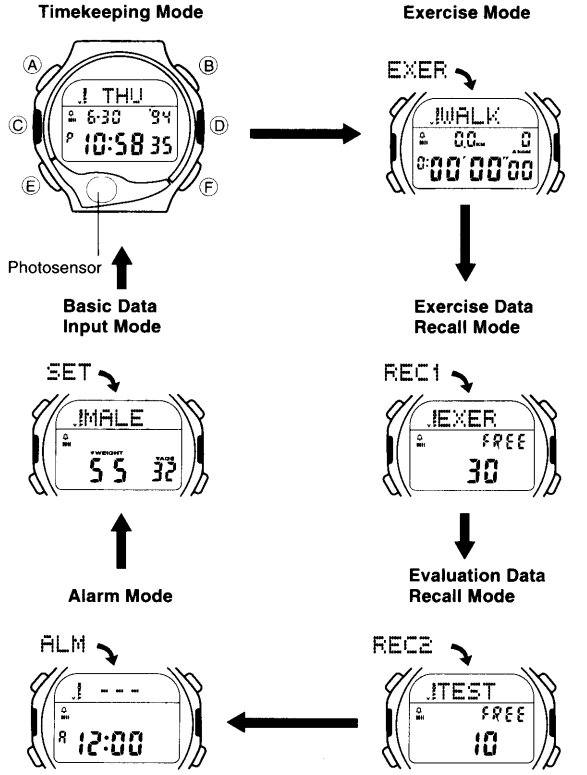
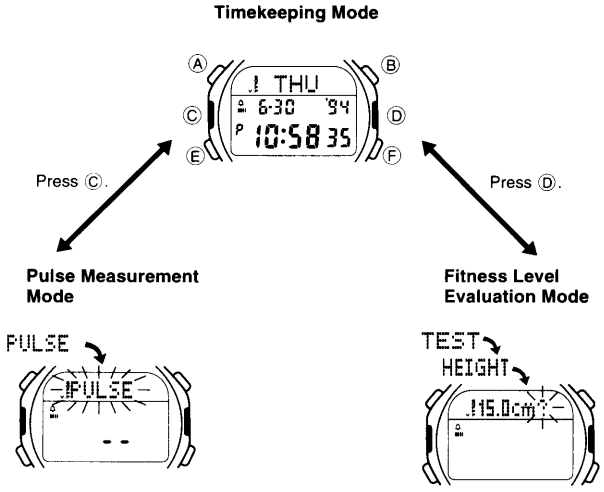
OPERATION CHART:MODULE QW-951

1 GENERAL GUIDE

• Press Ⓔ to change from mode to mode. After you perform an operation in any mode, pressing Ⓔ returns to the Timekeeping Mode.



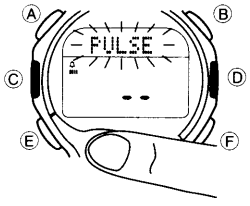
• This watch measures pulse and evaluates fitness level. Use Ⓒ and Ⓓ to switch between the two measurement modes. Note that you cannot enter one measurement mode from the other measurement mode. You can, however, enter either of the measurement modes from any other (non-measurement) mode.



2 PULSE MEASUREMENT FUNCTION

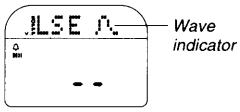
After you place your finger on the photosensor, the watch measures your pulse and displays a per-minute rate.

2-1 Measuring your pulse

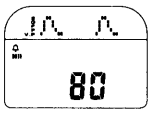


1. Press Ⓒ to enter the Pulse Measurement Mode.
2. Place your finger lightly onto the photosensor.

Important!
Try not to move your finger during this measurement!



• While the measurement is in progress, a simulated wave indicator scrolls from right to left on the upper display.

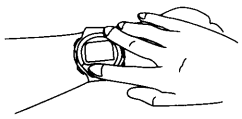


• Approximately six seconds after the simulated wave indicator appears, a value appears in the lower display indicating your per-minute pulse rate.

• If you keep your finger on the photosensor after a pulse value appears, the watch continues to measure your pulse. The displayed value is updated every few seconds.

3. When you want to end the measurement operation, press Ⓒ to return to the mode you were in before entering the Pulse Measurement Mode.

Notes



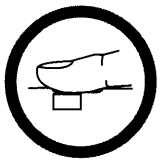
• Place your finger onto the photosensor as shown in the illustration.
• If you have problem getting a value to appear, press Ⓒ to stop the measurement procedures and consult the section of this manual titled, "2-2 Tips on Taking Pulse Measurements".

• If you do not perform any button operation for a few minutes, the watch automatically returns to the mode you were in before entering the Pulse Measurement Mode.

2-2 Tips on Taking Pulse Measurements

Use the following techniques to ensure correct pulse measurements every time.
• Do not change the pressure of your finger on the photosensor.
• Do not move your finger on the photosensor.
• Once you start the measurement procedure, place your finger on the photosensor as soon as possible.
• During measurements, keep still and do not talk.
• Warm up your finger before taking measurements.
• Avoid bright light when taking measurements.
• Remove rings or any other items that might restrict normal blood flow.

Correct



• Place your finger so that the photosensor is covered by the pads of the finger, not the fingertip. If your fingernail turns white, it means you are pressing too hard. Try pressing down a bit with your finger first, and then make adjustments as you view the display of the watch to see if measurements are being taken.

Incorrect

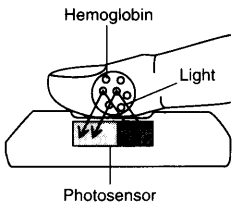


Finger too upright | Finger not covering photosensor completely | Finger too far forward on photosensor

• The following factors may make it difficult or even impossible to achieve good pulse readings with this watch.
Severe arrhythmia causes an unstable pulse, which cannot be measured accurately.
Arteriosclerosis or other circulatory problems can cause poor blood circulation at the fingertips.
Thick fingertip skin can inhibit light from penetrating the skin (see "2-3 About the photosensor").

2-3 About the photosensor

The pulse measurement system of this watch employs a highly sensitive photosensor that detects how much infrared light is absorbed by hemoglobin in the blood as it passes through the capillaries at your fingertip. Changes in the relative infrared light intensity detected by the photosensor are converted into pulse values.



① A light emitting diode outputs infrared light.
② The photosensor detects changes in how much of the infrared light is reflected and how much passes through the finger.

- The above process requires that your finger is placed on the photosensor correctly and that certain measurement conditions are met. Otherwise, correct measurements may be impossible. For details on the required measurement conditions, see "2-2 Tips on Taking Pulse Measurements".

3 FITNESS LEVEL EVALUATION FUNCTION

The Fitness Level Evaluation Function rates your current fitness level on a 5-step scale ranging from Excellent to Very Poor. You can store up to 10 sets of data in memory.

Important!

Before using the Fitness Level Evaluation Function, be sure to use the procedures described under "3-1 About basic data" to input the basic data for the person whose fitness level will be evaluated. You should also use the procedure under "To specify the step height" to input the necessary data about the height of the step you will be using for the step exercise (see "3-4 Evaluating your fitness level").

3-1 About basic data

The term *basic data* refers to information about your current weight, age, sex, jogging stride, and walking stride. The watch needs this data in order to evaluate your current level of physical fitness and for the Exercise Functions (see "4 Exercise Functions").

- Be sure to update basic data values whenever the person using the watch changes.
- For information on inputting basic data, see "To input basic data".
- Before you are using the step exercise (see "3-4 Evaluating your fitness level"), be sure to use the procedure under "To specify the step height" to input the necessary data about the height of the step. For best results, the step should be about 15 cm high.
- This watch is preset at the factory to use the metric system (cm, kg, km) for basic data. You can change the units to the British system (inch, lb, mile) using the procedure described under "3-2 Changing the display units".

Weight
You can set your current weight value in increments of 1 kg (or 2 lb), in the range of 40 kg to 159 kg (or 90 lb to 350 lb). Those lighter than 40 kg (or 90 lb) should use the minimum setting, while those heavier than 159 kg (or 350 lb) should use the maximum setting.

Age
You can set the age value in 1-year increments, in the range of 13 to 89 years. Those younger than 13 years old should use the minimum setting, while those older than 89 should use the maximum setting.

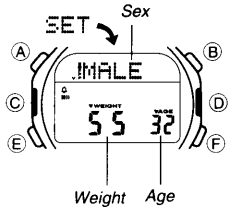
Sex
Set this item to male (MALE) or female (FEMALE).

Jogging and Walking Strides
You can set jogging and walking stride values in increments of 1 cm (1 inch), in the range of 40 cm to 190 cm (or 16 inches to 76 inches). The following examples illustrate how you can calculate values for these settings.
Examples:

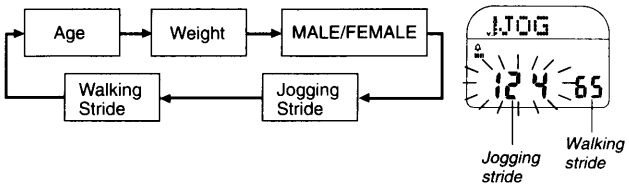
- 239 steps required to jog around a 300-meter track.
  300 (meters) ÷ 239 (steps) = 1.255 (approximately 126 cm)
- 32 steps required to walk the length of a tennis court (23.77 meters).
  23.77 (meters) ÷ 32 (steps) = 0.743 (approximately 74 cm)

To input basic data

Note that you cannot input your basic data while an exercise function is already in progress, or while a calculated value of an exercise function is displayed. To input basic data, clear the Exercise Mode display to all zeros (see "4-2 Using the Exercise Functions").



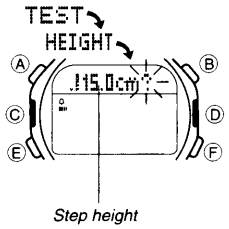
1. Use Ⓔ to enter the Basic Data Input Mode.
   - To enter the Basic Data Input Mode from the Timekeeping Mode, press Ⓔ five times.
   - When you enter the Basic Data Input Mode, the message "SET" first appears on the display. After a short while, the display changes to show the current basic data.
2. Hold down Ⓐ until the age value starts to flash on the display. The digits flash because they are *selected*.
3. Press Ⓔ to change the selection in the following sequence.



4. While any item (Age, Weight, Jogging Stride, Walking Stride) is selected (flashing), press Ⓕ to increase the value or Ⓑ to decrease it. While the Male/Female setting is selected (flashing), press Ⓕ or Ⓑ to switch between male (MALE) and female (FEMALE).
   - Holding down either button changes the current selection at high speed.
5. After you input your basic data, press Ⓐ to return to the Basic Data Input Mode.
6. Press Ⓔ to return to the Timekeeping Mode.

To specify the step height

Use the following procedure to specify the height of the step you will be using for the step exercise.



1. Press Ⓓ to enter the Fitness Level Evaluation Mode.
   - When you enter the Fitness Level Evaluation Mode, the upper display first shows the message "TEST," which is soon replaced by "HEIGHT," and then the currently set step height.
2. Measure the height of the step you will use and input a value. Press Ⓕ to increase the displayed height by 0.5cm or Ⓑ to decrease it. Holding down either button changes the setting at high speed.

- If you have the units set to the British system (inch, lb, mile), the above operation changes the height in increments of 0.2 inches.
- You can set the step height within a range of 13 to 20 centimeters (5 to 8 inches).

3. After you set the step height, press Ⓓ to return to the mode you were in before entering the Fitness Level Evaluation Mode.
   - If you do not perform any button operation for about four seconds after the current step height value appears on the display, the watch automatically starts the evaluation operation, which is indicated by the message "PULSE" flashing in the upper display. If this happens, press Ⓓ to exit the Fitness Level Evaluation Mode and start the above procedures from step 1 again.

3-2 Changing the display units

This watch lets you choose between the display units shown in the following table.

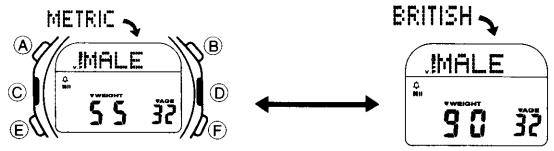
Item	Metric Units	British Units
Walking Stride	cm (centimeters)	inch (inches)
Jogging Stride	cm (centimeters)	inch (inches)
Weight	kg (kilograms)	lb (pounds)
Distance	km (kilometers)	mile (miles)
Step Height	cm (centimeters)	inch (inches)

- You can select between the entire set of metric units or British units. You cannot choose for each individual item.
- The factory default setting when you purchase this watch is metric units.
- Whenever you change the display units, the default settings for the walking stride, jogging stride, weight, and step height automatically change to their minimum values. Also note that results already stored in memory do not change when you change the display unit setting. The new setting is applied to the next evaluation you perform.
- For details on the "Distance" item, see "4 Exercise Functions".

To change the display units

1. Use Ⓔ to enter the Basic Data Input Mode.
2. Hold down Ⓑ and Ⓕ for a few seconds to switch the display units.

- The display units switch each time you hold down Ⓑ and Ⓕ. When you change to the British system (inch, lb, mile), the message "BRITISH" appears on the display for a short while, followed by the current basic unit settings. Changing to the metric system (cm, km, kg) causes the message "METRIC" to appear.



[Metric Units] [British Units]

3. Press Ⓔ to return to the Timekeeping Mode.

3-3 Before evaluating your fitness level

This section contains information that helps to make sure that your fitness level evaluations go smoothly.

How the watch evaluates your fitness level

This watch uses the basic data and height of the step that you input, along with your measured pulse rate to evaluate your fitness level. During the fitness level evaluation procedure, the watch takes four pulse measurements, one at rest and three after exercising, to determine your current fitness level. The step-by-step procedure is as follows.

① At-rest pulse measurement
② First step exercise session
③ Pulse measurement while standing
④ Second step exercise session, at a quicker pace than the first session
⑤ Pulse measurement while standing
⑥ Third step exercise session, at a quicker pace than the second session
⑦ Pulse measurement while standing

- See "2-2 Tips on Taking Pulse Measurements" for details on taking pulse measurements.

About the step exercise

The step exercise consists of three sessions of three minutes each. The table below shows the speed at which the exercise should be performed during each session for various age groups. To help you maintain the correct speed, the watch sounds a pacer tone in accordance with the age set as part of the basic data.

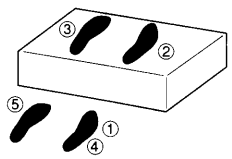
Age	Session 1	Session 2	Session 3
13 to 29	90 steps/minute	110 steps/minute	130 steps/minute
30 to 39	80 steps/minute	100 steps/minute	120 steps/minute
40 to 89	70 steps/minute	90 steps/minute	110 steps/minute

Caution

- If you have any doubts about your fitness level, be sure to consult with your physician before trying to perform the step exercise. Be careful not to over-exert yourself.
- If you feel that the speed for your age group is too strenuous, stop the exercise immediately.
- Make sure that the step you are using is secure and stable, and that it will not slide.
- Make sure there is no danger of injury if you slip off the step.
- If you feel dizzy while performing the step exercise, stop immediately.
- Never try the step exercise after consuming alcoholic beverages or while ill.
- Do not perform the step exercise while your heart rate is increased due to other physical exertion, etc.

How to perform the step exercise

Use a step that is about 15 cm high. It is recommended that you practice performing the following procedure before actually performing it with the watch.



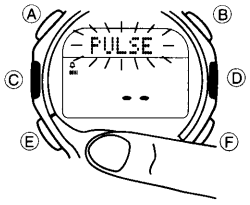
① Stand facing the step.
② Step up onto the step with your right foot.
③ Bring your left foot up onto the step, next to your right foot.
④ Without turning around, step back onto the ground with your right foot.
⑤ Bring your left foot down off the step, next to your right foot.

- The above four steps (② to ⑤) constitute one repetition.
- Let your arms hang at your side during the exercise.

3-4 Evaluating your fitness level

Before performing the following procedure, be sure to first input the necessary basic data and step height.

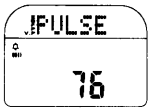
To evaluate your fitness level



1. Press Ⓓ to enter the Fitness Level Evaluation Mode.

- About 10 seconds after you enter the Fitness Level Evaluation Mode, the message "PULSE" starts to flash on the upper display.

2. As soon as the "PULSE" message starts to flash in the upper display, place your finger onto the photosensor as shown in the illustration to measure your at-rest pulse rate.



- When a measurement is successfully taken, the watch emits a long beep and the measured value (beats/minute) appears on the display.



3. Start the step exercise according to the pacer signal that sounds from the watch.

- The upper display shows what step exercise session is being performed, while the lower display shows the amount of time remaining in the session.
- The watch starts to sound a pacer signal after it displays your pulse rate. The pacer signal changes to a different tone five seconds before the end of the current session. Keep exercising until the watch emits a long beep, which indicates the end of the session.
- For details on how to perform the step exercise, see "How to perform the step exercise".

4. After the session is complete, immediately place your finger onto the photosensor to take a post-exercise pulse reading.

- Leave your finger on the sensor for about 20 seconds.
- When a measurement is successfully taken, the watch emits a long beep and the measured value (beats/minute) appears on the display.
- If a problem occurs with the measurement, the message "ERROR" appears on the display. See "3-6 Error Messages" for details.

5. Repeat steps 3 and 4 for the second and third step exercise sessions.

- Remember that the speed of the step exercise increases with each session.



6. After the post-exercise pulse measurement for session 3 is complete, a message appears on the display to indicate your fitness level.

- For details on the meanings of these messages, see "About the evaluation messages".
- If you do not perform any button operation for about two or three minutes while an evaluation message or the "ERROR" message is on the display, the watch automatically returns to the mode you were in before entering the Fitness Level Evaluation Mode.
- To manually return to the mode you were in before entering the Fitness Level Evaluation Mode, press Ⓓ. At this time, the current data is stored into memory. For details on memory data, see "3-5 How fitness level evaluation data is stored".

About the evaluation messages

The watch decides which evaluation message to display based on the watt value (see "About the watt value") produced by the exercise.

Evaluation message



Watt value

Message	Meaning
EXCEL	Excellent
GOOD	Good
FAIR	Fair
POOR	Poor
V. POOR	Very Poor

Important!

When the basic data age setting is less than 20, "– – –" appears in place of the evaluation message.

About the watt value

A "watt" is a unit of measurement for the amount of work done. This watch calculates a watt value for the amount of work done performing a step exercise, based on your body weight, the acceleration of gravity, the height of the step being used, and the pace of the exercise. The higher the watt value, the greater the degree of physical fitness.

Important!

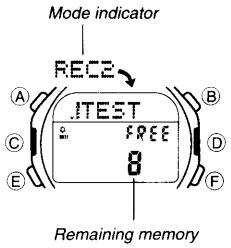
Note that the watt value produced by another method (ergometer of an exercise bicycle) may differ from that produced by this watch, because of the different physical activity involved. Because of this, watt values produced by different activities cannot be compared.
Remember that fitness level evaluation results are affected by a wide range of variables, and any one reading should not be regarded as being absolute. It is recommended that you take regular readings to monitor improvements in your fitness level due to exercise, etc. For best results, you should try to perform each evaluation at the same time of day at the same location.

3-5 How fitness level evaluation data is stored

The memory of the watch can hold up to 10 sets (date, evaluation message, watt value) of fitness level evaluation data. If you perform an evaluation operation while 10 sets of data are already stored, the new data replaces the oldest data stored in memory. There are procedures you can use to delete individual data items or all data items.

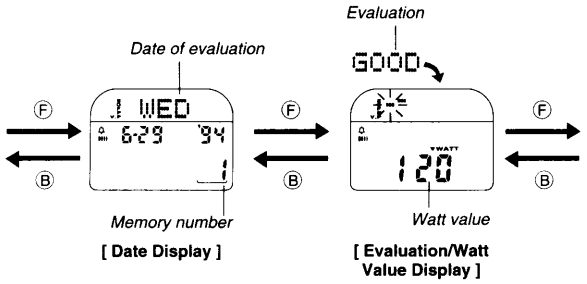
- To store data into memory, perform an evaluation operation and then press Ⓓ. This stores the data and changes to a different mode.

To recall evaluation data



1. Use Ⓔ to enter the Evaluation Data Recall Mode.
   - To enter the Evaluation Data Recall Mode from the Timekeeping Mode, press Ⓔ three times.
   - When you enter the Evaluation Data Recall Mode, the message "REC 2" first appears on the display. After a short while, the display changes to show how much memory is left for storage.
2. Press Ⓕ to display the date of the oldest data stored in memory. Press Ⓕ again to show the evaluation message and watt value for that date.

- Use Ⓕ and Ⓑ to scroll through data as illustrated below.



- Memory numbers are assigned automatically. The oldest data is always 1.
- When you switch to the Evaluation/Watt Value Display, the upper display first shows the evaluation message for that date. After a short while it changes to an evaluation graph that shows the latest seven evaluation results.
- The bar for the evaluation of the date your are currently viewing flashes inside the evaluation graph.
- For evaluations taken when the basic data age is set at less than 20, the line on the graph is replaced by "X".
- For details on what the evaluation message and watt value mean, see "About the evaluation messages".

3. Press Ⓔ to return to the Timekeeping Mode.

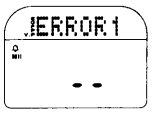
To delete a single set of evaluation data

1. Use Ⓔ to enter the Evaluation Data Recall Mode.
2. Use Ⓕ and Ⓑ to display the data you want to delete.
3. Hold down Ⓐ until the watch emits a long beep to indicate that the data has been deleted.
   - When you hold down Ⓐ, the message "CLEAR" first appears on the display. Keep Ⓐ depressed and the watch beeps, indicating that the data is deleted.
4. Press Ⓔ to return to the Timekeeping Mode.

To delete all evaluation data

1. Use Ⓔ to enter the Evaluation Data Recall Mode.
2. Hold down Ⓐ until the watch emits a long beep to indicate that the data has been deleted.
   - When you hold down Ⓐ, the message "CLEAR" first appears on the display. Keep Ⓐ depressed and the watch beeps, indicating that the data is deleted.
3. Press Ⓔ to return to the Timekeeping Mode.

3-6 Error Messages



The message "ERROR" followed by a number indicates that an error occurred while you were performing an evaluation in the Fitness Level Evaluation Mode. The number indicates the error type.

Error Type	Meaning	Required Action
ERROR 1	Pulse cannot be detected.	• If error occurs after any session, the watch automatically repeats the session one time. Try repeating the exercise and taking your pulse again. • If another error occurs after repeating Session 3 (because of a previous error), the watch calculates results based on Sessions 1 and 2. To indicate such a result, the watt value is between two hyphens (ex. "–140–" instead of "140"). • If another error occurs after repeating Session 1 or 2 (because of a previous error), the watch cancels the measurement without producing a result.
ERROR 2	Measured pulse is too high.	Press Ⓓ to change the mode. Take a rest and try again.
ERROR 3	Pulse of current session (2 or 3) is lower than previous session.	Press Ⓓ to change the mode. Take a rest and try again.
ERROR 4	Evaluation result out of range.	Press Ⓓ to change the mode. Take a rest and try again.

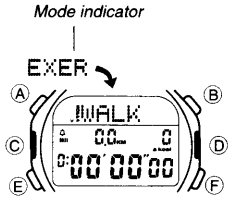
4 EXERCISE FUNCTIONS

The Exercise Functions of this watch let you count the number of steps, the distance covered, the time elapsed, and calories burned while walking or jogging. You can store up to 30 sets of measurement data in memory.

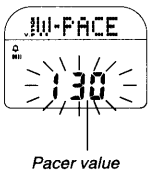
Important!

The Exercise Functions measure data using the basic data (age, weight, sex, walking stride, jogging stride) input by you, along with walking or jogging data in accordance with a pacer signal emitted by the watch. Because of this, be sure to input basic data (see "3-1 About basic data") and to set the pacer signal (see "4-1 Setting the pacer signal") before using the Exercise Functions.

4-1 Setting the pacer signal



1. Use Ⓔ to enter the Exercise Mode.
   - To enter the Exercise Mode from the Timekeeping Mode, press Ⓔ once.
   - Note that you will not be able to change the pacer signal setting unless the Exercise Mode time display shows 0:00'00" 00. See the procedure under "4-2 Using the Exercise Functions" for details on how to set the Exercise Mode time to 0:00'00" 00.



2. While the message "WALK" (walking) or "JOG" (jogging) is shown in the upper display, use Ⓑ to select the pacer signal you want. Each press of Ⓑ switches between "WALK" and "JOG".
3. After selecting the pacer signal you want, hold down Ⓐ to sound the signal in accordance with the per-minute pacer value shown on the display.
4. Press Ⓕ to increase the pace value by 2 or Ⓑ to decrease it. Holding down either button changes the value at high speed.
   - You can switch between the walking pace and jogging pace while the pacer signal is sounding by pressing Ⓔ.
   - You can set the pace value within the range of 100 to 200.



5. After you finish setting the pace values, press Ⓐ to return to the Exercise Mode.
   - Now the "♪" indicator is shown in the Exercise Mode display to show that the pacer signal is switched on, and will sound during an Exercise Functions measurement.



- Make sure that the pace you set in combination with the walking stride you specified as part of the basic data does not result in a walking speed of over 12 km/hour (ex. walking pace: 200, walking stride: 100 cm). If it does, the watch cannot calculate the number of calories burned, and so the indicator "E" appears on the display as shown in the illustration. If you want to use a speed over 12 km/hour, use the jogging pace instead of the walking pace.

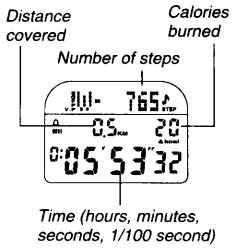
- To return to the Timekeeping Mode, press Ⓔ.

4-2 Using the Exercise Functions



1. Use Ⓔ to enter the Exercise Mode.
2. Use Ⓑ to select WALK or JOG.

3. Press Ⓕ to start the measurement.
- Start of the measurement causes the watch to emit a pacer signal. Walk or jog at the pace set by the pacer signal.



- During the measurement operation, the number of steps, distance covered, calories burned, and elapsed time are shown on the display.

4. Press Ⓕ to stop the measurement.
- Press Ⓕ again to resume the operation from the time shown on the display. You can repeat steps 3 and 4 as many times as you like.

- You should stop the operation when taking a break, when stopped by a traffic light, etc.

5. Press Ⓑ to clear the display to 0:00'00" 00.
- When you do, the measurement data is stored into memory (see "4-3 How Exercise Mode data is stored").
6. Press Ⓔ to return to the Timekeeping Mode.

Notes

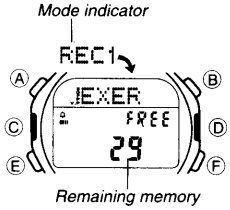
- While in the Exercise Mode (even while a measurement is in progress), press Ⓐ to switch the pacer tone on ("♪" shown on display) and off ("♪" not shown on display).
- You can freeze the current measurement operation values by pressing Ⓑ. Though the values are frozen on the display, the measurement operation continues internally. To restart display of the measurement, press Ⓑ again.
- You can change to another mode while a measurement is in progress (Ⓔ: Timekeeping Mode; Ⓒ: Pulse Measurement Mode; Ⓓ: Fitness Level Evaluation Mode). Press the same button that you used to change modes again to return to the Exercise Mode.
- The number of calories burned that is shown on the display represents the number of calories normally burned at rest plus the number of calories burned by the exercise you are performing.
- The following table shows the ranges for each of the measurements that is performed.

Measurement	Range
Number of Steps	99,999 (1-step increment)
Distance	99.9 km/miles (0.1 km/mile increment)
Elapsed Time	9 hours 59 minutes 59.99 seconds (1/100 second increment)
Calories burned	9,999 kcal (1 kcal increment)

4-3 How Exercise Mode data is stored

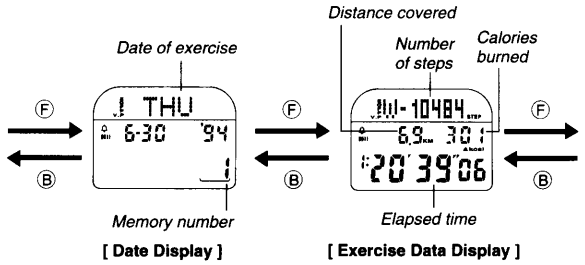
The memory of the watch can hold up to 30 sets (date, number of steps, calories burned, distance covered, elapsed time) of exercise data. If you perform an exercise operation while 30 sets of data are already stored, the new data replaces the oldest data stored in memory. There are procedures you can use to delete individual data items or all data items.

To recall exercise data



1. Use Ⓔ to enter the Exercise Data Recall Mode.
- To enter the Exercise Data Recall Mode from the Timekeeping Mode, press Ⓔ twice.
- When you enter the Exercise Data Recall Mode, the message "REC 1" first appears on the display. After a short while, the display changes to show how much memory is left for storage.

2. Press Ⓕ to display the date of the oldest data stored in memory. Press Ⓕ again to show the exercise data for that date.
- Use Ⓕ and Ⓑ to scroll through data as illustrated below.



- Memory numbers are assigned automatically. The oldest data is always 1.

3. Press Ⓔ to return to the Timekeeping Mode.

To delete a single set of exercise data

1. Use Ⓔ to enter the Exercise Data Recall Mode.
2. Use Ⓕ and Ⓑ to display the data you want to delete.
3. Hold down Ⓐ until the watch emits a long beep to indicate that the data has been deleted.
- When you hold down Ⓐ, the message "CLEAR" first appears on the display. Keep Ⓐ depressed and the watch beeps, indicating that the data is deleted.
4. Press Ⓔ to return to the Timekeeping Mode.

To delete all exercise data

1. Use Ⓔ to enter the Exercise Data Recall Mode.
2. Hold down Ⓐ until the watch emits a long beep to indicate that the data has been deleted.
- When you hold down Ⓐ, the message "CLEAR" first appears on the display. Keep Ⓐ depressed and the watch beeps, indicating that the data is deleted.
3. Press Ⓔ to return to the Timekeeping Mode.

5 ALARM FUNCTIONS

You can set an alarm with hour, minutes, and the day of the week. When the alarm is on, the alarm sounds for 20 seconds at the preset time. Press any button to stop the alarm after it starts to sound.
When the Hourly Time Signal is on, the watch beeps every hour on the hour.

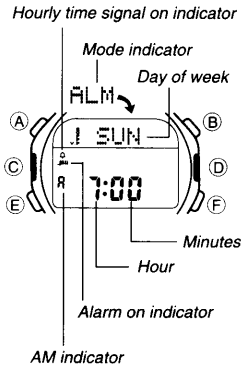
5-1 Alarm Types

The types of alarm you get depends on the information you set.
- **To set the Daily Alarm**

Set the hour and minutes for the alarm time. Set "– – –" for the day of the week (see step 4 under "5-2 Setting the Alarm Time"). This type of setting causes the alarm to sound every day at the time you set.
- **To set the Weekly Alarm**

Set the hour, minutes, and the day of the week for the alarm time. This type of setting causes the alarm to sound every week at the time you set, on the day of the week you set.

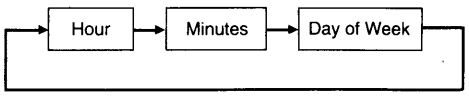
5-2 Setting the Alarm Time



1. Use Ⓔ to enter the Alarm Mode.
- To enter the Alarm Mode from the Timekeeping Mode, press Ⓔ four times.
2. Hold down Ⓐ until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
- At this time, the alarm is automatically switched on.

Day of Week
SUN: Sunday, MON: Monday
TUE: Tuesday, WED: Wednesday,
THU: Thursday, FRI: Friday,
SAT: Saturday

3. Press Ⓔ to change the selection in the following sequence.



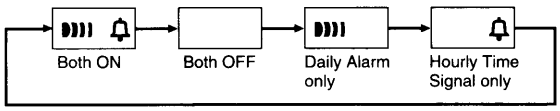
4. Press Ⓕ to increase the selected digits and Ⓑ to decrease them. Holding down either button changes the selection at high speed.
- To set an alarm that does not include a day of the week (daily alarm), set "– – –" for the day of the week. Press Ⓕ or Ⓑ until the "– – –" mark appears (between SAT and SUN) while the day of the week setting is flashing.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (A) or afternoon (P).

5. After you set the alarm, press Ⓐ to return to the Alarm Mode.

5-3 Switching the Daily Alarm and Hourly Time Signal on and off

Press Ⓕ while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

[Alarm ON Indicator/Hourly Time Signal ON Indicator]

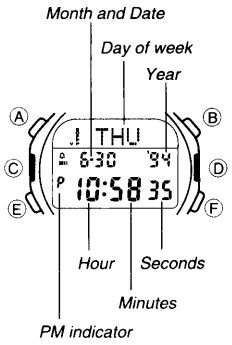


- The Alarm and Hourly Time Signal sound in any mode except the Fitness Level Evaluation Mode.

5-4 Testing the alarm

Hold down Ⓑ while in the Alarm Mode to sound the alarm.

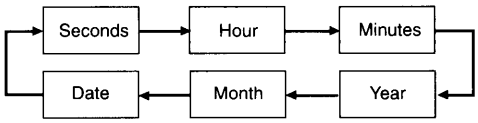
6 TIMEKEEPING FUNCTIONS



You can set the time and date in the Timekeeping Mode.
- In the Timekeeping Mode, press Ⓕ to switch between the 12-hour and 24-hour formats.
- In the Timekeeping Mode, hold down Ⓑ to illuminate the display.

To set the time and date

1. Hold down Ⓐ while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
2. Press Ⓔ to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press Ⓕ to reset the seconds to "00". If you press Ⓕ while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds) are selected (flashing), press Ⓕ to increase the number or Ⓑ to decrease it. Holding down either button changes the current selection at high speed.
5. After you set the time and date, press Ⓐ to return to the Timekeeping Mode.

- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.