**Pedometer With 7-Day Memory
(Model: PE823)
Pedometer With Pulse Meter
(Model: PE826)
Pedometer With Panic Alarm
(Model: PE828)
Talking Pedometer With FM Radio
(Model: PE829)**

USER MANUAL

CONTENTS

1

EN

INTRODUCTION

Thank you for selecting an Oregon Scientific™ pedometer (PE823 / PE826 / PE828 / PE829).

These unique products are ideal for monitoring your exercise routine. The pedometer counts the number of steps taken from one location to another, calculating the total distance covered and calories expended.

Other key functions include target step / distance / calories, 7-day memory function, estimated target finish time and keypad lock function.
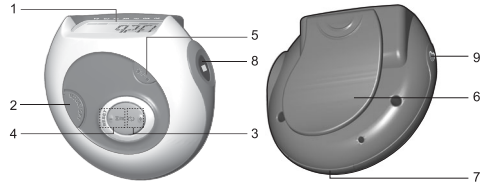
Keep this manual handy as you use your new product. It contains practical step-by-step instructions as well as technical specifications and warnings you should know.

KEY FEATURES

PE823 – FRONT AND BACK VIEW
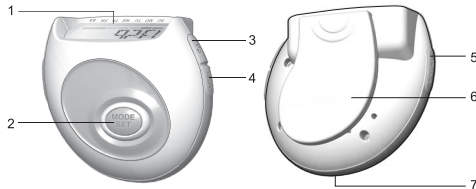
PE826 – FRONT AND BACK VIEW

PE828 – FRONT AND BACK VIEW

2
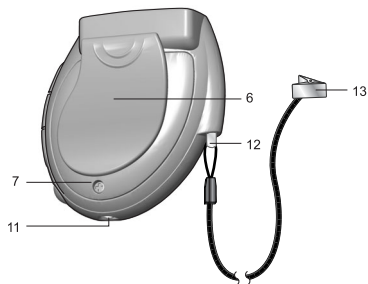
1. LCD screen
2. **MODE / SET** button
3. ↻ / + button
4. **RESET** / — / ⊠ / m button
5. ☀ / ↦ button
6. Belt clip
7. Battery door
8. Pulse meter
9. ♥ Pulse rate button
10. ☖ LED light button
11. LED light
12. Panic alarm pin
13. Fastening clip and chord
14. Selects radio channel
15. ☖ Radio ON
16. ◄◄ / ►► Scan up and down FM frequency
17. ⇕ Increase and decrease volume
18. ☖ Radio OFF
19. Talk button
20. Earphone jack

PE829 – FRONT AND BACK VIEW

3

LCD
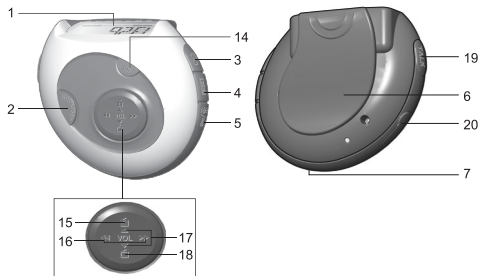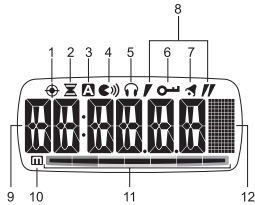
1. Shows when in Target Mode
2. Shows when in Timer Mode and flashes when you are in another display and timer is running
3. Shows when Auto Announcement is activated – PE829 only
4. Shows when talk function is operational – PE829 only
5. Shows when FM Radio is operational – PE829 only
6. Shows when keypad lock is enabled
7. Shows when alarm is activated
8. Shows when in Timer Mode
9. Shows value of step, distance and calorie, clock / alarm time, timer and user profile
10. Shows when in 7-day Memory Mode
11. Colored bar shows the memory weekday and target status
12. Dot matrix shows various icons to indicate the mode / display you are in

GETTING STARTED

SET UP

You must set up the device (as shown below) when you first activate the unit, reset it or change the batteries, or your pedometer will not work properly.

1. To activate the device, pull out the insulation tape underneath the battery cover. (For PE828, insert batteries.)
2. Set the clock and user profile (see Clock / User Profile section).
3. PE826 only – Calibrate the stress index baseline (see Pulse Meter / Stress Index section).
4. Attach the pedometer to your belt or training attire at waist level. Secure it at horizontal position. Improper positioning may result in incorrect data collection.
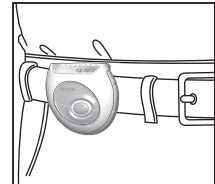
IMPORTANT FOR ACCURACY

The following conditions may cause incorrect reading of steps taken:

1. Uneven walking pace, such as walking in crowded areas or on uneven floor.

4

EN

2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping, or ascending/descending stairs or steep slopes.

USEFUL TIPS

When changing settings you can:

- Press and hold **+** / **—** to speed through the setting options.
- Press **SET** to bypass or confirm a setting and move on to the next one.

NOTE During setting mode, if a key is not pressed within 30 seconds, there will be a beep sound and the screen will return back to the previous mode.

SWITCHING BETWEEN OPERATION MODES

Press MODE to switch between the 6 operation modes:

- Daily
- Target
- Timer
- 7-day Memory
- User Profile
- Clock

The modes are described in the sections that follow.

DAILY

To view the step, distance and calorie display:

1. Press **MODE** to navigate to Daily Mode.

2. Press ↻ to switch between the 3 displays;

STEP

DISTANCE

CALORIE

5

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TARGET

To set step, distance or calorie target:

1. Press **MODE** to navigate to Target Mode.

2. Press and hold **SET** for 2 seconds to enter setting mode.

3. Press **+** / **−** to select STEP, DISTANCE or CALORIES.
4. Press **SET** to confirm.
5. Press **+** / **−** to change the value of each digit, and **SET** to confirm and move on to the next setting.

To use target:

1. Once the target has been set, start walking to activate the pedometer. The GO! screen will appear to confirm that the unit is starting to monitor your progress.

2. While you are walking, the ESTIMATED FINISH TIME (EFT) will periodically appear to advise you how long it will take to complete your target, based on your current pace. The target bar at the bottom of the display will move from left to right (start to finish) to show your progress.

3. Press ⟳ to toggle between the EFT and remaining steps, distance or calories left until target is reached.

4. When target walk is complete, FINISH will appear and a beep will sound.

5. To reset the target for the next user session, press and hold **RESET**.

TIMER

When the timer is running, it will measure steps, distance and calories. These measurements are not linked to the daily measurements and are only related to the time spent walking while the timer is on.

To set timer:

1. Press **MODE** to navigate to Timer Mode.

6

2. Press and hold **SET** for 2 seconds to enter setting mode.

3. Press **+** / **_** to select countdown or count-up timer and press **SET**. If the countdown timer is selected you will need to set the hr:min:sec by pressing **+** / **_** to change a value and **SET** to confirm.

To use timer:

• Press ⌛ to start / stop the timer.

• Press and hold ⌛ to reset the timer.

• Press ϑ repeatedly to view timer step, distance and calories values.

NOTE When you are in the timer display 🗕 will show. If you are in another mode, 🗕 will flash to indicate the timer is running.

MEMORY

The pedometer has a 7-day memory function. You can view total weekly or daily step, distance and calorie records.

VIEW TOTAL WEEKLY RECORDS

1. Press **MODE** to navigate to Memory Mode.

2. Press ϑ to toggle between the total weekly step, distance and calorie display.

VIEW DAILY RECORDS

1. Press **MODE** to navigate to Memory Mode.

2. Press **m** to enter the daily record display.

3. Press **m** repeatedly until you reach the day you wish to view. When you have selected the day you wish to view a 1-second display will show to advise you if you reached that days target or not:

• Target achieved = smiley face and high beep sound.

• Target not achieved = sad face and low beep sound.

4. Press ϑ to toggle between your chosen days step, distance and calorie display.

IMPORTANT At midnight all accumulated daily data will be stored for a period of 7 days. Therefore, once a memory has been stored for 7 days it is replaced with new data from the 1st day of the new week.

7

NOTE The bar at the bottom of the display will indicate which day's memory record you are looking at.

CLEAR ALL RECORDS

Press and hold **RESET**.

CLOCK / USER PROFILE

TO SET THE USER PROFILE FOR 1ST TIME USE OR AFTER A BATTERY CHANGE

When the installation tape is removed to activate the pedometer and whenever the batteries are changed, the pedometer will ask you to set the clock and user profile. Please complete the settings as shown below or your pedometer will not work properly.

1. The first setting will flash.

2. Press **+** / **−** to change a value and **SET** to confirm and move on to the next setting.
3. The setting sequence is:

CLOCK
- 12/24hr format
- Hour
- Minute
- Day of the week

USER PROFILE
- Upper pulse limit (PE826 only)
- Lower pulse limit (PE826 only)
- Weight unit
- Weight
- Stride unit
- Stride
- Age
- Gender

To calculate stride length:

Individual stride length varies. Input an appropriate length for an average stride. To determine the average stride length, walk 10 paces and divide the distance traveled by 10.

8
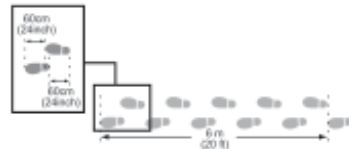
CHANGE INDIVIDUAL CLOCK OR USER PROFILE SETTINGS

If after the initial setting of the clock / user profile (as detailed in previous section), you wish to change the clock time or edit one of the user profile settings, simply:

1. Press **MODE** to navigate to Clock or User Profile Mode.
2. Profile Mode only; use **+** / **−** to scroll to the setting you wish to change.
3. Press and hold **SET** to enter setting mode.
4. Press **+** / **−** to change a value and **SET** to confirm.

ALARM

When in the Clock Mode, press ↻ to toggle between the Clock and Alarm Mode.

To set the alarm:

1. Press **MODE** to navigate to Clock Mode.
2. Press ↻ to switch to Alarm Mode.

3. Press and hold **SET** to enter the setting mode.
4. Press **+** / **−** to change a value and **SET** to confirm and move on to the next setting.

5. The setting sequence is:

• Hour   • Minute   • On / Off

To stop the alarm sound, press any key

PULSE METER / STRESS INDEX (AVAILABLE IN PE826 ONLY)

NOTE For first-time use, or after replacing a battery or resetting the unit, user must calibrate stress index baseline, otherwise no valid reading can be obtained.

To calibrate your stress index baseline:

The index is highly individual, so you need to calibrate your personal baseline before you use this function to monitor your stress status.

Make sure you relax for 2 to 3 minutes before you start the calibration:

1. Press ♥ to enter Pulse Mode.
2. Press ↻ to enter calibration setting.

3. Press and hold **SET** to start calibration.

9

4. Relax and put the tip of your thumb or index finger on the pulse sensor.

5. Wait for about 10 seconds until the word FINISH appears on the LCD panel.

6. Repeat 3-5 if the calibration fails.

REDO

NOTE It's highly recommended to calibrate your individual stress index baseline once a month or whenever you want to refer to your parameter in different situations.

To measure pulse and stress level:

1. Keep calm before and during measuring.
2. Press ♥.
3. Put the tip of your thumb or index finger on the IR sensor.
4. Wait for about 10 seconds until pulse rate is shown (e.g. 100).

100
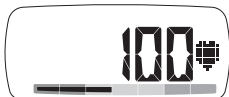
5. The LCD will display your stress level as follows:

ICON	BAR COLOR	MEANING
⠒⠉⠕	Green	Relaxed
⠒⠒⠤	Yellow	Normal
⠒⠒⠭	Red	Not relaxed

NOTE Retry if failed (if no reading is showing within 1 minute the pedometer will escape from pulse mode). You then press pulse rate button ♥ again.

TIPS

- Cold fingertips and cold air can affect the measurement. You may need to warm your hands before you start.
- The sensor is sensitive to light sources. Cover the entire sensor area with your fingertip to block all light.
- Gently touch the pulse sensor; do not press hard.
- Keep still and calm during measurement. Moving about can affect the reading.
- Wait the proper amount of time: Measurements can take 6-12 seconds depending on the stability of the signals received.

What is your stress index?

The stress index measurement is based on heart rate variability, which indicates your involuntary nervous system's status.

10

A large heart rate variation is an indication that the parasympathetic nervous system has a predominance, which generally corresponds to someone in a relaxed state.

As for a smaller value, it indicates that the sympathetic nervous system is active, which is related to physical or mental stress.

HOW TO USE PANIC ALARM (AVAILABLE IN PE828 ONLY)

The alarm will be activated when the panic alarm pin is detached from its socket.

- Pull the chord and detach the pin to activate the alarm.
- To stop the alarm, simply reconnect the pin to its socket.

NOTE One new 12V battery can last for approx. 15 minutes if the panic alarm is activated. It is recommended that you quickly test the alarm function every time you use the pedometer.

FM RADIO (AVAILABLE IN PE829 ONLY)

To turn the radio ON, press and hold 📻.

To turn the radio OFF, press and hold 📻.

NOTE When using the radio, make sure the earphones are plugged in (🎧 will appear on the screen).

SCANNING AND STORING RADIO CHANNELS

The radio receives FM frequency between 87.5 to 108 MHz. You can store up to 5 channels.

To scan and store a radio channel:

1. Press and hold ◄◄ / ►► to activate auto-scan. When a channel has been found, press ◄◄ / ►► to fine-tune the channel.
2. Press and hold **CH** to enter channel-storing mode.
3. Use ◄◄ / ►► to select a channel number (1-5).
4. Press **CH** to store. Repeat the whole process to store another channel.

11

To change the volume level, press $\updownarrow_{\text{VOL}}$.

To listen to a stored channel, press **CH**.

NOTE Prolonged use of the FM Radio will significantly reduce battery life.

TALK FUNCTION (AVAILABLE IN PE829 ONLY)

The talk function is available for DAILY / TARGET / TIMER / MEMORY and CLOCK modes. It will broadcast information related to the current LCD screen, for example on Daily Mode you will hear: "Today, you have walked XXXXX steps, XX.XX kilometers/miles and burned XXXX.X calories.

Broadcasts can be announced automatically at pre-defined intervals (as detailed in the setting sequence below), or manually by pressing **TALK**.

(( )) appears when the talk function is broadcasting.

To set up the talk function:

1. Press and hold **TALK** to enter setting mode.
2. Press **+** / **–** to change a setting and press **TALK** to confirm and move on to the next one.
3. The setting sequence is:
- Auto-talk ON / OFF. If ON is selected you will need to set the broadcast interval time to 5, 10 or 15 mins. **A** appears on the screen when this function is activated.

- Pacer ON / OFF. If ON is selected you will need to set the pacer frequency which ranges from 45 to 180 beeps per minute. This function helps you maintain the pace of your walk / run, as each beep represents one step.
- Languages available – English, French and Spanish OR English, Italian and German.

The radio function will be paused when the auto-talk broadcast is happening or when you press **TALK**.

BACKLIGHT / LED LIGHT / KEYPAD LOCK / RESET

To turn the backlight ON for 3 seconds, press ☀.

To turn the LED light ON, press 🔦. When you release the button the light will turn OFF (PE828 only).
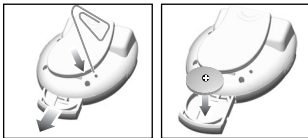
To turn the keypad lock ON / OFF, press and hold ⊷.

To reset the unit, remove and then re-insert the batteries.

BATTERIES

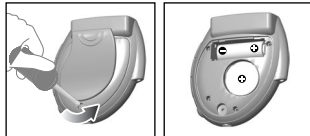▯ appears when the battery is low and needs replacing.

NOTE Protect the environment by taking exhausted batteries to authorized disposal stations.

12

PE823 / PE826

To change the battery:

1. Gently press down on button with a blunt stylus to release battery compartment.
2. Insert 1 x CR2032 battery.
3. Gently push back the battery compartment.

PE828
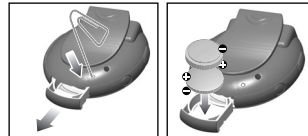
To change the battery:

1. Unscrew to open the back cover.
2. Insert 1 x CR2032 and 1 x 12V battery.
3. Place the cover back and tighten the screw.

PE829

To change the battery:

1. Gently press down on button with a blunt stylus to release battery compartment.
2. Insert 2 x CR2032 batteries.
3. Gently push back the battery compartment.

WARNINGS

This product is designed to give you years of service if handled properly. Observe the following guidelines:

- Never immerse the unit in water. This can cause electrical shock and damage the unit. Clean the unit with a slightly damp cloth and mild detergent.
- Do not subject the unit to extreme force, shock, or fluctuations in temperature or humidity.
- Do not tamper with the internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
- Do not mix new and old batteries or batteries of different types.

13

EN

- Do not use rechargeable batteries with this product.
- Remove the batteries if storing this product for a long period of time.
- Do not scratch the LCD display.

The contents of this user manual and technical specifications are subject to change without further notice. Images not drawn to scale.

SPECIFICATIONS

TYPE	DESCRIPTION
Step counter	0 to 99,999 steps
Target step range	100 to 99,900 steps
Timer range	0 to 99hrs:59mins:59secs
Distance traveled	0 to 999.99miles (0 to 999.99km)
Stride distance	11 to 60 inches (28 to 152 cm)
Calorie display	0.1 to 9999.9 kcal
Body weight range	64lbs to 340lbs (29 to 154kg)
Pulse range	30 – 240 bpm
Operating temp.	14 to 104.0°F (-10 to 40°C)
Storage temp.	-4 to 140°F (-20 to 60°C)

Dimensions – without clip (W x H x D) and weight

PE823	2.1 x 1.9 x 1.0 inches (52 x 47 x 25 mm) 33 g (1.16 ounces)	
PE826	2.4 x 2.2 x 1.0 inches (60.3 x 54.9 x 24 mm) 38 g (1.34 ounces)	
PE828	2.3 x 2.5 x 1.0 inches (58.7 x 62.4 x 25 mm) 61 g (2.15 ounces)	
PE829	2.4 x 2.1 x 1.0 inches (61.4 x 53.5 x 26 mm) 60 g (2.12 ounces)	
Batteries	PE823	1 x CR2032 3V
	PE826	1 x CR2032 3V
	PE828	1 x CR2032 3V 1 x 12V
	PE829	2 x CR2032 3V

14

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Call 1-800-853-8883.

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EC-DECLARATION OF CONFORMITY

Hereby, **Oregon Scientific**, declares that this pedometer model PE823 / PE826 / PE828 / PE829 is in compliance with the essential requirements and other relevant provisions of EMC directive 89 / 336 / CE and LVD directive 73 / 23 / EC.

A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service

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15

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