

# Measure what Matters™



we see  
what  
others  
don't



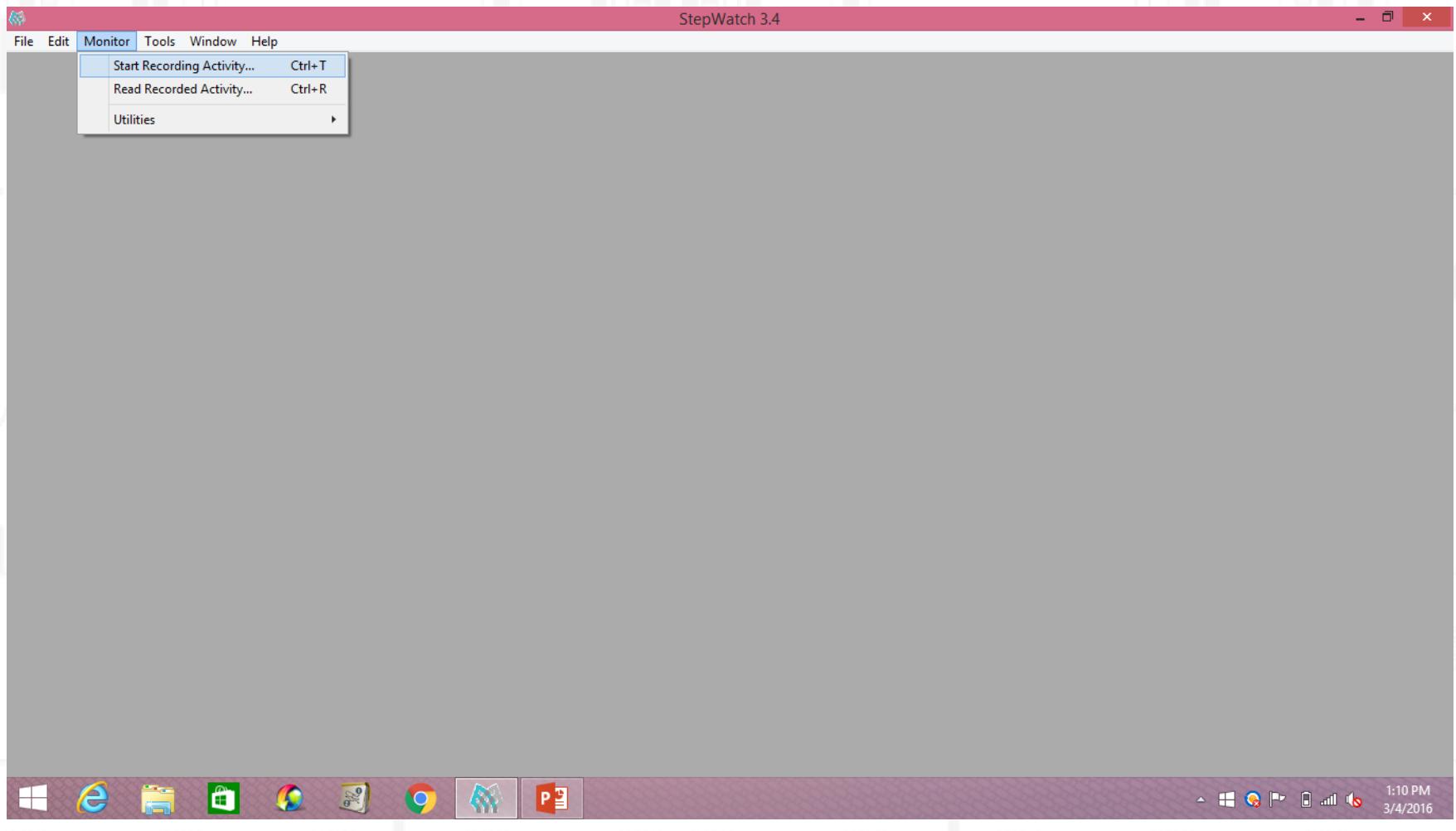
## Programming the StepWatch™

modus health, llc  
202.830.1100

modus™



After your StepWatch™ monitor and dock are connected, click to proceed.



Under the “Monitor” menu, select “Start Recording Activity”.

## Start StepWatch

## 1. Describe Client

Height 71 Inches

Does the client regularly participate in activities that involve short quick movements? (Examples: child's play, vigorous dancing, basketball, running with short steps)

No

Walking Speed Relative to people of similar height, the client's normal walking speed is:

Normal

Range of Speeds What is the client's range of walking speeds?

Uses a moderate range of speeds

Leg Motion Describe the appearance of the client's leg motion:

Normal

## 2. Set Start Time, Recording Interval and Duration

Start recording steps

 Now

or

 Later...

12/31/2016

hh:mm

Timezone

00:00

EST,CDT

Save recorded steps every

60

seconds and stop recording after

15 Days

## 3. Optional Client Information (Unless Required by Preference Settings)

Client ID

Trial ID

Age

Weight

Gender

27

yr

155

lb

Female

User Notes  
(64 character limit)

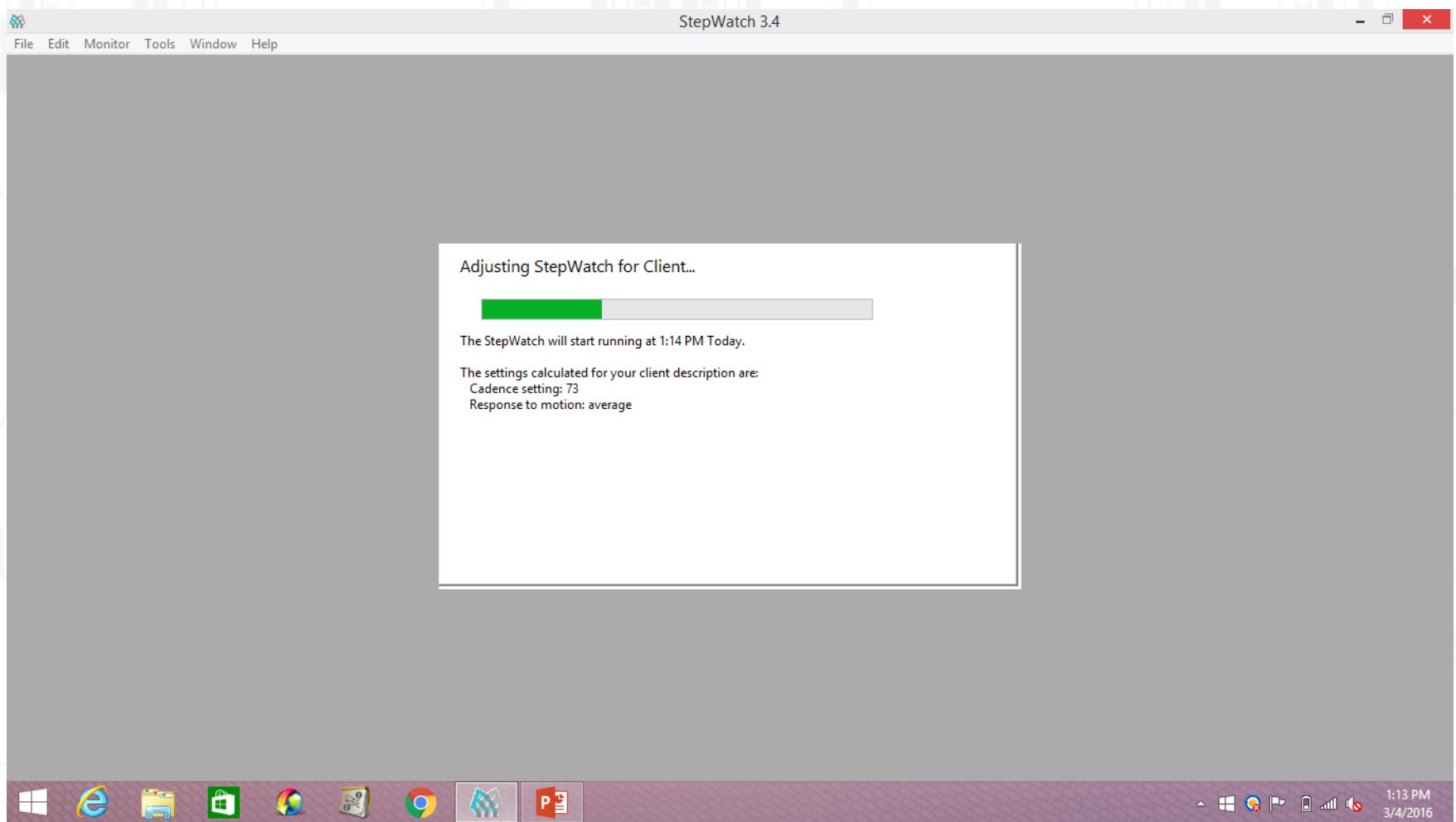
\* Some characters cannot be used (particularly accents in languages other than English)

Cancel

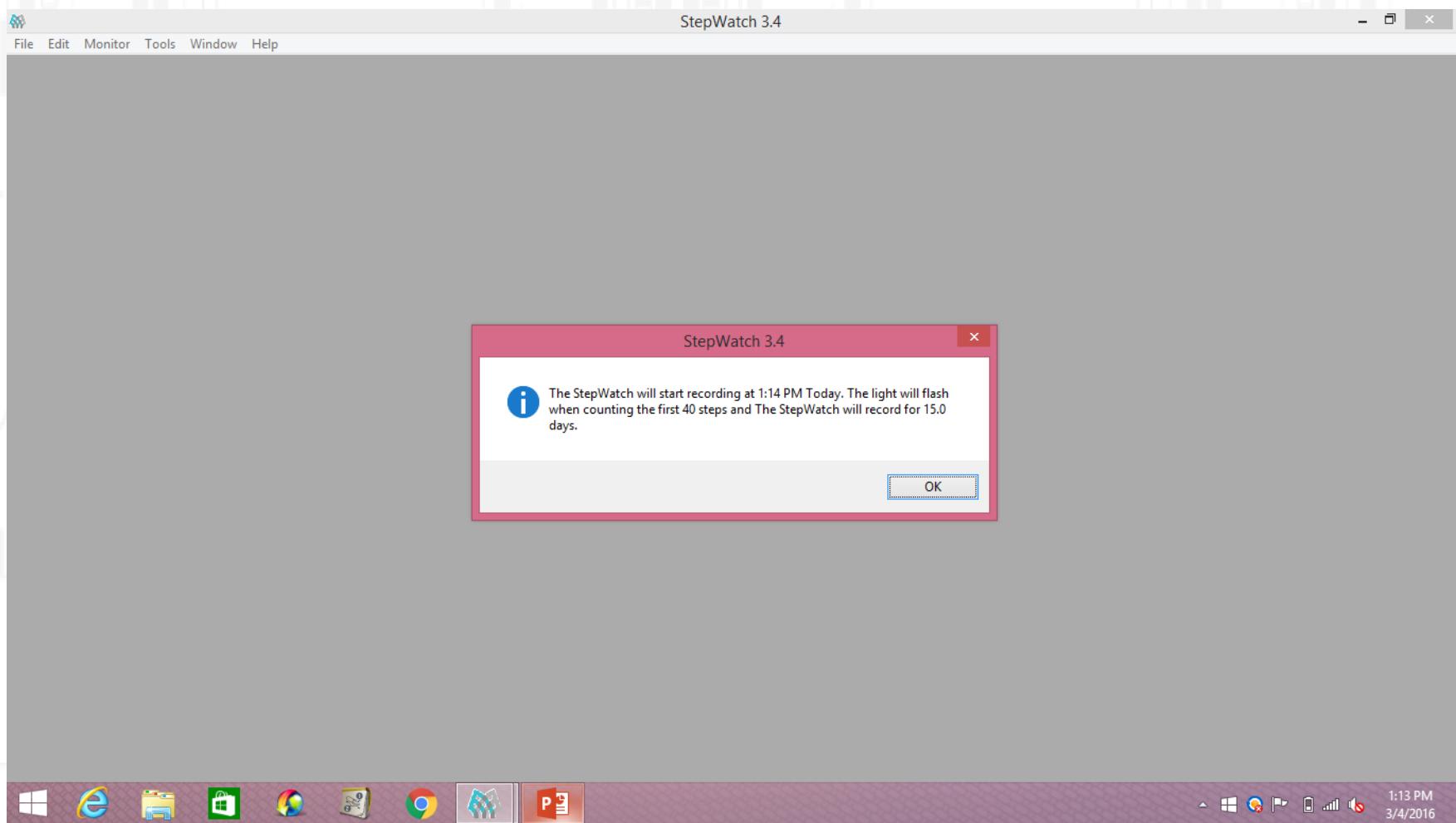
Start



Program the correct settings.



Allow the StepWatch™ to finish programming before removing from the dock.



Review your settings and attach the monitor to your ankle.  
Recording will begin at the designated time.