



Sportbrain Instructions

Tools needed: Sportbrain device, USB cable, and security strap

This device is **not waterproof** and **can not** be worn in the shower or while swimming.

In the morning when you get up, place the device on your waist band using the plastic clip on the back of the device. First try to position the Sportbrain in line with your knee. The Sportbrain should be straight up and down, not leaning forward or backward. If the device is not straight up and down try placing it toward your side or on the back of your waistband. The dietitian you are working with will demonstrate the proper position for you. Each Sportbrain pedometer also comes with a security strap. This clips onto both the Sportbrain and your waist band to secure the pedometer to your pants. Use this security strap at all times, without it the device is lost very easily.

Every morning after you first put on the Sportbrain, do a 20 step test to make sure that the device is recording your steps accurately. If your 20 steps are measured by the Sportbrain between 18 and 22 steps the device is positioned properly. If not, try to reposition the device and try the 20 step test again.

At the end of each day your total daily step-count will be displayed. Clear the numerical display by pressing the two buttons on either side of the step-count at the same time.

Please put the pedometer in a spot that will help you remember to wear it the next day.



Weekly data upload process for the Sportbrain

Tools needed: a computer that is connected to the internet, Sportbrain, and USB cable

User name: _____

Password: _____

Log onto www.sportbrain.com (if you will be using the same computer next time you may want to bookmark this website)

On the bottom left side of webpage you will see a heading called "Downloads". Click on "iSync". This will take you to the registration page. Click on the button labeled "Download iSync"

To agree to license agreement that will appear on screen, click on the "Yes" button at the bottom after "I have read and understand the terms and conditions". Click the button labeled "continue"

Connect pedometer to computer by connecting smaller end of the cable to the Sportbrain and the larger end of the cable to the computer USB port (often on the back of the computer hard drive).

After having software installed on your computer and after connection between the pedometer and computer the data will upload automatically. The computer screen will let you know that this process is underway and it will automatically connect you to the results page where you can see up-to-the-minute data on your step-counts.

If you will be using the same computer you will not need to load the Sportbrain software again. Once you log on to www.sportbrain.com and make the pedometer/computer connection with the USB cord your data will upload automatically.

The Sportbrain device will stop recording your step-counts if the memory gets full, so it is important to upload your Sportbrain on a regular basis.