WATKINS WELLNESS™

INSTRUCTIONS

How to format USB Flash Dive on a Windows 10 PC

Preparing the USB Flash Drive:

- Most USB Flash Drives are compatible with the control box, though there are rare exceptions.
- In almost all cases the USB Flash Drive format is the reason for incompatibility. Always use a 2.0 USB Flash Drive ≤ 8GB Storage and format to FAT32 file format.
- We recommend that a new USB Flash Drive be obtained exclusively for this process.

STEP 1:

- 1. Insert the USB Flash Drive into one of the available ports on the PC.
- 2. Select This PC icon from the taskbar at the bottom of the screen. See Figure 1A
- 3. If the **This PC** icon is not on the taskbar, click on **Windows Icon** on the bottom left of the screen and locate the icon in the **Start Window.** See **Figure 1A**
- 4. If This PC icon is not present on the Start Window, search for the icon by typing This PC on the search bar. See Figure 1B
- 5. Select This PC icon. See Figure 1B



STEP 2:

1. Under the "Devices and drivers" section, right-click the USB drive and select the **Format** option.

WARNING: Format will delete all data on the USB drive, make sure to backup any important files before proceeding with this step.





How to format USB Flash Dive on a Windows 10 PC Cont.

STEP 3:

- 1. Use the "File system" drop-down menu and select the FAT32 (Default).
- Under the "Format options" section, select the Quick format option.
 Note: If the "Quick Format" option is not checked, the format process can take a long time depending on the size of the drive.
- 3. Select Start to initiate the process. See Figure 3.

STEP 4:

- Select **OK** to continue with the format process, it should take approximate 5-10 Seconds to complete. See **Figure 4A**
- 2. When the format is completed select OK. See Figure 4B
- 3. Select **Close** to close the "Format USB Drive" window.



Start

FIGURE 3

Close

Format USB Drive (E:)

Capacity: 7.49 GB

File system FAT32 (Default)

4096 bytes

Volume label

Format options

Allocation unit size

Restore device defaults

X

V



FIGURE 4B



FIGURE 5

1 To proper

STEP 5:

- 1. To properly remove the flash drive, right-click on the Drive and select **Eject**. See **Figure 5**
- 2. You will see a message pop up in the lower right-hand corner "Safe To Remove Hardware." Remove the flash drive from your computer.