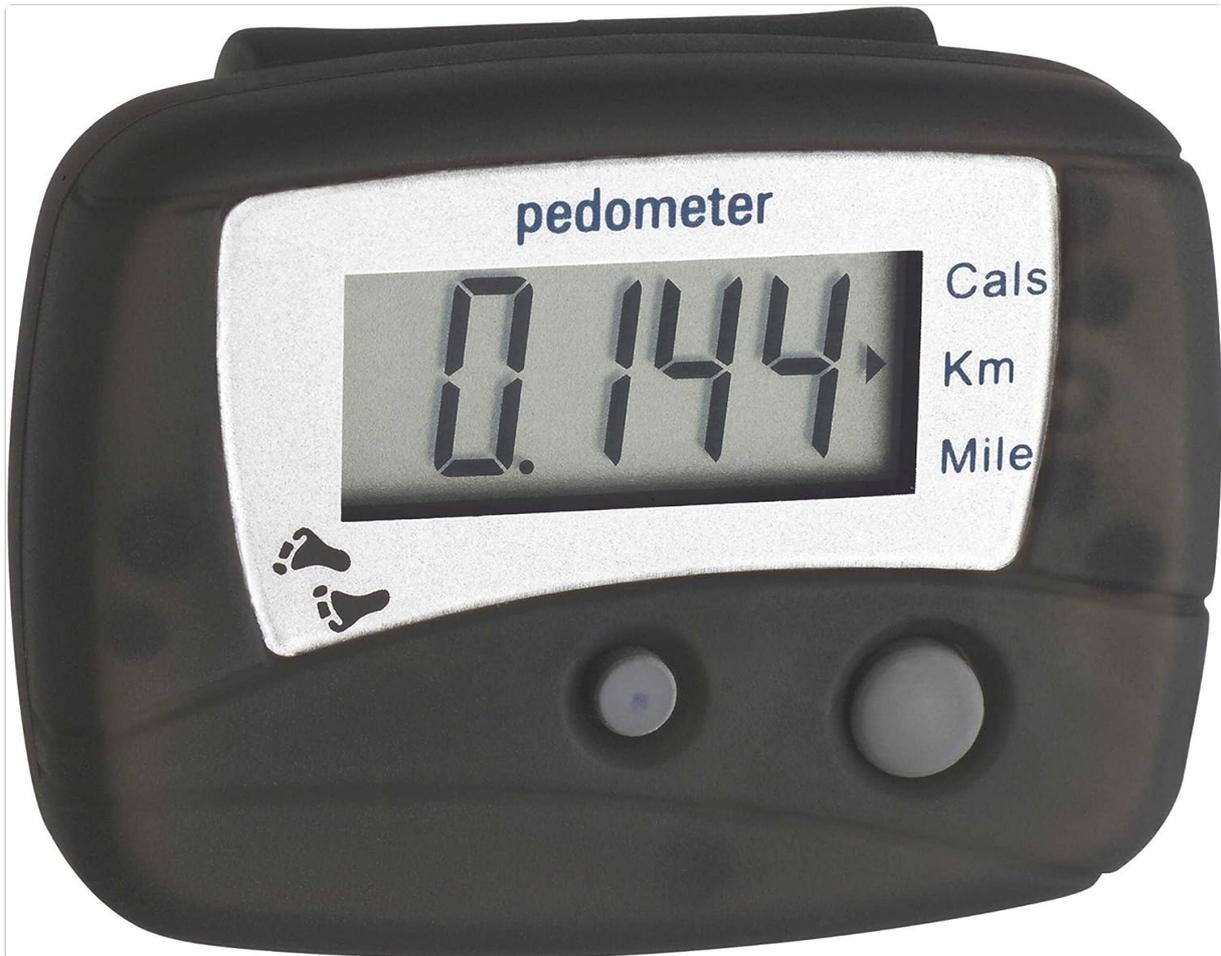


Image: Close-up of the TFA Dostmann HiTrax Walk Pedometer's digital display and control buttons.

MAINTENANCE

- **Cleaning:** Wipe the pedometer with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Battery Replacement:** When the display becomes dim or the device stops responding, it is time to replace the LR44 battery. Ensure the new battery is inserted with the correct polarity.
- **Storage:** Store the pedometer in a cool, dry place when not in use. Avoid extreme temperatures and direct sunlight.
- **Durability:** The device is constructed from durable plastic. While designed for everyday use, avoid dropping it from significant heights to prevent damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on or display is blank.	Dead or incorrectly installed battery.	Check battery polarity. Replace the LR44 battery with a new one.
Inaccurate step count.	Improper attachment or movement.	Ensure the pedometer is securely clipped to your belt or waistband and remains vertical during activity. Avoid loose clothing that may cause excessive movement.
Display shows erratic readings.	Low battery or internal malfunction.	Replace the battery. If the issue persists, contact customer support.
Buttons are unresponsive.	Device frozen or low battery.	Remove and reinsert the battery to perform a hard reset. Replace battery if necessary.

SPECIFICATIONS

Model Number: 42.2003

Dimensions (L x W x H): 48 x 19 x 36 mm (1.89 x 0.75 x 1.42 inches)

Weight: 16 Grams (0.56 ounces)

Color: Black

Material: Plastic

Battery Type: 1 x LR44 (included)

Display Type: Digital LCD

Screen Size: 2 Inches (approximate)

Functions: Step Count, Distance (km/miles), Calorie Consumption

Compatible Devices: Standalone operation (Note: While listed as 'Smartphone compatible' in some specifications, this device operates independently and does not require a smartphone connection for its core functions.)

Sports Supported: Running, Exercise and fitness, Walking

Country of Origin: China

WARRANTY AND SUPPORT

TFA Dostmann provides a 1-year availability for spare parts for the HiTrax Walk Pedometer 42.2003.

For any questions, technical assistance, or warranty claims, please refer to the contact information provided in the original packaging or visit the official TFA Dostmann website for customer support details.