

To get the best use of your TANITA AM180 Activity Monitor, please read the User Manual. You can find it at [www.tanita.eu/AM180](http://www.tanita.eu/AM180)

### Package Contents

AM-180 Activity Monitor

Slide clip

Anti-slip strap

Quick start guide (this manual)

Screwdriver

Test battery (coin lithium CR2032 x 1)

⬆ button: Past memory, 'Up' button

⊙ button: Display switch, 'Next' button

⬇ button: Past memory, 'Down' button

### Inserting the Battery

- (1) Loosen the battery cover screw on the back of the AM180 using the screwdriver (provided).
- (2) Gently pull the battery cover.
- (3) Insert the battery (CR2032) with (+) side facing up.  
[Return the inner ring to its original position if it comes loose.]
- (4) Replace the battery cover.
- (5) Tighten the battery cover screw firmly.

### Initial Setup

If you have compatible software, all your settings can be automatically transferred to the device. Compatible software can be found at [www.tanita.eu/AM180](http://www.tanita.eu/AM180)

Alternatively:

Use the 'UP' and 'DOWN' buttons to select your settings. Use the 'Next' button to confirm your setting:

1. Year
2. Month

3. Day
4. Hour
5. Minutes
6. Year you were born
7. Month you were born
8. Day you were born
9. Gender
10. Height
11. Weight
12. Body fat % (The displayed body fat (%) is estimated from your height and weight. If you do not exactly know your body fat (%), leave this setting as it is. If you do know your body fat %, adjust accordingly.)
13. Target number of steps

If you make a mistake with the settings, remove and re-insert the battery and repeat the procedure from the beginning.

### Use

For best results, we recommend wearing the Activity Monitor at chest level. This allows physical activity centering on the upper half of your body to be correctly measured. Example: In your shirt pocket

The Activity Monitor comes with a power save mode. If no buttons are operated for 30 seconds, the mode returns to the main mode. If no movement is detected for three minutes, the display switches off. The display is restored by detection of movement or pressing any button.

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