

**1 Your Smart Accurate 3D Pedometer**

Thank you for choosing our CoolFire 3-Dimensional Motion Sensor pedometer!

This is a smart device that tracks your daily number of steps, calories burned and distance walked. It also adjusts your calories burned according to your speed and shows you a "Hit Target" icon when you reach your goals. It is easy to use and ready to go out of the box. You can also connect it to our user friendly app to set the time and calendar, check your activity history, and customize your daily goals. This instruction manual will guide you through the features and functions of your pedometer and help you get the most out of it. Please read it carefully before using your pedometer and keep it for future reference. We hope you enjoy using our 3-Dimensional Motion Sensor pedometer and achieve your health and fitness goals!

**2 Wake up your Pedometer**

Your pedometer has been set to sleep to save the battery power before leaving the factory.

Press and hold the front button to wake it up. It will show you the display once it is waken up.

**3 Set Time & Calendar**

You can set up the time and calendar through buttons on the pedometer or do it easier through the app as the time and calendar will be set automatically through the app.

Set time using buttons:

- Hold S2 3 seconds until the YEAR is flashing.
- Press the S1 button to set YEAR. (Press S1 to forward and hold to backward)
- Press S2 to confirm and the MONTH is flashing
- Press S1 to set MONTH
- Press S2 to confirm and the DATE is flashing
- Press S1 to set DATE
- Press S2 to confirm and the 12/24 HOUR is flashing
- Press S1 to set 12/24 HOUR
- Press S2 to confirm and the HOUR is flashing
- Press S1 to set HOUR
- Press S2 to confirm and the MINUTE is flashing
- Press S1 to set MINUTE
- Press S2 to confirm and EXIT.

Now, you are ready to go!

**4 Time and Pedometer Display**

Press the top button repeatedly to display time, number of steps, calories burned and distance walked.

**5 Benefits of setting up through the app**

- The time and calendar will be set automatically through the app once it is connected.
- You can set up your daily goals for number of steps and calories burned.
- You can input your weight and height in the profile so that your calories burned will be more accurate.
- You can view your today's activity and history on the app.

**6 Install the APP**

What you need?  
Any smartphone device with iOS 13.0 / Android 7.0 or above

Scan this QR code with the camera of your phone to install the app.

Or, search "CoolFire PD" on App Store to install the APP.

**7 How to pair the pedometer with your smartphone?**

Press this front button once to start a connection. (Make sure the device is in range)

Tap this icon to make a connection. Follow prompts to pair the device. Close the App and start over if you have any problem pairing the device.

REMARK: Time and Calendar of your pedometer will be set by the app once connected.

**8 How to set your Goals?**

On the Settings page, tap the My Goals to start.

You will see a flashing goal icon when you hit your goal.

**9 How to set your Profiles?**

On the Settings page, tap the My Profile to start.

**10 Split Function**

To measure your steps, calories burned and distance for a specific activity, such as walking the dog, taking an evening stroll, or jogging, you can use the split function of the pedometer. The split function displays the data for your selected time period, making it easy to read.

To enter the split mode:  
Press and hold the front button until you see a flashing step icon with 0 step on the display. This means that the pedometer is ready to measure your steps for a specific activity. To view your split data, such as steps, calories, and distance, press the front button repeatedly.

To exit the split mode:  
Press and hold the front button until the step icon stops flashing and the total steps appear on the display.

**11 Wearing Options**

Wearing option: The way you wear the pedometer affects how accurately it counts your steps. For example, if you wear it on the front of your waistband, it may be bumped by your thigh when you climb up a hill, or your belly may hit the pedometer and cause noise that affects the accuracy. Please refer to the table below to choose the best wearing option for your activity.

**12 Battery replacement**

**FCC Warning Statement**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. The device has been evaluated to meet general RF exposure requirement.

**13 Maintenance**

To keep your pedometer in good condition, you need to take care of it properly. Here are some tips to help you maintain your pedometer:

- Clean it regularly: Use a soft cloth or tissue to wipe off any dirt or dust from the surface of the pedometer. Do not use water, alcohol, or any other liquid or solvent to clean the pedometer, as this may damage it.
- Store it in a dry place: Avoid exposing the pedometer to extreme temperatures, humidity, or direct sunlight. Do not leave the pedometer in your car, near a heater, or in a damp place. Store it in a cool and dry place when not in use.
- Handle it with care: Do not drop, hit, or shake the pedometer, as this may cause it to malfunction or break. Do not disassemble or modify the pedometer, as this may void your warranty. Keep the pedometer away from magnets, metal objects, or devices that emit strong electromagnetic fields, such as microwaves, TVs, or radios.

**14 Enjoy using our smart Pedometer!**

We hope that you enjoy using our pedometer, and that helps you achieve your fitness goals. Our pedometer is designed to measure your steps, calorie and distance accurately and conveniently. By using our pedometer regularly, you can track your progress, set your goals, and improve your health and well-being.

Thank you for choosing our product! We appreciate your feedback and support. If you have any questions or problems with your pedometer, please contact our customer service for assistance. We are always happy to help you.

Have fun and stay healthy!

The Coolfire Team!

**CoolFire Radiation Exposure Statement:**

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.
3. This equipment should be installed and operated with minimum distance 5m between the radiator and your body.