



3D PEDOMETER

Model: QFP100



Instruction Manual & Warranty Information



Read Instructions Carefully Before Use



3D PEDOMETER


Model: QFP100

Thank you for purchasing this Quantum Fit 3D Pedometer.

Please keep this instruction manual in a safe place where it is readily available.



The illustrations in this manual may differ slightly from the product itself.



BEFORE YOU START

Press the small circular RESET to Manufacturer Settings button on the back of the product using a toothpick to prepare the product for initial use as per Figure 1.

Refer to the 'Setting Up the Pedometer' section for further setup instructions.

Figure 1.

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Important Safety Information



Read this section thoroughly before using the product.

Please ensure you observe the safety instructions to avoid accidents, injury, and damage.

Intended purpose

- The Quantum Fit 3D Pedometer is intended to records steps, distance, average speed and calories burned.
- This product is **not** intended for use by persons (including children) with **limited physical, sensory or mental abilities** or **lacking experience and/or knowledge**, unless they are supervised by a person responsible for their safety or have received and understand the instructions/ safety warnings for use of the product from this person in advance.

Safety Warnings

- **KEEP BATTERIES OUT OF REACH OF CHILDREN**

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the oesophagus.

WARNING



BUTTON BATTERY

- If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 (Australia) or 0800 764 766 (New Zealand) for fast, expert advice.

Important Safety Information - *continued*

- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. **DO NOT** use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.
- Never start weight reduction or exercise therapy solely based on your own judgement. Be sure to follow the instructions of a healthcare professional.
- Keep the packaging, product, and its components out of reach of children. This product contains small parts, which are a **choking hazard** if swallowed.
- **DO NOT** let children play with the product.
- **DO NOT** allow the product to become saturated with water as this can damage the electronics.
- Clean the product with a damp soft cloth and mild detergent if required, but **DO NOT** allow water to get inside the product. **DO NOT** use any harsh chemical cleaning agents. Dry with a soft cloth.
- **DO NOT** drop, step or place heavy objects on the product.
- **DO NOT** attempt to open or disassemble the product (other than the battery compartment).
- Only use batteries specified for the product.

Important Safety Information - *continued*

- This product is equipped with a Lithium Manganese Dioxide Button Battery. Failure to follow these instructions could cause the battery to leak, become hot, explode, or ignite and cause injury and/or damage.
- **DO NOT** expose to temperatures over 55°C.
- If battery leakage occurs and comes into contact with the skin or eyes, immediately rinse with plenty of water and seek medical advice.
- Install the battery carefully with the polarity in the correct position.
- **DO NOT** use batteries after their expiration date.
- Periodically check the battery to ensure it is in good working condition.
- Replace worn battery with a new one immediately according to instructions. Dispose of old batteries according to current local regulations.
- Remove battery carefully if the product is not going to be used for a long period of time.
- **DO NOT** throw battery into fire.
- **DO NOT** use with medical equipment simultaneously.
- **DO NOT** use or store the product in the following conditions:
 - Near sources of heat, direct sunlight or high temperature
 - Moist or humid environments
 - Dusty locations
 - Near fire, flammable gas, chemicals or oxygen rich environments

Important Safety Information - *continued*

- Locations easily subject to vibrations or shock or in a pressurized container
- In high frequency or strong magnetic field areas
- e.g. surgical equipment, MRI, CT, microwave ovens

Features

- 3D Motion Sensor for Enhanced Step Counting - senses movement from different angles for both walking & running.
- Large LCD Display
- Records Steps, Distance, Average Speed & Calories Burned
- Time Display
- Exercise Timer
- 7 Day Memory
- Imperial / Metric Units Interchangeable
- Step Counting Pause Function
- Power Saving Standby Function
- Low Battery Indicator

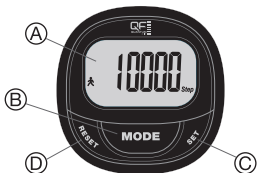
Package Contents

- 1 x Pedometer with Integrated Belt Clip
- 1 x CR2032 Button Battery (installed in product)
- 1 x Instruction Manual & Warranty Information

Pedometer Components

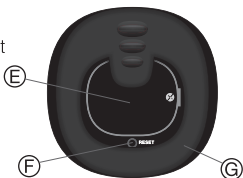
Front view:

- A. LCD Screen
- B. MODE Button
- C. SET Button
- D. RESET Button



Back view:

- E. Battery Compartment
- F. RESET to Manufacturer Settings Button
- G. Integrated Belt Clip



MODE Button

- Scroll through operating Modes.
- Press to proceed to the next setting in the programming sequence.

SET Button

- Press and hold to access programming sequence in Time and Step Counting Modes.
- Press to confirm setting.
- Switch system unit display in Distance and Speed Modes.
- Scroll data in Memory Mode.

RESET Button

- Press and hold to clear the data in Step Counting, Distance, Calories, Average Speed, Exercise Timer and Memory Modes.
- Increase values being set during a programming sequence.
- Scroll through 7 days of memory.

RESET to Manufacturer Settings Button

- Press and hold the button with toothpick to reset to manufacturer settings.

Before Using the Pedometer

- Carefully remove all packaging materials and keep the enclosed documents.
- Keep the packaging, product, and its components out of reach of children. This product contains small parts, which are a choking hazard if swallowed.
- Check the product is intact. **DO NOT** use if broken.
- **Remove the protective film from the screen.**

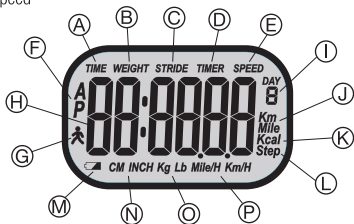
If any abnormalities are detected, please contact our service centre:

In Australia - 1800 807 464

In New Zealand - 0800 523 583

Pedometer Display

- A. **TIME** – View and set the time
- B. **WEIGHT** – Visible during set-up to input weight
- C. **STRIDE** - Visible during set-up to input stride length
- D. **TIMER** – Displays total exercise time
- E. **SPEED** – Displays average speed
- F. **A = AM or P = PM**
- G. **WALKING SYMBOL** – “Flashes” when motion is detected. Displays continuously when the Power Saving Standby Function is activated. Disappears when the Step Counting Pause Function is activated.
- H. **DIGIT DISPLAY** – Displays the data for the current Mode
- I. **DAY (1-7)** – Visible during Memory Mode
- J. **Km / Mile** – Indicates unit of measurement
- K. **Kcal** – Indicates calories burned
- L. **Step** – Indicates number of steps recorded
- M. **Low Battery Symbol** – Displays when battery is low
- N. **CM / INCH** – Indicates unit of measurement for stride length
- O. **Kg / Lb** – Indicates unit of measure for weight
- P. **Mile/H / Km/H** – Indicates unit of measurement for average speed



Pedometer Modes

The product has 7 operational Modes, which display in the following sequence. Press the **MODE** button to scroll through the Modes.

1. **Time Mode**
2. **Step Counting Mode**
3. **Distance Mode**
4. **Calories Mode**
5. **Average Speed Mode**
6. **Exercise Timer Mode**
7. **Memory Mode**

1. Time Mode

- Displays the time of day in Hours / Minutes / Seconds.

2. Step Counting Mode

- Displays the total number of steps taken today.
- Press and hold the **RESET** button for 2 seconds to erase the record.
- To avoid incorrect counting, the product will start showing the number of steps taken after 15 continuous steps. This means that the display does not display a reading until the 15th step of movement. All the steps taken will be counted and displayed afterward, to establish accurate readings and avoid false steps being recorded.

3. Distance Mode

- Displays today's distance travelled.
- Km or Mile will appear on the display depending on which unit measurement you chose in the **STEP** Mode setup.
- Press and hold the **RESET** button for 2 seconds to erase the record.

4. **Calories Mode**

- Displays today's calories burned.
- Press and hold the **RESET** button for 2 seconds to erase the record.

5. **Average Speed Mode**

- Displays today's average speed.
- Press the **SET** button to switch between Metric and Imperial units (i.e. Km/H or Mile/H).
- Press and hold the **RESET** button for 2 seconds to erase the record.

6. **Exercise Timer Mode**

- Displays today's total exercise time.
- Press and hold the **RESET** button for 2 seconds to erase the record.

7. **Memory Mode**

- Stores a maximum of 7 days of exercise data.
- Press the **SET** button to scroll through each Modes data for the selected day.
- Press the **RESET** button to recall the data by day (1-7).
- Press and hold the **RESET** button 2 seconds to clear all memory data.
- If no steps were performed on any given day, the data will show as '0'. It is not possible to erase 1 individual day of data.
- From the 8th Day, the oldest data (Day 1) will be erased, allowing the most recent 7 days to be visible, with Day 7 being the previous days worth of data. See example (next page):

Pedometer Modes - *continued*

Memory	1	2	3	4	5	6	7
Day 1-7	9900	0	10500	0	5000	0	9500
Day 8	0	10500	0	5000	0	9500	10000
Day 9	10500	0	5000	0	9500	10000	8000

Note: Resetting any one of the Step Counter, Distance, Calories, Average Speed or Exercise Timer Modes will result in clearing all of today's data from each Mode, however it will not clear any data from the Memory Mode.

Setting up the Pedometer

- The product is supplied with the battery installed, therefore is already turned 'on' and ready to use. The product has an in-built Power Saving Standby Function to prolong battery life. The product is not designed to be switched off unless it is not being used for a long period of time. You will need to remove the battery to switch it off.
- Press the small circular **RESET** to Manufacturer Settings button on the back of the product using a toothpick to prepare the product for initial use as per Figure 1.





Using the Pedometer for Running

- The product is primarily used for walking however, can also be used for running.
- The product can only be used for either walking or running, it cannot be used for a combination of both.



Setting up the Pedometer - *continued*

- To use the product for running, the maximum running speed should not exceed 180 steps/min.
- To ensure accurate distance is recorded for running, you should adjust your stride length setting accordingly. Refer to 'Setting measurement unit, weight & stride length' section.

Step Counting Pause Function (in Step Counting Mode)

- Ensure you are in 'Step Counting' Mode (it will only say **Step** on the bottom right-hand corner of the screen).
- To stop the product from counting steps temporarily, press and hold the **MODE** button for 3 seconds to pause.
- When this is activated, the walking symbol  will disappear from the bottom left of the screen.
- To un-pause/de-activate, press and hold the **MODE** button for 3 seconds until the walking symbol  reappears.

Power Saving Standby Function

- If no movement is detected after 3 minutes, the Power Saving Standby Function is activated.
- You will know the product is using this function when you see the walking symbol  continuously displayed (i.e. not flashing) on the bottom left of the screen.
- Once motion is detected again the walking symbol  will start "flashing" automatically.

Note: The display screen uses minimal battery power, the battery power is used most when the product is in use and the sensor is active.

Setting the Time (in Time Mode)

- Ensure you are in Time Mode (it will say **TIME** on the top left-hand corner of the screen).
- Press and hold the **SET** button until **ADJ** “flashes” on the screen 3 times to enter the setting Mode.
- The hour digits will then “flash”. Press the **RESET** button to adjust the hour.
- Press the **MODE** button and the minute digits will “flash”. Press the **RESET** button to adjust the minutes.
- Press the **MODE** button and the seconds digits will “flash”. Press the **RESET** button to reset the seconds to zero.
- Press the **MODE** button once more, a “flashing” **12-24HR** appears on the display. Press **RESET** to select your preferred time display and then the **SET** button to confirm your selection.

Note: The display will automatically return to Time Mode if there is no input for 30 seconds.

Setting measurement unit, weight & stride length (in Step Counting Mode)

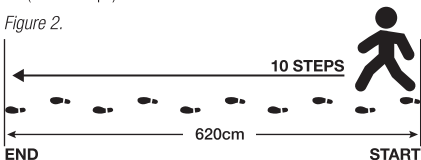
You will need to measure your stride length prior to setup

- Ensure you are in ‘Step Counting’ Mode (it will only say **Step** on the bottom right-hand corner of the screen).
- Press and hold the **SET** button until **ADJ** “flashes” on the screen 3 times to enter the setting Mode.
- **UNIT** will appear on the screen - Km/Mile options will then “flash” on the right of the display. Press the **RESET** button to set the measurement unit of choice.

How to measure stride length

1. To properly calculate your stride length, walk 10 steps and measure the total distance walked (from the heel on your first step to the tip of your toe on the last step).
 - a. To calculate stride length for running, run 10 steps and follow the instructions below.
2. Divide the total distance by the number of steps (i.e. 10 steps).

Figure 2.



- Calculate the stride distance in the following way:
 - **Total distance ÷ by number of steps**
 - e.g. You walked 620cm in 10 steps
 - 620cm (total distance) ÷ 10 (number of steps)
= 62cm stride length
- Press the **MODE** button to progress to the Weight setting. Press the **RESET** button to set your weight.
- Press the **MODE** button to progress to the Stride Length setting. Press the **RESET** button to set your stride length.
- Once completed press the **SET** button to confirm your settings.

Setting up the Pedometer - *continued*

Notes:

- a. If set to "Km", the unit will display the stride length in "CM" and weight in "Kg".
- b. If set to "Mile", the unit will display the stride length in "INCH", and weight in "Lb".
- c. The display will automatically return to Step Mode if there is no input for 30 seconds.

Using the Pedometer

1. Always attach the product securely to your belt, waist band, or pocket before use.
2. The product will start showing the number of steps taken after 15 continuous steps.
3. Take the product off after use. The Power Saving Standby Function will be activated after 3 minutes of no activity.
4. Press the **MODE** button repeatedly to scroll through all Modes in the below sequence:
 1. **Time Mode**
 2. **Step Counting Mode**
 3. **Distance Mode**
 4. **Calories Mode**
 5. **Average Speed Mode**
 6. **Exercise Timer Mode**
 7. **Memory Mode**
5. All data will be reset and stored into memory automatically at midnight (00:00), so your step memory is recorded from 00:00:00 to 23:59:59
6. Resetting any one of the Step Counter, Distance, Calories, Average Speed or Exercise Timer Modes will result in clearing all of today's data from each Mode, however it will not clear any data from the Memory Mode.

Note: The product may not count steps correctly in the following conditions:

- If the product moves irregularly, i.e. it moves around on your belt, the top of your waist band or pocket.
- Moving at an inconsistent pace, i.e.
 - if you shuffle or wear sandals.
 - starting / stopping or other forms of inconsistent movement.
 - stepping too lightly or extremely slowly.
- Up and down movement, i.e.
 - standing up / sitting down.
 - activities other than walking or running.
 - ascending / descending stairs or a steep slope.
- Vibrations from a moving vehicle such as riding a bicycle, car, train or bus.

Cleaning

- Clean the product with a damp soft cloth and mild detergent if required, but **DO NOT** allow water to get inside the product. Dry with a soft cloth.
- **DO NOT** use any harsh chemical cleaning agents.

Storage

- Wipe away any dirt and dust from the product.
- Store in a safe cool dry place, away from children as per Safety Warnings.
- **DO NOT** place any heavy objects on the product.

Replacing the Battery

When the low battery symbol  appears, it is time to replace your battery.

Note: If the battery is removed, or becomes completely consumed, all settings and data will be deleted. It is recommended to manually record your current data prior to replacing the battery if you wish to keep it.





1. Open the battery compartment by using a small Phillips Head screwdriver size approx. 2mm diameter (not supplied) to loosen the safety screw from the back of the battery compartment cover (the screw is integrated into the battery cover and will not fully come out).



2. Open the belt clip for easy access to remove the battery compartment cover as per the figure below:



3. Remove the battery carefully. Use a toothpick if required. **DO NOT** use a pointy metal object as this may damage the product or the battery.
4. Dispose of the old battery according to current local regulations.
5. Only use batteries specified for the product (CR2032 3V).
6. **Install** the battery carefully with the polarity in the correct position with the positive (+) polarity facing upwards.
7. Replace the battery compartment cover and ensure the safety screw is tightly secured.

Troubleshooting

Problem	Possible Cause	Solution
The  symbol appears on the screen.	This is the low battery indicator.	Replace with a new battery.
The product won't turn on/ nothing is displayed on the screen.	The battery is not installed correctly.	Please insert the battery with the polarity in the correct direction as per the <i>Replacing the Battery</i> section
	The battery has run out of power.	Replace with a new battery.
The  is not "flashing".	The Power Saving Standby Function is activated.	If no movement is detected after 3 minutes, the Power Saving Standby Function is activated and the walking symbol  is continuously displayed (i.e. not flashing). Once motion is detected again the walking symbol  will start "flashing" automatically.

Problem	Possible Cause	Solution
The product is not recording my steps.	The Step Counting Pause Function is activated.	In Step Counting Mode hold the MODE button for 3 seconds until the  symbol re-appears.
The  is not displayed.		
The displayed values seem incorrect.	The values during product set-up were incorrect.	Check all the settings are correct in the Setting up the Pedometer section i.e. time, weight, measurement unit & stride length. <i>Note:</i> Stride length differs between walking and running.
	If the product moves irregularly; moving at an inconsistent pace; up and down movement or vibrations from a moving vehicle.	Ensure movement is smooth and even.

Problem	Possible Cause	Solution
The product is resetting to zero during the day.	The time is set incorrectly.	Please set the time correctly as per the Setting the Time section.
The product is resetting to zero automatically overnight.	This is normal.	The product resets to zero at midnight.
The product is not counting my first few steps.	This is an error prevention feature.	Once you take your 15th step, your steps will be counted.

If the problem is not solved by the troubleshooting guide or you have any queries, please contact our service centre:

In Australia - 1800 807 464

In New Zealand - 0800 523 583

DO NOT attempt to open or repair the product yourself.

Warranty Information

PRODUCT WARRANTY

Please register your warranty information at:

AUS – www.jadavey.com.au

NZ – www.jadavey.co.nz

This Quantum Fit product is warranted to be free of manufacturing defects for 1 year from the date of purchase*. This warranty is void if the product is modified or altered is subject to misuse or abuse, damaged in transit or lack of responsible care, is dropped, if damage occurs by reason of failure to follow the written instruction booklet enclosed, or if product repairs are carried out without authority from J.A. Davey Pty Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire product and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation.

The benefits conferred by this warranty are in addition to all other rights and remedies in respect of the product, which the consumer has under the trade practices act and other state or territory laws in Australia and New Zealand.

Our goods come with guarantees that cannot be excluded under Australian and New Zealand Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

**Please note the battery is not covered under warranty.*

BEFORE YOU SEND IN YOUR UNIT FOR SERVICE

Before sending in your unit for service, please take a few minutes to do the following:

- In your instruction manual, read the troubleshooting section that describes common errors, their cause and remedies. Product instruction manuals can be downloaded online.
- Contact Quantum Fit customer service. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.

PLEASE CALL OUR TOLL FREE NUMBER:

IN AUSTRALIA:

Free call: 1800 807 464

IN NEW ZEALAND:

Free call: 0800 523 583

SENDING IN YOUR UNIT FOR SERVICE

1. Should repair be needed within the warranty period, enclose the cut-out section of the warranty form and your proof of purchase receipt. Please ensure all relevant details are completed before sending your product in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.
2. Include the product with all components in your package. This is extremely important, so our repair technicians can make the correct diagnosis with any problems.
3. Please return the product and warranty form at your cost to:

IN AUSTRALIA

J.A.Davey Pty Ltd
Quantum Fit Repairs
PO Box 84
Port Melbourne
Victoria, Australia 3207

IN NEW ZEALAND

BV Medical
Quantum Fit Repairs
Unit 7, 110 Mays Road
Onehunga
Auckland, New Zealand 1061

Note: If a malfunction has occurred and the product needs repairing, all settings and data will be deleted. We recommend that you record your current data prior to sending in for repair.

Warranty Form

**PLEASE RETAIN THIS WARRANTY FORM.
RETURN THIS PORTION ONLY WHEN YOU RETURN
YOUR PRODUCT FOR REPAIR UNDER WARRANTY.**

NAME:

ADDRESS:

POSTCODE:

DAYTIME PHONE:

EMAIL:

MODEL:

DATE OF PURCHASE: / /

PLEASE ATTACH PROOF OF PURCHASE

RETAILER'S NAME:

RETAILER'S ADDRESS:




POSTCODE:

BRIEF DESCRIPTION OF PROBLEM YOU ARE EXPERIENCING:




**WARRANTY IS VOID UNLESS THE ABOVE INFORMATION IS
COMPLETED AND CORRECT.**



Technical Data

Product Name	Quantum Fit 3D Pedometer
Model Number	QFP100
Power	Lithium Manganese Dioxide Button Battery (CR2032 3V DC)
Battery Life	Approx. battery life is 5 months if using step function 16h/day or 24 months if using step function 2h/day. The supplied battery is for initial use. The battery life may be shorter.
Step Range	0 - 999999 Steps 0 - 9999.99 Km
Setting Range	Weight (20-200kg) Stride (30-180cm)
Operating Conditions	 Temperature: 0°C - 40°C  Humidity: ≤70% RH (non-condensing)  Atmospheric Pressure: 860hPa-1060hPa

Technical Data - *continued*

Storage/ Transport Conditions	 Temperature: -10°C - 55°C  Humidity: ≤90% RH (non-condensing)  Atmospheric Pressure: 860hPa - 1060hPa
Dimensions	50mm x 50mm x 20mm (out of packaging)
Weight	Approx. 25.8g (out of packaging)
Materials	ABS plastic, LCD Screen
Contents	Pedometer with Integrated Belt Clip, CR2032 Button Battery (installed in product), Instruction Manual.





3D PEDOMETER

Model: QFP100

**Should you require any further information
please do not hesitate to contact us.**

IN AUSTRALIA:

J.A.DAVEY PTY LTD

Telephone: 1800 807 464

Website: www.jadavey.com.au

IN NEW ZEALAND:

J.A.DAVEY LTD

C/- Healthcare Logistics

Telephone: 0800 523 583

Website: www.jadavey.co.nz

Disposal

At the end of its life, please treat this product as electronic waste and dispose of responsibly according to current local regulations.



V07/20