

HAGIWARA SYS-COM

STEP KEEPER

HSB-SKM

取扱説明書 V.1.0

USER'S MANUAL V.1.0

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この度は本製品をお買い上げいただき、誠にありがとうございます。

この取扱説明書には本製品の導入から使用方法までを説明しています。

本製品を正しくご使用いただくために、この取扱説明書を必ずお読みください。

※この製品は医療機器ではありません。

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その他の商標はすべて各社の所有物です。

本書ではVisorTMDeluxe、VisorTMPlatinum、VisorTMPrismをVisorTMと表記しています。

Thank you for purchasing Hagiwara Sys-Com STEP KEEPER.

This manual explains how to use this product and please read this manual carefully before using STEP KEEPER.

*This product is not a medical equipment.

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1. Preface

The STEP KEEPER is the Springboard™ module that counts your steps and enables you to view the record of your activity on the Handspring™ Visor™.

Features

-The Springboard™ module to go.

Take the STEP KEEPER out of your handheld and clip it to your waistband.

-Rechargeable battery.

The STEP KEEPER has a rechargeable battery operated and charged from your handheld. All you have to do is to insert the STEP KEEPER to your handheld at least once every 2 days for recharge.

- Easy to use.

Simply insert the STEP KEEPER to your handheld. The data will be uploaded automatically and you can graph, chart, compare your activity records. It also tells you about calories burned, distance walked, your performance and goals, etc.

-Keep tracking.

You can create a database on the Handheld to keep up to three months of records. You can maintain records over three months by transferring it via a CSV file to a PC.

2. Compatible Handhelds

- Visor™ Deluxe English / Japanese
- Visor™ Platinum English / Japanese
- Visor™ Prism English / Japanese

3. Notes

-The STEP KEEPER makes "clicking" sound while it is counting your steps.
The sound is result of normal operation.

-This product is designed to count your steps most accurately when you are walking on flat ground at the rate of approx. 64 yards (70m)/min. It may not work well under the following conditions;

- 1)Walking slowly
- 2)Walking on a steep slope
- 3)Walking with sandals
- 4)Walking in a crowded area
- 5)While doing intensive exercise
- 6)While riding in a train or car or bicycling, due to vibration

4. Unpack the STEP KEEPER Package

- The STEP KEEPER
- User's manual
- Soft carrying case
- Warranty Sheet

5. Getting Started

5-1: Recharging the STEP KEEPER.

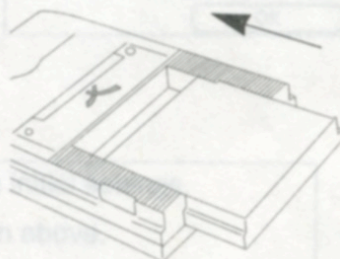
The STEP KEEPER has a rechargeable battery operated and charged from your Handheld. Since the battery level might be low at the time you receive this package, please be sure to charge it for **AT LEAST**

4 MINUTES BEFORE USE.

How to charge the battery?

Take the cover off the Springboard™ expansion slot and insert the STEP KEEPER with the label side up.

Charging will start automatically.



Charging interval and time

Last recharge	within previous 2 days	more than 2 days ago
Time to charge	1 minutes	2 minutes

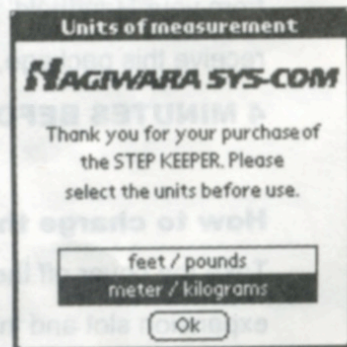
*The STEP KEEPER runs 2 days with a full charge. Please recharge the STEP KEEPER once every two days.

*Data retention period of the STEP KEEPER is up to 2 days.

Failure to recharge will result in loss of your data.

5-2: Select Units of Measurement

After the first insertion, you will find the screen to the right. Please select the units of measurement. You may change the units later from option menu (see 6-4-1)



How to calculate your Stride Length?

Your stride length can be calculated by the following procedure.

- 1) Measure distance (i.e. 20 feet, 50 feet, etc.)
- 2) Walk the given distance while counting the steps.
- 3) Divide the distance by the number of your steps.
- 4) The number is your stride length.

Distance	Number of steps	Stride strength
30feet	12	2.5 feet/ stride
50feet	22	2.3 feet/ stride

5-7 : Wearing STEP KEEPER

Please be sure the battery is charged as described in 5-1.

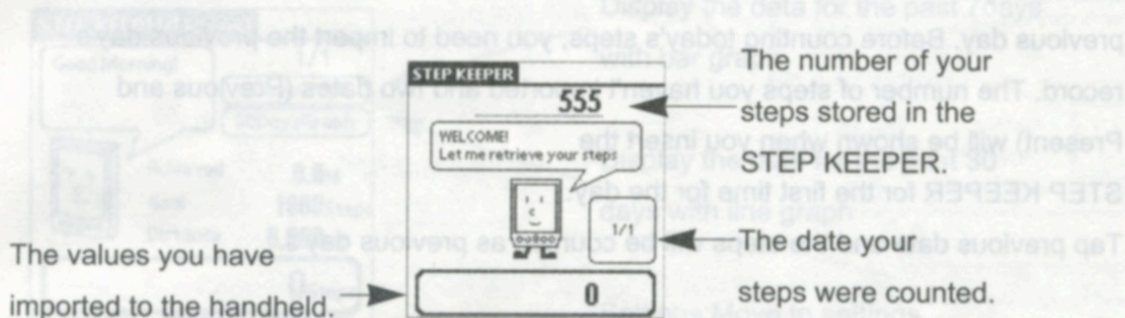
As shown to the right, please insert STEP KEEPER to the carrying case and clip it to your waistband firmly.

*Loose attachment will result in miscounting.



5-8 : Data Input

The screen shots shown below appears when you insert the STEP KEEPER to the handheld for the first time of the day.



Option menu appears by tapping menu icon on your handheld's graffiti area.

The menu is consists of "Help", "Steps screen" and "Reset counts".

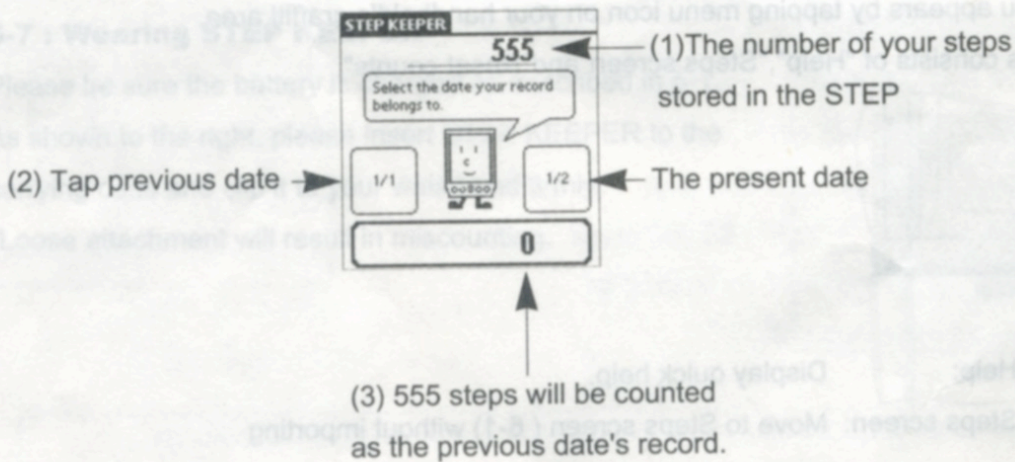


- option — Help: Display quick help.
- option — Steps screen: Move to Steps screen (6-1) without importing your steps.
- option — Reset counts: Reset step counts stored in the STEP KEEPER.

I forgot to import the data yesterday. What will happen to today's count?

Don't worry. You will still be able to import the data which was recorded on the previous day. Before counting today's steps, you need to import the previous day's record. The number of steps you haven't imported and two dates (Previous and Present) will be shown when you insert the STEP KEEPER for the first time for the day.

Tap previous date and the steps will be counted as previous day's.



6: Screen Modes

6-1: Steps



Display the data for the past 7 days
with bar graph

Display the data for the past 30
days with line graph

Settings: Move to settings

Records: Move to Record

Reference mode

View your activity records
in Calories burned

*You can move to another record by tapping ◀▶

*◀ won't appear when there is a single(one day)record.

6-2: Calories Burned



Display the data for the past 7days with bar graph

Display the data for the past 30 days with line graph

Settings: Move to settings

Records: Move to Record

View your activity records in steps you walked.

Reference mode

*Calculation of Obesity rate is based on BMI (Body Mass Index).

*Calorie consumption is calculated based on the walking at the rate of approx.76 yards(70m)/min.

*You can move to another record by tapping ◀▶

*◀ won't appear when there is a single(one day)record.

6-3: Records

You can refer to your activity records of the past 90 days.

Tap ▼ to change information displayed.

STEP KEEPER[Records]		
Date	Steps	Walked
1/8/01	555	555
1/7/01	555	555
1/6/01	555	555
1/5/01	555	555
1/4/01	555	555
1/3/01	555	555
1/2/01	555	555

Details	Memo Pad
Delete	Initialize

Steps	Calories	Settings
-------	----------	----------

Walked
Goal
Achieved
Calories
Obesity
Weight

Details : Choose date and then tap "Details" to see the record of that day.

Delete : Delete record of selected date.

Memo pad: Export record to Memo pad

Initialize : Erase all records.

*CAUTION: This operation will erase all the records except initial setting values such as Stride, Height, Weight, etc.

6-4: Settings

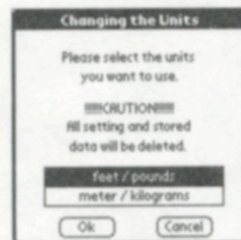
Change values to reflect your physical changes such as weight, height, etc.

Option menu appears on above side of the screen by tapping menu icon on your handheld's graffiti area. Option menu consists of "Changing the units" (see 6-4-1), "Help" and "About STEP KEEPER".

6-4-1: Changing the Units of Measurement

Units of measurement can be configured here.

Please note that all the data stored in the handheld will be deleted when you make this change.



7: Menu

7: Menu

Menu appears by tapping menu icon on your handheld's graffiti area.

Menu consists of "Screen", "Log", "Edit" and "Option".

7-1: Screen

Steps (see 6-1)

Calories Burned (see 6-2)

Records (see 6-3)

Settings (see 6-4)



7-2: Jump to

Latest record : Select to jump to the latest record.

Oldest record: Select to jump to the oldest record.

7-3: Option

Export to Memo Pad : (see 7-3-1)

Help : Select to display quick help.

About STEP KEEPER : Info. about the STEP KEEPER

7-3-1: Export to Memo Pad

Your activity record can be output to Memo Pad by selecting this menu.

- 1) Choose the date of the record you want to output.
- 2) Choose "Listview" for Memo pad or "CSV" for spreadsheet.
- 3) Input file name. Choose "Export" to Memo Pad for creating a file or "Back" if there is no need to create a file.

STEP KEEPER [Export]

Title
StepKeeperData

Select the date range
1/1/01

◀ 1/2/01 Total 2Records

Format
 Listview CSV

Export Back

You can transfer the created file to a PC via HotSync. The CSV file can be edited by using a spreadsheet on your PC.

8: FAQs

Q1 Can I use the STEP KEEPER while it is inserted into my Visor™?

A1 Yes. But please make sure to attach your Visor™ to your waistband firmly.

Q2 What will happen if I don't recharge the STEP KEEPER?

A2 Data retention period of the STEP KEEPER is up to 2 days. Failure to recharge will result in loss of your data. (Please see 5-1)

Q3 Does the STEP KEEPER counts my steps in my pocket or bag?

A3 No. It will reduce its accuracy significantly. Please use soft carrying case and clip it to your waistband.

Q4 Does the STEP KEEPER consume Visor™'s battery?

A4 Yes but its power consumption per recharge is very low and hardly visible.

Q5 I am using the STEPKEEPER under J-OS* and it won't display characters correctly.

A5 The STEP KEEPER is designed to work properly with pre-installed OS. It may not be compatible with a patch program such as J-OS.

*J-OS: A patch program to localize the desktop for Japanese.

9: Specification

Detection method	Pendulum
Display	Handheld computer LCD
Dimensions	2.2in. × 2.1in. × 0.37in.
Weight	0.95oz.
Power	Electric double layer capacitor (2.4V)
Recharging Cycle	Minimum 10,000 times

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受付時間 / 月曜日～金曜日まで (土曜、日曜および祝日を除く) 午前10～12時/午後1～5時

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