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Daffodil HPC650

Daffodil HPC650 Multi-Function Pedometer User Manual

Your guide to tracking steps, distance, and calories.

1. Introduction

The Daffodil HPC650 is a multi-function pedometer designed to help you monitor your daily physical activity. It accurately tracks your steps, calculates distance traveled, estimates calories burned, and includes a digital clock. This manual provides detailed instructions for setting up, operating, and maintaining your device.



Image 1.1: Front view of the Daffodil HPC650 Pedometer, showing the display with "100" steps and "12:00" time, along with the MODE, MEMO, and UP/RES buttons.

2. Package Contents

- Daffodil HPC650 Pedometer
- Neck Lanyard
- User Manual (this document)
- CR2025 Battery (pre-installed or separate)

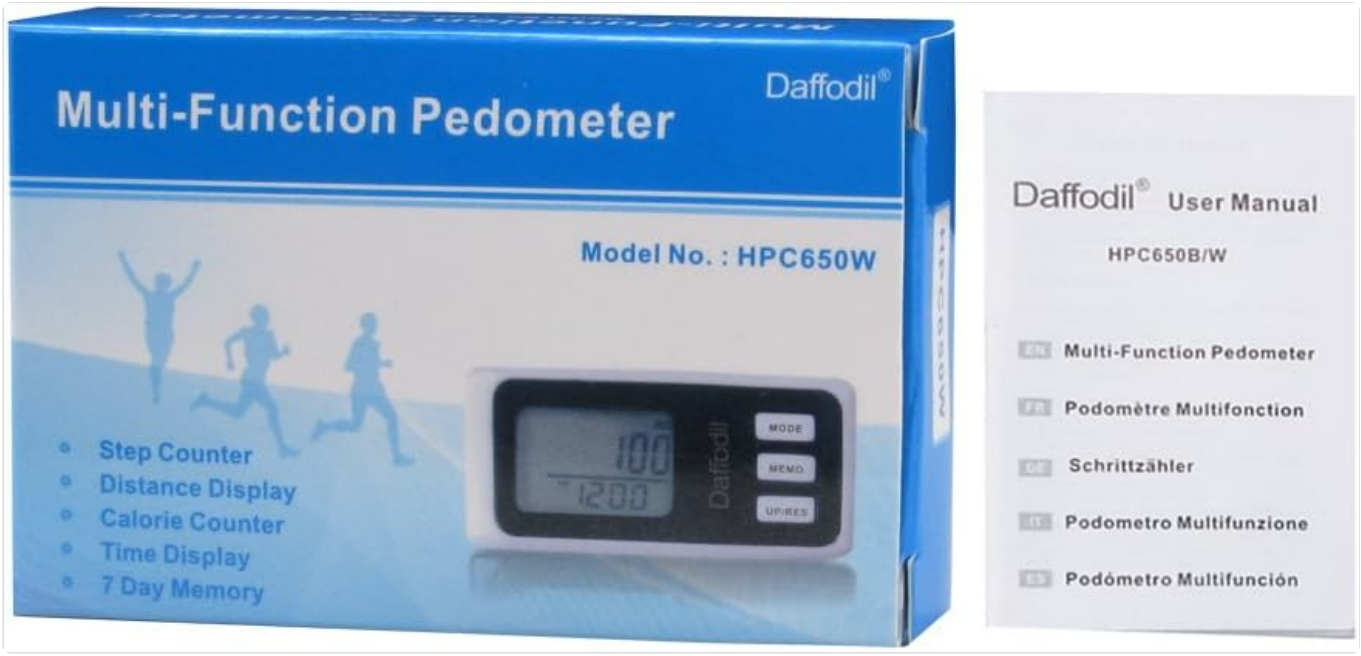

Image 2.1: The retail packaging for the Daffodil HPC650 Pedometer, showing the device on the box and the included user manual next to it.

3. Setup

3.1. Battery Installation

The HPC650 uses one CR2025 battery. If the display is blank or dim, the battery may need to be installed or replaced.

1. Locate the battery compartment on the back of the device.
2. Use a small screwdriver or coin to open the battery cover.
3. Insert the CR2025 battery with the positive (+) side facing up.
4. Replace the battery cover and secure it.

3.2. Initial Settings

For accurate readings, you need to set your personal data. Press and hold the **MODE** button to enter setup mode.

1. **Time Setting:** The hour will flash. Use the **UP/RES** button to adjust the hour. Press **MODE** to confirm and move to minutes. Repeat for minutes.
2. **Time Format:** After setting the time, you can select 12-hour (AM/PM) or 24-hour format using **UP/RES**. Press **MODE** to confirm.
3. **Weight Setting:** The weight unit (KG/LB) will flash. Use **UP/RES** to select your preferred unit. Press **MODE**. Then, the weight value will flash. Use **UP/RES** to set your weight. Press **MODE** to confirm.
4. **Stride Length Setting:** The stride length unit (CM/INCH) will flash. Use **UP/RES** to select your preferred unit. Press **MODE**. Then, the stride length value will flash. Use **UP/RES** to set your average stride length. Press **MODE** to confirm and exit setup.

Tip: To measure your stride length, walk 10 steps, measure the total distance, and divide by 10.

4. Operating Instructions

4.1. Wearing the Pedometer

The HPC650 can be worn around your neck using the included lanyard, or placed in a pocket. For best accuracy, ensure it remains relatively stable during movement.

4.2. Mode Selection

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

- **Time Display:** Shows the current time.
- **Step Count:** Displays the total number of steps taken for the current day.
- **Distance:** Shows the total distance traveled (KM or Miles).
- **Calories Burned:** Displays the estimated calories burned (KCAL).



Image 4.1: A person walking outdoors, with a digital display showing "3273" steps, illustrating the pedometer in use.

4.3. Resetting Daily Data

The pedometer automatically resets daily data (steps, distance, calories) to zero at midnight. To manually reset the current day's data, press and hold the **UP/RES** button for 3 seconds while in Step, Distance, or Calorie mode.

4.4. Memory Function

The HPC650 stores daily records for the past 7 days. Press the**MEMO** button to view historical data. Each press will cycle through the previous days' records (Day -1, Day -2, etc.).

5. Maintenance

5.1. Cleaning

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

5.2. Battery Replacement

When the display becomes dim or unresponsive, replace the CR2025 battery as described in Section 3.1. Dispose of used batteries responsibly.

5.3. Storage

If not using the device for an extended period, remove the battery to prevent leakage and store it in a cool, dry place.

6. Troubleshooting

Problem	Possible Cause	Solution
Display is blank or dim.	Battery is dead or incorrectly installed.	Replace the battery (CR2025) or ensure it is inserted correctly with the positive (+) side up.
Pedometer is not counting steps accurately.	• Incorrect stride length setting. • Device not worn stably. • Short, shuffling steps may not be registered. • Device may have a short delay before starting to count (e.g., 7 seconds of continuous movement).	• Re-measure and adjust stride length in settings. • Ensure the device is worn securely. • Walk with a natural gait. • Ensure continuous movement for a few seconds to initiate counting.
Data (distance, calories) seems incorrect.	Incorrect weight or stride length settings.	Verify and adjust your weight and stride length settings as per Section 3.2.
Cannot change settings.	Not in setup mode.	Press and hold the **MODE** button for a few seconds to enter setup mode.

7. Specifications

Model Number	HPC650
Functions	Step Counter, Distance, Calories, Clock, 7-Day Memory
Display	LCD
Battery Type	1 x CR2025 Lithium-ion (1.5V)
Dimensions	Approx. 69 x 33 x 9 mm
Weight	Approx. 20g
Sensor Type	Pedometer

8. Support and Warranty

For product support or warranty inquiries, please refer to the retailer where you purchased the Daffodil HPC650 Pedometer or visit the official Daffodil website. Keep your proof of purchase for warranty claims.
Manufacturer: Daffodil
Brand: Daffodil

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