

[Manuals.plus](#) /

› [Oregon Scientific](#) /

› Oregon Scientific PE500 Pedometer Instruction Manual

Oregon Scientific PE500

Oregon Scientific PE500 Pedometer Instruction Manual

Model: PE500

INTRODUCTION

Thank you for choosing the Oregon Scientific PE500 3D Pedometer. This device is designed to help you track your daily activity, including steps, distance, and calories burned. Its compact and precise design makes it an ideal companion for monitoring your fitness goals. Please read this manual carefully to ensure proper use and maintenance of your pedometer.

PRODUCT OVERVIEW

The Oregon Scientific PE500 is a digital pocket pedometer featuring a 3D sensor for accurate tracking. Key features include:

- Tracks steps up to 999,999.
- Measures distance in kilometers and estimates calories burned.
- 7-day activity memory.
- Backlit display for visibility in low light.
- 12/24 hour digital clock display.
- Automatic shutdown (Sleeping Mode) to conserve battery.
- On/off button for complete power control.
- Compact and portable design.



Image: The Oregon Scientific PE500 Pedometer, shown with its included wrist strap and a small screwdriver, highlighting its compact size and accessories.

SETUP

1. Battery Installation

The PE500 pedometer comes with a battery included. If you need to replace it:

1. Locate the battery compartment on the back of the device.
2. Use a small screwdriver (often included) to open the battery cover.
3. Insert a new CR2032 battery with the positive (+) side facing up.
4. Securely close the battery cover.



Image: The back of the PE500 Pedometer, displaying the battery compartment cover and the 'RESET' button, indicating where to access the battery.

2. Initial Settings

After battery installation or a reset, you may need to set the time and your personal data for accurate tracking.

1. Press the **MODE** button to cycle through display modes until you reach the setup screen (if applicable, or press and hold **SET**).
2. Use the **VIEW** button to adjust values (e.g., time, step length, weight).
3. Press the **SET** button to confirm each setting and move to the next.
4. Set the current time (12 or 24-hour format).
5. Input your stride length for accurate distance calculation.
6. Input your weight for accurate calorie calculation.



Image: A side view of the PE500 Pedometer, clearly showing the three control buttons: VIEW, SET, and MODE, which are used for navigation and setting adjustments.

OPERATING INSTRUCTIONS

Power On/Off

- To turn on: Press any button.
- To turn off completely: Press and hold the **ON/OFF** button (if available, or refer to specific model instructions for full shutdown). The device also features an automatic "Sleeping Mode" to save battery.

Tracking Activity

Once set up, the pedometer automatically begins tracking your steps when it detects movement. For best accuracy, carry the pedometer securely in your pocket or attached to your clothing.

Viewing Data

Press the **VIEW** or **MODE** button to cycle through different display modes:

- Current Time
- Steps Count
- Distance Traveled (km)
- Calories Burned
- 7-day Memory (access past days' data)

Resetting Daily Data

Daily data typically resets automatically at midnight. To manually reset or clear data, refer to the specific instructions for your model, usually involving pressing and holding a combination of buttons or using the dedicated **RESET** button on the back (requires a pointed object like a paperclip).

MAINTENANCE

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Water Resistance:** The PE500 is not waterproof. Avoid exposure to water or high humidity.
- **Storage:** Store the pedometer in a cool, dry place when not in use. If storing for extended periods, remove the battery to prevent leakage.
- **Battery Replacement:** Replace the battery (CR2032) when the display becomes dim or the device stops functioning.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display or dim display	Low or dead battery	Replace the CR2032 battery.
Inaccurate step count	Incorrect personal settings (stride length, weight) or improper placement.	Ensure pedometer is carried securely. Re-enter personal settings. Perform a reset if necessary.
Device unresponsive	Temporary software glitch.	Perform a soft reset by pressing the RESET button on the back with a pointed object. This will clear all data and settings.
Cannot change settings	Not in setting mode.	Press and hold the SET button to enter setting mode.

SPECIFICATIONS

- **Model:** PE500 (Item Model Number: 5612)
- **Brand:** Oregon Scientific
- **Functions:** Pedometer (steps, distance, calories), 12/24 hour clock
- **Step Count Range:** 0 to 99,999 steps
- **Memory:** 7 days of activity data
- **Display:** Backlit LCD
- **Battery:** 1 x CR2032 (included)
- **Color:** Black
- **Dimensions (approx.):** 18 x 13.5 x 4.5 cm (Package dimensions, device dimensions are smaller)
- **Weight (approx.):** 60 grams (Package weight, device weight is less)

WARRANTY AND SUPPORT

Oregon Scientific products are designed for quality and reliability. While specific warranty details may vary by region, the product description mentions a 2-year quality assurance. For detailed warranty information, technical support, or service inquiries, please visit the official Oregon Scientific website or contact their customer service department.

Official Website: www.oregonscientific.com

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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.

Submit question