

ECER Technology
Pocket Pedometer Quick Start Guide

Table Of Contents

1	<i>Introduction</i>	3
2	<i>Getting started with the TiltCONTROL</i>	4
3	<i>Using the Pocket Pedometer</i>	5
4	<i>Activating the Program</i>	11

1 Introduction

Welcome to the Pocket Pedometer Quick Start Guide. The purpose of this guide will be to quickly guide you through the features of Pocket Pedometer and how it is used.

Pocket Pedometer is an application which uses a TiltCONTROL device to turn your Pocket PC into an advanced Pedometer. By using the TiltCONTROL and placing the Pocket PC in your pocket or strapped to your hip you can measure the following characteristics of your walk:

- Distance travelled
- Time
- Steps taken
- Calories burned
- Average stride
- Average speed
- Average Step rate

There are two views available in Pocket Pedometer.

A large display which only displays:

- Time
- Steps
- Distance
- Step rate

And a detailed display which displays

- Distance travelled
- Time
- Steps taken
- Calories burned
- Average stride
- Average speed
- Average Step rate
- A graph of Speed vs Steps

Please read through the details of the following sections carefully before using Pocket Pedometer.

2 Getting started with the TiltCONTROL

Pocket Pedometer requires that the TiltCONTROL be calibrated correctly before it is used. To calibrate the TiltCONTROL you must launch the TiltCONTROL settings program.

This can be done by starting Pocket Pedometer and pressing the TiltCONTROL status icon shown below.

Note that this icon will change its appearance to indicate whether or not the TiltCONTROL is connected correctly. Figure 1 shows the different states of the TiltCONTROL status icon.

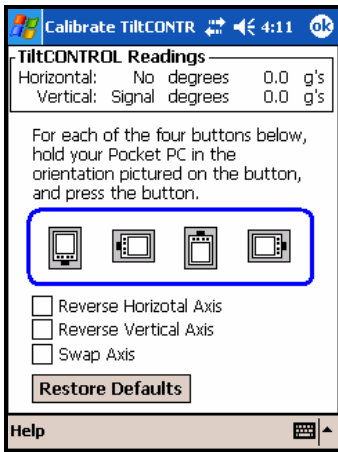
Figure 1 TiltCONTROL Status icon



Once the TiltCONTROL Settings program has been launched you can select the Calibration Wizard or the Manual Calibration process to calibrate the TiltCONTROL. The Wizard will step you through the calibration process, whereas the Manual Calibration is a much faster process. To calibrate manually press the **Manual Calibration** button.

The following screen in Figure 2 will be displayed.

Figure 2 TiltCONTROL Manual Calibration



Once the calibration screen is shown simply hold the Pocket PC in each of the four orientations as shown by the bitmaps circled in Figure 2, and press the bitmap once in that orientation.

Once you have done that for all four orientations your TiltCONTROL should be calibrated correctly.

3 Using the Pocket Pedometer

Now that the TiltCONTROL is calibrated and working, it is time to get started with the Pocket Pedometer.

When you purchased Pocket Pedometer you would have also received an Activation Key that you will need in order to activate your version of the Pocket Pedometer software. For more information about how to activate the program, please read the section at the end of this guide. Until you activate you will only be able to run Pocket Pedometer 12 times.

Once you have installed Pocket Pedometer and the TiltCONTROL drivers you will find the Pocket Pedometer application in the Programs/TiltCONTROL/ folder. Launch Pocket Pedometer by tapping on the Pocket Pedometer icon.

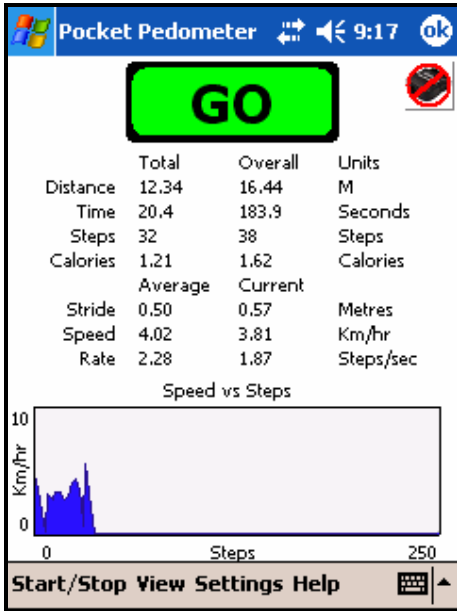
Once in Pocket Pedometer you will be displayed with the screen shown in Figure 3. This screen is the Large display which shows the time since the walk was started, the number of steps taken, the total distance walked and the current average step rate.

Figure 3 Pocket Pedometer Main screen



You can also select to view the detailed view by selecting the **View->Detailed Display** menu item, as show in Figure 4 Detailed view.

Figure 4 Detailed view

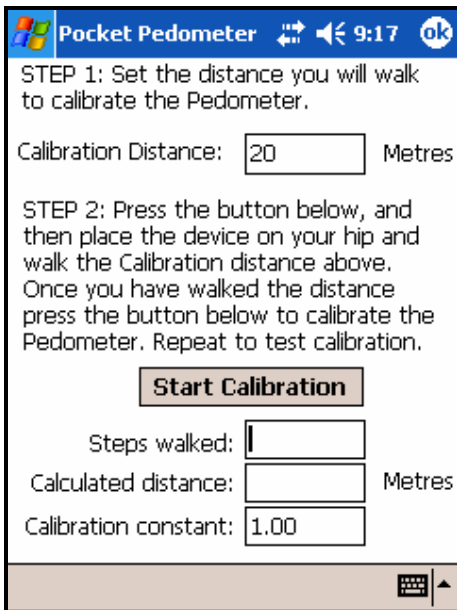


The Pocket Pedometer must first be calibrated for your leg length and walking characteristics.

To calibrate the Pocket Pedometer first make sure that you have calibrated the TiltCONTROL, through the TiltCONTROL Settings program.

Once the TiltCONTROL is calibrated, start the Pocket Pedometer and select the **Settings->Calibrate** menu item, which will display the screen shown in Figure 5 Calibration screen.

Figure 5 Calibration screen



You will be required to enter in a distance that you will have to walk to calibrate the Pedometer. The recommended distance is 20 metres, but the longer the distance the more accurate the results will

be. Once you have entered a distance press the Start Calibration button and place the Pocket PC on your hip or in your pocket and walk the calibration distance. Once you have walked the required distance press the Stop Calibration button.

If you repeat the above process, the Calculated distance should be very close to the calibration distance. If it is not then you may need to repeat the above process.

Once you are ready to start your walk follow the steps below:

1. Insert the TiltCONTROL into the Pocket PC. The TiltCONTROL status icon should change to a picture of a TiltCONTROL without the red line through it.
2. The ideal position of the Pocket PC is for the TiltCONTROL to be facing directly towards the ground, while the Pocket PC is firmly strapped to your hip. This can be achieved by using a case with a belt buckle. Less accurate results can be achieved by simply putting the Pocket PC in the pocket of your pants.
3. Press the **GO** button, before or after placing the Pocket PC in the operating position.
4. Wait for Pocket Pedometer to tell you to Go.
5. Once Pocket Pedometer is ready the green **GO** button will change to a red **STOP** button. You can stop the run at anytime by pressing the red **STOP** button.

Menu Items

There are several menu items available in Pocket Pedometer, each is described below.

Start / Stop Menu

The **Start / Stop** Menu item gives you all of the items that allow you to start, pause and reset you run.

Reset Totals

This will reset the total cumulative totals. Each time you reset the Pocket Pedometer it will only reset the totals for the current run. A total of all of the measured items is kept until the Reset Totals menu item is selected.

Reset

This will reset the current runs totals only.

Stop

This will pause the run until the Go button is pressed again. All of the measured items will not be reset.

Go

The Go button will start the Pedometer.

View Menu

The View menu allows you to change between the Large display and the Detailed display.

Settings Menu

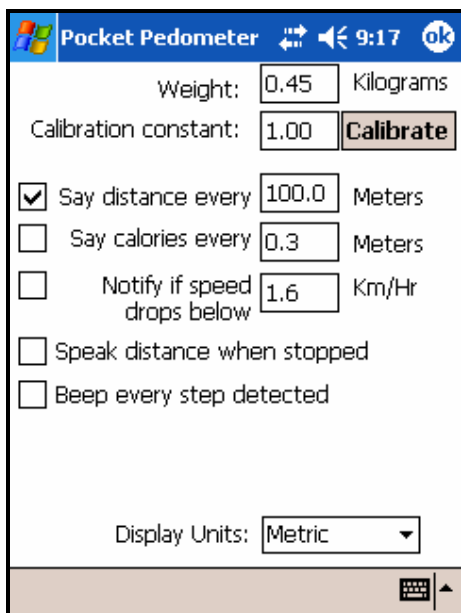
Preferences

The preferences item will display the preferences screen as shown in Figure 6 Preferences Screen.

Calibrate

The calibrate menu item will display the calibration screen as shown in Figure 5 Calibration screen.

Figure 6 Preferences Screen



Each of the items in this screen are displayed below.

Weight

Enter your weight, in Kilograms or Pounds.

Calibration constant

The value which is used to calculate the distance of your stride based on the movement of the Pocket PC.

Say distance every

If this item is ticked then the Pocket PC will tell you your distance every time the distance reaches a multiple of the distance entered.

Say calories every

If this item is ticked then the Pocket PC will tell you your calories burned every time the distance reaches a multiple of the distance entered.

Notify if speed drops below

If this item is ticked then the Pocket PC will tell you if your speed drops below the speed you have entered.

Speak distance when stopped

If this item is ticked then the Pocket PC will say Stop when the Stop button is pressed.

Beep every step detected

If this item is ticked then the Pocket PC will beep every time a step is detected.

Display Units

Sets the display units to Metric or imperial.

Help->Activate

Select this option to activate your version of Pocket Pedometer.

About

This will display the About box with version information and support information.

4 Activating the Program

When the Pocket Pedometer software is first installed it will run in Demo mode. When operating in Demo mode you will only be able to run Pocket Pedometer 12 times.

To activate the Pocket Pedometer software you will first need to purchase the software from ECERTech.com, at which time you will be supplied with an Activation key that is derived from the email address that you supplied when you purchased the software. Once you have this Activation key you will need to launch Pocket Pedometer on the Pocket PC, and select the **Activate Program** item from the **Help** menu. Once you have done this the Activate Program screen will be displayed as shown below. Simply enter your email address and the activation key that you were provided with and press the Activate Now button. You will either be shown a successful activation message or given a reason why the activation was not successful. Once activated, next time you start the Pocket Pedometer software it will run in full mode.

Pocket Pedometer 9:45

To purchase Pocket Pedometer please return to where you downloaded this demo from.

To activate Pocket Pedometer you must enter your email address and the activation key that you received when you purchased Pocket Pedometer.

Email address:

Activation key:

Activate

Start/Stop View Settings Help

Contact Information

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