

This is how to download data from a step counter (Omron Walking Style Pro) to the Firstbeat.net service



Search devices
Suunto Memory Belt Config Tool...
Options...
About...
Close program



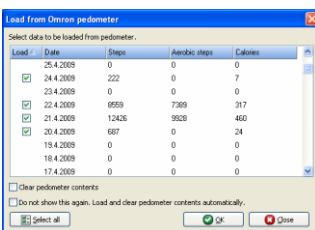
1. Make sure that you are connected to the internet. The Firstbeat Uploader program is found in the lower Windows task bar.
 - If you can't find it, start the Uploader by choosing 'Start' -> 'All programs' -> 'Firstbeat' -> 'Firstbeat Uploader'
 - If you have not installed the Uploader, log in to Firstbeat.net and choose 'Menu' -> 'My account information' -> 'Download Firstbeat Uploader'

2. Connect the step counter to the computer's USB port.

3. Click the Firstbeat Uploader icon in the Windows task bar with the right mouse button and choose 'Search devices'.



4. In the login window, write your Firstbeat.net user name and password and click OK (you don't need to be logged in to the service).



5. Choose the days from which you wish to download steps and click OK.



6. Firstbeat Uploader will tell you when the steps from the selected days have been downloaded to the server.



7. Next time when you log in to Firstbeat.net, the steps that you downloaded will be shown in your activity program.

ADDITIONAL INFORMATION:

- The Omron Walking Style Pro step counter allows you to store 40 days of step data.