

Coolfire PD PK

CoolFire 2025 3D Clip-On Pedometer User Manual

Model: PD PK

INTRODUCTION

Thank you for choosing the CoolFire 2025 3D Clip-On Pedometer. This device is designed to help you track your daily activity, including steps, distance, and calories burned, to support your fitness goals. It offers both standalone functionality and optional app integration for enhanced data tracking.

PRODUCT FEATURES

- **3D Accurate Tracking:** Utilizes advanced 3D sensor technology for precise measurement of steps, distance, and calories.
- **Indoor & Outdoor Use:** Designed to accurately track activity in various environments.
- **Large and Clear Display:** Easy-to-read screen shows current data.
- **Multiple Wearing Options:** Can be clipped onto clothing (waist, pocket) or worn with the included lanyard.
- **Optional App Integration:** Syncs with the CoolFirePD app for detailed historical data, goal setting, and automatic daily data reset.
- **Long Battery Life:** Efficient power consumption for extended use.

LARGE AND CLEAR DISPLAY

Show you the Time

for app integration



Number of STEPS walked

Calories burned



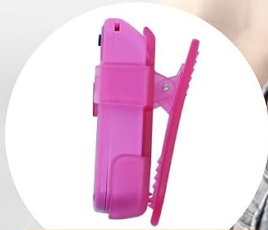
Distance Walked



Image: The pedometer's display cycles through time, number of steps, calories burned, and distance walked.

LIGHTWEIGHT & COMPACT

The simple design and function make it user-friendly for men, women, kids, seniors, and anyone who wants to track their steps, calories, distance and stay motivated towards achieving their fitness goals.



Removable Clip



Length 58mm
Width 15mm
Height 35mm

Image: The compact and lightweight design of the pedometer, showing its removable clip and dimensions (Length 58mm, Width 15mm, Height 35mm).

SETUP

Initial Use

The CoolFire Pedometer is designed to work straight out of the box with no initial setup required for basic step counting. The device comes with a pre-installed battery.

Wearing Options

The pedometer can be worn in several ways to ensure accurate tracking:

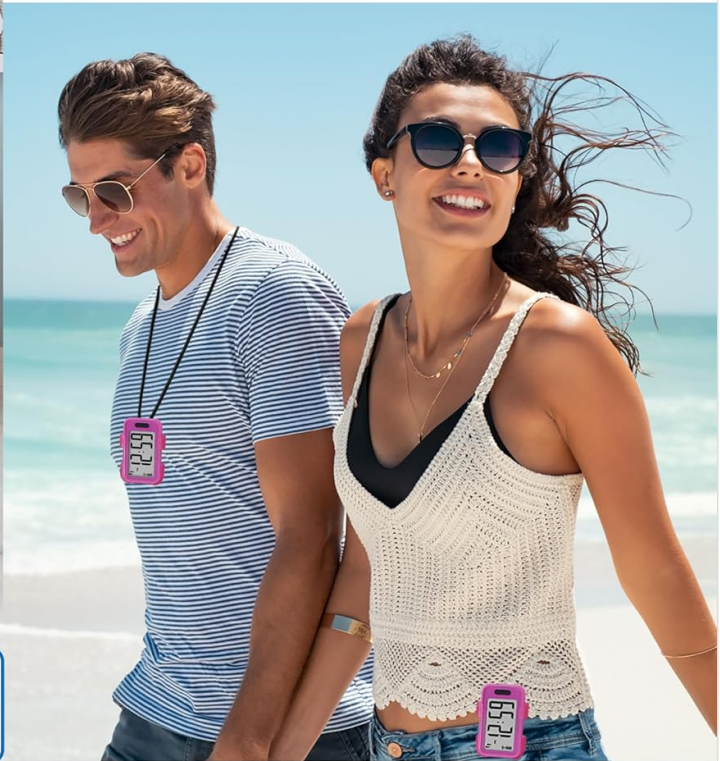
- **Clip-on:** Use the removable clip to attach the pedometer securely to your waistband, pocket, or belt.
- **Lanyard:** For hands-free use, attach the included lanyard and wear it around your neck.

For INDOOR and OUTDOOR step

Uniquely designed to track your steps for the whole day.



Your indoor steps matter for a full daily activity picture.



Accurate Pedometer

Image: A person wearing the pedometer clipped to their pants while doing laundry, and another person wearing it with a lanyard while walking outdoors.

Optional App Integration

For advanced tracking features and historical data, you can connect your pedometer to the CoolFirePD app:

1. Download the **CoolFirePD** app from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the CoolFirePD app and follow the on-screen instructions to pair your device. You may need to press the red button on the pedometer to activate pairing mode.
4. Once paired, the app will sync data, allowing you to view daily, weekly, monthly, and yearly statistics, set personal profiles, and daily targets.

Your browser does not support the video tag.

Video: This video demonstrates the unboxing of the CoolFire Pedometer, highlighting its compact size, clip-on feature, and the included lanyard. It also shows the pedometer's display and mentions the optional app integration for tracking health markers.

OPERATING INSTRUCTIONS

Waking Up the Pedometer

If the pedometer display is off (sleep mode to save battery), press and hold the front button to wake it up. The display will show the current time or your last tracked data.

Navigating Display Modes

Press the top button repeatedly to cycle through the following display modes:

- **Time:** Displays the current time (if synced with the app).
- **Number of Steps:** Shows your total steps for the day.
- **Calories Burned:** Indicates the estimated calories burned.
- **Distance Walked:** Displays the total distance covered in miles.

Resetting Data

To reset your daily data (steps, calories, distance) to zero, press and hold the red button on the side of the pedometer until the display resets. If using the app, daily data can be automatically reset.

Syncing with the App

To transfer your pedometer data to the CoolFirePD app, open the app on your smartphone and tap the 'Sync' button. Ensure your pedometer is within Bluetooth range and awake. The app will then display your updated activity metrics.

MAINTENANCE

Battery Replacement

The CoolFire Pedometer uses a standard watch battery. An extra replacement battery is included with your purchase. To replace the battery:

1. Carefully remove the pedometer from its clip.
2. Locate the battery compartment on the back of the device.
3. Use a small tool (e.g., a coin) to open the compartment.
4. Remove the old battery and insert the new one, ensuring correct polarity.
5. Close the battery compartment securely and reattach the pedometer to its clip.

Cleaning

Wipe the pedometer with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials, as these may damage the device or its display.

TROUBLESHOOTING

- **Pedometer not counting steps accurately:** Ensure the device is securely attached to your body (waist, pocket, or neck via lanyard) and is not excessively loose. Movement should be natural for accurate readings.
- **Display is blank:** The pedometer may be in sleep mode. Press and hold the front button to wake it up. If it remains blank, the battery may need replacement.
- **App not connecting to pedometer:** Ensure Bluetooth is on, the pedometer is awake and within range, and the CoolFirePD app is updated to the latest version. Try restarting both the pedometer and your smartphone.
- **Data not syncing to app:** After ensuring connection, tap the 'Sync' button within the CoolFirePD app. If issues persist, refer to the app's help section or contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Coolfire
Model Number	PD PK
Color	BABY PINK (variant)
Screen Size	1.25 Inches
Item Weight	45 Grams
Sensor Type	3D Pedometer
UPC	841321108378
Manufacturer	TIMECHANT

WARRANTY & SUPPORT

For any questions, technical assistance, or warranty claims, please contact CoolFire customer service. A free replacement battery is included as a compliment to our valued customers.

Email: support@TimeChant.com

Please refer to the included documentation for specific warranty details.