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OMRON HJ-203-W

OMRON Walking Style Pedometer HJ-203-W Instruction Manual

Model: HJ-203-W | Brand: OMRON

1. Introduction

The OMRON Walking Style Pedometer HJ-203-W is a compact and lightweight device designed to help you track your daily steps and encourage an active lifestyle. This pedometer is ideal for those who wish to monitor their walking activity as a form of exercise, providing clear data on your progress. Its user-friendly design and long battery life make it a convenient tool for daily health management.

2. Product Overview



Figure 2.1: OMRON Walking Style Pedometer HJ-203-W

This image displays the front view of the Omron Walking Style Pedometer HJ-203-W. The device is white with a clear digital display showing a step count of "10258" and a small icon of a person. Below the display are three control buttons: "Memory" (left), "Section" (center), and "Display" (right). The compact and sleek design is evident, suitable for carrying in a pocket or attaching with a clip.

The HJ-203-W features a clear LCD display for easy reading of step counts and other data. It includes intuitive buttons for navigating through functions such as daily step tracking, memory recall, and a special section measurement mode for specific activity tracking. Its small size and light weight ensure it can be carried discreetly and comfortably throughout the day.

3. Setup

3.1 Battery Installation

1. Locate the battery compartment on the back of the pedometer.
2. Using the provided simple screwdriver, carefully open the battery cover.
3. Insert one CR2032 lithium battery with the positive (+) side facing up.
4. Close the battery cover and secure it with the screw.

3.2 Initial Settings

Upon first use or after battery replacement, you will need to set the time, date, and personal information for accurate measurement.

1. Press and hold the "Display" button to enter setup mode.
2. Use the "Memory" and "Display" buttons to adjust values (e.g., hour, minute, year, month, day).
3. Press the "Section" button to confirm each setting and move to the next.
4. Input your stride length (average step length) and weight for more accurate calorie and distance calculations. Refer to the detailed instruction manual for guidance on calculating your stride length.

3.3 Attaching the Strap and Clip

To prevent loss and ensure secure carrying, attach the provided fall prevention strap and clip.

- Thread the strap through the small loop at the bottom of the pedometer.
- Attach the clip to the strap.
- Secure the pedometer to your clothing (e.g., waistband, pocket) using the clip.

4. Operating Instructions

4.1 Basic Step Counting

The pedometer automatically starts counting steps when it detects walking motion. Ensure it is securely attached to your body for accurate readings.

- Carry the pedometer in your pocket, bag, or attached to your waistband.
- The current step count will be displayed on the main screen.

4.2 Displaying Daily Data

Press the "**Display**" button repeatedly to cycle through different daily metrics:

- **Steps:** Total steps taken for the current day.
- **Distance:** Estimated distance walked (based on stride length).
- **Calories:** Estimated calories burned.
- **Walking Time:** Total active walking time.

4.3 Using the Memory Function

The pedometer stores daily data for a certain period, allowing you to review your past activity.

- Press the "**Memory**" button to view data from previous days.
- Each press will show the data for the preceding day.

4.4 Section Measurement Mode

This mode allows you to measure steps and other data for a specific period or activity, separate from your daily total.

1. Press the "**Section**" button to enter section measurement mode. The display will reset to zero for this mode.
2. Begin your specific activity (e.g., a dedicated walk, a workout).
3. Press the "**Section**" button again to stop the measurement and view the results for that specific period.
4. To exit section mode and return to daily tracking, press and hold the "**Section**" button.

4.5 Daily Achievement Mark

When you reach 10,000 steps in a day, a special "Banzai" (celebratory) mark will appear on the display, indicating your achievement. The daily step count automatically resets at midnight.

5. Maintenance

5.1 Cleaning

- Wipe the pedometer with a soft, dry cloth.
- Do not use abrasive cleaners or solvents, as they may damage the device.
- Avoid getting water inside the unit.

5.2 Battery Replacement

When the battery indicator appears on the display, or if the display becomes dim, replace the battery following the instructions in Section 3.1. Dispose of used batteries according to local regulations.

5.3 Storage

Store the pedometer in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, it is recommended to remove the battery.

6. Troubleshooting

Problem	Possible Cause	Solution
Display is blank or dim.	Battery is low or depleted.	Replace the CR2032 battery (refer to Section 3.1).
Step count is inaccurate or not counting.	Pedometer not securely attached or incorrect placement. Device may be damaged.	Ensure the pedometer is securely attached and remains stable during walking. If the issue persists, contact customer support.
Cannot change settings.	Not in setup mode or buttons are stuck.	Refer to Section 3.2 for entering setup mode. Check if buttons are physically obstructed.

Problem	Possible Cause	Solution
Section measurement not working.	Incorrect operation of section mode.	Refer to Section 4.4 for correct usage of the section measurement mode.

7. Specifications

Feature	Detail
Model Number	HJ-203-W
Color	White
Dimensions (W x H x D)	35.5 mm x 68.5 mm x 11.0 mm
Weight	Approx. 19 g (including battery)
Power Supply	DC3V (CR2032 Lithium Battery x 1)
Battery Life	Approx. 1 year and 6 months (based on 4 hours of operation per day)
Display Type	LCD
Included Accessories	Fall prevention strap, strap clip, trial CR2032 battery, simple screwdriver, instruction manual (with quality guarantee)

8. Warranty and Support

This OMRON product comes with a quality guarantee as detailed in the included instruction manual. Please refer to the warranty section within the physical manual for specific terms and conditions, including warranty period and coverage.
For technical support, troubleshooting assistance beyond what is covered in this manual, or warranty claims, please contact OMRON customer service. Contact information can typically be found on the OMRON official website or within the original product packaging.

- **Online Support:** Visit the official OMRON website for FAQs, support documents, and contact forms.
- **Telephone Support:** Refer to your product packaging or the OMRON website for regional customer service phone numbers.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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What should I do if the OMRON HJ-203-W pedometer display remains blank even after replacing the battery and pressing the SET/Reset button?

If your OMRON HJ-203-W display remains blank after installing a new battery and attempting a reset, please check the following steps: Check Battery Orientation: Ensure the CR2032 lithium battery is inserted with the positive...

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