

Instructions for Wearing the StepWatch



ORIENTATION: The StepWatch must be worn with the rounded end UP. The writing on the case should appear right-side up to someone standing beside you.

PLACEMENT: The StepWatch is worn just above the ankle bone on either side of either leg. It should not be worn on the front or back of the ankle.

Adjust the velcro strap for comfort. Do not fasten it overly tightly. If you want additional padding, you can wear an extra sock. Alternatively, you may stick moleskin to the back of the monitor. Be sure the strap is in place before attaching the moleskin.



SCHEDULE: Put the StepWatch on right away when you get up in the morning, and wear it throughout the day. When you take it off at night, put it somewhere that you will remember to put it on first thing in the morning such as with your glasses, clock or watch.



CARE: Do not leave the StepWatch in hot places such as on the dashboard of a car. Please treat it with reasonable care. Do not throw it, cut into it, or remove the label. The StepWatch is waterproof. You can bathe or swim with it, but you may find the wet strap uncomfortable afterwards. If you want to wash the StepWatch, use only mild soap and water.

WEAR DAILY UNTIL the end of the day on: _____

RETURN YOUR STEPWATCH ON: _____

If you have questions, feel free to contact us at: