



# WALKING & CALORIE

## Selling Points

Simply strap this walking watch onto your wrist and a built-in acceleration sensor provides an accurate count of the number of steps you take. If you input personal information (age, weight, stride length, etc.), the watch also will calculate the distance you cover, the energy you consume, your average speed, and more, and store it automatically into memory. The watch maintains up to seven days of data for instant recall whenever you need it. You can select either a Normal Walking Mode or Exercise Walking Mode so the watch can adjust its calculations in accordance with your walking style.

- Acceleration sensor for accurate step counts
- Up to seven days of records that include number of steps, distance covered, energy consumed, and more
- Normal Walking, Exercise Walking
- 50-meter water resistance



Package



STP-100-1VDF 8099 © Resin

±15sec 2 YRS CR2032



T4971850875154

IN PACKAGE



STP-100-2VDF 8099 © Resin

±15sec 2 YRS CR2032



T4971850875185

IN PACKAGE



STP-100-9VDF 8099 © Resin

±15sec 2 YRS CR2032



T4971850875215

IN PACKAGE

## Normal Walking Mode

Use this mode to count your steps as you walk around as part of your daily life.

Month, Day  
(Can switch to day of the week and weekly graph.)

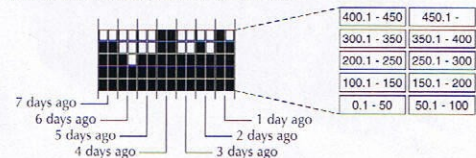


Energy Consumption and Unit  
(Can switch to number of steps/distance and current speed.)

## Energy Consumption Graph

The energy consumption graph shows your energy consumption (based on the number of step count) for up to the past seven days.

- Unit = kcal.
- Note that each "bar" of the graph is made up of two display dot columns. Day 6 in the example below indicates energy consumption of 200.1 to 250 kcal. Day 3 indicates 250.1 to 300 kcal.

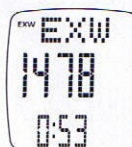


## Exercise Walking Mode

Use this mode for high-speed walking for exercise.



Energy Consumption Screen



Number of Steps Screen



Current Speed Screen



Distance Screen