

# Kenz® Activity Monitor

# *Lifecorder PLUS*

## Operation Manual

Please set up your personal information and date before wearing the DEVICE.

Reset your daily weight change when necessary. The optional software displays the trend of your weight change and physical activity performance.



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## To The Users

Thank you for purchasing the Lifecorder PLUS Activity Monitor. Please read this manual carefully before using your monitor and keep the manual for your future reference.

The Lifecorder PLUS Activity Monitor has a research proven Physical Activity Sensor (Accelerometer) inside. This advanced sensor technology makes this device highly accurate. By counting steps and measuring the intensity of each step, it tracks your activity and displays the time you spend in moderate to vigorous intensity activity. Using your personal data of gender, age, weight and height, the Lifecorder PLUS Activity Monitor will also track your daily calorie expenditure.

Please read the safety precaution carefully and use the device correctly.

### ⚠ Caution

- Do not ingest the battery, battery cover or security strap. Keep the battery away from small children. Please consult a doctor immediately when a battery is swallowed.
- Do not throw the battery or the device into a fire or open flame. Dispose of the battery and device properly. It is dangerous as it may cause explosion.
- Please do not put the battery or the device inside a microwave, oven or high pressure container. The heat produced can damage the device, cause the battery to leak and it may cause fire.
- In case of eye contact with the battery fluid, immediately flush eyes thoroughly with water, and consult a doctor.
- When using this device and increasing your physical activity, use good judgment and consider your current physical condition. It is wise to consult with your physician before beginning a new exercise program.
- Do not look at the device's display while walking or exercising. Please stop walking or exercising when you check the numeric value on the display.
- Please do not continue to use the device when there is any abnormality such as smoke or smell coming out of the machine, as it may cause fire or electrical shock. Please remove the battery from the device immediately.
- Use caution so that the belt clip or security strap does not damage clothing when affixing or removing the device.
- Do not replace the battery with wet hands, as it may cause an electrical shock.
- The specified type of battery is a Lithium Coin Battery. Insert the CR2032 with (+) side facing upwards.

### ⚠ Warning

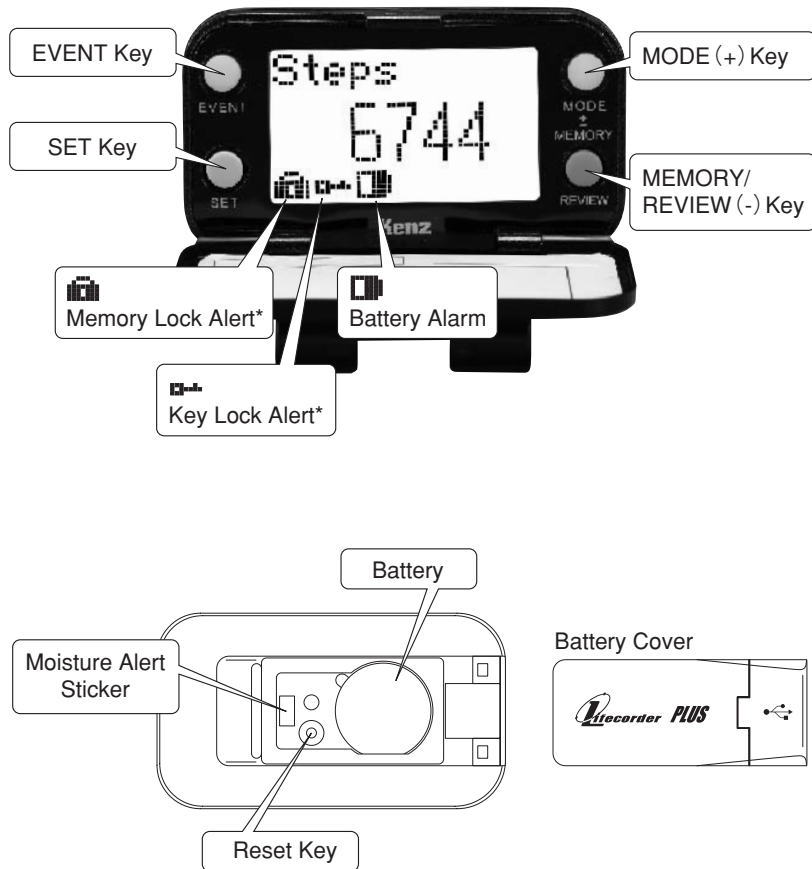
The following actions may cause damage to the device or for it to function abnormally.

- **Do not immerse the device in water. The device is designed for splash-resistance. However, please avoid using the device under conditions with a lot of moisture and sweat. The device can not be repaired when the white sticker with the red dots inside the battery compartment turns solid red. Change of color indicates** that device had been exposed to moisture.
- Do not use a pencil to remove the battery. It may damage the device if a piece of lead reaches the inside of the device.
- Remove the battery if the device is to be stored for a long period of time.
- Avoid using or keeping the device near corrosive gas (Cl<sub>2</sub>, NH<sub>3</sub>, SO<sub>2</sub>, NO<sub>x</sub>, etc.) or chemicals, as it may cause fire, discoloration or damage to the device.
- Do not clean the device using chemicals such as Benzene, paint thinner, or alcohol. Use only soap or mild detergent and a damp cloth to wipe the exterior.
- Do not dismantle or modify the device.
- Do not swing the device using the security strap.
- Avoid exposure to direct sunlight, dust, rain or places of high temperature.
- Do not drop, hit or step on the device.
- Do not leave the device in the car under the sun.
- Do not use or keep the device in places with strong electromagnetic field or high electrostatics.
- Avoid using the device in a place of strong vibrations.
- Do not place any heavy object on the device.
- Do not leave any external substance (metals or flammable, dust, etc.) in the device.
- Do not put any seal or sticker onto the keys or behind of the belt clip of the device.
- Do not force the case open.
- When the measurement value is beyond the permitted range, the maximum value will be retained.
- Note that the data in the memory will be erased, if the device is reset.

### Warranty Policy :

Your Lifecorder PLUS Activity monitor is covered by a limited two-year warranty from the date of purchase under normal use. Suzuken Company warrants the product to be free of manufacturing or material defects. If any such defects are found, return the product to a local distributor shown on the back side of this package, post paid with proof of purchase and a letter indicating the problem or defect. Suzuken Company at its sole discretion will repair or replace the product. This limited warranty does not apply for use in commercial or clinical applications, and extends only to the original purchaser. This warranty excludes the battery, belt clip, safety strap and LCD physical damaged. Warranty is void if the product has been subjected to moisture. Please follow the steps before usage.

# 1. Name and Function of Each Component



**MODE (+) Key**

This key has the following functions :  
 a) It changes the mode to display different measurement results on the LCD of the Lifecorder PLUS.  
 b) Increase the value of by one unit when in Set up mode.

**MEMORY/REVIEW (-) Key**

This key has the following functions :  
 a) To recall the previous seven days and seven days total of data  
 b) To recall the intensity level of physical activity for the last 24 hours.  
 c) To decrease the value by one unit when in the Set up mode.

**SET Key**

This key has the following functions :  
 It sets the user's gender, age, height, weight, date/time and daily target of step counts, activity time and activity energy expenditure for physical activity, please set the [SET] key for more than four seconds.

**EVENT Key**

This key has the following functions :  
 Event markings can be input up to 10 times per day. For example, an exercise and a meal can be recorded as an event by pressing the [EVENT] key and can also be used to mark activities that cannot be measured by the Lifecorder PLUS such as swimming, machine exercise and bicycling. The event can be labeled by logging the beginning and the end. It is not saved when the consequent pressing of the Event key is within 1 minute after the key has been pressed.



**RESET Key**

This key has the following functions :  
 Reset function requires pressing the key twice. Reset deletes all data and user's personal information in the Lifecorder PLUS.

## 2. Specifications

<b>Display</b>	Step Count, Activity Timer, Activity Intensity Graph, Activity, Total Calorie*, Activity Calorie*, Distance* and Clock. * This measurement displays only when set using optional Physical Activity Analysis Software Lifestyle Coach.
<b>Memory</b>	60-day data is stored on the Lifecorder PLUS and is available to download to your computer. The last 7-day results and the weekly total are displayed on the LCD of Lifecorder PLUS.
<b>Power Supply</b>	Battery type Lithium Battery CR2032 (One piece)
<b>Life of Battery</b>	Minimum of 2 months
<b>Data Transmission</b>	USB Revision 1.1 Max. 4 minutes (64 Kbytes)
<b>Display Size</b>	43.5 mm W x 24 mm H
<b>Dimensions</b>	Width 75.0 mm x Height 42.0 mm x Thickness 29.1 mm including belt clip.
<b>Weight</b>	1.59 oz (45 grams) including battery
<b>Splash Proof</b>	IEC60529 IPX2, JIS C920, Protection Rain and Sweat invasion.
<b>Complying Safety &amp; Reliability Standard</b>	CE, JIS S-7200, EMS (VCCI Class II)
<b>Static Electric Resistance</b>	Direct 8 kv, Air 15 kv (IEC1000-4-2)
<b>Operating Temperature</b>	41°F~104°F (+5°C~+40°C) non-condensation
<b>Operation Humidity</b>	30~90% RH

## 3. Display Range & Unit

<b>Step counts</b>	Real Time & Last 7-day Results : 0~99999 (1 step)
<b>Activity Timer</b>	Real Time & Last 7-day Results : 0.0~999.0 (minute)
<b>Weekly Total</b>	0 h 33 m~199 h 59 m
<b>Activity Intensity Graph</b>	0.5 (1 dot)~8 (18 dots) METS
<b>Energy Expenditure* (Total Cal &amp; Activity Cal)</b>	Real Time & Last 7-day Results : 0~9999 (1 kcal)
<b>Weekly Total</b>	Total Cal 0~99999, Activity Cal 0~9999
<b>Distance*</b>	0~999.99 (mile), 0~999.9 (kilometer)
<b>Clock</b>	0 : 00 AM~11 : 59 PM
<b>Event Marking</b>	10 events per day

\* This measurement displays only when set using optional Physical Activity Analysis Software.

## 4. Set up Lifecorder PLUS

### Things to prepare

- 1) Lifecorder PLUS
- 2) Battery type lithium battery (CR2032)
- 3) Security strap

### 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 two months.

## Step 2 : Set up the personal information



Make sure to input your correct weight, gender, age, height for accurate measurement of energy expenditure.

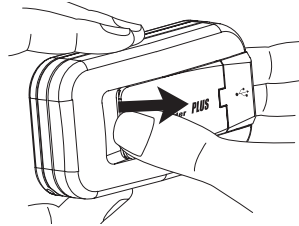
## Step 3 : Attach the Lifecorder PLUS to a waistband or belt.

The device requires to be positioned correctly.  
Please refer to page 19.

## Inserting the battery into the device

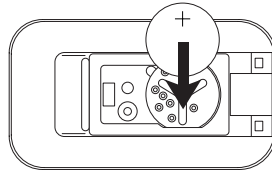
### 1) Remove the battery cover

Pull out the cover as shown in the picture.



### 2) Insert the battery

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



When the display shown right appears, the battery power is not enough. Please insert a new battery.

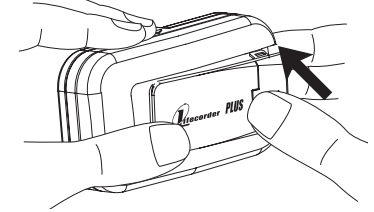


In case an error message appears, please refer to the trouble shooting portion in this manual.

**Important :** Please be careful not to bend the electrodes.

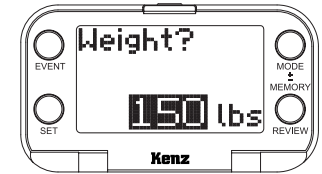
To ensure good contact, please clean the battery and remove any moisture from the battery surface before insertion.

### 3) Close the battery cover.



### 4) The display will show a weight setting when the battery is correctly inserted or replaced.

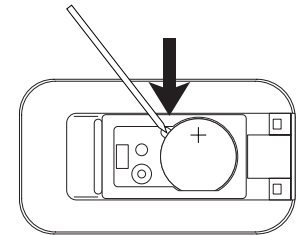
\* The unit of measurement can be changed at weight setting only.



**NOTE :** [Error Message] If any error message appears when inserting a battery, refer to the trouble shooting portion of this manual.

### 5) How to remove the battery

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



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

## Setting Personal Information and Clock

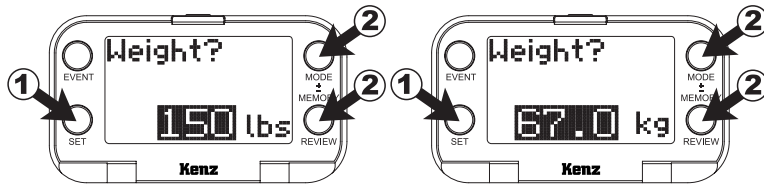
Press and hold the [SET] key for more than 5 seconds to enter the Set Up Mode. The device automatically proceeds to the Set Up mode when a battery is inserted.

**NOTE** : To quit the Set Up mode in the middle of setting up the device, press and hold the Set key for more than 3 seconds.

### 1) Set Weight

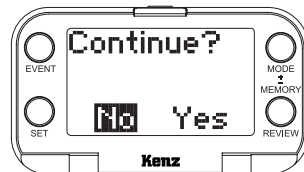
Press the Mode [+] or the Memory [-] to set your weight in pounds. **To change the unit of measurement, press the Event and the Mode [+] key simultaneously.**

When finished, press the Set key and proceed to other settings.

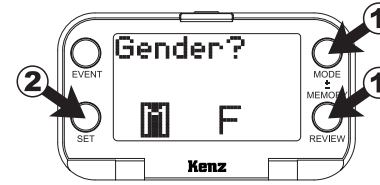


**NOTE** : The units of measurement can be change during weight setting only.

Select [Yes] by pressing either the Mode [+] key or the Memory [-] key, and then press the Set key to continue with the settings. If you want to change your weight only for next time, please select [No], and press the Set key to quit settings.



### 2) Set Gender

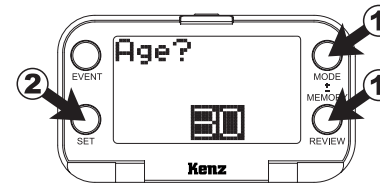


Select your gender by pressing either the Mode [+] key or the Memory [-] key to change the display.

F = female, M = male

When finished, press the Set key for your age setting.

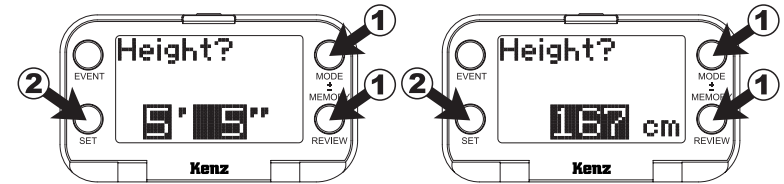
### 3) Set Age



Set your age pressing the Mode [+] and the Memory [-] key.

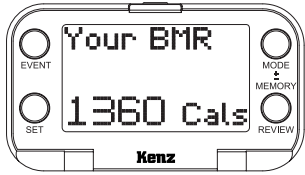
When finished, press the Set key and proceed to your height setting.

### 4) Set Height



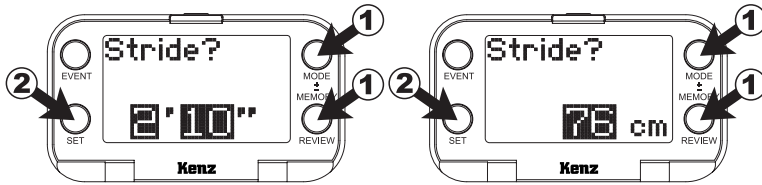
Set your height by pressing the Mode [+] key and the Memory [-] key. When finished, press the Set key to display the Basal Metabolic Rate (kcal).

### 5) Basal Metabolism Rate



Your calculated Basal Metabolic Rate (the calories you burn at rest) is displayed for 3 seconds on the LCD of the Lifecorder PLUS. Then, press the Set key and proceed to the stride settings.

### 6) Set Stride



Set your stride by pressing the Mode[+]key and the Memory[-]key. When finished, press the Set key and proceed to the daily target setting for Activity Calorie

**NOTE :** To quit the Set Up mode any time during the setting, press the Set key for more than 5 seconds.

### 7) Daily Target Setting

Daily target for Step Count, Activity Timer and Activity Energy Expenditure are set. You will see different messages running on the LCD of Lifecorder PLUS depending on how you have met your daily targets.

**NOTE :** The target setting appears only when the display mode is selected to display the LCD of the Lifecorder using an optional Physical Activity Analysis Software Lifestyle Coach. The factory setting (default) displays Step Count, Activity Timer and Activity Intensity Graph.



Set your target Activity Calorie by pressing the Mode[+]key and the Memory[-]key.

When finished, press the Set key and proceed to the target Step Count setting.



Set your target Step Count by pressing the Mode[+]key and the Memory[-]key.

When finished, press the Set key and proceed to the target setting Activity Time setting.



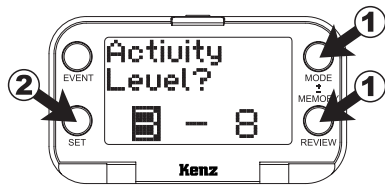
Set your target Activity Time pressing the Mode[+] key and the Memory[-] key.

When finished, press the Set key to the target Step Count setting.

**⚠ Caution :** When setting the daily target of your physical activity, use good judgment and consider your current physical condition. It is wise to consult with your physician, nutritionist or exercise expert before setting your target.

### 8) Activity Intensity Range Setting [METs]

Lifecorder PLUS keeps track of your total physical activity time at moderate or greater level[METs]of intensity in each 24-hour period.



To set a range of moderate intensity level[METs], set the lowest and highest range by pressing the Mode [+]  
key and the Memory [-]key.



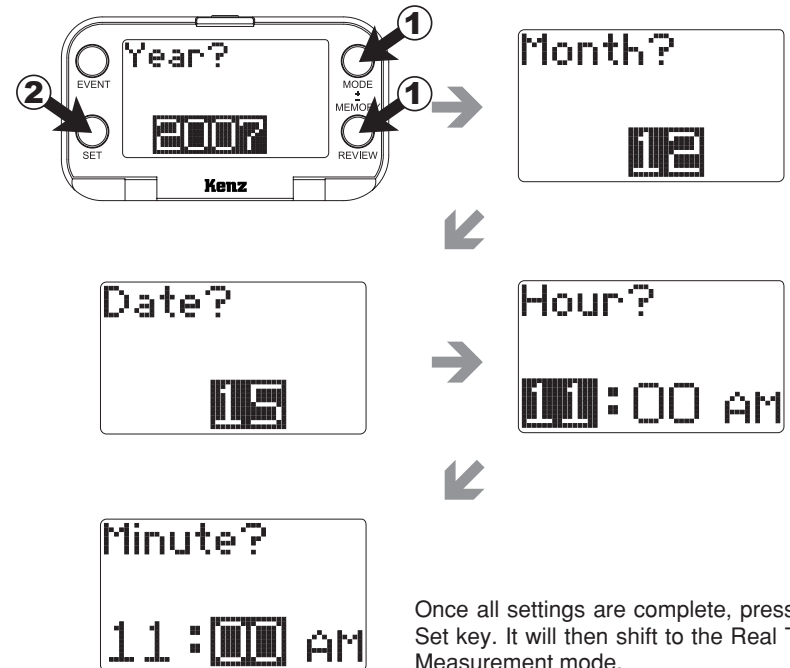
When finished, press the Set key and proceed to the calendar and clock setting.

### 9) Clock Setting

Set year, month, day, hour and minutes following directions. Always press the Set key when setting to complete the setting of each item.



**NOTE :** The clock stops during clock setting. This may cause delay or for the clock to fall behind.



Once all settings are complete, press the Set key. It will then shift to the Real Time Measurement mode.

## Set up Data and Range

Set up Menu	Input Range	Input Unit	Factory (Default) Set up
Gender	Male or Female		Female
Age	0~100	1 year	30 years old
Height	0~7'11" (0~200cm)	1" (1 cm)	5'5" (167 cm)
Weight	0~500 lb (0~227 kg)	1 lb (0.1 kg)	150 lb (67 kg)
Target Activity Calorie	0~1135 Cal	5 Cal	Weigh x 5 Cal (automatically calculated)
Target Step Count	1000~20000	100	10000
Target Activity Time	10~240	10	30
Basal Metabolism Rate	Automatically calculated	cannot change	No
Activity Intensity Range (METs)	Low : 2~8 High : Low~8	1	3~8
Year	2006~2050	1 year	2007
Month	1~12	1 month	1 (January)
Date	1~31	1 day	1
Hour	0 AM~11 AM 12 PM~11 PM	1 hour	0 hour
Minute	0~59	1 minute	00 minute

## Optional Set Up Using the Software

The following useful functions can be set from a personal computer using the optional Physical Activity Analysis Software Lifestyle Coach.



**NOTE :** All personal information, each daily target and display mode can also be set using the Software.

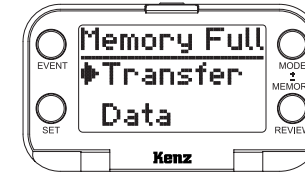
### 1) Memory Loop or Lock Mode



Memory Lock Icon

Default setting deletes the oldest day's data when the memory is full and the 61st day of data is saved.

In case Memory Lock is set, the Lifecorder PLUS will show [Memory FULL] on the display when the 60th day of data is saved to the memory.



Full memory in Memory Lock mode

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

### 2) Key Lock Mode



Key Lock Icon

All keys will be locked when this function is set. This function will not allow a user to change the display mode or any settings in the Lifecorder PLUS once the Key is locked. During the Key Lock mode, a user can select to display any mode of the Lifecorder PLUS.

### 3) Auto Start and Stand-by Mode



Stand-by display  
in Auto Start mode

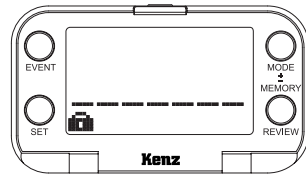


Stand-by display  
until pressing any key

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

### 4) Blind Display or Selected Display Mode

To measure a user's baseline physical activity performance, the Lifecorder PLUS has to be set in the blind display. Or the selected mode can be displayed for specific requirements of a user such as Energy Expenditure (Total Cal, Activity Cal and Distance).

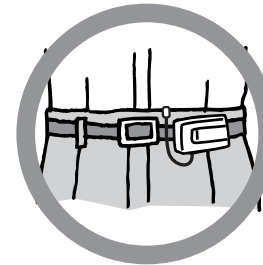
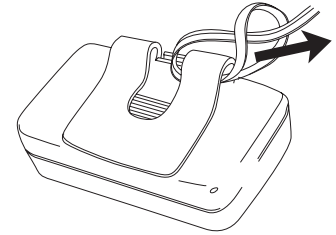


Blind Mode with Memory Lock

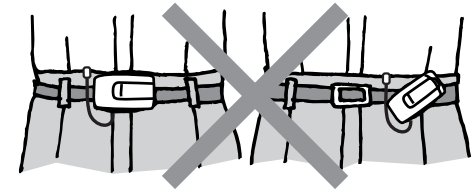
## 5. Wearing the Lifecorder PLUS

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

Make sure the safety strap is around the device, to avoid losing it.



Correct Position



Incorrect Position

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

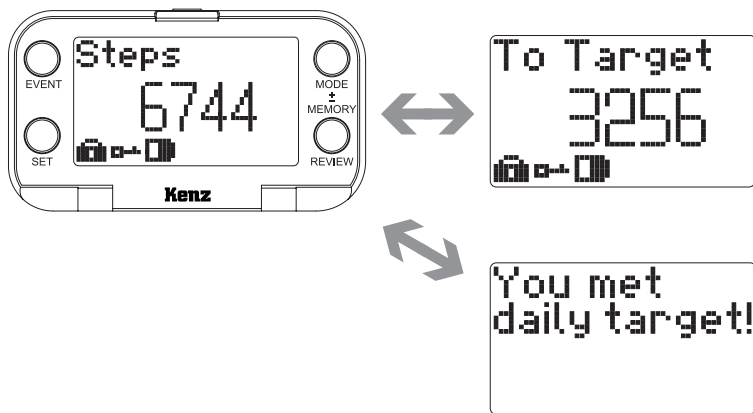
## 6. Viewing Real Time Data on the Display

### Step Count

Lifecorder technology uses a solid state accelerometer sensor and electronic filtering to deliver extremely accurate results. The Lifecorder filters out motion and vibration and only counts real steps. 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 a half seconds following the first step.

The accelerometer sensor also makes measurement of the accurate Step Count even if the device is tilted to one side, due to an extensive waistline.

The device displays measured step count and the balance of your daily target cyclically.



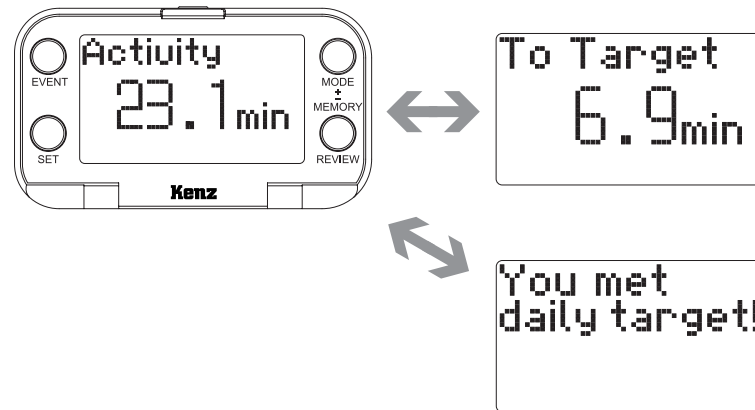
The device displays measured step count and the balance of your target cyclically.

Once the daily target has been reached, the display will show [You met daily target!], as seen in picture above.

### Activity Timer

Many health professionals, including the US Surgeon General and World Health Organization, recommend a minimum of 30 minutes per day of moderate physical activity (60 minutes per day for children). The Lifecorder function keeps track of your total physical activity time at moderate or greater level (METs) of intensity in each 24-hour period.

To start with a lower intensity level (METs) for accumulation of more Activity Time, the range of METs can be reset in the set up mode. Please refer to Page 13.



The device displays measured count and the balance of your daily target cyclically.

Once the daily target has been reached, the display will show [You met daily target!], as seen in the picture above.

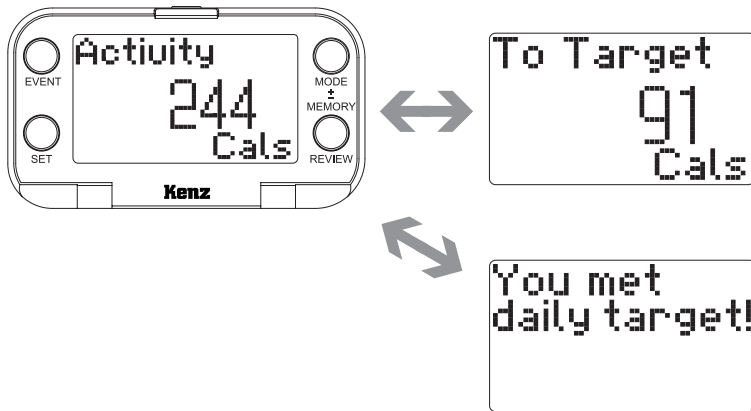
**NOTE :** The data appears only when selected to display for the LCD of the device using on the optional Physical Activity Analysis Software Lifestyle Coach. The factory setting (default) displays Step Count and Activity Timer.

## Activity Calorie

Based on the calculated Basal Metabolic Rate (the calories you burn at rest) taking weight, gender, age and height and intensity level (METs) of physical activity into account. Activity Calorie is measured in 4-second intervals. Activity Calorie Expenditure\* (the calories you burn from physical activity) are estimated based on your personal data and your recorded activity.

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 the intensity level is high, the activity calorie expenditure is even higher with the same step count.



The device displays measured step count and the balance of your daily target cyclically.

Once the daily target has been reached, the display will show [You met daily target!].

## Total Calorie

The Lifecorder displays your Total Energy Expenditure (Total Cal) by adding the Basal Metabolism Caloric expenditure (BMR) in a one-per-minute interval, the Activity Calorie Expenditure (Activity Cal) in a 4 seconds interval, the Micro Activity Calorie Expenditure in a 3-minute interval and the calorie expenditure from digestion (diet-induced thermo genesis).



**NOTE :** Activity Cal, Total Cal including Distance can be displayed on the LCD from the optional Physical Activity Analysis Software (PAAS) Lifestyle Coach.

## Micro Activity Energy Expenditure

When the accelerometer of the Lifecorder detects physical movement, but no physical movement follows during the next three minutes, the Micro Activity Energy Expenditure will be added to the Total Energy Expenditure. An example of Micro Activity Energy Expenditure would include the movement during a standing conversation.

## Distance

The device measures the real time distance in miles or kilometers when selected as display mode using the Physical Activity Analysis Software Lifestyle Coach. To change the unit of measurement, press the Event and Mode key simultaneously during weight setting in the Set Up mode. Then, set your correct stride, otherwise your stride is automatically calculated multiplying your set height by 0.45.



## Calendar and Clock



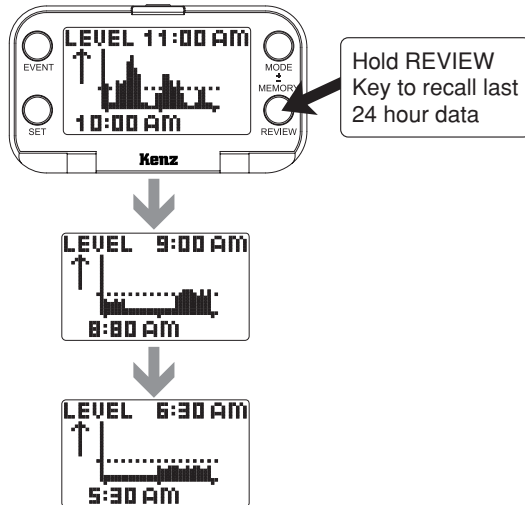
Set the clock and day for correct measurements.



**NOTE :** The clock stops during clock setting. This may cause delay or for the clock to fall behind.

## Activity Intensity Graph

The bars on the Activity Intensity Graph mode display the intensity level METs of your physical activity in 2-minute intervals over a one hour period. The bar graph of the last 24 hours can be recalled on the LCD of Lifecorder PLUS by pressing the Review key. (\*METs : Metabolic Equivalents)



## 7. Achievement Message on the Display

Three of the daily targets for Step Count, Activity Timer and Activity Cal can be set depending on the set display mode. The default setting for the display is only Step Count and Activity Timer.

Based on your target achievement for one to three targets, different kinds of messages will run when each achievement has been reached. The display tells you that you achieved a daily target, Press any key to view the message. The specific message will be displayed on the LCD of the device three times.

The message can be customized using the optional software PAAS Lifestyle Coach.

### Default Message :

- ① Congratulations on the great job today. You greatly exceeded your goal!
- ② You were above your goal today. What a splendid achievement!
- ③ Congratulations on the good work. You met your goal for today.



When you achieve your daily target, press any key to view the message.



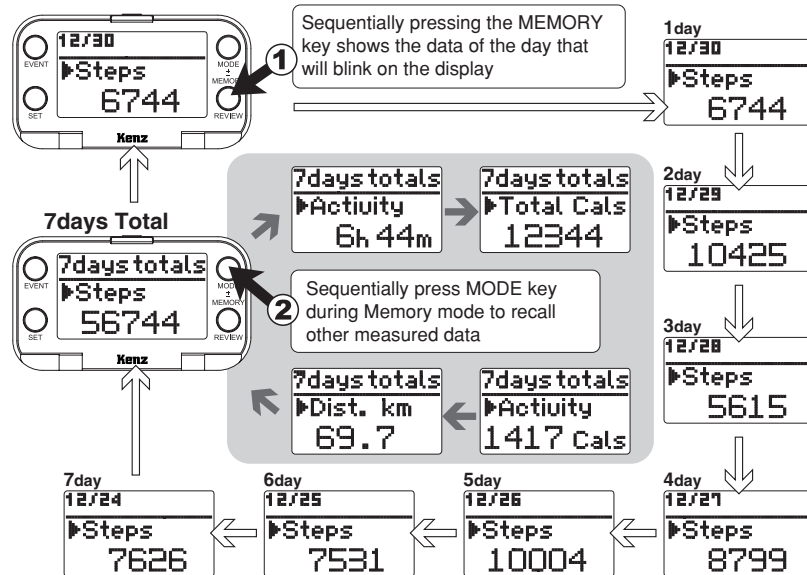
The message will run one time. Press the Set key, if you want to resume to Real Time Measurement Mode during message running.

## 8. Viewing Last 7 Days & 7 Days Total on the Display

The previous 7 days of data and a 7-day total are displayed on the Lifecorder PLUS. Sequentially pressing the Memory key shows the last 7 days of data and the 7-day total. After a 7-day total, it will revert to the Real Time Measurement mode. While in the Memory mode, pressing the Mode key allows you to view prior data on the Step Count, Activity Time, Total Energy Expenditure (Total Cal\*), Activity Energy Expenditure (Active Cal\*) and Distance\* of the day.

\*The memory data appears only when selected to display for the LCD of the device using optional Physical Activity Analysis Software Lifestyle Coach. The factory setting (default) displays the Step Count and the Activity Timer.

### Real Time Measurement Mode



**NOTE :** If no key is pressed within 30 seconds, the device will automatically resume to the Real Time Measurement mode.

## 9. Data Download to PC

The data management requires the optional software and a USB cable. The **Physical Activity Analysis Software (PAAS) Personal** is available as free software. Please ask the retailer where you purchased the device, or visit Suzuken's website for the download. Your dealer may not supply a USB cable. The cable is just an ordinary baby USB cable that you may find with your digital camera or an electronics store.

The **PAAS Lifestyle Coach** is also available to professional users, for example a personal trainer, or health club. Please refer to the operation manual of the software for detailed instructions.



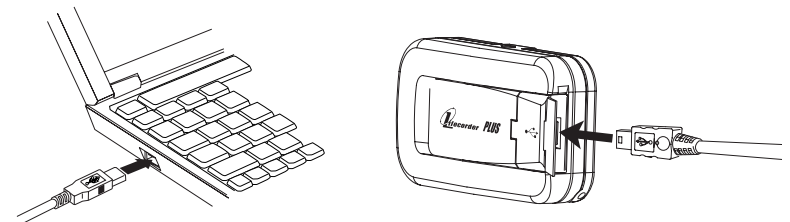
**NOTE :** For detailed functions of the PAAS software, please visit the Suzuken website at [www.suzuken-kenz.com](http://www.suzuken-kenz.com)



**Caution :** PAAS may not work properly with other language versions of Windows. Please set the date format as YY/MM/DD if your Windows is set in another format.

### Required specifications for your computer

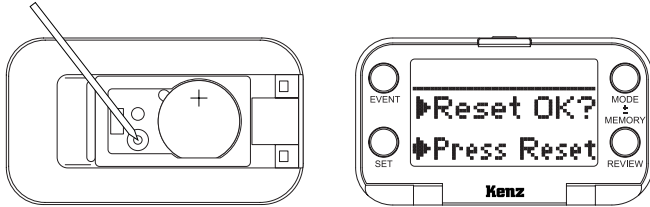
- 1) PC/AT compatible with USB port (USB Revision 1.0)
- 2) Operating System : Windows Millennium/2000 and XP
- 4) CPU : Recommended CPU for each Windows O.S.
- 5) Main Memory : Recommended memory for your operating system.
- 6) Hard disk capacity : 64 MB or higher
- 7) CD-ROM drive



## 10. Reset Lifecorder PLUS

For a new user, please delete all data using the Reset key after downloading the stored data.

When pressing the Reset key, the device will ask you to press the Reset key one more time as shown below.



Then, set the new user information in the 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 PAAS Lifestyle Coach.

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

**⚠ Caution** : Personal information data that is set for previous user will not be deleted when the Reset key is activated. Set the correct user information. Refer Set Up mode.

## 11. Trouble shooting & Error Message

### 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 the 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 by pressing Memory key through the 7-day total to change the display to Real time mode. Then, press the [SET] key.



Does the Lifecorder display show [Waiting] with date and time on the LCD ?


- 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.



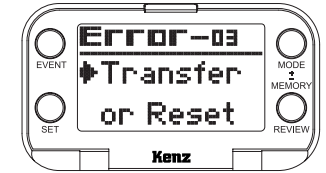
[Auto Start] display with date and time

- Stand-by mode is set to start pressing any key.  
Press any key to start measuring.



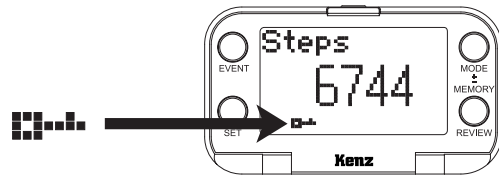
**?** **Did you set the Key Lock function using the software ?**  
[Reset] does not work due to locked keys when the  icon appears in the left lower corner of the LCD.

- This function is unlocked by the software set up. Or, take the battery out and insert it again. You will see the display shown to the right. Then, press the Reset key again.



**?** **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 software manual.



Key Lock icon in Step Count display

**Important :** Download the necessary data in the Lifecorder PLUS before deleting all data using the [Reset] function.

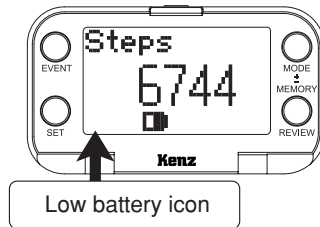
## 2) Display

**No display appears.**

## The Lifecorder PLUS 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 the device with a new battery. Then, press the Reset key again.



Low battery icon

**?** **Did you insert a new battery ?**

- Insert a new battery (CR2032). A battery that has not been used for 2 months may be dead depending on storage conditions. Batteries wear out even if the device is not in use. Please take the battery out when the device is not in use.

**?** **When did you replace the battery ?**

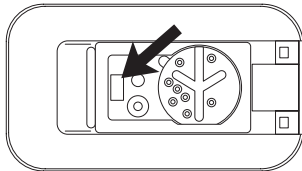
- A new battery will last for a minimum of two months. However, the battery life is reduced by frequent use of the Memory mode or storage and use at lower temperatures than normal operating condition.

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

- Reset the battery properly into the battery compartment as shown on page 7.

**? Has the device been exposed to moisture (water, sweat, etc.) ?**

- The device cannot be repaired when the white sticker with the red dots inside the battery compartment turned solid red. The change of color indicates that the Lifecoder PLUS had been exposed to moisture.

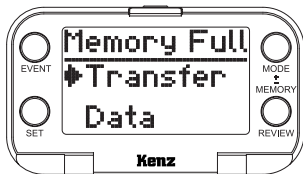


A red sticker indicates exposure to moisture invasion.

**[FULL] message appears on the Lifecoder PLUS display.**

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

- When the Memory Lock is set and the 60-day memory is full, the display will show [FULL]. The device 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 close to the mid-line of the body
  - Device is not in a horizontal position
  - 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

**4) Other Questions**

**Event key does not work**

**? Did you press and hold the 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 Lifecoder PLUS saves up to 10 events per day. When you press the Event key more than 10 times, you will hear the sound of a beep.
- The Lifecoder PLUS does not save the next event within 60 seconds after the [Event] key is depressed.

## Device clock is delay.

The digital clock in the device display automatically resumes to zero seconds and stops when the Set Up mode is selected. Using the Set Up mode frequently will delay the clock.

## Cannot download to personal computer



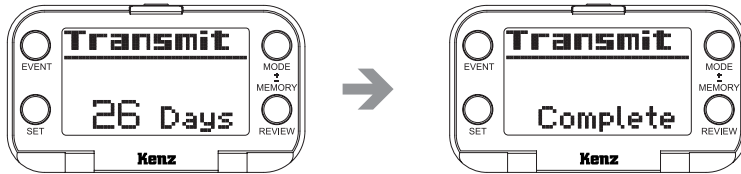
Did you connect the USB cable to the Lifecorder PLUS and your personal computer?

- Connect the USB cable after installation of the software.



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

- In case the display shown below (right) does not appear within 2 minutes after completion of the data transmission, the software may not be installed correctly or did not start downloading correctly. Please install or start the software properly.



**Warning :** When the software is reinstalled to a personal computer, the existing database will also be deleted. Please make sure to save the database before reinstallation of the software. Refer to an operation manual of the optional software.

## 5) Error Messages

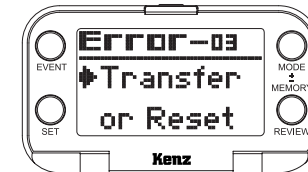
### Error 01

Error message 01 will appear when the battery is replaced while in the Memory Lock mode showing the below numeric error codes :  
There is still old data in the Lifecorder PLUS.  
Please download the data if it is still necessary, otherwise press the Reset key to delete all data.



### Error 03

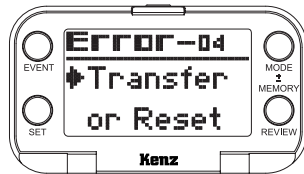
Error message 03 will appear when the battery is replaced while in the Key Lock mode showing the following numeric error codes :  
There is still old data in the Lifecorder PLUS.  
Please download the data if it is still necessary, otherwise press the Reset key to delete all data.



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

## Error 04-05

Error messages 04 or 05 will appear when the battery is replaced in the Key Lock and Memory Lock mode showing the following numeric error codes :



There is still old data in the Lifecorder PLUS.  
Please download the data if it is still necessary, otherwise press the Reset key to delete all data.



## Error 07

An Error message 07 will appear in case setting data transmission fails. Please send setting data from a personal computer to the device using the optional PAAS Lifestyle Coach.

