

Instructions for the CBR

Walking with the CBR*

1. Turn on the calculator. Press **ON** (bottom left key).
2. Press the program key, **PRGM** (middle key in the third row).
3. **EXEC and 1: Ranger** are highlighted. Press **ENTER** (bottom right key).
4. **prgm Ranger** is on the screen. Press **ENTER**.
5. **Texas Instruments** is on the screen. Press **ENTER**.
6. Press **2** to Set Defaults.
7. **Main Menu Start Now** is on the top of the screen. Press **ENTER**.
8. **Point CBR at target** is on the top of the screen. Press **ENTER**.
9. Begin walking.
10. Study **graph** that appears on the calculator screen.
11. To repeat the process, press **ENTER**.
12. Press **3** to repeat the sample.
13. Press **5** to quit when you are finished,
14. To turn calculator off, press **2nd** (yellow key) and then press **ON**.



- * The CBR, a Calculator Based Ranger, is used with a graphing calculator to collect, view, and analyze motion data.