

KENZ[®] Activity Monitor
Lifecorder EX

Operation Manual

This package contains:

- (1) Lifecorder EX**
- (1) Lithium Battery CR2032**
- (1) Security Strap**
- (1) Operation Manual**
- (2) USB Connector Cap**



Table of Contents

Page

Attention to Users	1
Warnings and Cautions	1
1. Name and Function of Each Component	3
2. Specifications and Functions	4
3. 7-day Memory Display	7
4. Installation	
-Things to Prepare	8
-Preparation Steps	8
-Inserting the Battery into the Device	8
-Set up Data and Range	10
-How to Set up Personal Data, Day and Time	11
-Changing the Settings During Operation	18
5. Wearing the Lifecorder EX	19
6. Operation	19
-Real Time Mode	19
-Viewing Display During Real Time Mode	20
-Degree of Achievement Display	21
-Using the Event Key	21
-Checking the Number of Days Saved in Memory	22
7. Viewing 7-day Memory on the Display	23
8. Post-Measurement	
-Data Download to a PC	24
-Resetting Lifecorder EX	24
-Replacing the Battery	25
9. Energy Expenditure Calculation System of the Lifecorder EX	
-Basal Metabolic Rate (BMR)	25
-Activity Energy Expenditure (Activity Cal) & Intensity Level	25
-Daily Energy Expenditure	26
-Micro Activity Energy Expenditure	26
-Step Count	26
10. Trouble Shooting	26
1) Key Action	27
2) Display	28
3) Measurement Values	30

LIFECORDER EX Activity Monitor

Attention to Users

Thank you very much for choosing the Kenz Lifecorder EX activity monitor. Please read this operation manual thoroughly before using the device.

The Kenz Lifecorder is the accurate and durable activity monitor. It records the intensity of vertical body movement (Activity Intensity Level) using special accelerometer and step count. The step and intensity measurements calculate caloric expenditure and basal metabolic energy expenditure based on age, gender, height and weight.

The Kenz Lifecorder EX is a community and home-based monitoring device with a maximum of 200 days memory for specialists interested in analyzing and improving people's lifestyles by increasing their physical activity.

Data from the Lifecorder can be downloaded to a personal computer using an optional cable, and analyzed using the Physical Activity analysis software sold separately.

Warnings and Cautions



Warnings

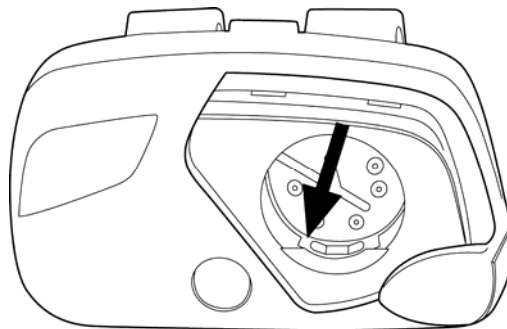
- Do not ingest the battery, battery cover or security strap.
- Keep the battery away from small children. Please consult a doctor immediately in the event the battery is swallowed.
- Do not throw the battery or the device into a fire or open flame. Dispose of the battery and device properly.
- **When using this device to measure your physical activity, please consider your current physical condition. It is usually wise to consult your physician before beginning a new exercise program.**
- **The target value of activity or exercise preset in the Lifecorder is the sample target value. However, these targets may not be suitable for all users. Do not follow the sample target value without consulting a medical specialist if the user has a medical condition or is taking medication.**
- Do not watch the display of the Lifecorder EX while walking or exercise. Please stop walking or exercising when you check numeric value in the display.



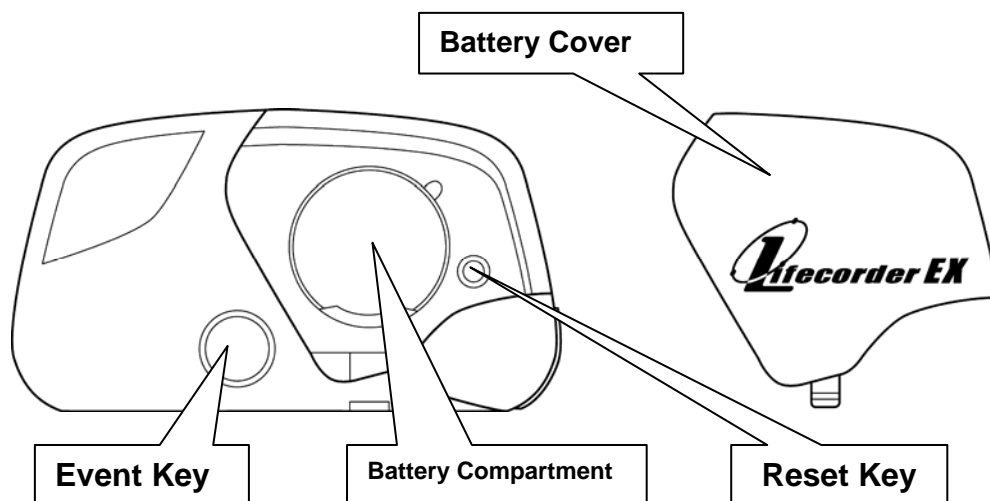
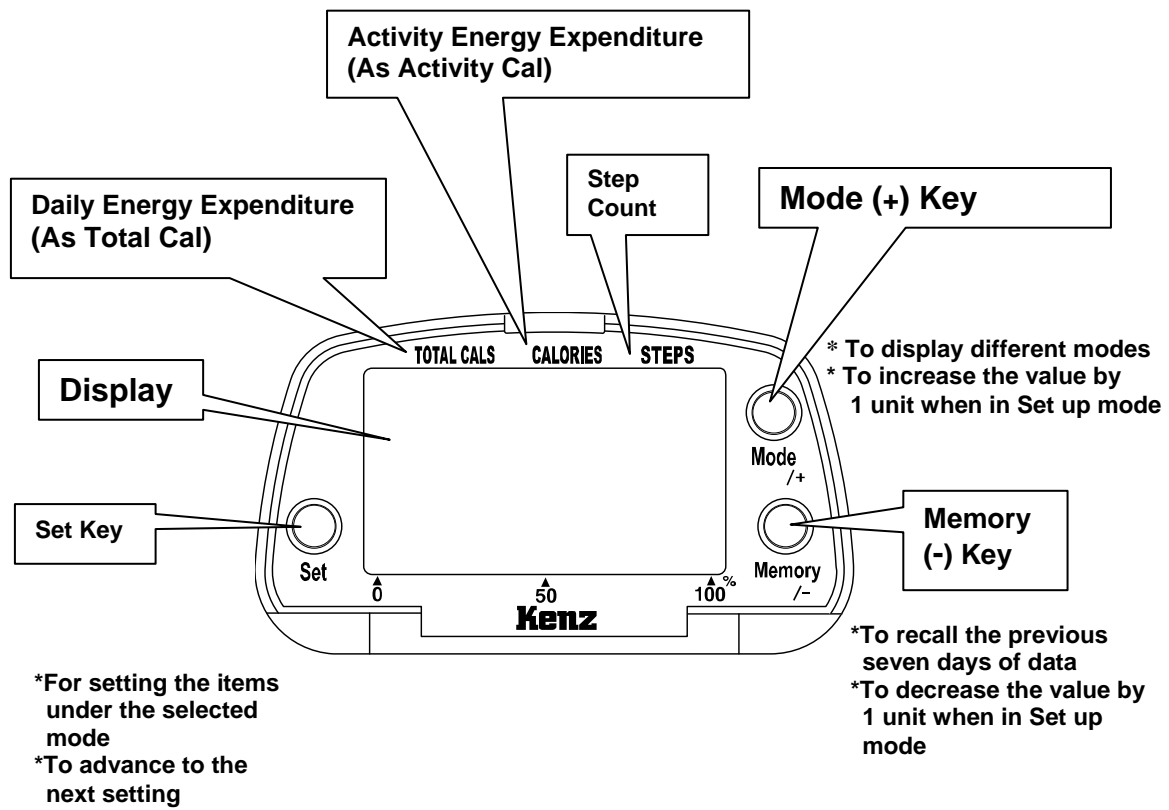
Cautions

- Use caution so that the belt clip or security strap does not damage clothing when affixing or removing the device.
- Do not drop, hit or step on the device.
- Do not swing the device using the security strap.
- Use only the specified type of battery (CR-2032).
- Insert the battery with (+) side facing upward.
- Remove the battery from the device when not in use.
- Do not use a pencil to remove the battery. It may damage the circuit board of the Lifecorder EX.
- Do not force the case open.
- Avoid exposure to direct sunlight, dust, rain, and moisture.
- Do not clean the device using chemicals such as Benzene, Paint Thinner, or Alcohol. Use soap or a mild detergent and water.
- Clean the device with a soft cloth.
- Do not dismantle or modify the device.
- Do not immerse the device in water. The device is designed with splash-resistance. Strenuous exercise exposing the device to significant moisture or sweat should be avoided. The device cannot be repaired once the moisture sticker inside the battery component changes to solid red. This change of color indicates internal exposure of moisture.

The place where the sticker indicates moisture invasion



1. Name and Function of Each Component



2. Specifications and Functions

Specifications

Power Supply	: Button type Lithium Battery CR2032 (One piece)
Memory	: 200 days.
Data Transmission	: USB Revision 1.1
Life of Battery	: Minimum of 5 months
Dimensions	: Width 2" 3/4 (72.5 mm) x Height 1" 4/6 (41.5 mm) x Thickness 1" 1/12 (27.5 mm)
Weight	: 2.12 oz (60 grams) including battery
Operating Temperature	: 41 F° ~ 104 F° (+5°C ~ +40°C) non-condensation

Measurement Range & Unit

Daily Energy Expenditure (Total Cal)	: 0 ~ 99999 (1 kcal)
Activity Energy Expenditure (Activity Cal)	: 0 ~ 99999 (1 kcal)
Step count	: 0 ~ 99999 (1 step)
Clock	: 0:00 ~ 23:59 (minutes)
Event Marking	: 10 events per day
Activity Intensity Level	: 0, 0.5 (only with PC), 1, 2, 3, 4, 5, 6, 7, 8, 9

Measurements taken every 4 seconds

Set up Data

User's gender, age, height, weight, target of daily Activity Energy Expenditure for physical activity and date/time can be input into the Lifecorder EX.

Measurement Data

Measurement values: Step Count, Daily Energy Expenditure (Total Cal), Activity Energy Expenditure (Activity Cal) for an entire day and Physical Activity Intensity Level per 4-second intervals on the Lifecorder EX display. The amount of daily accumulated physical activity in minutes greater than moderate intensity can be displayed and analyzed using the software provided separately.

Download Data to PC

To download the data (maximum 200 days) to a personal computer, an optional USB cable and software for the Lifecorder EX are required.

Event Input

Event markings can be input up to 10 times per day. For example, a meal can be recorded as an event by pressing the [Event] key at the beginning of the meal and at the end. The event can be labeled as a “Meal” to evaluate the time spent for consuming a meal.

An event can also be designated to show taking medication, exercise above the duration recommended, or to indicate a significant event.

Optional Set up

The following useful functions can be set from a personal computer using the optional software.

Target setting for analysis report:

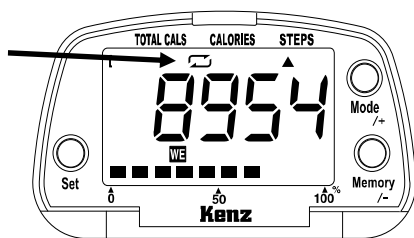
Includes Daily Step Count, Daily Activity Minute with moderate-high intensity, Daily Activity Energy Expenditure, and Daily Energy intake (food intake) for energy balance comparison.

Activity Intensity Level:

Includes a calculation of the amount of daily accumulated physical activity in minutes greater than moderate intensity. A range of moderate intensity level can be set for detection of Activity Minutes using the optional software.

Memory Loop or Lock:

The default setting is Memory Loop that will delete the oldest day's data when the memory becomes full and the 201st day of data is saved.



Memory Loop

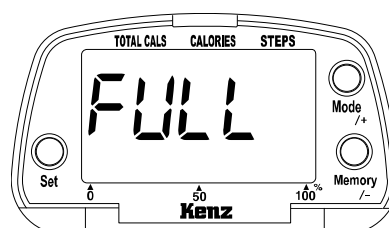


Memory Lock

In the event Memory Lock is set, the Lifecorder EX will show [FULL] on the display when the 200th day of data is saved to memory.

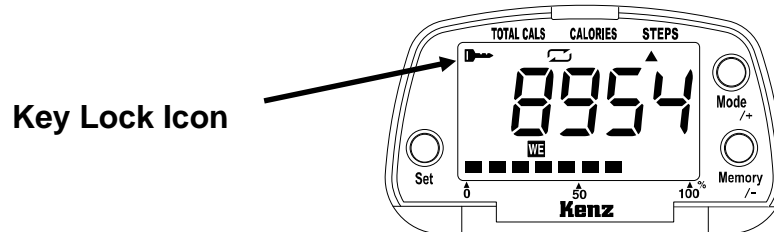
Once full, the Lifecorder will not record new data unless all data are downloaded to a personal computer and the [Reset] key is activated or Memory Loop is selected again.

Full memory in Memory Lock mode



Key Lock:

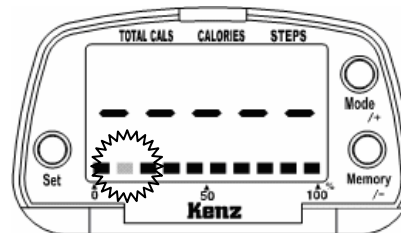
All the keys will be locked once this function is set. This function will not allow a user to change the display mode or any setting values in the Lifecorder EX once the Key is locked. Also, you can select either the display of measurement, clock or no display. You can unlock this function only using a personal computer.



Auto Start:

This function is useful when several Lifecorder EX are required to start measuring at a specific date and time, or to prevent unnecessary measurement such as during shipping or transportation of this device. If the Auto Start mode is set without a specific date and time, the Lifecorder EX begins measuring when any keys are pressed.

Stand-by display in Auto Start mode



Memory Capacity

7-day memory: Data for the last 7 days can be recalled on the Lifecorder EX display. (Refer next page)

200-day memory: Data for up to 200 days (maximum) can be viewed. This data must be transferred to a personal computer for viewing. The Lifecorder EX will automatically save all measurement data in the memory chip for every 30 minute interval. The data in the 200-day memory will be saved even when the battery is removed or when the battery is low. To erase the memory, press the [Reset] key when the battery is in its compartment.

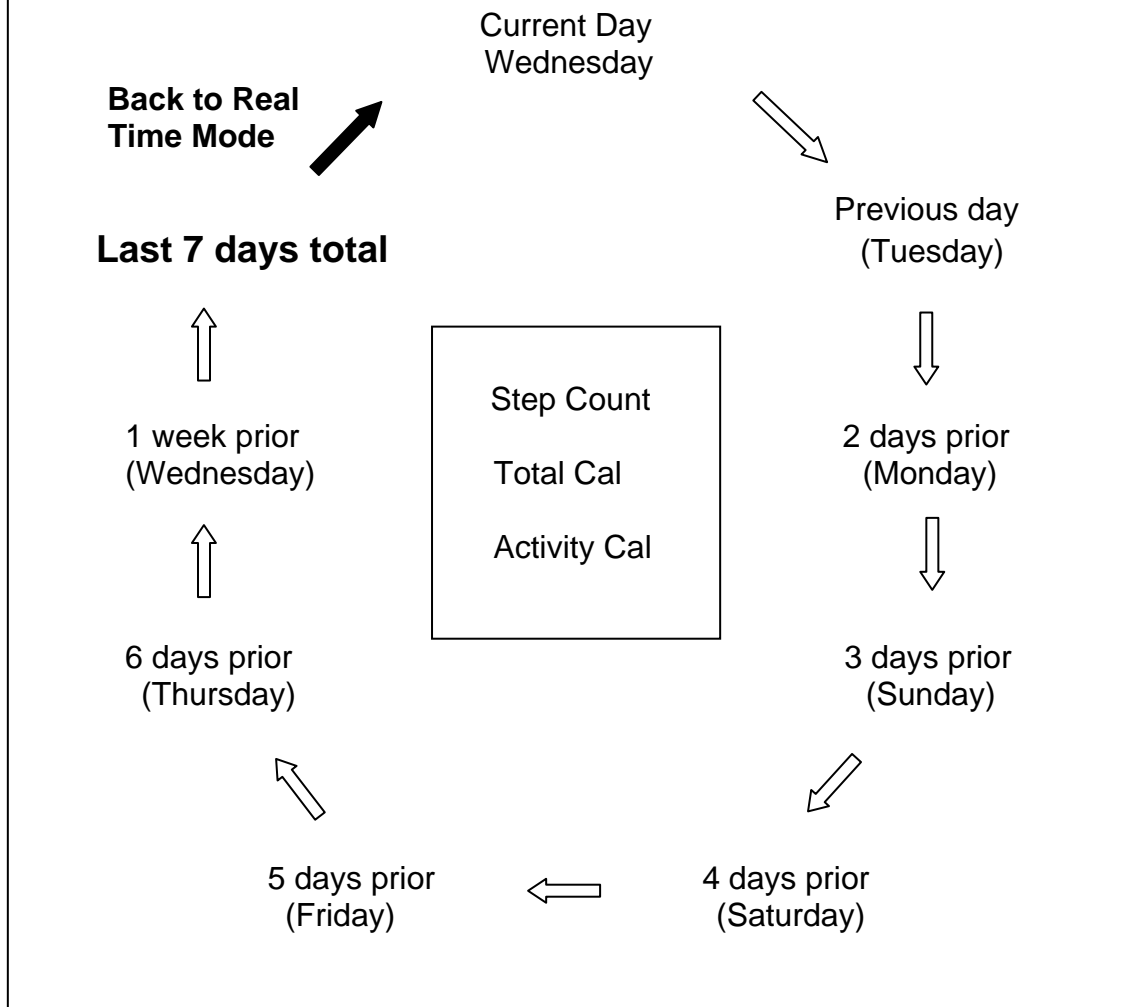
Important: The battery will not last for 200 days. Therefore, you should replace the battery every 5 months during use.

3. 7-day Memory Display

7-day memory

The memory stores data for each measurement from the previous seven days. This data can be viewed on the Lifecorder EX display.

Example: If the current day is Wednesday, data from the previous Wednesday until the current day are recorded and stored into memory.



4. Installation

Things to prepare

- 1) Lifecorder EX.
- 2) Button type lithium battery (CR-2032).
- 3) Security strap.
- 4) Label or sticker to designate the starting date and user name on the Lifecorder EX.

Preparation Steps

Step 1: Insert the battery into the device



* Always use a new battery to ensure the maximum measurement period. The battery lasts for approximately 5 months.

Step 2: Set up the initial data



* Keep the necessary information such as the beginning date on a sticker and attach it to the inside of the belt clip.

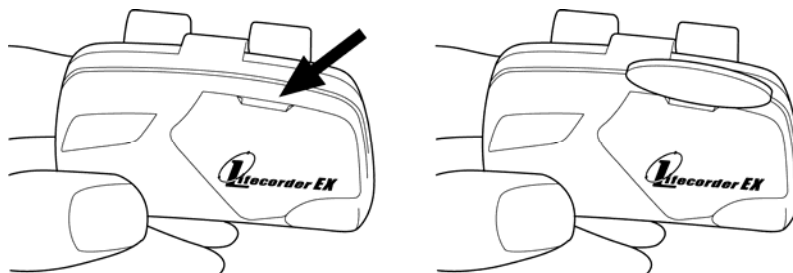
Step 3: Attach the Lifecorder EX to a waistband or belt.



Monitor lifestyle activity and exercise

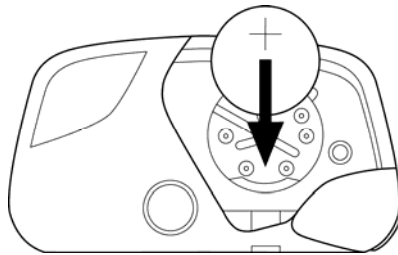
Inserting the battery into the device

- 1) Remove the battery cover
Insert a coin into the slot on the upper side of the battery cover. Then, twist to open the cover.



2) Insert the battery

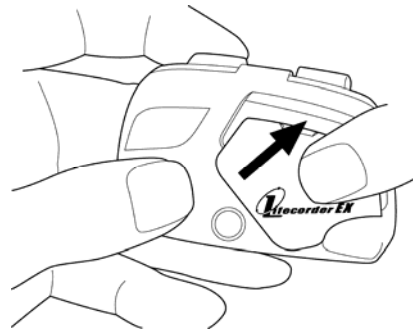
Insert the battery in the direction of the arrow with the [+] mark on the battery facing upward.



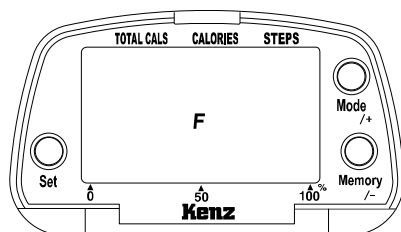
Important: Please be careful not to bend the electrodes during insertion or removal.

To ensure good contact, please clean the battery and remove any moisture from the battery surface before insertion.

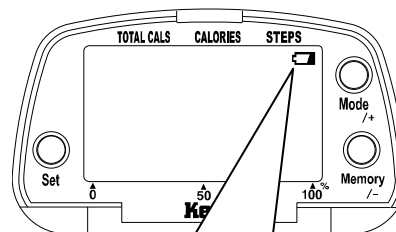
3) Close the battery cover



4) Please be sure that the battery icon does not appear on the display with beeping sound. The display will show a gender setting when the battery is correctly inserted or replaced.



Battery is properly inserted.

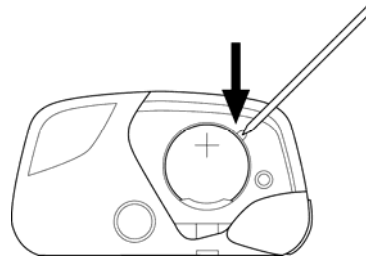


Battery icon:
Battery is not properly installed or low battery alert.

How to remove the battery

Remove the battery using a small non-metallic object such as a toothpick. Do not use a pencil to avoid damage of internal circuit board due to a lead.

[Err02] The (Error 02) message will appear when a battery is replaced before the data has been downloaded.



⚠ Caution: Do not use a metal object as it could result in an electrical shock leading to injury.

Set up Data and Range

Set up Menu	Input Range	Input Unit	Factory (Default) Set up
Gender	Male or Female		Female
Age	0 - 99	1 year	30 years old
Height	0 - 6'6" (0 - 200 cm)	1" (1 cm)	5'5" (167 cm)
Weight	0 - 442 lb (0 - 200 kg)	2 lb (1 kg)	150 lb (67 kg)
Target Activity Energy Expenditure	0 - 1000 Cal	5 Cal	335 Cal (automatically calculated)
Basal Metabolism	Automatically calculated	cannot change	No
Year	2004 - 2050	1 year	2004
Month	1 - 12	1 month	1 (January)
Date	1 - 31	1 day	1
Day	Automatically calculated	cannot change	No
Hour	0-23	1 hour	0 hour
Minute	0-59	1 minute	00 minute

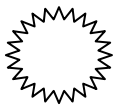
How to Set up Personal Data, Date and Time

Press the [Set] key for 4 seconds in order to access the Set up mode. The gender setting display appears first as shown below.

Set up mode will always appear first on the display when the battery is replaced.

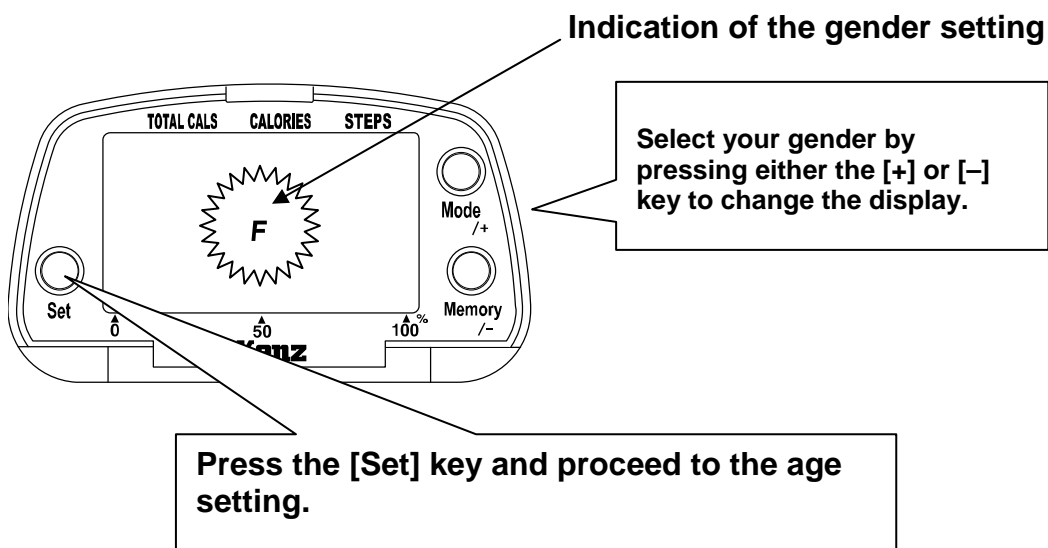
Note:

- Personal data will remain in the memory when the battery is replaced or the [Reset] key is activated.
- While in Set up mode, the Lifecorder EX will revert to Real Time mode automatically, if there is no activity for 5 minutes. Any new settings will be saved.
- While in Set up mode, the Activity Energy Expenditure by physical movement and Step count functions will not operate nor will the clock keep time.
- When there are changes to the settings during the operation of the device, the adjustments will become effective at the time of completion.

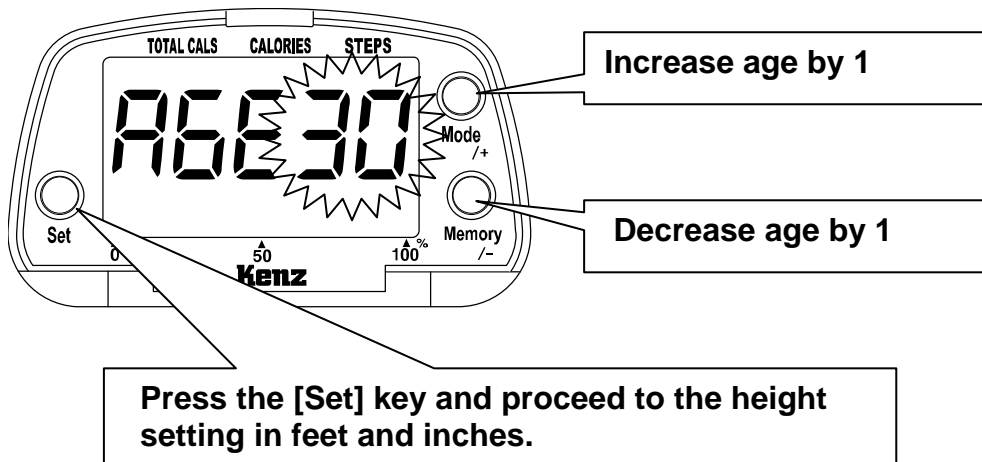


= indicates flashing characters

1) Set Gender: F = female, M = male

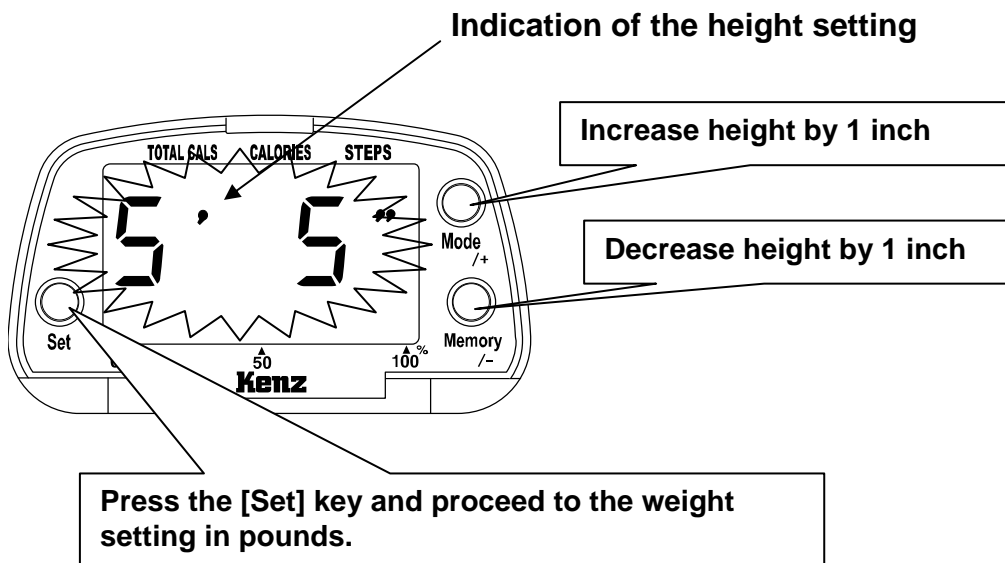


2) Set Age



3) Set Height in Feet and Inches

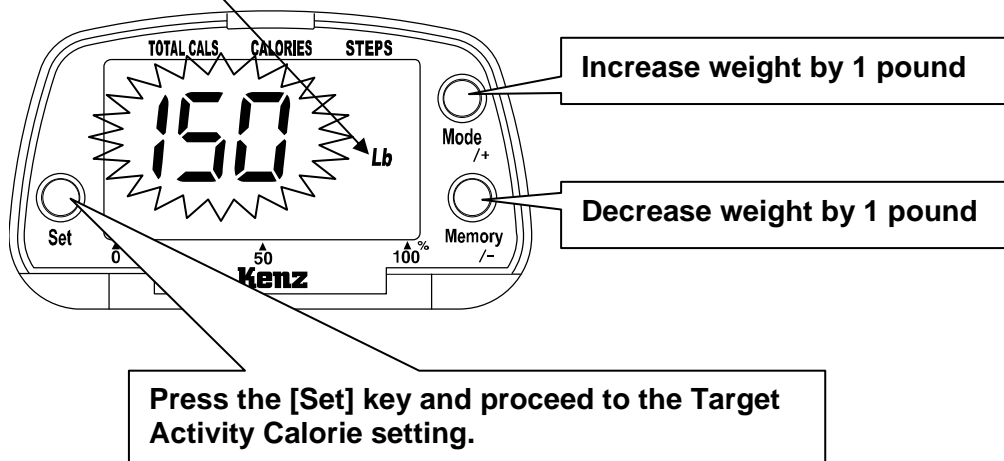
If you wish to use centimeters and kilograms, proceed to Step 5. The height setting is shown in feet and inches at first. Please press [Mode/+] or [Memory/-] to set your height. To change unit of measurement, press [Mode/+] first and then press [Set]. Then, release the two keys. It will change to centimeter for height and kilogram for weight. (*Refer to next page for centimeter setting)



4) Set Weight in Pounds

Press [Mode/+] or [Memory/-] to set your weight in pounds. If you want to change the weight setting to kilograms, you must complete the Set up once, then begin Set up again. You can change the unit of measurement at height setting by pressing [Set] first and press [Mode/+]. Then, release two keys. It will change the unit of measurement to centimeter for height and kilogram for weight.

Indication of the weight setting in pounds

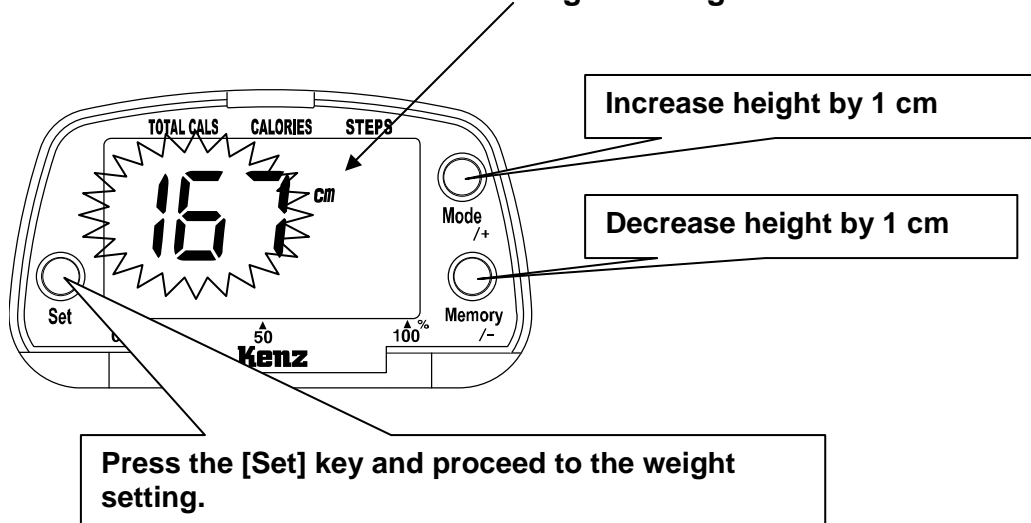


***Proceed to Step 7**

5) Set Height in Centimeters

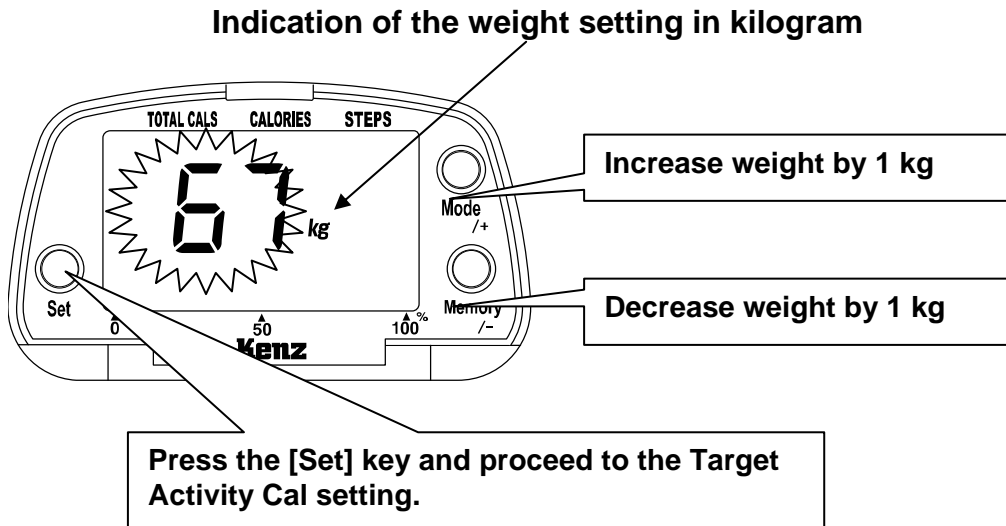
Press [Mode/+] or [Memory/-] to set your height in centimeters. If you want to change the height setting to feet and inches, press [Mode/+] first and press [Set]. Then, release the two keys. It will change to feet and inches for height and pounds for weight.

Indication of the height setting in centimeter



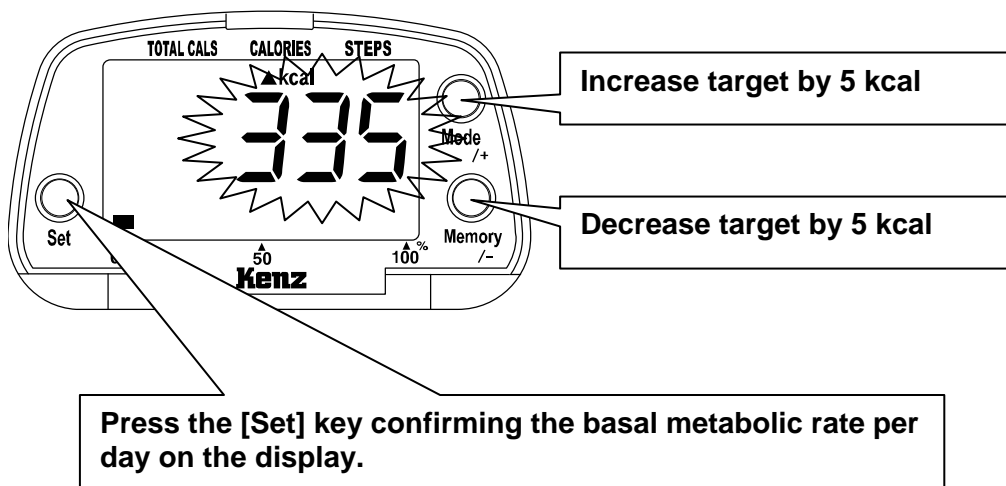
6) Set Weight in Kilograms

Press [Mode/+] or [Memory/-] to set your weight in kilograms. If you want to change the weight setting to pounds, complete the Set up, and begin Set up once again. You can change the unit of measurement by pressing [Set] first and then pressing [Mode/+] when height setting function. Then, release the two keys. It will change the unit of measurement to feet and inches for height and kilograms for weight.



7) Set Target Activity Cal

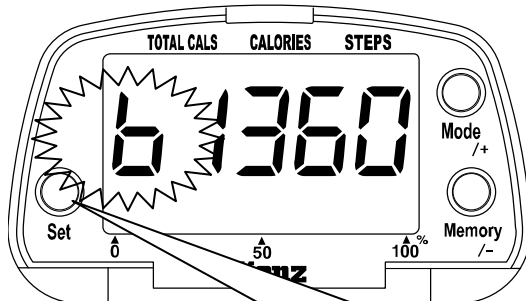
The Target Activity Energy Expenditure can be set by pressing [Mode/+] or [Memory/-].



Caution: The target value of activity or exercise preset in the Lifecorder is the sample target. However, these targets may not be suitable for all users. Do not follow the sample target value without consulting a medical specialist if the user has a medical condition or is taking medication.

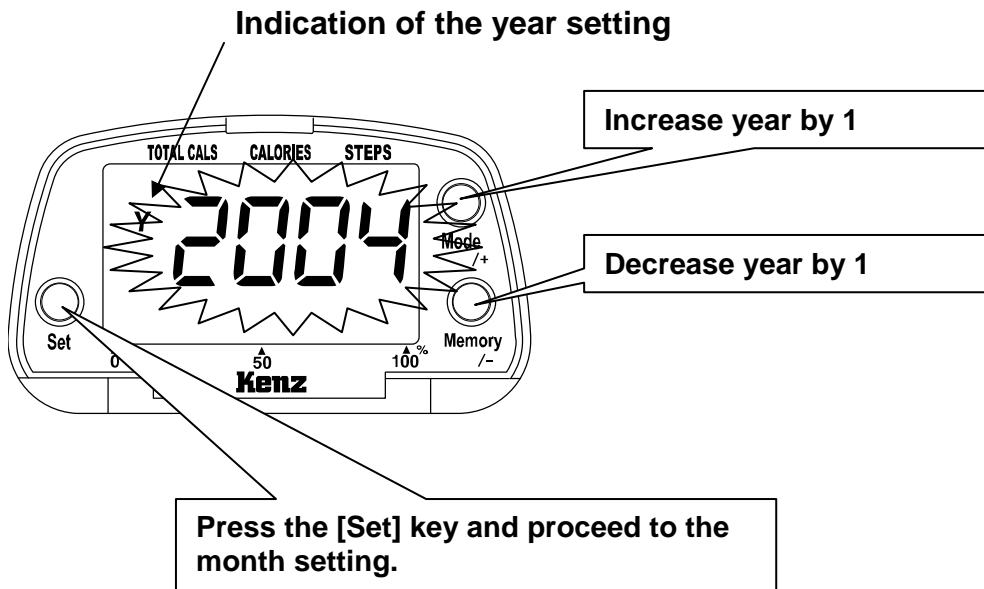
8) Confirming your Basal Metabolism Rate (BMR)

The Basal Metabolic Rate per day is a calculation performed by the Lifecorder EX, and cannot be changed. The Basal Metabolic Rate is displayed with a “b”

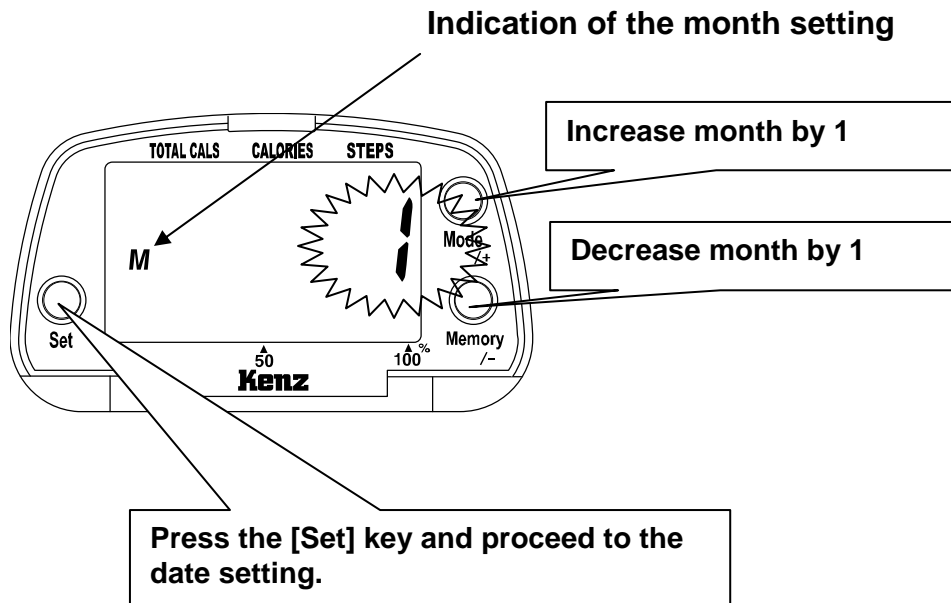


Press the [Set] key and proceed to the Year setting.

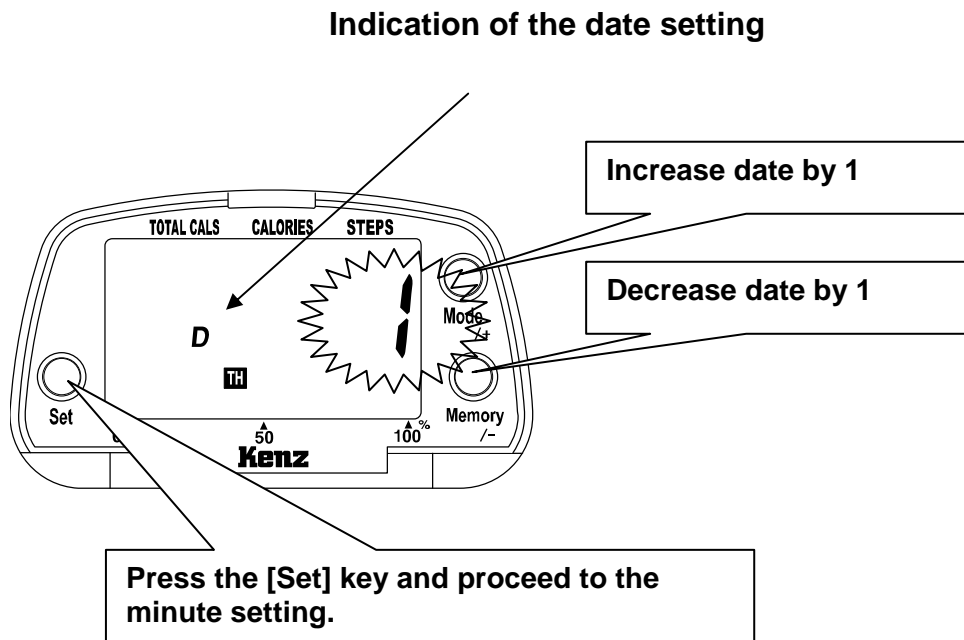
9) Set Year



10) Set Month

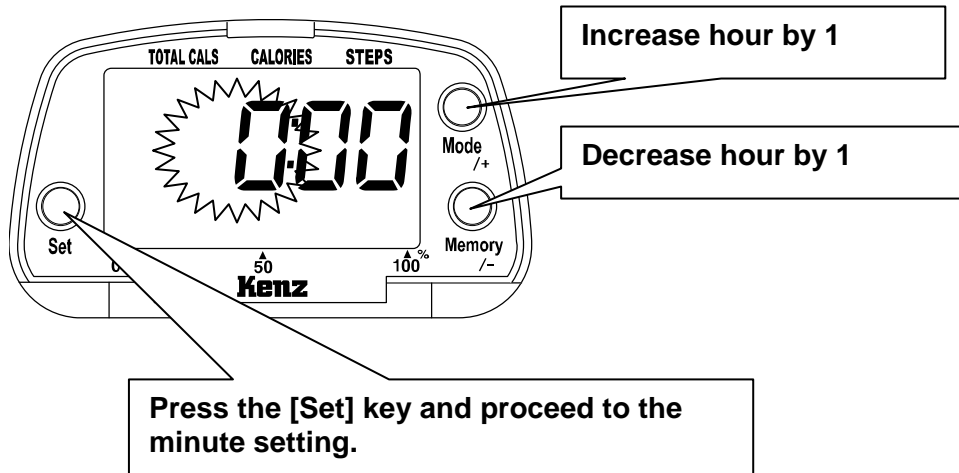


11) Set Date

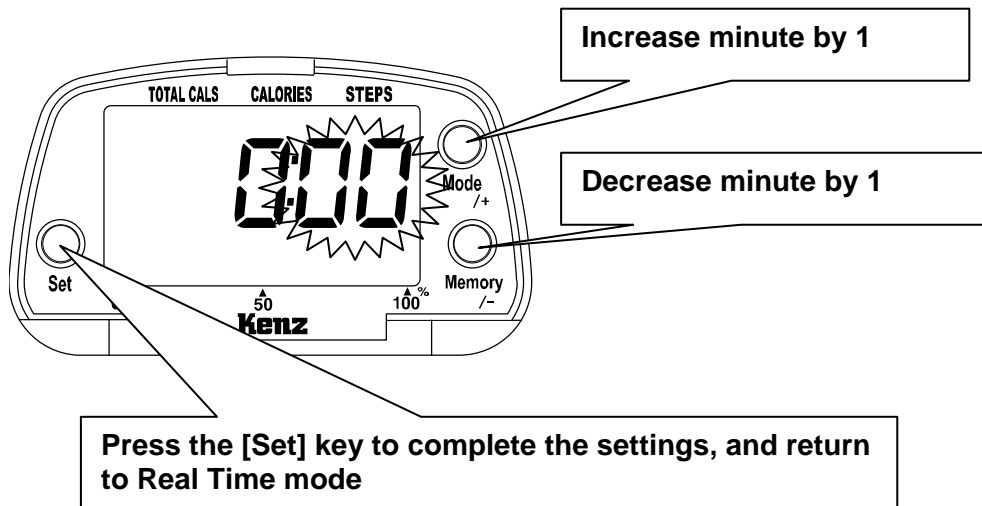


Note: The day will be displayed automatically.

12) Set Clock (24 Hour Clock)



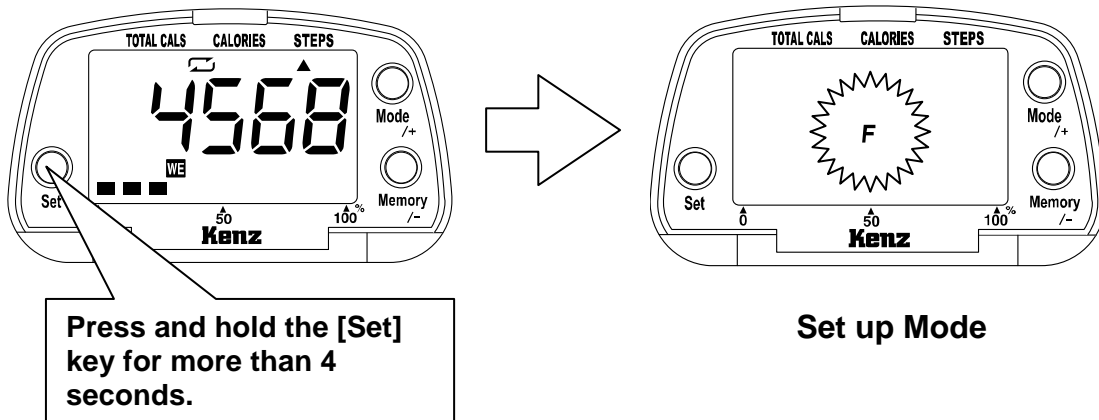
13) Set Clock (Minutes)



Changing the Settings During Operation

In Real Time mode, press and hold the [Set] key for **MORE THAN 4 SECONDS.**

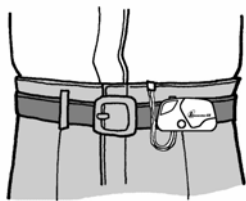
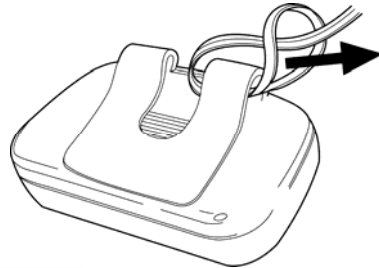
Real Time Mode with Step count



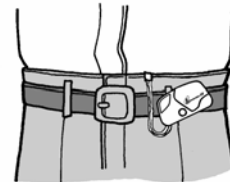
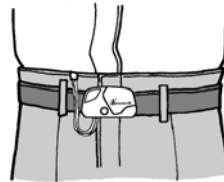
Important: If the date and time are changed backward or forward by pressing the [Set] key during operation, there is a possibility for replication of data for the same day or the absence of data for a certain period when the data is transferred to a PC.

5. Wearing the Lifecorder EX

- 1) Attach the security strap to the belt clip of the Lifecorder EX.
- 2) Attach the Lifecorder EX over a belt.
 - Place the Lifecorder EX at the position shown below.
 - Clip the security strap to a belt, belt loop or fabric of your garment.



Correct Position



Incorrect Position

Important: The Lifecorder EX can not perform accurate measurements if it is set near a belt buckle or centered under the navel. It must also remain in a horizontal position (not at an angle to the ground).

6. Operation

Real Time Mode

The Real Time mode allows for continuous 24-hour measurement for a maximum of 200 days. The Lifecorder EX can display Step Count, Activity Energy Expenditure as Activity Cal, and the Daily Energy Expenditure as Total Cal, and Clock and Activity Intensity Level by pressing the [Mode] key while in Real Time mode.

24-hour range

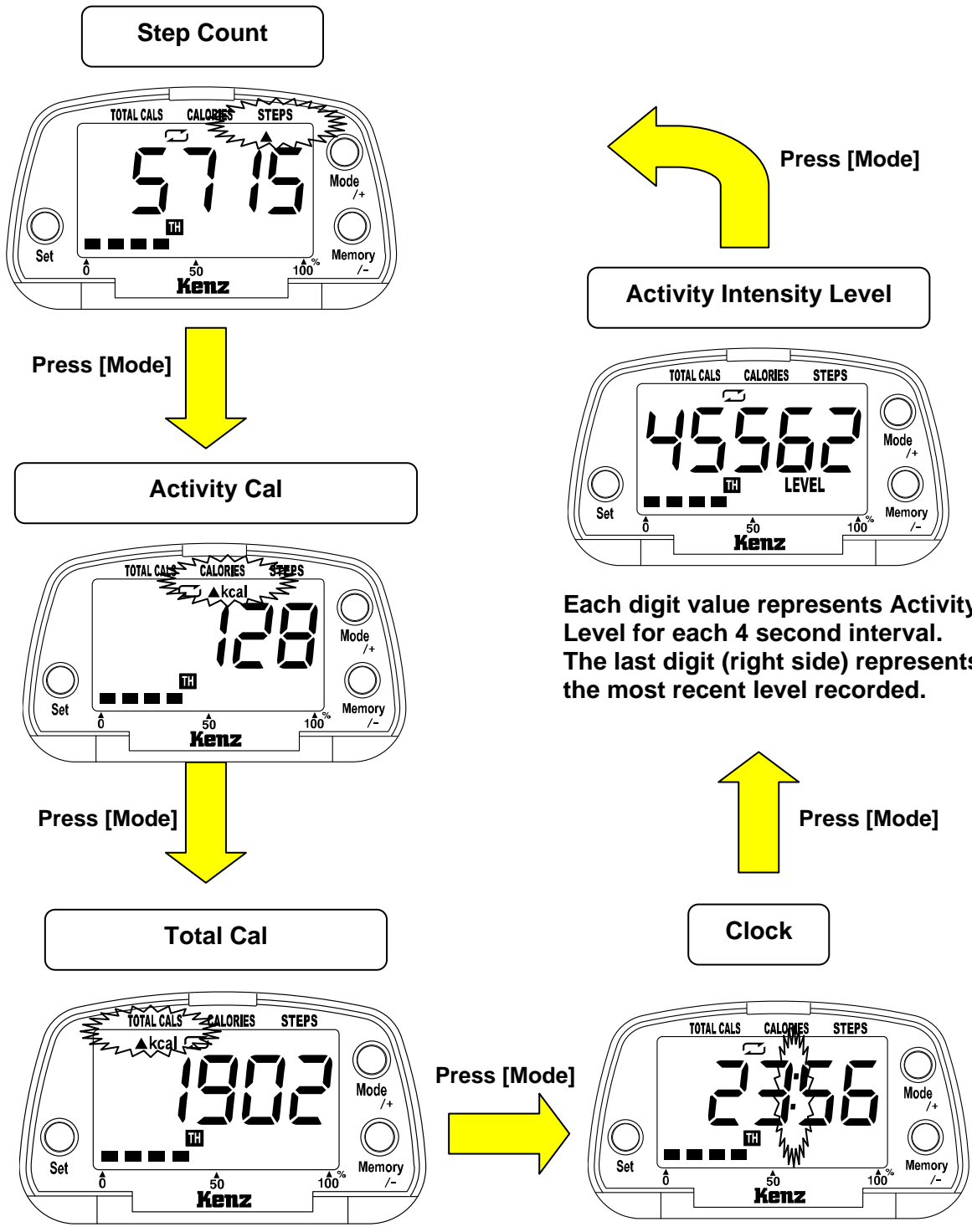
From 0:00 to 23:59 (According to the setting of the Lifecorder clock)



Real Time Mode with Step Count

Viewing Display during Real Time Mode

In Real Time mode, the Step Count, Activity Cal, Total Cal, clock and Activity Intensity Level can be displayed by pressing the [Mode] key cyclically.



Each digit value represents Activity Level for each 4 second interval. The last digit (right side) represents the most recent level recorded.

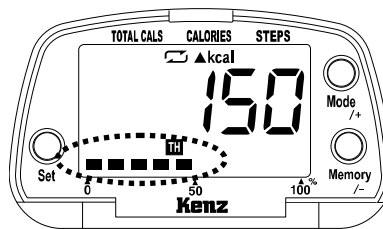
Degree of Achievement Display

The bar graph located at the bottom of the Lifecorder EX display indicates the achievement as a percentage of the targeted Activity Energy Expenditure by physical movement.

Each bar " ■ " represents 10% achievement of the target Activity Cal setting.

Example (1) 50% Achievement

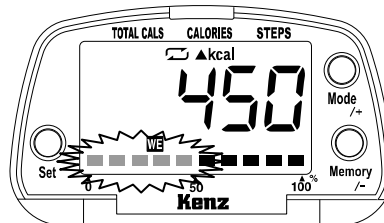
When the target Activity Cal is 300 Cal, and the Activity Energy Expenditure achieved is 150 Cal, the percentage of the Target Activity Cal achieved is 50% and 5 bars will be displayed.



Example (2) Overachievement

When the target Activity Cal is 300 Cal, and the Activity Energy Expenditure achieved is 450 Cal, the percentage of the Activity Cal achieved is 150 % and 10 bars will be displayed; the 5 bars are flashing showing achievement beyond 100 %.

The 5 bars (" ■ ") are flashing



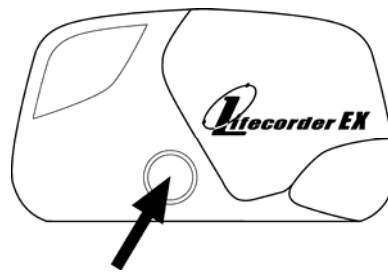
Note: All the bars (" ■ ") flash when the target achieved is exceeded by more than 200%

Using the Event Key

The [Event] key can be used during the Real Time mode. Up to 10 events can be stored per day. By pressing the [Event] key for more than 2 seconds, the time of the event will be saved in memory. The event data will be saved for a maximum of 200 days in the memory.

The Lifecorder will beep when you press the [Event] key signaling the recording of an event.

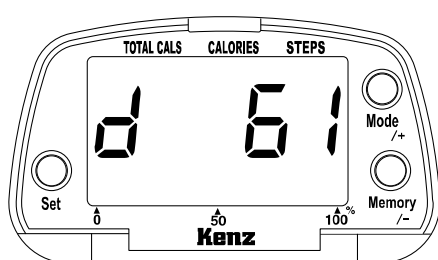
[Event] is a useful feature when you want to mark a time such as the start and finish of a meal or when taking medication.



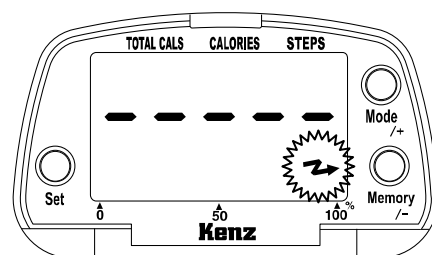
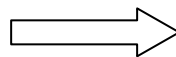
Important: Once an event is recorded, another event cannot be marked for one minute. After the tenth event is recorded, the device will make a longer beeping sound when the Event key is pressed, indicating the event marker memory is full.

Checking the Number of Days Saved in Memory

This feature allows you to confirm the number of days of data that have been saved on the Lifecorder EX display since the beginning of the recording date by connecting the optional USB cable to a personal computer. The display will change to the download display when the Auto download function is set.



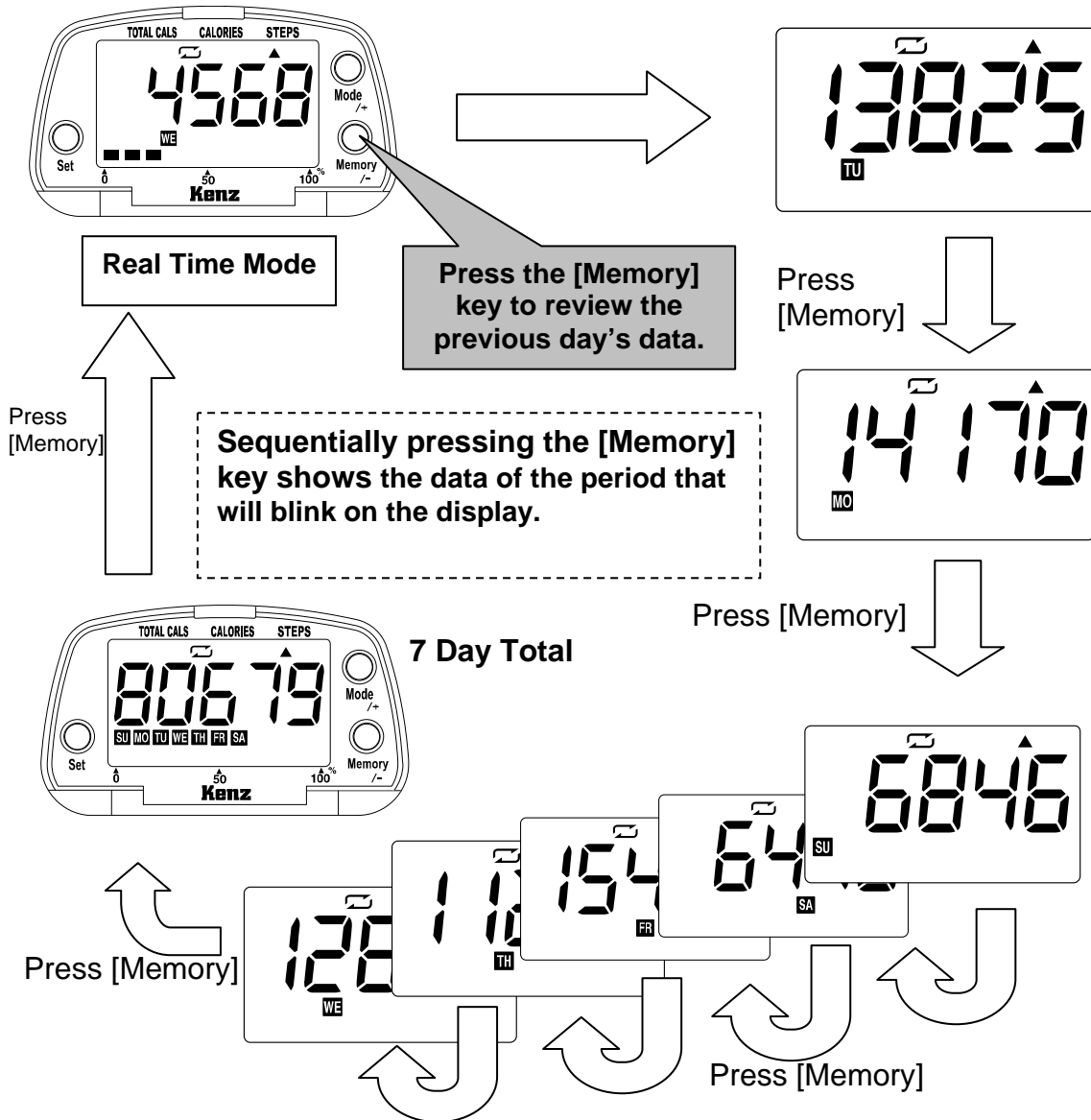
Number of days recorded



The display while downloading

7. Viewing 7-day Memory on the Display

You can view the precious 7 days of data and 7 day total on the Lifecorder EX display. Sequentially pressing the [Memory] key shows the last 7 days of data and 7 day total. After 7 day total, it will revert to Real Time mode. While viewing Memory mode, pressing the [Mode] key allows you to view prior data on Daily Energy Expenditure (Total Cal), Activity Energy Expenditure (Active Cal) and the Step Count of the day.



Note: If no keys are pressed within 30 seconds, the device will automatically resume to Real Time mode.

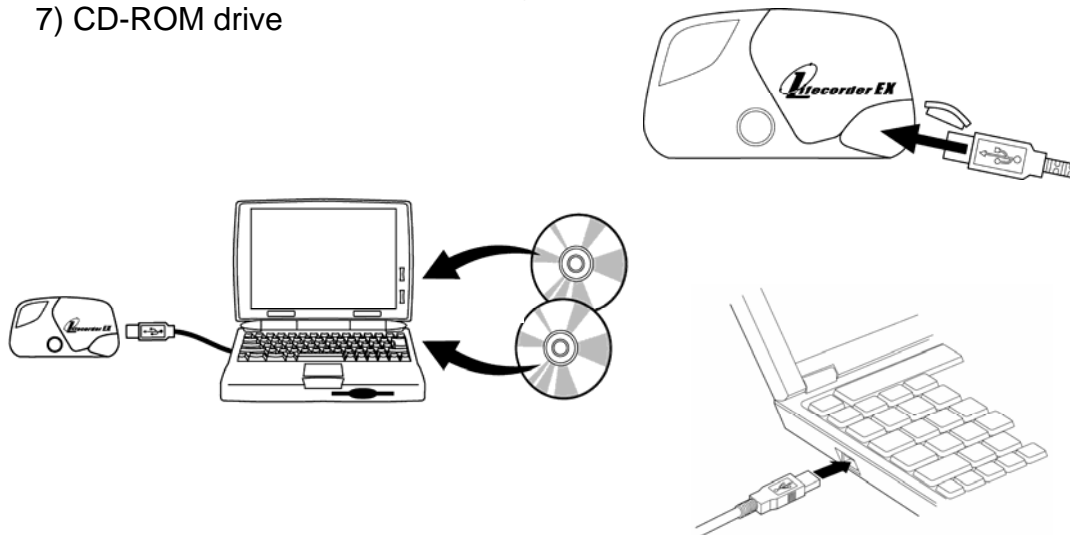
8. Post Measurement

Data Download to a PC

This function requires the optional software and USB cable. Please refer to the operation manual of the software for detailed instructions.

Required specifications for your computer

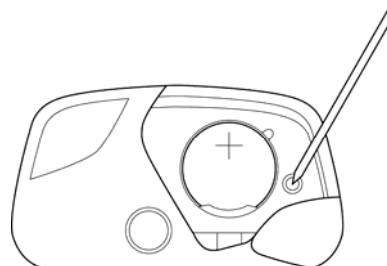
- 1) PC/AT compatible with USB port (USB Revision 1.0)
- 2) Operating System: Windows 98SE/Millennium/2000 and XP only
- 4) CPU: Recommended CPU for each Windows O.S.
- 5) Main Memory: Recommended memory for your operating system.
- 6) Hard disk capacity: 64 MB or higher
- 7) CD-ROM drive



Resetting Lifecorder EX

For a new user, please delete all data using the [Reset] key after downloading the stored data. Then, reset the user information in Set up mode.

When the memory is full, it will show [FULL] on the display, if [Reset] does not work, please unlock the Memory lock function using the software.



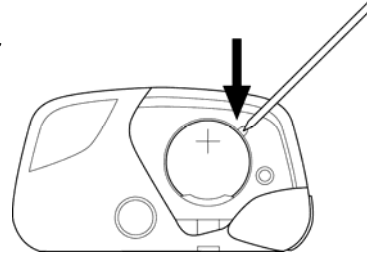
Note: Personal data that is set previously will not be deleted when [Reset] key is activated.

Replacing the Battery

How to replace the battery

Remove the battery using a small non-metallic object. Do not use a pencil to avoid damage to the internal circuit board due to lead contamination.

[Err02] The (Error 02) message will appear when replacing a battery before the data is downloaded. Refer to trouble shooting on page 27 if this occurs.



⚠ Caution: Do not use a metal object to remove the battery as it could result in an electrical shock leading to injury.

Note: Set up mode will always appear when the battery is replaced.

9. Energy Expenditure Calculation System of the Lifecorder

Basal Metabolism Rate (BMR)

The basal metabolism caloric expenditure (BMR) of the Lifecorder can be calculated per minute using the age, gender, height and weight of the user. The basal metabolism caloric expenditure is the minimum metabolic energy necessary to physiologically maintain the body depending upon body surface area.

Activity Energy Expenditure (Activity Cal) & Intensity Level

The Activity Energy Expenditure of the Lifecorder is calculated using the energy expended during physical activity. The intensity of physical activity is measured by an accelerometer sensor, converted into caloric expenditure, and displayed as Activity Cal. (The Lifecorder displays a numeric value in kcal units only.)

The maximum threshold frequency and step count of the piezoelectric ceramic in the accelerometer sensor generated by vertical movement is determined by adding the intensity level detected every four seconds. This activity intensity level can be confirmed by the Activity Intensity Level on the display. The most frequent intensity level during a two-minute interval will be recorded using the 10 intensity levels (1, 0.5, 2, 3, 4, 5, 6, 7, 8,

and 9) with 9 being the highest intensity for the analysis and viewing in Circadian Physical Activity report using the optional software.

The physical activity report will be created when data is downloaded and analyzed in personal computer using the software.

To calculate Activity Energy Expenditure, the intensity level is the most important factor to validate the quality of physical activity and exercise.

For example, when intensity level is high, the activity caloric expenditure is higher even with the same step count.

Daily Energy Expenditure (Total Cal)

The Daily Energy Expenditure displayed by the Lifecorder is calculated by combining the basal metabolism caloric expenditure (BMR) with the activity energy expenditure on a per minute basis.

Caloric expenditure through digestion (diet-induced thermo genesis) and Micro Activity Energy Expenditure are also added each minute to the Daily Energy Expenditure.

Micro Activity Energy Expenditure

When the accelerometer of the Lifecorder detects physical movement, then no physical movement during the following three minutes, the Micro Activity Energy Expenditure (0.5) will be added to Activity Energy Expenditure Total. An example of Micro Activity Energy Expenditure would include movement during a standing conversation.

Step Count

The threshold frequency of vertical vibration above a particular level is measured as a step using the accelerometer sensor that displays the step counts on the Lifecorder display. A single step, however, will not be recorded and will be disregarded by the Lifecorder when a second step is not detected within one and one-half seconds following the first step.

10. Trouble Shooting

1) Key action

[Set] key or other keys do not work.

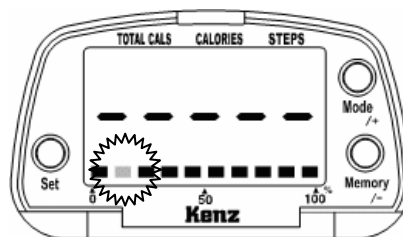
Did you insert a new battery?
- Insert a new battery (CR2032).

Did you press and hold [Set] key more than 5 seconds?
- Press and hold [Set] key for more than 5 seconds.

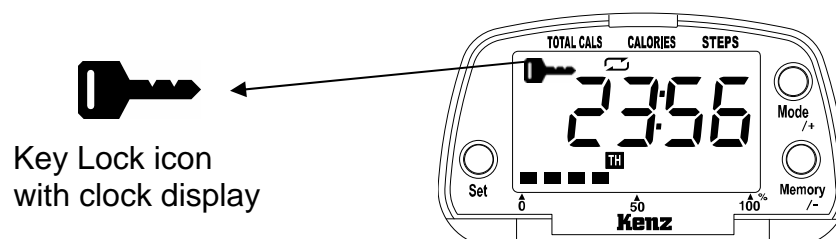
Is the Lifecorder in Memory mode to recall the previous day's data on the display?
- Complete viewing memory data through the 7 day total to change the display to Real time mode. Then, press [Set] key.

Does the Lifecorder display show a numeric number or bars and running bars at the bottom?
- Auto start function is set to start recording from a specific date and time using the software. Wait until the start day/time or cancel Auto start function using the software.

Stand-by display with running bar at the bottom

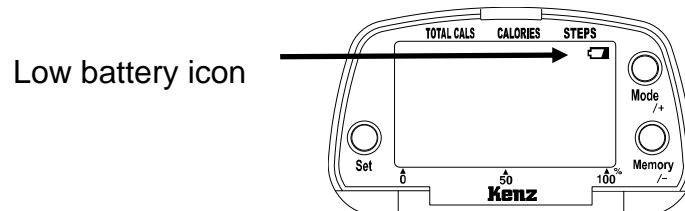


Did you set the Key Lock function using the software?
- This function can only be unlocked by the software Set up. Please refer to the detailed instructions in the manual for the software.



The Lifecorder EX does not reset

- Did you check the battery? [Reset] may not work due to a low battery.
- If you see a battery icon on the display, replace with a new battery. Then, press [Reset] key again.



Important: Please download the data in the Lifecorder EX before deleting all data using the [Reset] function.

2) Display

No display appears.

Did you insert a new battery?

- Insert a new battery (CR2032). A battery that has not been used for 5 months may be dead depending on storage conditions.

When did you replace the battery?

- A new battery will last for a minimum of 5 months. However, the battery life is reduced by frequent use or storage and use at lower temperatures than normal operating condition.

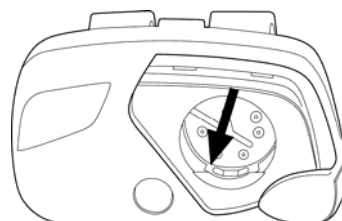
Did you insert the battery with the positive (+) face up?

- Reset the battery properly into the battery compartment as shown on page 9.

Did you immerse the Lifecorder in water or use under conditions where moisture or sweat was introduced into the device?

- The device cannot be repaired when the white sticker with red dots inside the battery compartment turns solid red as shown in the drawing below. The change of color in the sticker indicates that moisture has invaded the inside of the Lifecorder EX.

A red sticker indicates moisture invasion



“Error” message on the display

An Error message will appear when the battery is replaced in Memory lock mode showing the following numeric error codes.



Error 1:

There is still old data in the Lifecorder EX that has already been downloaded to a personal computer. Please download the data if it is still necessary, otherwise press the [Reset] key to delete all data. Refer to page 24.

Error 2:

There is old data, and recent data in the Lifecorder EX that has not been downloaded to a personal computer yet. Please download the latest data, and then press the [Reset] key to delete all data. Refer to page 24.

Also, Error 2 can be cleared without downloading the data when [Mode] key and [Memory] key are simultaneously pressed, then, press [Reset] key.

Important: Please always download the data in the Lifecorder EX before pressing the [Reset] key.

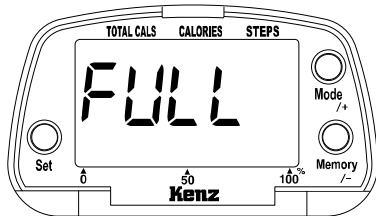
Error 3 – Error 6:

These messages will appear regardless of the Memory Lock or Loop Memory settings when the Key Lock function is set. They can be cleared by unlocking the Key Lock or all other settings from a personal computer using the optional software.

Important: Please download the data in the Lifecorder EX to a PC before resetting, as this will delete all data.

[FULL] message appears on the Lifecorder EX display.

Did you set the Memory Lock function using a personal computer?



When the Memory Lock is set and the 200-day memory is full, the display will show [FULL]. The Lifecorder EX will not record new data unless stored data are downloaded to a personal computer and the [Reset] key is activated.

3) Measurement Value

Activity Caloric Expenditure or Step Count is too high or too low

Possible reasons for measurement errors.

- Shuffling feet instead of picking them up.
- Irregular walking rhythm.
- Improper positioning of the device.
 - Device is attached too near the mid-line of the body.
 - Device is not horizontal.
 - Device is not upright.
 - Door of device is not completely closed.
- Exposure to excessive vibration.
 - Activities that involve ascending and descending on a slanted surface.
 - Riding a bicycle or other activities whereby the vertical waist movement is minimal.
 - Traveling in a vehicle or in a place where the vibration is excessive.

Event key does not work

Did you press [Event] key for more than 2 seconds?

- [Event] is designed to activate when it is pressed for more than 2 seconds in order to avoid accidental activation.

Did you press the [Event] key more than 11 times per day?

- The Lifecorder EX saves up to 10 events per day.
- The Lifecorder EX does not save the next event within 60 seconds after the [Event] key is depressed.

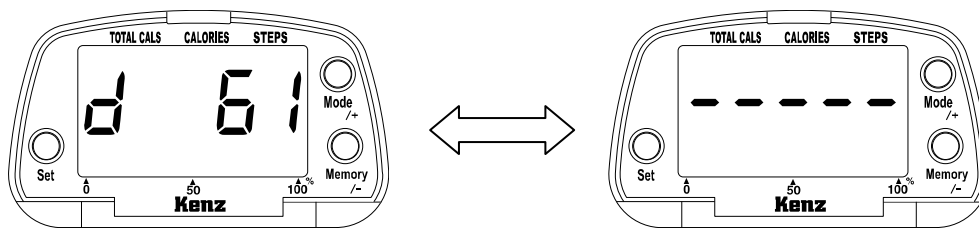
Cannot download to personal computer

Did you connect the USB cable to the Lifecorder EX and your personal computer?

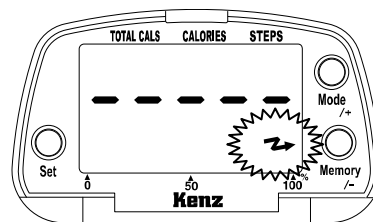
- Connect the USB cable after installation of the software.

Did you install the software for the Lifecorder EX to your personal computer?

- When the following display shown below appears cyclically, the software is not installed correctly or did not start downloading correctly. Please install or start the software properly.



- When correct downloading begins, the Lifecorder display will show 5 bars with an icon flashing as shown below.



Clock often delays

The digital clock in the Lifecorder display automatically resumes to zero seconds and stop when Set up mode is selected. Using Set up mode frequently will delay the clock.

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