

How to Use the GPS Unit

TODAY:

Before using the unit, it is important to let it pick up and hold the signal from special satellites overhead. By following these steps today, you will know that the unit is doing its job accurately all week.

1. Take the unit out of the envelope and take it to a windowsill or other place in your home that has a good view of the sky. If there isn't anywhere inside like this, take the meter outside to somewhere near your home (like a yard, sidewalk or driveway in front of your home).
2. Push the big grey circular power button and hold it for 3 seconds, until all the lights flash quickly.
3. Release the grey button. Both the top green and bottom red lights should be on. (If not, press and hold the grey button again.)
4. When the unit is on, it has to stay in the same place until the top green light starts flashing (for at least 5 whole minutes)
5. When time is up and the green light is flashing, take the unit for a short walk (around your block, complex, or down the street). Make sure the green light flashes while you are walking. It's ok if it stops sometimes, as long as it starts again.
6. When you get back, the unit is all ready to go! From now on, you shouldn't have to push any more buttons until your week is over.
7. Right after you set the unit up, start charging it in an outlet that you see in the morning (like in your bedroom). Leave it on and don't forget to take it with you tomorrow!

FOR THE NEXT 7 DAYS:

1. Every morning, unplug the unit from its charger and make sure it is *on* (red light is on)
 - a. If the unit is *off*, hold the big button until all the lights flash.
 - b. If the green light is not flashing, that's ok. It will start flashing once you are outdoors.
2. Take the unit with you wherever you go! Don't forget to wear or carry it for seven *whole* days (except when swimming, showering or playing rough contact sports).
 - a. You can clip the unit to your clothing or movement meter belt, or carry it in your pocket, backpack or purse.
 - b. Don't let it get wet or bumped hard.
3. Every night before you go to bed, plug it back in its charger
 - a. Please leave it *on* while charging
4. Before you go to sleep, be sure your green Meter and GPS log is filled out for the day!

Information about the GPS Unit

How does the unit work?

GPS stands for Global Positioning System. This system uses satellites in space to find and record locations on Earth. Every 30 seconds, it records and stores the time, date and location in its memory. It does not transmit this information to us – we will only see where you have been once we get it back.

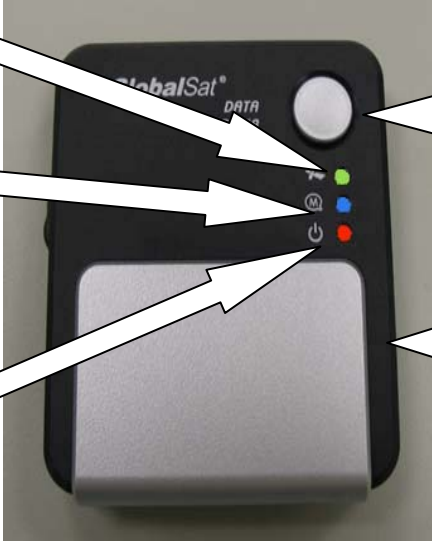
Why do I have to set it up on the first day?

When the unit travels a long distance (like from our California office to your home), it takes a bit of time to readjust to its new location. It is important to keep it still at your home for a while so it can “find” the right satellite signals.

How can I tell if it's working? What if I notice that the lights are off?

If the green light is flashing, then it is working just fine. If you find that the green light stays solid for a long time, even though the red light is on, please call us! It needs to be reset. If you find that the lights are off, just hold the power button until the red and green lights turn on.

What do the buttons, lights and switches mean?



Green GPS Signal Light (Top):
If flashing: Unit is picking up signal
If steady on: Unit is looking for a signal, and it will find one soon

Blue Memory Light (Middle):
If blue light goes on, call us ASAP
You're almost out of memory!

Battery Light (Bottom):
If red: Battery is ok
If flashing: Battery is low
Charge the unit ASAP!
If yellow: Battery is charging

Power Button:
If unit turns off, press and hold until green and red lights turn on.

Mode Switch (on side):
We programmed this switch not to work, so don't worry if you change this.

What if the battery dies? Will it erase everything?

If the battery dies, the unit will not erase the data that it has already collected. It just won't be able to collect new data. So, make sure you keep it well-charged by putting it on the charger every night before you go to bed.

How do I recharge it?

Just plug the unit into its charger, and plug the charger into an outlet. Don't forget to keep the unit *on* while charging!

What if I have more questions?

Call or email us at 1-877-440-4-TEAN, or teanstudy@projects.sdsu.edu. Please leave a message if you reach the voice mail, and someone will return your call.