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> Omron HJ-720ITC Pocket Pedometer with Health Management Software User Manual

Omron HJ-720ITC

Omron HJ-720ITC Pocket Pedometer User Manual

Model: HJ-720ITC

INTRODUCTION

The Omron HJ-720ITC Pocket Pedometer is designed to help you track your daily physical activity, including steps, aerobic steps, calories burned, and distance traveled. It features a dual-axis acceleration sensor for accurate counting and integrates with Omron Health Management Software for detailed progress tracking. This manual provides essential information for setting up, operating, and maintaining your pedometer.



The Omron HJ-720ITC Pocket Pedometer, displaying its digital screen with step count and time, alongside its detachable belt clip.

SETUP

Battery Installation

The pedometer requires one CR2 lithium battery (included). Open the battery compartment, insert the battery with the correct polarity, and close the compartment securely.

Initial Settings

Before first use, configure the device by setting the current time, your weight, and your stride length. To calculate your stride length, walk 10 regular steps, measure the total distance in inches, and then divide that measurement by 10. This value ensures accurate distance and calorie calculations.

Wearing the Pedometer

The HJ-720ITC can be carried in your pocket or attached to your belt using the included holder and clip. Ensure it is securely fastened to prevent accidental loss. The dual-axis sensor allows for flexible placement while maintaining accuracy.



The Omron HJ-720ITC Pedometer shown next to a hand for scale, indicating its approximate height of 2.9 inches (7 cm).

OPERATING INSTRUCTIONS

Step Counting

The dual-axis acceleration sensor accurately counts steps whether the pedometer is placed horizontally or vertically. It is designed to count every step quietly and precisely.

Aerobic Steps

The device separately counts aerobic steps and minutes. Aerobic steps are recorded when you walk continuously at a pace of 60 steps per minute or more for at least 10 minutes.

Data Display and Storage

The pedometer displays 7 days of activity information directly on its screen. It stores up to 42 days of detailed data in its internal memory, which can be uploaded to the Omron Health Management Software for long-term tracking.

Automatic Reset

All daily activity data automatically resets at midnight, ensuring the device is ready to track your progress each new day.

Mode Button

Use the 'MODE' button to cycle through various display modes, including total steps, aerobic steps, calories burned, and distance traveled.

Set Button

The 'SET' button is primarily used for initial setup and adjusting device settings such as time or weight. If accidentally pressed during normal operation, continue pressing the 'SET' button until the normal step count screen reappears.

HEALTH MANAGEMENT SOFTWARE

The Omron HJ-720ITC includes Health Management Software designed for Windows 2000/XP operating systems. This software allows you to upload data from your pedometer to your computer for comprehensive tracking and analysis.

Data Upload

Connect your pedometer to your computer using the provided USB cable. Launch the Omron Health Management Software and follow the on-screen instructions to upload your stored activity data. The software provides detailed daily, weekly, monthly, and yearly reports, including graphical representations of steps, aerobic steps, calories, and distance.

Goal Setting and Progress Tracking

Within the software, you can set personal daily activity goals and monitor your progress over time, helping you stay motivated and achieve your fitness objectives.



A screenshot of the Omron Health Management Software interface, showing a monthly steps record, daily goals, and a bar chart visualizing daily step counts. Compatible with Windows 2000/XP.

MAINTENANCE

Battery Replacement

The CR2 lithium battery typically lasts for approximately 6 months with regular use. Replace the battery when the low battery indicator appears on the display. *Note: While product specifications may indicate a 7-day average battery life, this often refers to the duration of data retention on the display rather than the overall battery longevity.*

Cleaning

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

TROUBLESHOOTING

Inaccurate Step Count

Ensure your stride length is accurately set in the device's initial configuration. An incorrect stride length can lead to

inaccurate distance and calorie calculations. While the dual-axis sensor allows for flexible placement, consistent placement can improve accuracy.

Pedometer Falls Off

If using the belt clip, ensure it is securely attached to your clothing or belt. Attaching the included security strap to a belt loop can provide additional security and prevent loss.

Software Data Upload Issues

If you encounter issues uploading data, ensure the pedometer is correctly connected to your computer and the Omron Health Management Software is running. In rare cases, corrupted daily data on the pedometer can prevent uploads; resetting the device's time to force a new day's data can sometimes resolve this, though it may result in the loss of unsaved data for the affected day(s).

Unit Does Not Shut Down Automatically

The pedometer's settings reset automatically at midnight, but the unit itself does not power off automatically. It is designed to remain on to continuously track activity.

SPECIFICATIONS

- **Model Number:** HJ-720ITC
- **Dimensions:** 8 x 6.7 x 2 inches
- **Item Weight:** 8 ounces
- **Material Type:** Plastic Resin
- **Color:** Black
- **Batteries:** 1 CR2 lithium battery (included)
- **Sensor Type:** Dual-axis acceleration sensor (Pedometer)
- **Display Size:** 1.54 Inches
- **Data Storage:** 7 days on display, 42 days in internal memory
- **Compatible Devices:** Smartphones (for general connectivity, though software is Windows 2000/XP)
- **Date First Available:** September 14, 2004

WARRANTY AND SUPPORT

The Omron HJ-720ITC Pedometer comes with a one-year replacement warranty. For support, warranty claims, or additional information, please refer to the official Omron website or contact Omron customer service directly.