Tchibo

Pedometer

en **Instructions for use**

Mode button
Set button
ST/SP button
Reset button

MODE	· Switch between displays/modes
SET	· Go to settings (hold down button)
	· Accept value
RESET	· View 7-day memory
	· Change value
	· Set value to zero (hold down button)
ST/SP	· Activate display backlight
	· Start/pause timer

CE

Dear Customer

Your new pedometer offers you many practical functions in a compact design. You can determine the number of steps you take and keep track of the distance covered, as well as the calories and fat you burn. The pedometer does, of course, also show the current time of day. Other convenient features include the 7-day memory, which saves your training data from the past seven days, and the built-in stopwatch.

We hope you will be entirely satisfied with your purchase.

Your Tchibo Team

ℹ️ Bear in mind that the pedometer only counts your steps. The distance you have covered and the calories burnt are calculated on the basis of these values together with your personal data and do not represent accurate results.

⚠️ Safety warnings ⚠️

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

· When you are walking, hiking or jogging, the pedometer counts the number of steps you have taken and uses this to calculate the distance covered and the approximate number of calories and the fat you burn. In addition, you can specify your own number of steps for your training.

· The pedometer is designed for personal use. It is not suitable for professional or commercial purposes.

DANGER to children

· The product is not a toy. Keep it out of the reach of children.

The product contains a lithium battery (coin battery). There is a risk of leakage, gas leakage, explosion and fire:

· Swallowing batteries can be fatal. If the coin battery is swallowed, it can cause severe internal chemical burns and even death within 2 hours. Keep both new and used batteries away from children. If the battery compartment does not close properly, stop using the product and keep it away from children. If you think that a battery has been swallowed or has got into the body in any other way, seek medical advice immediately.

· Warning! Lithium batteries can explode if they are inserted incorrectly. It is therefore essential to ensure the correct polarity (+/-) when inserting them. Only use the same or an equivalent type of battery (see the technical specifications).

· Batteries must not be charged, taken apart or crushed, thrown into fire or a hot oven or short-circuited. Do not modify and/or deform/heat/disassemble batteries. Do not allow damaged batteries to come into contact with water.

· Batteries must not be over-discharged. Store unused batteries in their original packaging. Do not bring unpacked (both new and fully/partially used) batteries into contact with each other in a disorganised manner and keep them away from metal objects.

· Batteries that are exposed to excessive heat, direct sunlight, extremely low air pressure (e.g. at high altitudes) or extreme temperatures, may explode or leak flammable liquids or gases. Protect batteries from excessive heat, direct sunlight, extreme air pressure and extreme temperatures.

· If a battery has leaked, avoid contact with skin, eyes and mucous membranes. If necessary, rinse the affected areas with water and consult a doctor immediately.

Material damage

· Protect the pedometer from rain, moisture and strong jolts (do not drop it).

· Protect the batteries from excessive heat. Remove the battery from the product when it is flat or if you do not intend to use the device for a long period of time.
This will prevent damage caused by leakage.

· Do not use any caustic, aggressive or abrasive products for cleaning.

Prior to first use
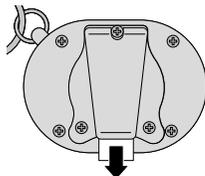
▷ Remove the insulating strip from the battery compartment.

Replacing the batteries
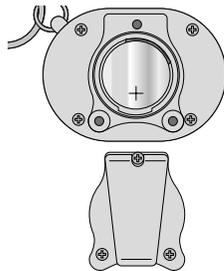
1. Loosen the three screws on the battery compartment lid and remove the lid.
2. Insert the battery, ensuring that the polarity is correct. The positive pole (+) must face upwards.
3. Place the battery compartment lid back on and screw the screws in tightly.

ℹ️ The battery must be replaced if the battery icon 🔋 appears on the display or if the device is clearly not working. All settings and saved data will be lost when the battery is replaced.

Activating the display backlight

▷ To read the display in the dark, briefly press the **ST/SP** button.
The display will light up for a few seconds.

ℹ️ To save battery power, the backlight is not designed to stay on permanently, as it uses a lot of power.

The display switches off automatically after approx. 30 seconds if no buttons are pressed or if it does not sense any movement.
It switches back on automatically once it senses movement.

Fastening the pedometer

▷ Attach the pedometer to your belt or waistband – or simply keep it in your trouser pocket.
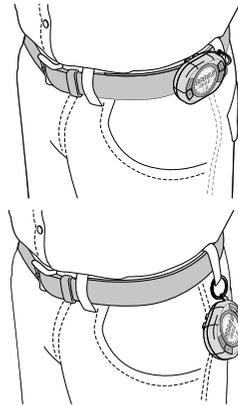
Entering personal data

The display screen shown on the left (= main mode) will appear as soon as you insert the battery.

1. Press **SET** for approx. 2 seconds.
You will be guided automatically through the following settings:

2. Time: Press **RESET** or **ST/SP** to select the required display mode for the time of day (*24 hr* or *12 hr*) and press **SET** to confirm your selection.

ℹ️ If the 12-hour format is used, *PM* appears on the display to indicate the time in the afternoon/evening.

3. Press **RESET** or **ST/SP** repeatedly to set the correct hour. Press **SET** to confirm.

ℹ️ If you hold down the **RESET** or **ST/SP** button, the values will be shown more quickly.

4. Press **RESET** or **ST/SP** repeatedly to set the correct minute. Press **SET** to confirm.

5. Weight: Press **RESET** or **ST/SP** repeatedly to enter your weight in *kg*. Press **SET** to confirm. The default setting is: 65 kg

6. Height: Press **RESET** or **ST/SP** repeatedly to enter your height in *cm*. Press **SET** to confirm. The default setting is: 170 cm
The display switches back to main mode.

Using the pedometer

1. Move the pedometer or press any button to activate the display.
To exit the current mode, press the **MODE** button repeatedly until the main mode is displayed with *STEP*, the number of steps and the current time of day.

2. Start walking or running. The time of day and the number of steps counted will be shown on the display.

ℹ️ The pedometer will respond with a slight delay at first to avoid counting and displaying every hint of a movement as a step. Only when the steps become regular are they displayed, and those which were not displayed previously are also included in the calculation. Therefore, do not be concerned if the displayed value suddenly increases by 10 steps.

The pedometer always counts all the steps you take in a day. If you take a break, the pedometer will always continue counting from the number of steps counted last.

Managing training data

Viewing your current training data

▷ Press **MODE** to switch between the training data that has been measured and detected for the current day. The time of day is shown in the bottom row. At midnight every day, the current data is automatically saved to the 7-day memory and the current training data is reset to zero.

STEP number of steps

KM distance covered

KCAL calories burnt

FAT fat burnt (g)

▷ To reset the day's values to zero, press and hold **RESET** for approx. 2 seconds.

Viewing your training data from the past 7 days

1. Press **MODE** to switch to the 7-day memory.

2. Press **SET** to look through your training data for each of the last 7 days. The number of the day displayed is shown at the bottom right next to *MEM DAYS Before*.

3. Press **RESET** to switch between the different training data for the day being displayed.

▷ At midnight each day, the data for the earliest day in the memory (day 7) will be deleted automatically and the 7-day total display updated. If you wish to delete the data in the 7-day memory for good, you must remove the battery for a couple of seconds.

▷ Press **MODE** to leave the 7-day memory again.

Defining a training target

You can define the number of steps you would like to take in one day and use the pedometer to monitor your progress towards that target.

1. Press and hold **ST/SP** for approx. 2 seconds to go to target mode *TG*.
The default value is 6,000 steps. The 1000 unit flashes.

2. Press **RESET** or **ST/SP** to first change the 1000 unit.
Press **SET** to confirm.
The 10,000 unit flashes.

3. Press **RESET** or **ST/SP** to then change the 10,000 unit.
Press **SET** to confirm.
(The 100 unit cannot be changed.)
The display switches back to main mode.

4. Once 10% of your target has been reached, a target bar will appear on the display. When you reach your target, the pedometer will beep for approx. 30 seconds.

▷ To deactivate the beeping sound, press any button.

▷ To reset the day's values to zero, press and hold **RESET** for longer than 2 seconds.

Using the stopwatch

1. To switch to the stopwatch, keep pressing **MODE** until *STW* is shown on the display.

2. To start timing, briefly press **ST/SP**.
A short signal will sound. The pedometer will light up.
The pedometer has started timing.

3. To pause timing, press **ST/SP** again.
A short signal will sound. The pedometer has stopped timing.

4. To resume timing, press **ST/SP** again.
A short signal will sound. The pedometer continues timing.

5. To stop the timer and reset the value to zero, first press **ST/SP** to stop the timer and then **RESET**.

Technical specifications

Model:	728 291
Single-use battery:	1x CR2032/3 V (Li/MnO$_2$)
Watt-hour rating:	0.63 Wh (tested as per UN 38.3)
Ambient temperature:	+10 to +40 °C

Information about the supplied battery

Manufacturer: Changzhou Anyida Power Technology CO., LTD
No. 1 East Road, Lou Xia Industrial Park, Rulin Town, Jintan District, Changzhou, China
www.anyida-power.com
Email: zhaojj@anyida-power.com
Model: Daily-max CR2032/3 V
Manufacturing date: 2025/08
Made in: China

Disposal

This product, its packaging and the supplied battery have been manufactured from valuable materials that can be recycled. Recycling reduces the amount of refuse and preserves the environment.

Dispose of the **packaging** at a recycling point that sorts materials by type. Make use of the local facilities provided for collecting paper, cardboard and lightweight packaging.

🗑️ **Devices, single-use batteries and rechargeable batteries** marked with this symbol must not be disposed of along with household waste!

You are legally obliged to dispose of old devices separately from household waste. Electronic devices contain hazardous substances and, if stored or disposed of improperly, may cause harm to health and the environment. Information about collection points where old devices can be disposed of free of charge is available from your local authorities.

Flat single-use and rechargeable batteries must be handed in at a local authority collection point or returned to a battery retailer. Tape off the contacts of lithium single-use/rechargeable batteries prior to disposal.