MEMO

TANITA®
Monitoring Your Health

Activity Monitor
AM-180C
User Manual

Including Warranty

Contents

Thank you for buying the Activity Monitor.
To ensure safe use of this Activity Monitor, be sure to read this User Manual before using.
After you have finished reading the User Manual, store it in a safe place for future reference.

THK - 2014 April(1)

About the AM-180C Activity Monitor

Thank you for using the Tanita AM-180C Activity Monitor.
To start using the Activity Monitor, please input your personal data.

Special features of Tanita AM-180C Activity Monitor include:

- **Number of steps walked and number of steps run are displayed individually.**
- **Daily data is automatically stored and can also be viewed on a computer via the USB connection.**
- **Set the target number of steps per day. The goal GOAL! feature will notify you 1,000 steps before you reach your goal.**
- **The memory function allows you to recall 14 days' worth of data.**
- **The amount of energy consumed in 24 hours by physical activity is displayed.**

For more product information and the latest news from Tanita, please visit www.tanita.asia.

General Operation Procedure

① Setup

Make the following settings:

●Date (year/month/day) ●Time (hours/minutes)
●Date of birth ●Gender ●Height ●Weight
●Body fat (%) ●Target number of steps

⇒p.10-19

② Wear the activity monitor

●Put it in your shirt pocket.
●Use slide clip to fix it in place.

⇒p.20-22

③ Perform measurement

⇒p.23-24

④ View measurement results

⇒p.26-33

Safety Precautions

⚠ WARNING	Instances that might result in serious injury
⚠ CAUTION	Instances where danger of injury or danger of physical damage to property is anticipated
PROHIBITED	Actions, etc. that must not be done
MUST OBSERVE	Details that must be observed
REQUEST	Details that must be observed to keep the product in an optimum working state
NOTE	Supplementary information that the customer should know when using and inspecting this product

⚠ WARNING

PROHIBITED

- **Keep batteries and this product out of the reach of babies and small children.**
- **Do not throw batteries into flames.**

⚠ CAUTION

MUST OBSERVE

- **Those not used to daily exercise, receiving medical treatment or recovering from an injury should consult a doctor or medical professional first.**

Handling, Storage & Daily Maintenance

■ Handling

PROHIBITED

- **Never disassemble this product. Doing so might cause it to malfunction.**
- **Do not subject the product to excessive impact or vibration. Doing so might cause it to malfunction.**

MUST OBSERVE

- **Do not put this product in your rear trouser pocket.**
- **This product is not waterproof. Do not use it in humid locations, locations subject to splashing with water or in the rain.**
- **Do not swing this product around by its strap.**
- **When this product is hung from your neck by its strap, take care to prevent the strap from being pulled or getting caught on surrounding objects.**

■ Storage

MUST OBSERVE

- **This product is not waterproof. Do not store it in humid locations or locations subject to splashing.**

■ Daily Maintenance

MUST OBSERVE

- **Do not clean this product with alcohol, hot water, paint thinner, or benzene.**

Checking the Package Contents

Make sure that the package contains everything below.

Activity Monitor

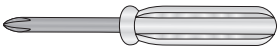
Accessories

Slide clip

Anti-slip strap

User's manual

Screwdriver

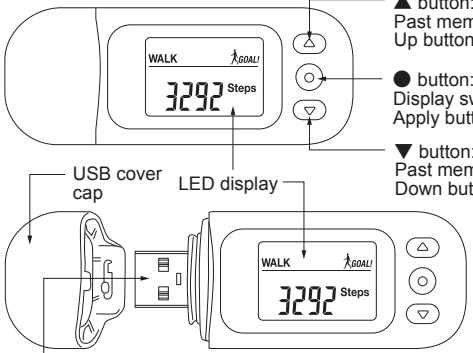


Test battery (coin lithium CR2032 x 1)

* The test battery may reach the end of its service life within six months.

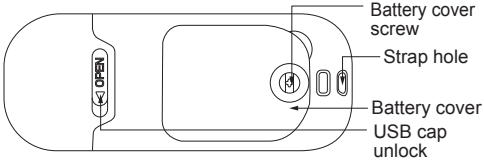
Names of Parts

〔Front〕

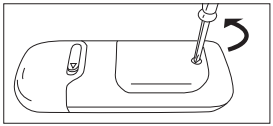


USB terminal: This is used to connect the Activity Monitor to a computer or special device. For details on connection method and precautions, refer to the User's Manual for the special software or special device.

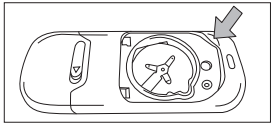
〔Rear〕



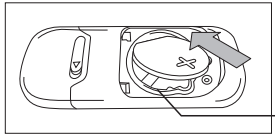
Inserting the Battery



①**Loosen the battery cover screw with the screwdriver (provided).**

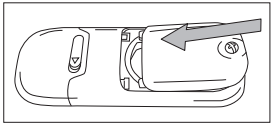


②**Remove the battery cover.**

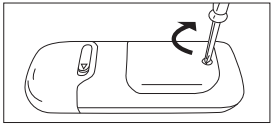


③**Insert the battery (CR2032) with its ⊕ side facing up.**

Return the inner ring to its original position if it comes loose.



④**Insert the battery cover in the direction marked by the arrow.**



⑤**Tighten the battery cover screw firmly.**

Next, perform the initial setup.

⇒p.10

Replacing the Battery

◆**After replacing the battery, perform the initial setup again. See page 10.**

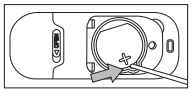
About the【Battery Mark】

Blinking	The battery has little power left. Replace soon with a new battery (CR2032).
Lo Lo indication	The battery has run out of power and measurement is no longer possible. Replace with a new battery (CR2032).

※The battery provided is a test battery, and so may have a short service life.
※The life of a new battery when used for 16 hours per day is about six months.

Before Replacing the Battery

◆Do not replace the battery between 23:55 pm and 00:05 am. Doing so may interfere with the data.
◆Measured values are applied and recorded to memory once every hour on the hour (e.g. 15:00). When the battery is replaced, the measurement data before measured values are applied is cleared, and measurement is resumed from the applied measured values.
◆Replace the battery before using in the morning, for example.
◆Note that past memory may be damaged if the wrong current year, date and time are set when the battery is replaced.



The battery can be removed easily by prizing the part shown in the figure with a fine-tipped object.

※For details on opening and closing the battery cover and inserting the battery, see page 8.

⚠ WARNING

PROHIBITED

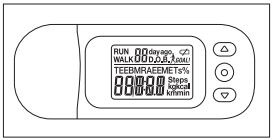
◆**Keep batteries out of the reach of babies and small children.**

Initial Setup

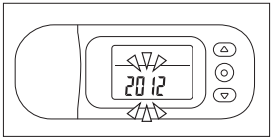
Set up is required only when you have just bought the Activity Monitor or have replaced the battery.

Setting the Current Year

Example: To set the year 2012

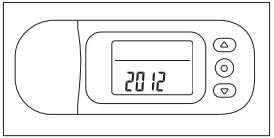


①**All items on the LCD screen will appear when the battery is inserted.**



②**" 2012" blinks. Press ▲ or ▼ to select the correct "year".**

Holding down these buttons fast feeds the year (setting range: 2011 to 2099)



③**Press the ● button to set the "year".**

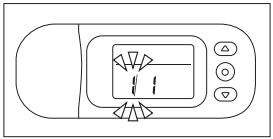
※Note that setting a very different year, date and time may interfere with past memory data.

Next, set the "current date".

The following setting is required only when you have just bought the Activity Monitor or have replaced the battery.

Setting the Current Date

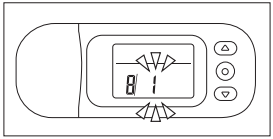
Example: To set August 31



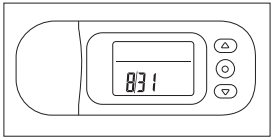
①**After setting the year, "month" blinks.**

②**Press ▲ or ▼ to select the correct "month".**

Holding down these buttons fast feeds the month.



③**Press the ● button to set the "month".**



④**Press ▲ or ▼ to select the correct "day".**

Holding down these buttons fast feeds the month.

⑤**Press the ● button to set the "day".**

※Note that setting a very different current year, date and time may interfere with past memory data.

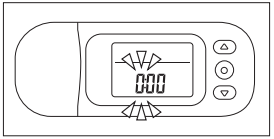
Next, set the "current time".

Initial Setup

The following setting is required only when you have just bought the Calorie Meter or have replaced the battery.

Setting the Current Time

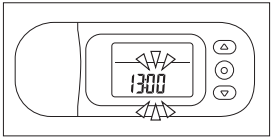
Example: To set 1:45 p.m. ※Time is displayed according to the 24-hour clock.



①**After setting the date, "hours" blinks.**

②**Press ▲ or ▼ to select the correct "hour".**

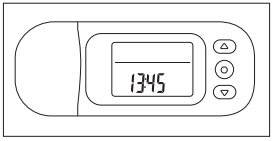
Holding down these buttons fast feeds the hour.



③**Press the ● button to apply the "hour".**

④**Press ▲ or ▼ to select the correct "minutes".**

Holding down these buttons fast feeds the hour.



⑤**Press the ● button to apply the "minutes".**

To select the correct time, press the ● button at the time signal.

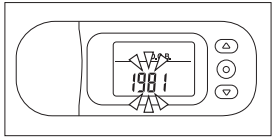
※Note that setting a very different current year, date and time may interfere with past memory data.

Next, set the "year of your date of birth".

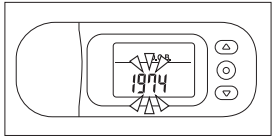
If you change the settings, please take the following steps (See page 34).

Setting Your Date of Birth

Example: To set your birth year to 1974

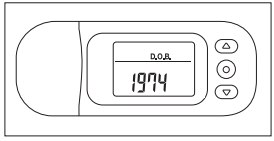


①**After setting the time, the "year of your birth" blinks.**



②**Press ▲ or ▼ to select the correct "year".**

Holding down these buttons fast feeds the year (setting range: 1900 to 2099).



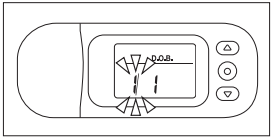
③**Press the ● button to apply the "year".**

Next, set the "date of your date of birth".

Initial Setup

Setting Your Date of Birth

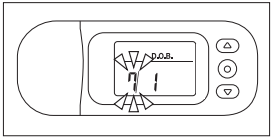
Example: To set your date of birth to July 4



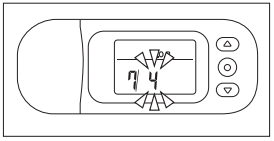
①After setting the year of your date of birth, the "month of your date of birth" blinks.

②**Press ▲ or ▼ to select the correct "month".**

Holding down these buttons fast feeds the month.



③**Press the ● button to set the "month".**



④**Press ▲ or ▼ to select the correct "day".**

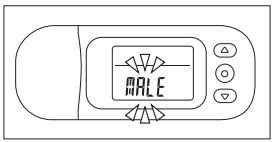
Holding down these buttons fast feeds the day.

⑤**Press the ● button to set the "day".**

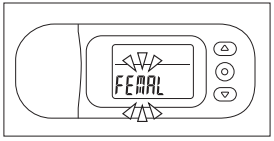
Next, set your "gender".

Setting Your Gender

Example: To set to female

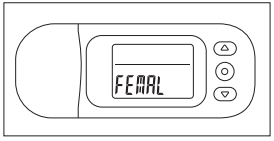


①**After setting the date of your date of birth, "MALE" blinks.**



②**Press ▲ or ▼ to select your "gender".**

Male: Select MALE.
Female: Select FEMAL.



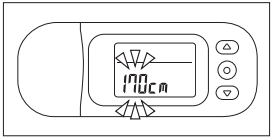
③**Press the ● button to set your "gender".**

Next, set your "height".

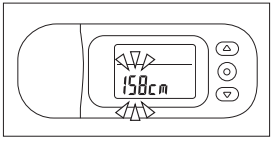
Initial Setup

Setting Your Height

Example: To set your height to 158 cm

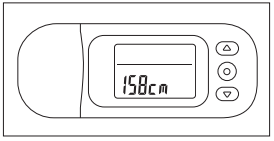


①**After setting your gender, your "height" blinks.**



②**Press ▲ or ▼ to select your "height".**

Holding down these buttons fast feeds the year (setting range: 90 cm to 240 cm).

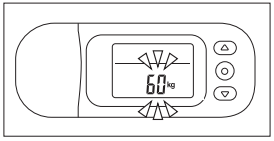


③**Press the ● button to set your "height".**

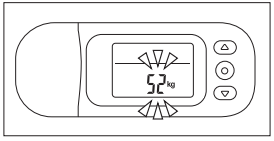
Next, set your "weight".

Setting Your Weight

Example: To set your weight to 52 kg

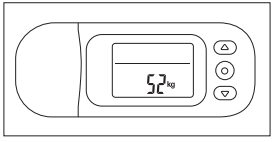


①**After setting your gender, your "weight" blinks.**



②**Press ▲ or ▼ to select your "weight".**

Holding down these buttons fast feeds the year (setting range: 20 kg to 200 kg).



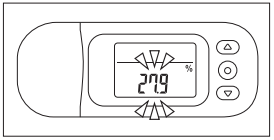
③**Press the ● button to set your "weight".**

Next, set your "body fat (%)".

Initial Setup

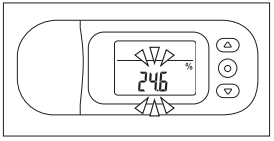
Setting Your Body Fat (%)

Example: To set your body fat (%) to 24.6%



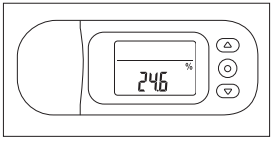
①**After setting your weight, your "body fat (%)" blinks.**

※The displayed body fat (%) is estimated from your height and weight. If you do not exactly know your body fat (%), please leave this setting as it is. From the second measurement onwards, the previous set value will be displayed and will not be recalculated.



②**Press ▲ or ▼ to select your "body fat (%)".**

Holding down these buttons fast feeds the year (setting range: 5.0% to 75.0%).

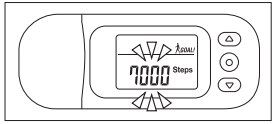


③**Press the ● button to set your "body fat (%)".**

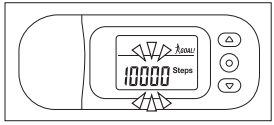
Next, set the "target number of steps".

Setting the Target Number of Steps

Example: To set the target to 10,000 steps

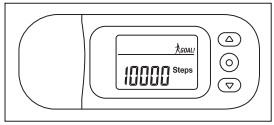


①**After setting your body fat (%), the "target number of daily steps" blinks.**



②**Press ▲ or ▼ to select the "target number of steps".**

Holding down these buttons fast feeds the target number of steps (setting range: 1000 to 59000, setting increment: 1000 steps).



③**Press the ● button to apply the "target number of steps".**

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

NOTE

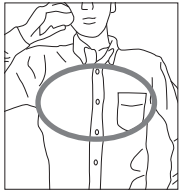
When number of steps has reached within 1,000 steps of the target number, the " GOAL! " mark will blink, and will light when the target number is reached.

※If the target number of steps is 1,000, until 999 steps the " GOAL! " mark will not be displayed, but will light when the 1,000 step target is reached.

This completes the initial setup.

Wearing the Calorie Meter

NOTE



※**We recommend wearing the Activity Monitor at chest level to ensure the most accurate physical activity monitoring.**
Example: In your chest pocket

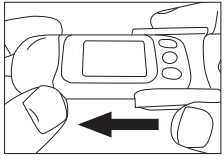
※The Activity Monitor can also be attacched to waist belts. However, in this case, activity centering on the upper half of your body sometimes may not be measured accurately.

Put it in your shirt pocket.

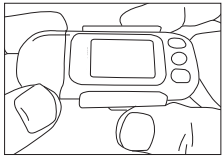
Use slide clip to fix it in place.

※Do not put the Activity Monitor in your trouser pocket. This will result in lower precision, and it might break and cause you injury.
※For details on how to attach and remove the slide clip, see page 21.
※Be sure to use the anti-slip strap. See page 22.

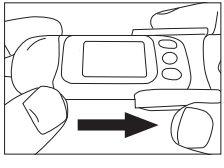
Attaching/Removing the Slide Clip



①**Align the side clip from the side of the Activity Monitor as shown in the figure on the left.**

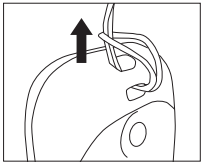


②**Push in the slide clip to the center of the Activity Monitor as shown in the figure on the left.**

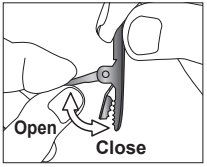


③**To remove, slide the slide clip as when you attached it but in the opposite direction.**

How to Use the Anti-slip Strap



Attaching the strap to the Activity Monitor



Opening/closing the clip

Performing Measurement

●Putting the Activity Monitor on and trying it out.

Put the Activity Monitor on and try it out. Data is calculated and saved automatically simply by wearing the Activity Monitor.

Measurement of Number of Steps

●**How the Activity Monitor calculates start of walking to prevent erroneous measurement.**

⇒If movement is stable for at least six seconds, this is assessed to be walking, and the measured values are displayed. Also, when movement is stopped temporarily, measured values are not added unless there is stable movement for at least six seconds again.

※Measured values other than "total number of steps", "number of walked steps", "number of run steps", "distance", and "time" that are calculated from walking activity are measured at all times since they are taken from the intensity of physical activity.

●**The number of walked steps and number of run steps are calculated from the walking state during the past six seconds. For this reason, the values for the number of walk and run steps are updated every six seconds.**

※The total amount of consumed energy increases even if the Activity Monitor does not detect movement. Even in a rested state without any physical activity, the human body is consuming energy.

※The Activity Monitor with a power save mode. If no buttons are operated for 30 seconds in the past mode, the mode returns to the main mode. Also, if no movement is detected for about three minutes, the display turns off. Display is restored by detection of movement or pressing of a button.

To Ensure accurate measurements

Accurate measurements may be affected by the following activities:

●Movement accompanied by vertical movement
- ●Going up or down stairs
- ●Going up or down steep slopes

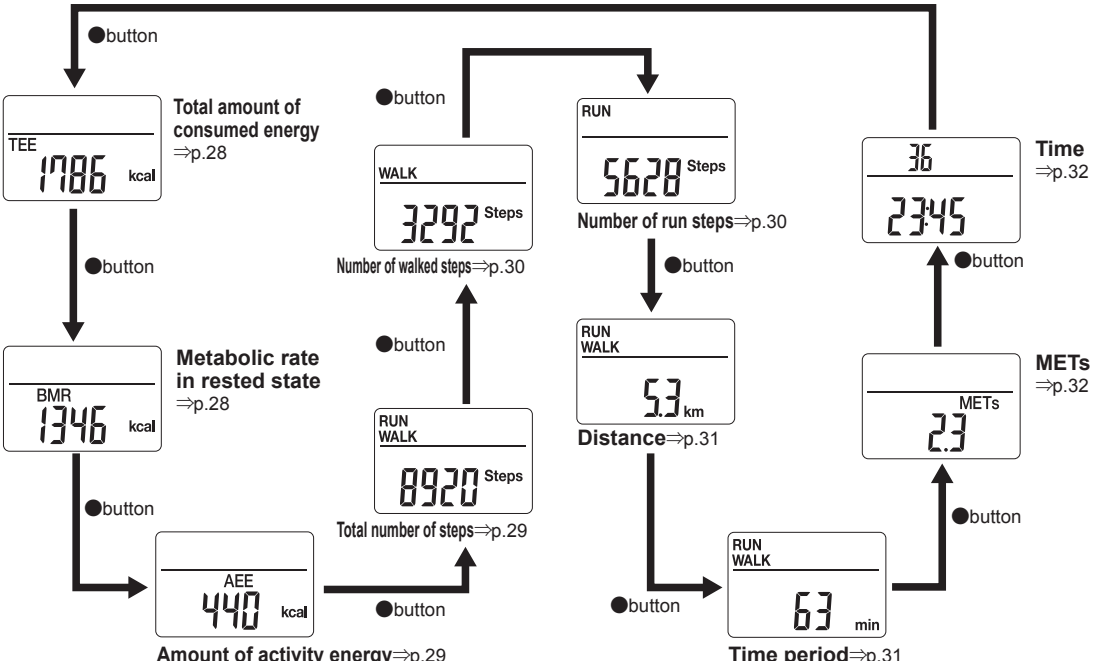
●Intense sports
- ●Sports characterized by sudden instantaneous movement

●Walking in an irregular manner
- ●Shuffle-like walking (on snowy paths, etc.)
- ●Walking while wearing sandals or similar footwear
- ●Disrupted pace when walking in crowded streets, etc.

●When the Calorie Meter moves in an irregular manner
- ●Irregular jumping movement
- ●When the location where the Activity Monitor is worn moves irregularly

●During setup

Viewing Measurement Results

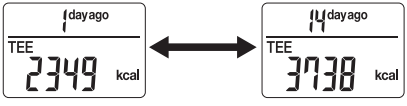


Display Screen

Total Amount of Consumed Energy

This is the amount of energy consumed since 00:00 a.m.
When a day has passed, this value becomes the total amount of consumed energy for one day (0 to 99999 kcal).
※The initial setting is the value so far since the initial setup.
※When the battery is replaced, the value recorded at 00 minutes before replacement and the value since battery replacement are to become the total amount of consumed energy.

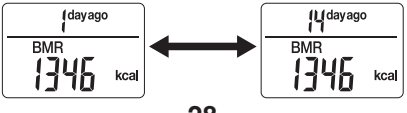
・Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).



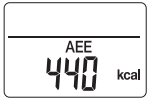
Metabolic Rate in Rested State

The display is fixed at the calories consumed in a single day spent in a rested state. This numerical value changes when any of age, height, weight, and body fat (%) is changed.

・Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).

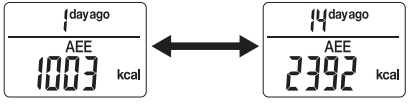


Amount of Activity Energy



This is the number of calories consumed by physical activity so far since 00:00 a.m. today.
"Physical activity" refers to all actions that result in more calories than in a rested state being consumed (0 to 99999 kcal).
This value also includes calories consumed by walking and running.

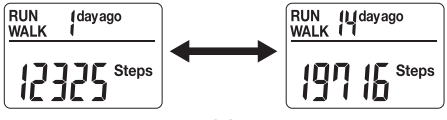
・Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).



Total Number of Steps

This is the total number of walked and run steps (0 to 99999 steps)

・Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).

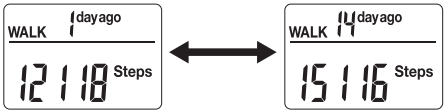


Display Screen

Number of Walked Steps

This is the number of regular walked steps (0 to 99999 steps).
※The number of walked steps is assessed and displayed every six seconds.

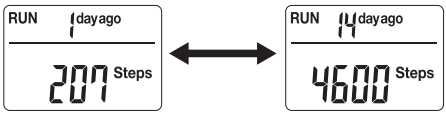
• Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).



Number of Run Steps

This is the number of run steps, for example, in jogging (0 to 99999 steps).
※The number of run steps is assessed and displayed every six seconds.

• Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).

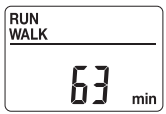


Distance

This is the distance moved by walking and running.
This is calculated by your pace estimated from your height (0 to 9999.9 km).

• Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).

Time Period

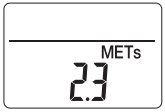


This is the total of the walk and run times (0 to 1440 minutes).

• Past data can be viewed by pressing the ▲ or ▼ button (1 day ago to 14 days ago).

Display Screen

METs



This unit indicates the intensity of physical activity. A seated and relaxed state is taken as 1 MET, and the intensity of physical activity is indicated as an equivalent number of times of this state. Generally, regular walking is 3 METs. That is, activity intensity is about three times that of a seated and relaxed state (1-18.0 METs.)

※This is calculated from the amount of activity during the past minute. So, check this as you please. After physical activity has stopped for a while, this amount returns to 1 MET.

※MET indicates the intensity of physical activity at the current moment in time, and so there is no past data.

Time

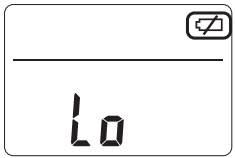
The current time is displayed.
The number in the upper row indicates seconds.

※There is no past data.

Timers

Blinks when 1,000 steps before the "target number of steps" is reached. Lights when the target is reached.
See page 19.

Blinks when there is little battery power left.
See page 9.

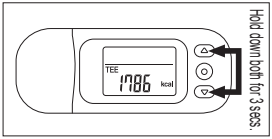


When there is no more battery power left, the battery mark lights and "Lo" is displayed. In this state, all measurements are stopped.
See page 9.

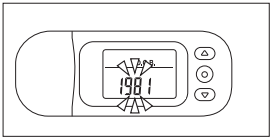
Changing Settings (Modifying Personal Data)

The following items can be changed.

●Date of birth ●Gender ●Height ●Weight ●Body fat (%) ●Target number of steps



①**Hold down both the ▲ and ▼ buttons for at least three seconds.**



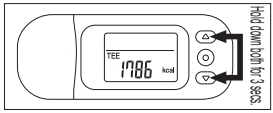
②The display changes to the screen for selecting your date of birth on page 13 "Initial Setup".

③**Refer to descriptions for this screen onwards on page 13 and change the respective values.**

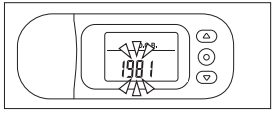
※The current year, date and time cannot be changed. Note, however, that when you have just bought the Activity Monitor or changed the battery, the current year, date and time can be set so that the Activity Monitor can be used right away. To correct a difference in the time, remove the battery and perform the same procedure as in battery replacement again

Resetting the System (Returning to Factory Settings)

To reset all settings and measured values in memory to "0" (zero), perform a system reset.

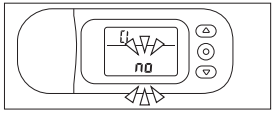


①**Hold down both the ▲ and ▼ buttons for at least three seconds.**



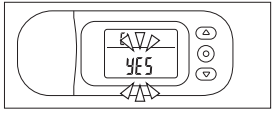
②The display changes to the screen for selecting your date of birth on page 13 "Initial Setup".

③**Hold down both the ▲ and ▼ buttons for at least five seconds.**



④**" CL no " is displayed as shown in the figure on the left.**

※To cancel the system reset, press the ● button at this step.



⑤**Press the ▲ or ▼ button to display " CL YES ".**

⑥**Press the ● button. For about ten seconds, all items are displayed on the full-screen and all data is cleared.**

※When a system reset is performed, all measurement data for the past year and settings are cleared.

※After a system reset, the display changes to the initial setup screen. Make the initial setup referring to page 10.

Specifications

Detection method		3-axis acceleration sensor
Display method		LCD display
Settings	**Date/time**	Year / month / day / time
	Age	6 to 99 years old (entered at date of birth)
	Gender	Male / female
	Height	90 cm to 240 cm (1 cm increments)
	Weight	20 kg to 200 kg (1 kg increments)
	Body fat (%)	5.0% to 75.0% (0.1% increments)
	Target number of steps	1000 to 59000 steps
Display details	**Total amount of consumed energy**	Min.: 1 kcal Max.: 99999 kcal
	Metabolic rate in rested state	Min.: 1 kcal Max.: 99999 kcal
	Amount of activity energy	Min.: 1 kcal Max.: 99999 kcal
	Total number of steps	Min.: 1 step Max.: 99999 steps※
	Number of walked steps	Min.: 1 step Max.: 99999 steps※
	Number of run steps	Min.: 1 step Max.: 99999 steps※
	Distance	Min.: 0.1 km Max.: 9999.9 km
	Time period	Min.: 1 mins Max.: 1440 mins
	METs	Min.: 1.0 MET Max.: 18.0 METs

※Even if the total number of walk and run steps exceeds 99,999 steps, the display stays at the maximum total number of 99,999 steps. When 99,999 steps are exceeded, the display stops, although the number of steps continues to be measured and recorded.

Specifications

Display details	**Time**	24-hour clock
	Date	2011 to 2099
	Display memory	14 days (excluding METs)
	Internal memory	1 year
Number of steps precision		±5% (by vibration tester)
Clock precision		Average monthly error ±30 seconds (at air temperature of 5°C to 35°C)
Power supply		3.0 VDC (coin type lithium battery CR2032 x 1)
Battery service life		Approx. 6 months (when operated approx. 16 hours/day)
Operating temperature		0 to +40°C
Body dimensions		14.5 (D) x 76.5 (W) x 30 mm (H)
Body weight		Approx. 28 g (including battery)
Main materials		Body: ABS Lens: PMMA
Accessories		Test battery (CR2032 x 1), screwdriver, slide clip, anti-slip strap
Manufacturing origin		China

Troubleshooting

mark flashes.	The battery is running low. Replace with a new battery (CR2032). We recommend replacing within three days. See pages 8 and 9 of this manual.
Lo indication appears.	The battery has run out of power, and measurement is no longer possible. Replace with a new battery (CR2032). See pages 8 and 9 of this manual.
No display even though the battery is inserted	Is the battery inserted correctly? Check the ⊕ and ⊖ polarities of the battery. See pages 8 and 9 of this manual.
	The battery is running low. Replace with a new battery (CR2032) soon. See pages 8 and 9 of this manual.
Low/high	Check "Wearing the Activity Monitor, "Performing Measurement" and "To Ensure Correct Use". See pages 21 to 25 of this manual
	Are the settings correct? Check the settings. See pages 10 to 20 of this manual.
	Recording is sometimes affected by when the battery is replaced. See page 9 of this manual.
Err01 Err02 mark appears.	Remove and insert the battery again. See pages 8 and 9 of this manual. If past memory is damaged after this, perform a system reset. See page 35 of this manual.

MEMO