



**STEP 1: GETTING FAMILIAR WITH THE BASIC VERSION HYDRATION MONITOR**

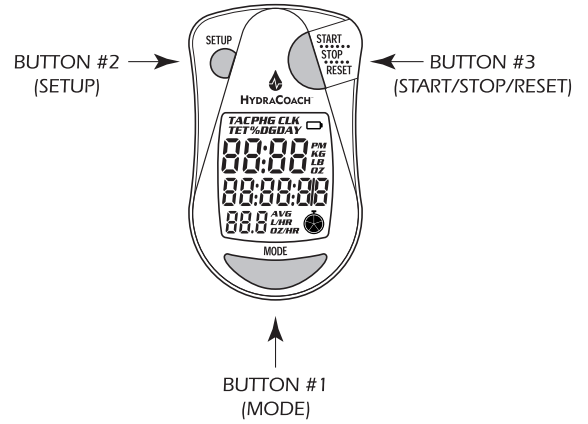


**Main Display**

- A Function Abbreviations (TAC, TET, PHG, %DG, CLK, DAY)
- B Upper Line Display
- C Lower Line Display
- D Tertiary Line Display
- E Tertiary Line Function/Unit Abbreviations (AVG, L/HR, OZ/HR)
- F Upper/Lower Line Unit Abbreviations (PM, KG, LB, L, OZ)

- TAC** TOTAL AMOUNT CONSUMED
- TET** TOTAL ELAPSED TIME
- PHG** PERSONAL HYDRATION GOAL
- %DG** PERCENT OF DAILY GOAL
- CLK** CLOCK
- DAY** DATE
- AVG** AVERAGE CONSUMPTION
- L/HR** LITERS PER HOUR
- OZ/HR** OUNCES PER HOUR

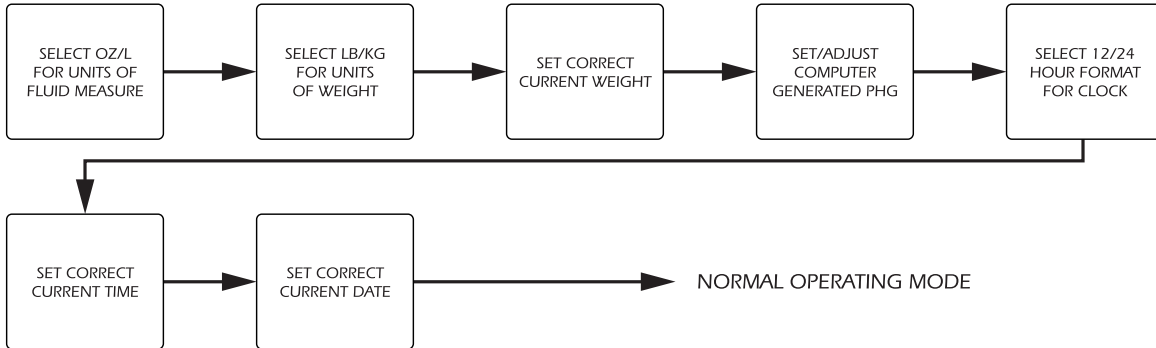
- PM** PM TIME DESIGNATION
- LB** POUNDS
- KG** KILOGRAMS
- L** LITERS
- OZ** OUNCES



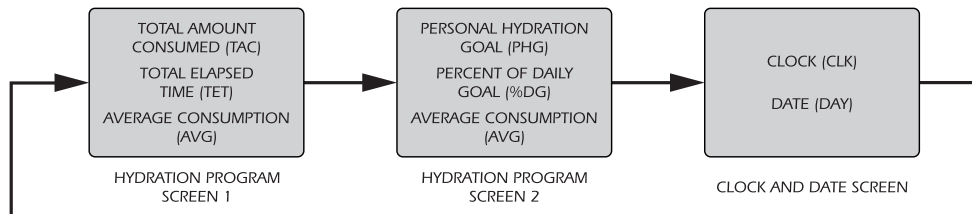
**STEP 2: CUSTOMIZING THE UNIT (INITIAL SETUP MODE OVERVIEW)**

The INITIAL SETUP MODE may be accessed in two ways: A) After a battery insertion (unit will display factory defaults), or B) When Buttons #2 (SETUP) and #3 (START/STOP/RESET) are pressed and held simultaneously for 2 seconds (unit will display user presets).

Button #1 toggles through units and advances digits. Hold down for fast advance.  
Button #2 sets units or digits and advances to the next item or screen.




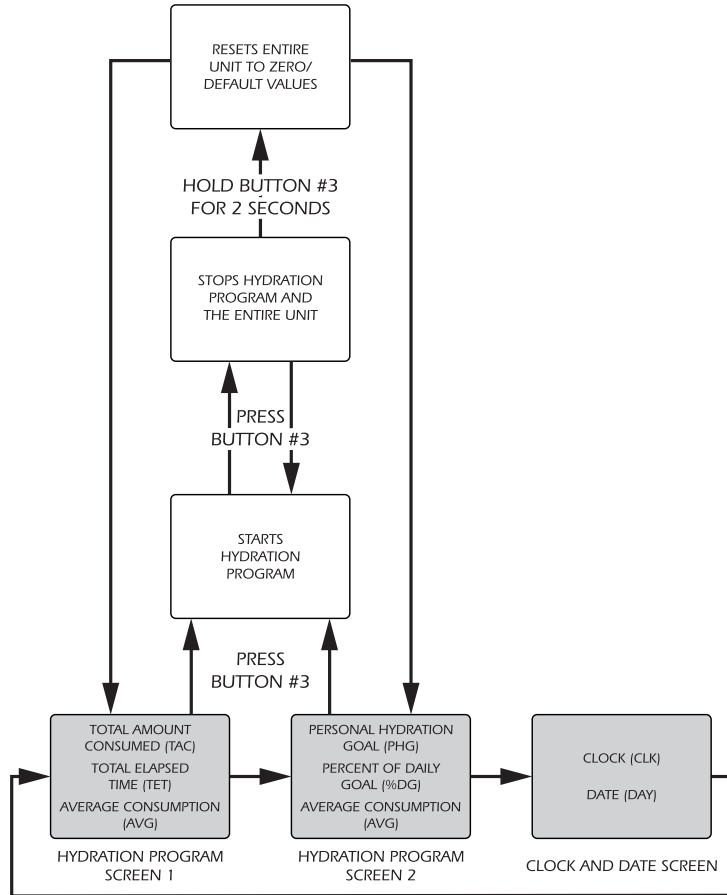
**STEP 3: NAVIGATING THE UNIT (NORMAL OPERATING MODE SCREEN OVERVIEW)**



Press Button #1 (MODE) to cycle through the NORMAL OPERATING MODE function screens.

## STEP 4: OPERATING THE UNIT (NORMAL OPERATING MODE OVERVIEW)

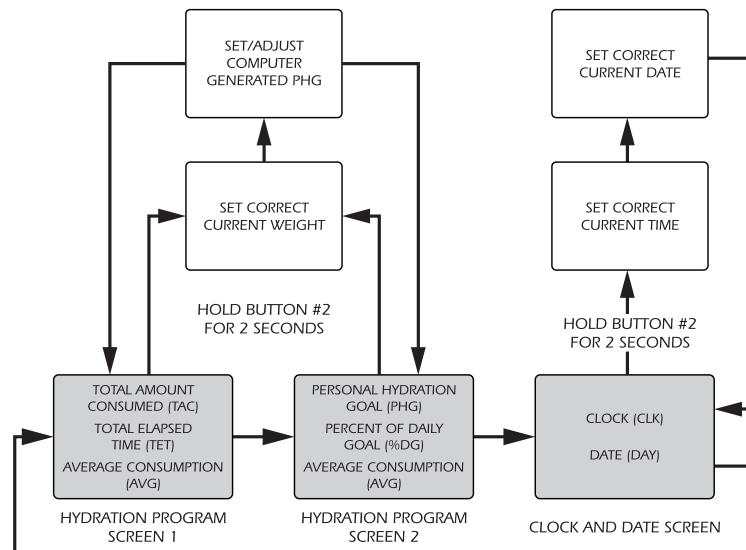
The unit's status will show on all NORMAL OPERATING MODE function screens. The STOPWATCH ICON (  ) will appear and run when the hydration program is active.



Press Button #1 (MODE) to cycle through the NORMAL OPERATING MODE function screens.

## STEP 5: ADJUSTING THE UNIT (NORMAL OPERATING SETUP MODE OVERVIEW)

Changes to the unit's primary settings may be quickly made from within specific NORMAL OPERATING MODE screens. Once these NORMAL OPERATING SETUP MODES have been accessed, settings are manipulated just as in the INITIAL SETUP MODE.



Press Button #1 (MODE) to cycle through the NORMAL OPERATING MODE function screens.