



Schools on the Move

Pedometers in Schools Project


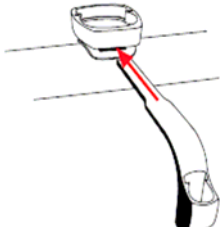




Odometer Guidelines

How do I set up my odometer?



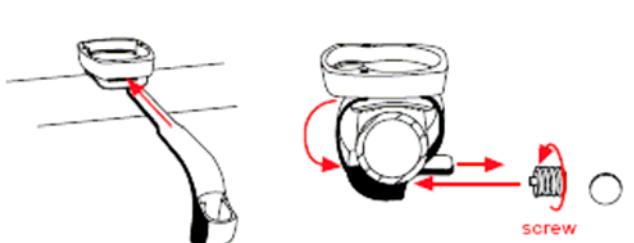
Setting up an odometer can be confusing so it is important to read through the instructions carefully. Before starting you should check that you have all the parts needed to set the odometer up properly.

The parts that should be included in each pack are as follows:

1 computer head	
1 handlebar holder with screw	
1 wireless transmitter and rubber shim for sensor mount	
1 spoke magnet	
5 cable ties	
1 battery	

STEP 1

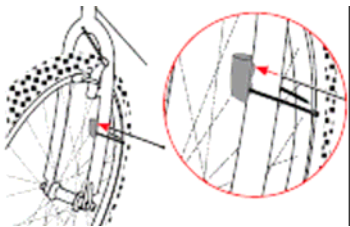
First decide whether you will be using your left or right hand to operate the computer. Once decided, mount the handlebar holder on the respective side. Position the handlebar holder, insert the strap and adjust by tightening the screw (please refer to diagram below).



STEP 2

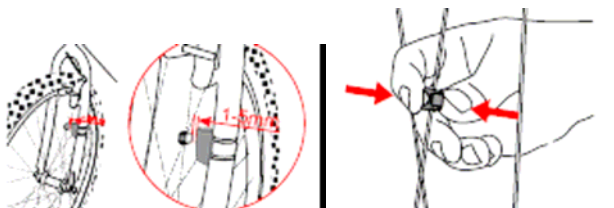
Mounting the sensor

The sensor should be mounted on the same side of the chair as the holder is on the handlebar. Make sure to position the respective rubber shim between the fork and sender, position the curved back of the sender next to the spokes and make sure the sender is aimed at the receiver (computer head).



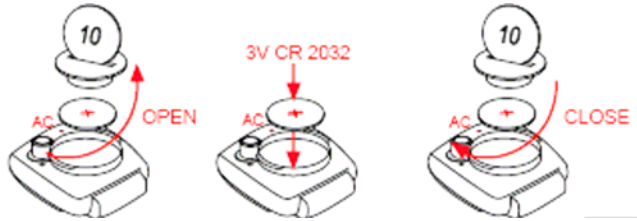
STEP 3

Mount the spoke magnet keeping a distance of 1.5mm between the magnet and the sensor



STEP 4

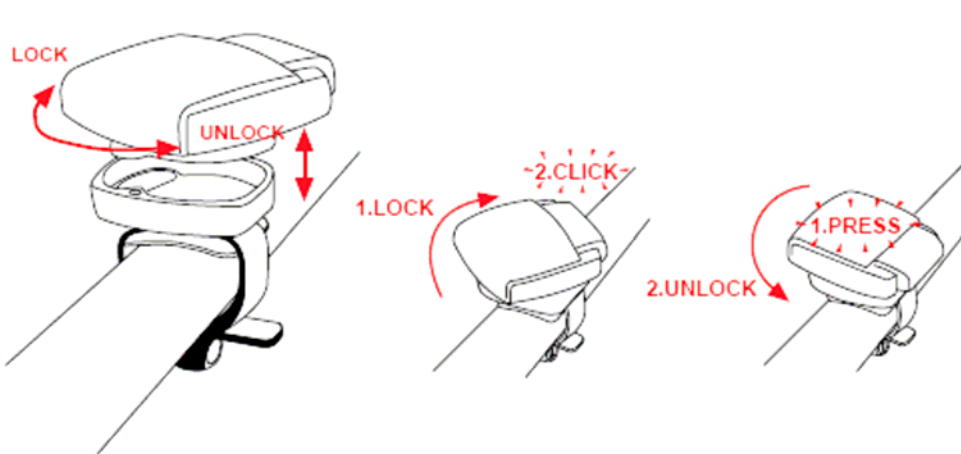
Install the battery into the computer head with the +ve sign on the battery pointing upwards (please refer to diagram below).



Once the battery is properly fitted the odometer will be in set up mode. Set up mode is indicated by the symbol ((1)). This symbol flashes at the first rotation of the wheel. If it is not flashing please check STEPS 1 – 4 again.

STEP 5

Once the ((1)) symbol is flashing the computer can be mounted onto the holder. To do this simply click the computer head into the computer holder as shown in the diagram below.



STEP 6

Push the large black button until the display shows 'ODO' in the bottom left hand corner. Press the MODE button for 5 seconds then select a MPH readout. Once you have chosen the measuring unit the default value wheel size is displayed. Press the MODE button within 2 seconds and the wheel size will be automatically set up. Once this is done press the MODE button until 'DST' appears on the bottom right hand of the screen and begin recording your distance for that day. To reset the odometer to 0 press the MODE button for 5 seconds. You are now ready to start recording the amount of activity you take each day.



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Distance Converter

You can calculate the step equivalent of the distance you have travelled by using the conversions in the table below. Please note that these are an approximate value and should be referred to when entering steps.

Distance (kilometres)	Number of steps
0.25	415
0.5	830
0.75	1,245
1	1,665
2	3,330
3	4,995
4	6,660
5	8,325
6	8,490
7	10,155
8	11,820
9	13,485
10	15,150
11	16,,815
12	18,480
13	20,145
14	21,810
15	23,475

