



DASHTRAK SETUP INSTRUCTIONS

We recommend that you thoroughly read and then print these instructions for reference while you complete the setup of your DashTrak.

IMPORTANT: You will not be able to upload steps (and the related data) from your DashTrak to your Platinum Member account without first successfully completing the DashTrak Setup process defined in this document.

The accurate operation of the DashTrak depends upon the information you enter into the device. There are two types of information you will enter via this process: DASHTRAK SETTINGS and PERSONAL INFO. The most critical setting is the correct Time Zone for your location in order that your time setting is correct. The correct time is important for the proper storage of your data and for the DashTrak Data Display reset to “0” at midnight.

Step 1: Load the DashTrak USB Driver

Press the green Menu button on your DashTrak so the display reads SAFE TO CONNECT TO PC. Then connect your DashTrak to your PC using the included USB cable. Connecting the DashTrak for the first time while in the SAFE TO CONNECT TO PC screen will initiate the installation of the required DashTrak USB drivers from Windows. This process will need to be done once for each machine you are intending to use to upload DashTrak data.

Windows will begin automatically installing the proper drivers. Typically you will see messages indicating that new hardware is found and upon completion, that the hardware is now ready to use. This process can take up to 30 seconds or more. The DashTrak display screen should read LINKED TO PC – CHARGING after successfully loading the drivers.

If you receive an error message such as “USB Device Not Recognized”, unplug the DashTrak, be sure to return to the SAFE TO CONNECT screen and retry the connection to your PC.

Note: You may receive a Windows dialog box titled “Removable Disk” (see Figure 1). If so, select “Take No Action” and, if the option is available, select the checkbox “Always Perform the Selected Action” and select “OK”.

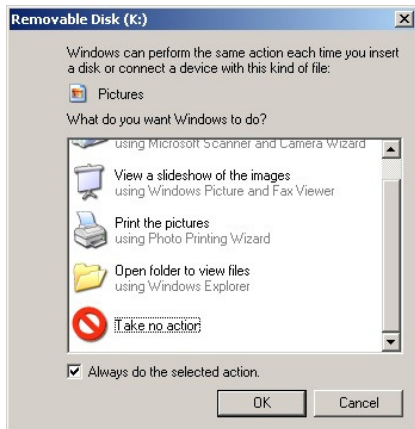


Figure 1

Note: If a folder should open, simply close it.

Step 2: Set DashTrak Settings

IMPORTANT: It is strongly recommended that you always set/change your DashTrak settings online if you intend to upload your data. This ensures correct synchronization between the device and your account.

To set your DashTrak settings, do the following:

- A. Leave your DashTrak plugged in and login to your Platinum membership account on WalkStyles.com.
- B. Navigate to the [DashTrak Settings page](#) – click on the Dashboard menu; then click on the More... button within the physical activity section, and then select the DashTrak button under the Settings panel on the left of the page (only viewable by Platinum members).
- C. Enter the following required settings:

- i. Clock & Display Settings – Enter as appropriate (date/time will be set automatically based on time zone). The time zone is critical to properly recording steps and resetting your DashTrak display to “0” at midnight. If you are traveling and wish to have your DashTrak reflect the time at your destination, we suggest that you set the Time Zone from the DashTrak Settings page upon arrival and then reset to your home Time Zone upon your return. Units of measurement are US by default. Choose metric to convert all related measurements (distance, speed, weight) to metric values.
 - ii. Personal Information – enter your weight (for calorie burn) and stride length (for distance and speed). Your age (used for maximum heartrate calculations) is calculated automatically based on your birthdate used when registering. For help on setting your stride length, click on the “How do I measure this” link.
- D. Enter other optional settings as desired:
- i. WalkStyles 10,000 Step Goal: A pre-programmed goal at 10,000 steps will automatically display a congratulations message and chime (if on) everyday that you achieve this important activity milestone!
 - ii. Personal Step Goals: Set the same goal for every day of the week or separate goals for each day as desired. The message can be entered in the provided field which will download and display on your DashTrak every day that you accomplish your stated goal.
 - iii. Personal Messages: Personal Motivational Messages can be entered into the fields provided by checking the box and entering the goal amount and message into their respective fields. We have provided some suggestions, or you can create your own. These motivational messages will download and display and chime on your DashTrak every day that you accomplish each corresponding goal. If you do not want use motivational messages, do not check the box.
 - iv. Chime - Volume can be set to High, Low or Off. The chime will sound when there is a warning message such as low battery and when you have achieved a programmed goal.
- E. **IMPORTANT:** You must click the **UPDATE DASHTRAK** button to save your new or changed settings on the web site and to your DashTrak! You will not be able to upload until this is done.

Note: When you are ready to disconnect, click on “Safely Remove Hardware” on the Windows status bar (see Figure 2), then click or Safely Remove USB Mass Storage Device – Drive(?) where ‘?’ is the drive letter used for the DashTrak.

Click on this icon and follow the prompts to safely stop the device before disconnecting your DashTrak from the USB cable and your computer



Figure 2

Tip: If your DashTrak restarts due to a full power loss, you should go to the above settings page. Review the settings and update as necessary. **IMPORTANT,** remember to click on the Update DashTrak button (even if you made no settings changes) to update the date and time on the DashTrak.

You have now set up your DashTrak and it is ready to use. **LIVE WELL.....WALK FAR™!**
Please review the Features in Section IV of the DashTrak User Guide to learn more about the Data and Menu Screens.

Step 3: Uploading DashTrak Data to your Platinum Member account

To upload your DashTrak data to your WalkStyles.com account, follow these steps:

- A. Go to www.WalkStyles.com and log on using your login (your email address) and password.
- B. Be sure your DashTrak display reads SAFE TO CONNECT TO PC by pressing the green Menu button on the unit, then connect your DashTrak to your PC using the included USB cable. The DashTrak display will read LINKED TO PC when properly connected.
- C. On your personalized member home page, click on the Load DashTrak button located in the personal dashboard section (this button is also on the full Dashboard page accessed via the Dashboard menu item). Data will upload to your Dashboard - Note: You may upload your DashTrak data at any time - many times per day or once every couple of days. Enjoy the many charts and graphs of your data on your Dashboard and the comparisons to other walker/subscribers in and out of your walking communities.

Note: After uploading, be sure to follow the “Safely Remove Hardware” process before disconnecting your DashTrak from the USB cable and your PC (see section above for more information).

**If you have any questions, please refer to the DashTrak User Guide
or e-mail CustomerService@WalkStyles.com.**