

DashTrak Screen Guide

Main Display screens	STEPS – Total steps taken for the current day.
	DISTANCE – Total distance traveled for the current day.
	CALORIES – Total calories burned for the current day.
	TIME – Current time of day. Note for web subscribers: the date is set automatically when you save DashTrak settings or upload step data using your web account.
	HEART BPM (Optional) – If you are wearing a heart monitor, this screen shows average heart beats per minute (updated every 15 seconds).
	HEART %MHR (Optional) – If you are wearing a heart monitor, this screen shows your average BPM value as a percentage of maximum heart rate for your age.
Event Display screens	E-TIMER – Elapsed time of the current event.
	E-STEPS – Total steps taken for the current event.
	E-DISTANCE – Total distance traveled for the current event.
	E-MPH – Current walking/jogging pace based on steps and stride length (updated every 15 seconds).
	E-CALORIES – Total calories burned for the current event.
	E-HEART BPM (Optional) – If you are wearing a heart monitor, this screen shows average heart beats per minute (updated every 15 seconds).
	E-HEART %MHR (Optional) – If you are wearing a heart monitor, this screen shows your average BPM value as a percentage of maximum heart rate for your age.
MENU screens	SAFE TO CONNECT TO PC - Go to this screen EVERY TIME BEFORE connecting your DashTrak to a PC.
	REVIEW PREVIOUS DAY - Your DashTrak saves your data and returns to zero every night at midnight. This option allows you to view yesterday's step data.
	REVIEW LAST EVENT – Use an Event when you want to review your performance during a specific time period. This option allows you to review your event summary data for the last recorded event.
	SET UP A TIMED EVENT - This option allows you to start an Event. Don't forget to stop the Event when you're done!

	<p>CHANGE DASHTRAK SETTINGS - This option has multiple screens allowing you to set the time, measurement system, chimes and display mode (see below).</p>
<p>CHANGE DASHTRAK SETTINGS screens</p>	<p>ENTER PERSONAL INFO - For the DashTrak to work effectively you need to set your stride length (click here for instructions on determining that), weight and age. Select this option to set these values.</p>
<p>ENTER PERSONAL INFO screens</p>	<p>SET TIME - Choose this option to set the time on the DashTrak. On-screen arrows indicate which button to push to accomplish this. Web Users – The date and time will be set automatically when you save your settings from the website or upload your DashTrak data. This keeps your data synchronized with the web service.</p>
<p>SET US OR METRIC – For English or Imperial measurements (inches, miles, lbs), select US. For metric measurements (cm, kilometers and kgs), select METRIC.</p>	
<p>SET CHIME VOLUME - The DashTrak uses a chime to alert you that you've reached a goal or notification. This option allows you to set the volume of those chimes or turn them off. Note that warnings will always chime in order to alert you to the problem.</p>	
<p>AUTO SCAN MODE - The DashTrak has four main display screens - STEPS, MILES, CALORIES and TIME, and optional screens for average beats per minute and percentage of maximum heart rate. You can manually scroll from screen to screen using the Next button. By turning on the Auto Scan feature, the displays will continuously cycle through these screens automatically.</p>	
<p>RESET CURRENT DISPLAYS – This will zero your displayed totals for calories, distance and calories. After pressing Yes, you will have to confirm the operation before the values are reset. Note for web subscribers: this affects your displayed totals only, and will not change or clear your steps being recorded for uploading to your online account.</p>	
<p>RESET TO FACTORY INSTALL – This clears <u>all</u> memory and settings on your device and resets your unit back to its factory condition. After pressing Yes, you will have to confirm the operation before the system is reset. Use this option only as part of a troubleshooting process or when instructed by our Technical Support department.</p>	
<p>SET STRIDE LENGTH – Use this screen to enter your stride length. The DashTrak uses your stride length to calculate values such as distance traveled and aerobic pace.</p>	
<p>SET WEIGHT – Use this screen to enter your weight. The DashTrak uses this value to calculate your calorie burn.</p>	
<p>SET AGE – Use this screen to enter your age. The DashTrak uses this value for aerobic pace and heart rate calculations.</p>	