

Omron HJ-720-ITC Pedometer

The Omron HJ-720 ITC pedometer records steps, aerobic steps with minutes, calories with the amount of fat burned, and distance. The unit can display the previous 7 days of information and can store the previous month's information in memory.

“What you need to know about wearing the pedometer” handout provides wearing instructions. The pedometer should be worn at least 1 week, 7 consecutive days, during the next month. We encourage wearing every day.

To view the current day's information press the **Mode/Event Button** until the data you want to see is displayed:

Steps and Time of Day

Aerobic Steps with minutes- (The pedometer counts aerobic steps as the number of steps when you walk more than 60 steps per minute and you walk more than 10 minutes continuously. Taking a rest for less than 1 minute during continuous walking after 10 minutes is considered continuous walking.)

Calories with the amount of fat burned

Distance and Time of Day

To view information from the 7 previous days press the **Mode/Event Button** until the information you want to see is displayed, e.g., aerobic steps. Press the **MEMO/▲ Button**. The previous day's aerobic steps are displayed. Continue pressing the **MEMO/▲ Button** until all 7 days of aerobic steps have been displayed.