

# Watch Operation Guide 5641

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## Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

### Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.
  - Configuring profile settings before measuring Life Log data will help you obtain more accurate values.
- [Creating Your Profile](#)

## Creating Your Profile

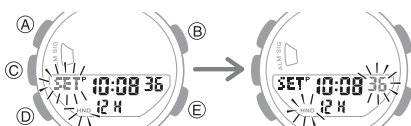
You can configure settings for the profile items listed below on the watch.

- Height
- Weight
- Gender
- Date of birth
- Height unit
- Weight unit

### Important!

- If you used CASIO WATCHES to set Tokyo (TOKYO) as your Home City, the height unit will be fixed as centimeters (cm) and the weight unit will be fixed as kilograms (kg). These settings cannot be changed. The measurement unit selection screen will not appear in this case.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



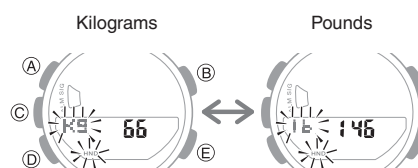
- Press (A).  
This displays the distance target unit setting screen.
- Press (D) five times.  
You can use the screen that appears to specify the height unit.
- Press (E) to select [cm] (centimeters) or feet and inches.



- Press (D).  
On the screen that appears, you can record your height.



- Use (E) and (B) to input your height.
  - If you selected feet and inches as the height unit, you should also specify an inch value. To switch back to the feet setting, press (D).
- Press (D).  
On the screen that appears, you can specify the weight unit.
- Press (E) to select [kg] (kilograms) or [lb] (pounds).

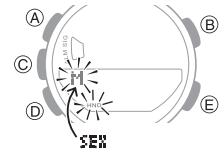


- Press (D).  
On the screen that appears, you can record your weight.



- Use (E) and (B) to input your weight.

- Press (D).  
On the screen that appears, you can record your gender.



- Press (E) to select [M] (male) or [F] (female).

- Press (D).  
On the screen that appears, you can record your birth year.



- Use (E) and (B) to specify your birth year.

- Press (D).  
On the screen that appears, you can record your birth month.



- Use (E) and (B) to specify your birth month.

- Press (D).  
On the screen that appears, you can record your birth day.



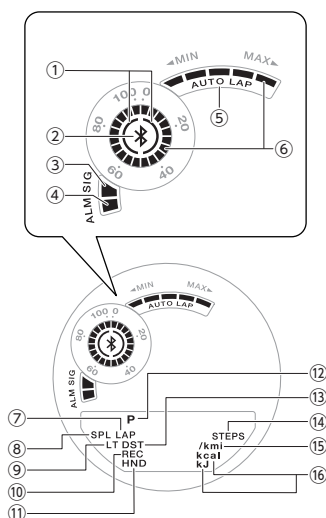
- Use (E) and (B) to specify your birth day.

- Press (A) to complete the setting operation.

### Note

- You cannot change profile settings while a stopwatch time measurement operation is in progress.

## Indicators



- ① **Step indicators**  
Indicate whether or not the step count is being incremented.
- ②   
Displayed while there is a Bluetooth connection between the watch and a phone.
- ③ [SIG] (Hourly time signal)  
Displayed while the hourly time signal is enabled.
- ④ [ALM] (Alarm)  
Displayed while an alarm is turned on.
- ⑤ [AUTO LAP]  
Displayed while Auto Lap is enabled.
- ⑥ Graphic Indicators A, B  
Graphic display area operation is linked with operations in each watch mode.
- ⑦ [LAP]  
Displayed while a lap time is displayed.
- ⑧ [SPL]  
Displayed while a split time is displayed.
- ⑨ [LT]  
Displayed while Auto Light is enabled.

- ⑩ [REC]  
Displayed while the watch is in the Recall Mode.
- ⑪ [HND]  
Displayed while the watch's hands are shifted for easier reading.
- ⑫ [P]  
Appears when the displayed time is a p.m. time.
- ⑬ [DST]  
Displayed while the current time is a summer time (DST).
- ⑭ [STEPS]  
Displayed while the step count is displayed.
- ⑮ [km], [mi]  
Appears when a distance value is displayed.
- ⑯ [kcal], [kJ]  
Appears when a calorie value is displayed.

### ● Battery Replacement

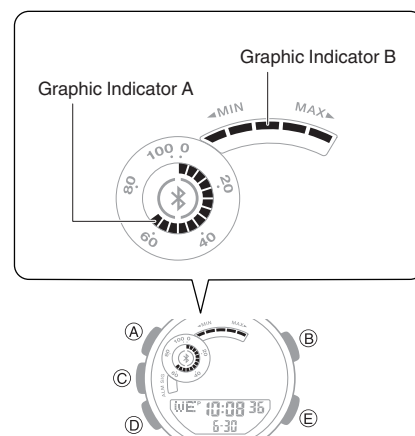
When battery power goes low, will start to flash and some functions will become disabled. If continues to flash, have the battery replaced.

Request battery replacement from a CASIO service center or your original retailer.



## Graphic Display Area

Graphic display area operation is linked with operations in each watch mode.



### ● Graphic Indicator A

#### Timekeeping Mode

Displaying Life Log data will also cause a progress value to appear. For other types of display, it changes with the count of the current time's seconds.

#### Stopwatch Mode

While Auto Lap is enabled, Graphic Indicator A shows the progress of each lap in terms of distance.

While Auto Lap is disabled, Graphic Indicator A shows the seconds of the elapsed time measured by the stopwatch.

#### Timer Mode

The Graphic Indicator A shows the percentage of the countdown that remains.

#### Dual Time

Movement is synchronized with the Dual Time seconds.

### ● Graphic Indicator B

#### Timekeeping Mode, Stopwatch Mode, Dual Time

Indicates one of five exercise intensity levels.

#### Alarm Mode

Turning on an alarm (1 to 5) will display the segment of the Graphic Indicator B that corresponds to the alarm's number.

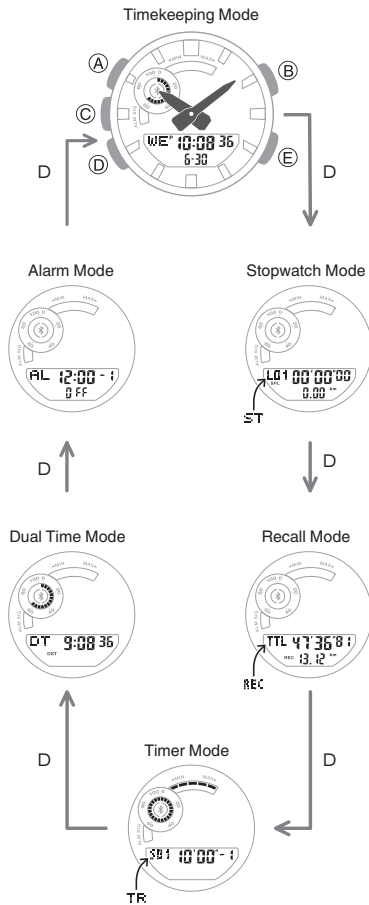
#### Timer Mode

While the programmable timer is enabled, the segment of the Graphic Indicator B that corresponds to the number of that is currently in operation will flash. The segments of the other timers will be displayed without flashing.

## Navigating Between Modes

Each press of (D) cycles between watch modes.

- To enter the Timekeeping Mode from any other mode, hold down (D) for at least two seconds.



## Mode Overview

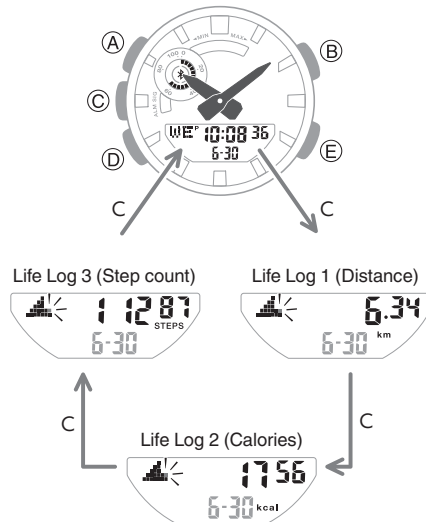
### ● Timekeeping Mode

In this mode, your watch shows the current day of the week, hour, minute, second, month, and day.

You can also use (C) to display the Life Log items below.

- Distance
- Calories
- Step count

Day of the week, hour, minute, second, month, day



### Connecting with a Paired Phone to Correct the Watch's Time

Hold down (E) for at least two seconds.

[Triggering Immediate Time Correction](#)

### Searching for a Paired Phone

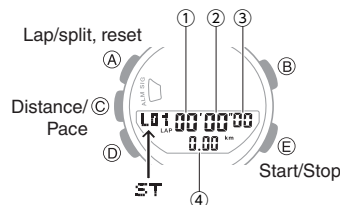
Hold down (E) for at least five seconds.

[Phone Finder](#)

### ● Stopwatch Mode

Use this mode to measure elapsed time.

[Stopwatch](#)

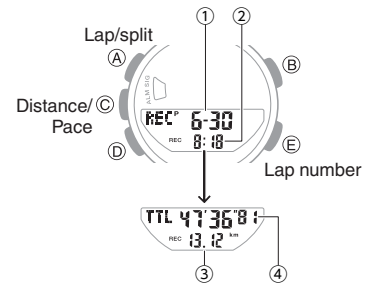


- Stopwatch minutes
- Stopwatch seconds
- Stopwatch: 1/100 second
- Measured distance

### ● Recall Mode

You can use this mode to view split and lap time records.

[Viewing Training Log Data](#)

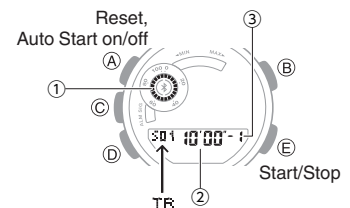


- Measurement month, day
- Measurement start time
- Total distance
- Total time

### ● Timer Mode

Use this mode to countdown from a desired start time.

[Timer](#)

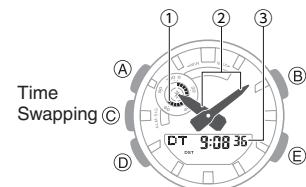


- Remaining timer time
- Timer minutes, seconds
- Timer number

### ● Dual Time Mode

Dual Time lets you keep track of another time besides your current location.

[Dual Time](#)

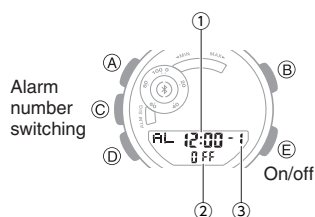


- Current time seconds
- Current location time
- Dual Time

## ● Alarm Mode

The watch will beep when an alarm time is reached.

### 🔍 Alarms and Hourly Time Signal

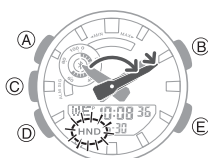


- ① Alarm hour/minute
- ② Alarm or hourly time signal status (on/off)
- ③ Alarm number

## Shifting the Hands

Hand shift moves the hands out of the way for easy viewing of display information.

1. While holding down (B), press (D).
  - This will shift the analog hands to allow easy viewing of display information.



2. To return the hands to their normal timekeeping positions, hold down (B) as you press (D) again, or press (D) to change to another mode.

### Note

- The hands will resume normal timekeeping automatically if you change modes or if you leave the watch with its hands shifted and do not perform any operation for about one hour.

## Viewing the Face in the Dark

The face of the watch can be illuminated for viewing in the dark.

### ● To illuminate the face manually

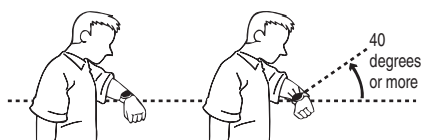
Press (B) to turn on illumination.

- If illumination is on, it will turn off automatically if one of the notifications below starts to sound.
  - Alarms
  - Timer alarm
  - Auto Lap notification



### ● To illuminate the face when Auto Light is enabled

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



### Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

### Note

- Auto Light is disabled when any one of the conditions below exists.
  - Alarm, timer alert, or other beeper sounding
  - Hand movement operation is in progress

### ● Configuring the Auto Light Setting

Holding down (B) for at least two seconds in the Timekeeping Mode toggles Auto Light between enabled and disabled.

- [LT] is displayed while Auto Light is enabled.
- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.



### ● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

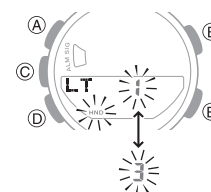
1. Enter the Timekeeping Mode.
  - 🔍 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



3. Press (D) nine times to display [LT].
4. Press (E) to select an illumination duration.

[1]: 1.5-second illumination

[3]: 3-second illumination



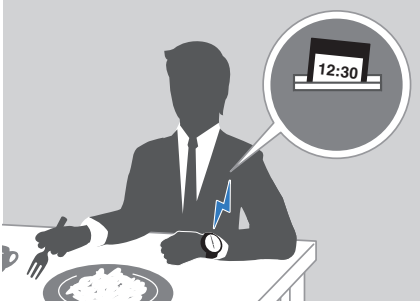
5. Press (A) twice to complete the setting operation.

## Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

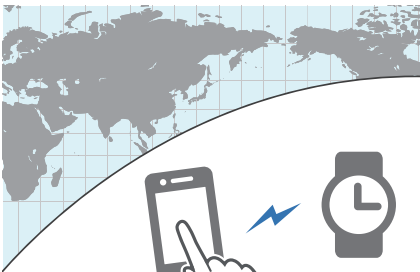
### Auto time correction

[Auto Time Adjustment](#)



### Selection of More Than 300 World Time cities

[Configuring World Time City Settings](#)



### Data transfer to a phone

[Viewing Life Log Data](#)

[Viewing Training Log Data](#)



In addition, a number of other watch settings can be configured using your phone.

**To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.**

[Getting Ready](#)

- Your phone needs to have the "CASIO WATCHES" phone app installed to pair with the watch.

## Time Adjustment

Your watch can connect with a phone to obtain information that it uses to correct its date and time setting.

### Important!

- When you are on an aircraft or in any other location where radio signals area may cause problems, enable the watch's Airplane Mode to disable connection with your phone.
  - [Using the Watch in a Medical Facility or Aircraft](#)

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Do you use a phone?

Time correction by connecting with your phone is recommended.

[Auto Time Adjustment](#)



If your phone cannot connect with the watch

You can correct time settings by performing operations on the watch.

[Using Watch Operations to Adjust the Time Setting](#)



## Using Watch Operations to Adjust the Time Setting

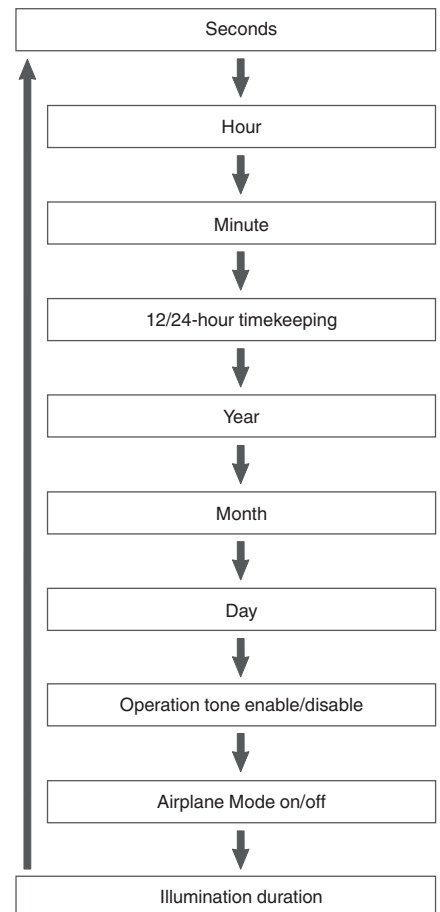
If your watch cannot connect with a phone for some reason, you can use watch operations to adjust date and time settings.

### Setting the Time/Date

- Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



- Use (D) to display the setting you want to change.
  - Each press of (D) cycles through settings in the sequence shown below.



4. Configure the date and time settings.
  - While the seconds are flashing, pressing (E) will reset them to 00. 1 is added to the minutes when the current seconds count is between 30 and 59 seconds.
  - To configure settings other than the seconds, use (E) and (B).

5. Repeat steps 3 and 4 to select time and date settings.

6. Press (A) twice to complete the setting operation.

### ● Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

1. Enter the Timekeeping Mode.  
 Navigating Between Modes

2. Hold down (A) for at least two seconds.  
 Release the button when [SET] stops flashing.



3. Press (D) three times so [12H] or [24H] is flashing on the display.



4. Press (E) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).

5. Press (A) twice to complete the setting operation.

### Note

- While 12-hour timekeeping is selected, [P] will be displayed for p.m. times.



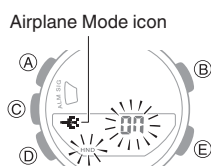
## Using the Watch in a Medical Facility or Aircraft

When you are in a hospital, on an aircraft, or in any other location where radio signals may cause problems, you can perform the procedure below to disconnect the watch from your phone so they can't communicate with each other (Airplane Mode). Use the same procedure when you want to disable the Airplane Mode.

1. Enter the Timekeeping Mode.  
 Navigating Between Modes
2. Hold down (A) for at least two seconds.  
 Release the button when [SET] stops flashing.



3. Press (D) eight times.  
 This displays the Airplane Mode icon.



4. Press (E) to change the Airplane Mode setting.  
 [On]: Airplane Mode enabled.  
 [OFF]: Airplane Mode disabled.
5. Press (A) twice to complete the setting operation.

## Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

### Note

- This function is available only while the CASIO WATCHES phone app is running on the phone.
- This section describes watch and phone operations.
  - : Watch operation
  - : Phone operation

## Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

### ● ① Install the app on your phone.

In Google Play or the App Store, search for the "CASIO WATCHES" phone app and install it on your phone.

### ● ② Configure Bluetooth settings.

Enable the phone's Bluetooth.

### Note

- For details about setting procedures, see your phone documentation.

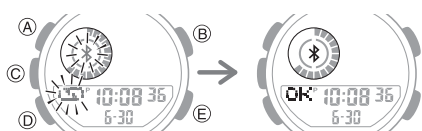
## ● ③ Pair the watch with a phone.

Before you can use the watch in combination with a phone, you first need to pair them.

1. Move the phone to be paired with close to (within one meter of) the watch.
2. Tap the "CASIO WATCHES" icon.
3. Tap the **+** of the "My Watch" tab.
4. Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.
5. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
6. Hold down (E) for at least two seconds.
7. When the watch you want to pair with appears, follow the instructions on the display to pair with it.
  - If a pairing prompt message appears, perform the operation shown on the phone screen.
  - If pairing fails for some reason, the watch will return to the state in step 5 of this procedure. Perform the pairing procedure again from the beginning.

Pairing started.

Pairing complete.



- After pairing is complete, use the CASIO WATCHES phone app to register the watch's initial settings and profile settings. Profile settings can also be configured on the watch.  
[Creating Your Profile](#)

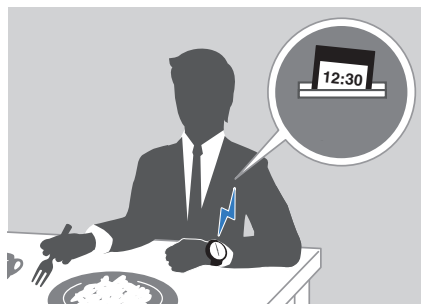
### Note

- The first time you start up the CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

## Auto Time Adjustment

Your watch can connect with your phone to adjust the watch's time setting.

If you leave your watch in the Timekeeping Mode, it will perform the adjustment operation automatically as you go about your daily life, without any operation required by you.



### Important!

- The watch may not be able to perform auto time correction under the conditions described below.
  - While the watch is too far away from its paired phone
  - While communication is not possible due to radio interference, etc.
  - While the phone is updating its system
  - While the CASIO WATCHES phone app is not running on the phone

### Note

- If the watch does not indicate the correct time even if it is able to connect with a phone, adjust the hand and day indicator positions.  
[Adjusting Hand Alignment](#)
- If there is a World Time City specified with the CASIO WATCHES phone app, its time will also be corrected automatically.
- Auto time adjustment is performed at the times described below.
  - After your phone's time zone or summer time setting is changed
  - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
  - After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
  - After 24 hours or more have passed since you adjusted the current time on the watch
- Watch operation can be performed even while it is connected with your phone.

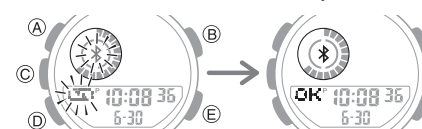
## ● Triggering Immediate Time Correction

After the watch is paired with a phone, you can connect with the phone to adjust the time setting of the watch. Perform the operation below to connect with the paired phone and perform an immediate time adjustment operation.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Move the phone close to (within one meter of) the watch.
3. Hold down (E) for at least two seconds.
  - ✦ flashes and a connection animation plays to indicate that the watch has started the operation to connect with your phone. Once the watch and phone are connected, [OK] will appear, and then the watch will adjust its time setting based on information from the phone.

Trying to connect

After time adjustment



### Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.  
[Using the Watch in a Medical Facility or Aircraft](#)
- The watch remains connected with your phone even after time adjustment is complete.
- If time correction fails for some reason, [ERR] will appear.

## Viewing Life Log Data

The CASIO WATCHES phone app can be used to view the information below, which is measured by the watch.

- Daily, weekly, or monthly number of steps and calories burned

### Check the connection

- Make sure the is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Page” tab.
3. Tap the “LIFE LOG” widget.  
Open the LIFE LOG page and check the details.

### Note

- You can also use CASIO WATCHES to specify daily target values. [Setting Target Values](#)
- Though the Life Log data values displayed on the watch change in real time, CASIO WATCHES displays the values at the time when a connection is established between the watch and phone. Because of this, the values displayed by the app may be different from those displayed by the watch.

## Setting Target Values

You can use CASIO WATCHES to specify daily target values.

You can specify target values for the items below.

- Daily calories
- Daily steps

### Check the connection

- Make sure the is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. In the upper right corner of the screen, tap .
3. Tap “User Profile”.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Enabling Notification Linking

You can use CASIO WATCHES to configure a setting that causes notifications to sound on your phone for the watch notification events listed below.

- When a preset lap distance is reached
- When any programmable timer program is completed
- When an alarm time is reached

### Important!

- Note that you cannot configure this setting using watch operations. Use CASIO WATCHES to configure settings.
- No notifications will sound on the phone while the Bluetooth connection between it and the watch is broken.

### Check the connection

- Make sure the is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Watch” tab.
3. Select “GBA-900” and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Viewing Training Log Data

CASIO WATCHES can be used to view the information below, which is part of the lap data measured by the watch’s Stopwatch Mode.

- Lap time
- Lap average pace
- Lap distance
- Total calories burned by a single activity

### Check the connection

- Make sure the is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Page” tab.
3. Scroll the screen and then tap the history of the activity whose data you want to view.

## Setting Up Programmable Timers

You can use CASIO WATCHES to configure programmable timer settings and create a group of multiple timers.

- For information about programmable timers, refer to the information at the link below.

[Overview](#)

### Check the connection

- Make sure the is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

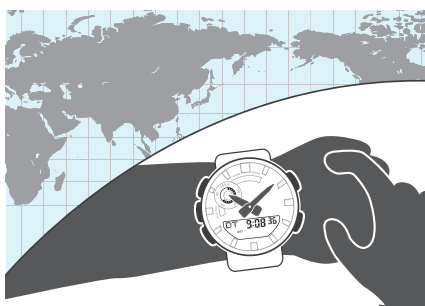
1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Watch” tab.
3. Select “GBA-900” and tap it.
4. Select “Timer” and then perform the operation shown on the screen.

## Configuring World Time City Settings

Specifying a World Time City with the CASIO WATCHES phone app causes the watch's World Time City to change accordingly. Settings can be configured to perform auto summer time switching for the World Time City.

### Check the connection

- Make sure the symbol is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)



### Note

- The CASIO WATCHES phone app World Time lets you select from among approximately 300 cities as the World Time City.

### ● To select a World Time City

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

### Note

- You can use the CASIO WATCHES phone app to configure settings for user cities that are not included in the watch's built-in World Time Cities. You must use the CASIO WATCHES phone app to select a user city as your World Time City.

### ● Configuring the Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.
  - "Auto"  
The watch switches between standard time and summer time automatically.
  - "OFF"  
The watch always indicates standard time.
  - "ON"  
The watch always indicates summer time.

### Note

- While the summer time setting is "Auto", the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".

## Adjusting Hand Alignment

If the hands are out of alignment even though the watch is connected with your phone, use CASIO WATCHES to adjust them.

### Check the connection

- Make sure the symbol is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Enabling Phone Notification Receipt

Use CASIO WATCHES to configure settings to have phone notifications (incoming calls, mail, social networking sites, etc.) received by the watch.

### Important!

- Note that you cannot configure this setting using watch operations. Use CASIO WATCHES to configure settings.

### Check the connection

- Make sure the symbol is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

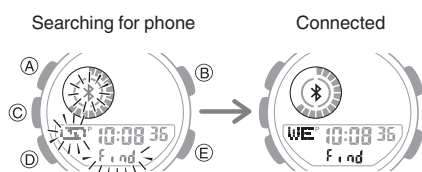
## Phone Finder

You can use phone finder to trigger a tone on the paired phone to help you find it. The tone is forced to sound even if your phone is in vibrate mode.

### Important!

- Phone finder will not sound the tone unless the CASIO WATCHES phone app is running on the phone.
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. If the watch is in any mode besides the Timekeeping Mode, hold down (D) for at least two seconds to enter the Timekeeping Mode.
2. Hold down (E) for at least five seconds. The phone will sound a tone when it establishes a connection with the watch.
  - It will take a few seconds before the phone tone sounds.



3. Press any button to stop the tone.
  - You can press any watch button to stop the phone tone only during the first 30 seconds after it starts to sound.

### Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
  - [Using the Watch in a Medical Facility or Aircraft](#)

## Configuring Watch Settings

After establishing a connection between the watch and a phone, you can use the CASIO WATCHES phone app to configure watch settings and to view information acquired by the watch.

### Check the connection

- Make sure the symbol is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below.
  - [Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Changing the Home City Summer Time Setting

### Check the connection

- Make sure the symbol is shown on the watch display when you perform the procedure below. If is not displayed, refer to the information at the link below.
  - [Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Select "GBA-900" and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Connection

### Connecting with a Phone

Your watch can connect with a phone that is paired with it.

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.
  - [Pair the watch with a phone.](#)

### Connecting with a Phone

If does not appear on the watch display even though it is paired with your phone, hold down (E) for at least two seconds to connect with your phone.

- Once the watch and phone are connected, the connection is maintained.



### Important!

- If you have problems establishing a connection, it could mean that CASIO WATCHES phone app is not running on your phone. On your phone's home screen, tap the "CASIO WATCHES" icon. Perform the operation shown on the screen to pair with the watch.

## Unpairing

Unpairing the watch from a phone requires both the CASIO WATCHES phone app and watch operations.

### Note

- If you are using an iPhone, also delete the pairing information stored on the phone.

### Deleting Pairing Information from the CASIO WATCHES phone app

1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Tap the watch you want to unpair.
4. Tap the "•••".
5. Perform the operation shown on the phone screen to unpair.

### Note

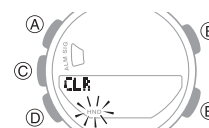
- Deleting pairing information from the CASIO WATCHES phone app does not delete data previously transferred from your watch to the app.

### Deleting Pairing Information from the Watch

1. Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



3. Hold down (B) for at least two seconds. Release it when [CLR] stops flashing. This deletes the pairing information from the watch.



4. Hold down (D) for at least two seconds to return to the Timekeeping Mode.

## ● iPhone Only

### Deleting the phone's pairing information

For details about setting procedures, see your phone documentation.

"Settings" → "Bluetooth" → Cancel the watch's device registration.

## ■ If you purchase another phone

### Note

- Before pairing with the new phone, delete the old phone's pairing information from the watch.  
[Deleting Pairing Information from the Watch](#)

You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

③ [Pair the watch with a phone.](#)

## Life Log Measurement

The watch keeps track of your step count while you walk or go about your daily life, and then uses that count to calculate the distance you covered and the calories you burned.



## Measuring Life Log Data

If you are wearing the watch correctly, Life Log measurement will be performed as you walk or engage in your normal daily activities.

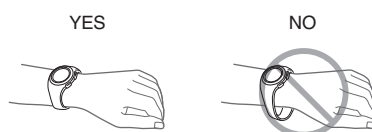


### Important!

- Since this watch's is a wrist-worn Life Log device, it may detect non-step movements and include them in step and distance values. Also, abnormal arm movements while walking may cause a miss count of steps.

## ● Getting Ready

To enable the most accurate Life Log measurements, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain correct measurement.

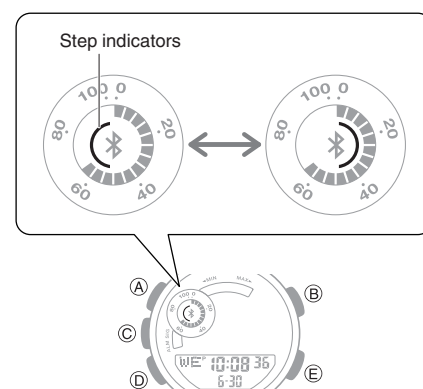


## ● Counting Steps

The step count and distance measurement operations will start automatically when you start walking. The step indicators show whether or not the step count is being incremented.

Alternating at one-second intervals: Walking (step count being incremented)

Both displayed: Not walking (step count not being incremented)



### Note

- Even while a Stopwatch Mode elapsed time measurement operation is being performed, the step indicator will be displayed indicating that measurement is in progress. Measurement results are reflected in distance and pace results.

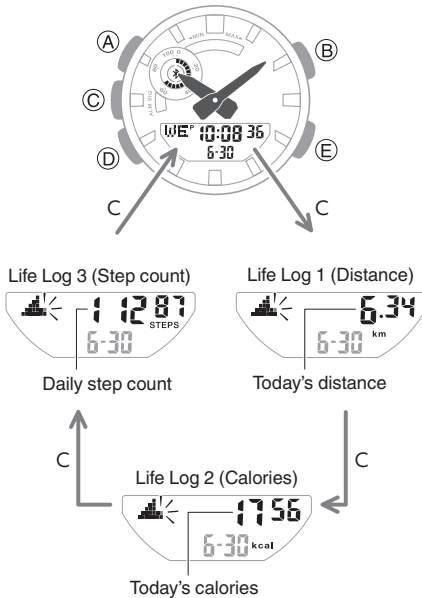
## ● Viewing Life Log Data

[Scrolling Between Life Log Screens](#)

## Scrolling Between Life Log Screens

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Press (C) to display the Life Log screen.

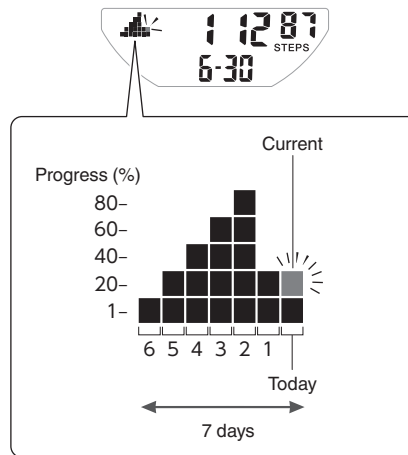
Day of the week, hour, minute, second, month, day



## ● Interpreting the Progress Graph

The progress graph shows the progress you have made towards reaching the daily distance, calorie, and step count target values you specified. You can view your daily progress for up to seven days.

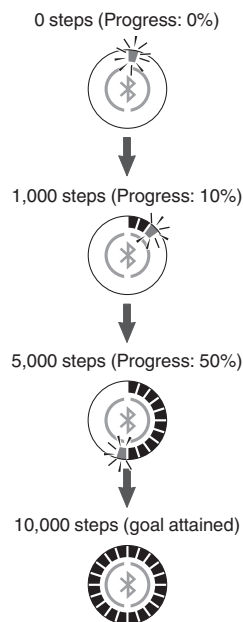
- Graph contents are normally refreshed every minute.



## ● Checking Your Progress to Your Daily Step Target

Graphic Indicator A shows the current percent (%) of the preset target value that has been reached.

Example: Daily target of 10,000 steps



## Note

- Distance can be measured up to 9,999.99 km. The watch display will continue to show 9,999.99 km even if the actual distance becomes 10,000 km or greater.
- Calories can be measured up to 999,999kcal. The watch display will continue to show 999,999kcal even if the actual calories burned becomes 1,000,000kcal or greater.
- The step count can show a value up to 99,999 steps. If the step count exceeds 99,999, the maximum value (99,999) remains on the display.
- To avoid miscounting of non-walking movements, the step count will not start until after you have been walking for about 20 seconds. The number of steps you took during the first 20 seconds will be included in the total.
- The step count is reset to zero at midnight each day.
- To save power, step counting stops automatically if you take off the watch (no detectable watch movement) and you do not perform any operation for two or three minutes.
- Graph contents are updated even when any one of the events below occurs.
  - When the step counting is disabled to save power
  - When counting is not possible due to accelerometer error or insufficient power

## Resetting Life Log Measurements

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Use (C) to display the Life Log setting item you want to reset.
3. Hold down(C) and (E) for at least two seconds.

This resets the measurement value.

Example: To reset the step count



## Specifying Daily Targets

You can use the procedure in this section to specify daily target values for your distance, calories, and step count.

The setting ranges of each item are shown below.

- Distance: Up to 199.0 km in 1.0 km units
- Calories: 60,000 kcal in 10 kcal units
- Steps: 99,900 steps in 100-step units

You can select the distance and calorie units you want to use.

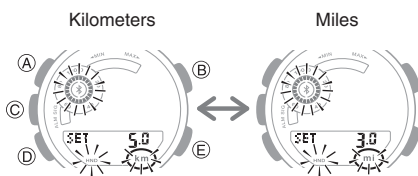
### Important!

- If you used CASIO WATCHES to set Tokyo (TOKYO) as your Home City, the distance unit will be fixed as kilometers (km) and cannot be changed. The measurement unit selection screen will not appear in this case.

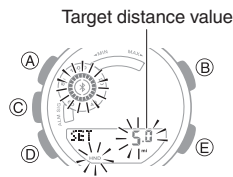
1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 Release the button when [SET] stops flashing.



3. Press (A).  
 You can use the screen that appears to specify the distance unit.
4. Press (E) to select [km] (kilometers) or [mi] (miles).



5. Press (D).  
 You can use the screen that appears to specify a target distance value.



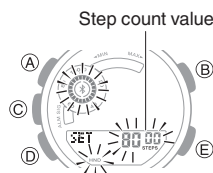
6. Use (E) and (B) to specify a target distance value.
7. Press (D).
8. Use (E) to select [kcal] (kilocalories) or [kJ] (kilojoules).



9. Press (D).  
 You can use the screen that appears to specify a daily target calorie value.



10. Use (E) and (B) to specify a target calorie value.
11. Press (D).  
 You can use the screen that appears to specify a daily step count value.



12. Use (E) and (B) to specify a daily step count value.
13. Press (A) to complete the setting operation.

### Note

- You can exit the setting procedure at any time by pressing (A).
- You cannot change target value settings using watch or CASIO WATCHES operations while a stopwatch time measurement operation is in progress.

## Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surface that causes a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 20 seconds or less
- Watch hand movement (by the hand shift function, etc.)
- Performing a watch operation

## Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 24 hours.

In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings.

You can also measure distance and pace.



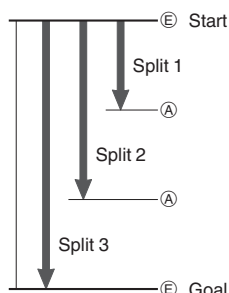
### Note

- If a measurement operation continues for 36 hours, it will stop automatically and [F] will flash on the display.
- Whenever you record a lap or split time, the watch creates a record. The record include the following information: Measurement start date and time, the time and pace of each lap or split, and the total distance and total calories burned.
- Up to 45 split time and lap time records can be stored in watch memory. When the stored data of one measurement operation exceeds 44 records, no additional split time or lap time data can be saved. The 45th record is saved when the stopwatch is reset to all zeros after stopping the measurement operation.
- You can use the Recall Mode to view the latest measurement data.  
[Viewing Data Records](#)
- You can use CASIO WATCHES to view past measurement data.
- If the watch is connected with your phone, ending a measurement operation and performing a reset will cause the measured log data to be sent automatically to CASIO WATCHES.  
You will not be able to start the next measurement operation until the transfer is complete.
- You cannot use CASIO WATCHES operations to refresh or send all settings while a Stopwatch Mode measurement operation is in progress.

## Split Times and Lap Times

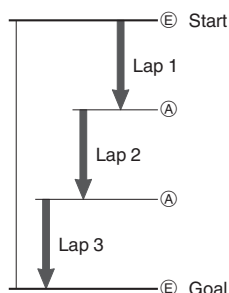
### ● Split time

A split time is the time elapsed from the start, up to any point along the course of an event.



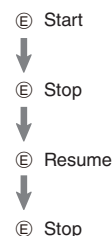
### ● Lap time

A lap time shows the time elapsed during a specific lap around a track, etc.

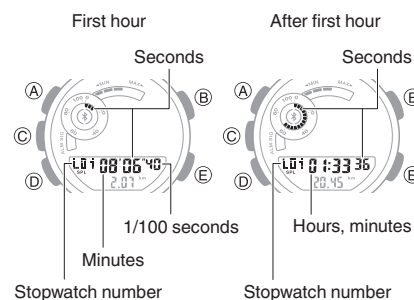


## Measuring Elapsed Time

1. Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
2. Use the operations below to measure elapsed time.



- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.



3. Press (A) to reset the measurement time to all zeros.

## Measuring a Split Time

1. Enter the Stopwatch Mode.  
 Navigating Between Modes
2. Press (A) to display [SPL].

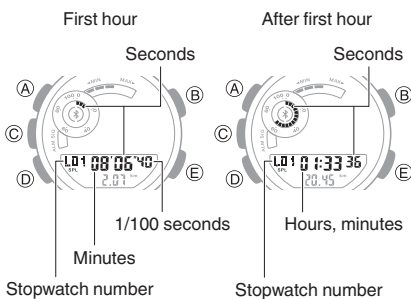


3. Use the operations below to measure elapsed time.



\* Each press of (A) displays, for about eight seconds, the time elapsed (lap time) since the last lap time operation. The lap time is displayed for about eight seconds, followed by the currently elapsed time (split time).

- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.



4. Press (A) to reset the measurement time to all zeros.

## Measuring Lap Times

1. Enter the Stopwatch Mode.  
 Navigating Between Modes
2. Press (A) to display [LAP].

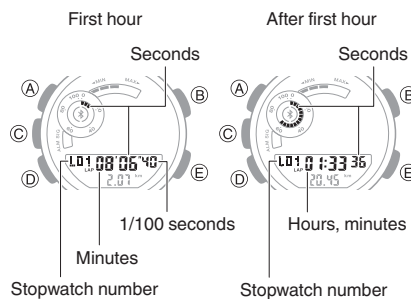


3. Use the operations below to measure elapsed time.



\* Each press of (A) displays, for about eight seconds, the time elapsed (lap time) since the last lap time operation. The lap time is displayed for about eight seconds, followed by the time of the newly measured section (lap time).

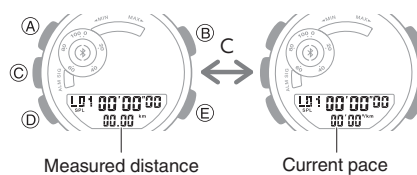
- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.



4. Press (A) to reset the measurement time to all zeros.

## Swapping the Measured Distance and Pace

Pressing (C) toggles the display between the measured distance and the pace.

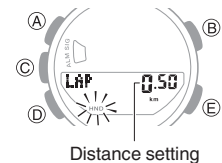


## Using Auto Lap Notification

With Auto Lap, you can specify a target lap distance and then measure lap times and split times. An audible tone and display indicator let you know when the preset distance is reached.

### Specifying the Auto Lap Distance

1. Enter the Stopwatch Mode.  
 Navigating Between Modes
2. Hold down (A) for at least two seconds.
3. Use (E) to specify the distance value.
  - Each press of (E) changes the distance setting in 0.5 km units. You can select a setting from OFF to 10 km. Pressing (E) while the setting is 10 km will cause the setting to return to OFF.



- Specifying a distance value will cause [AUTO LAP] to be displayed in the Stopwatch Mode.

4. Press (A) to complete the setting operation.

## Timing with Auto Lap

You can perform the same elapsed time operations as those described in the sections below.

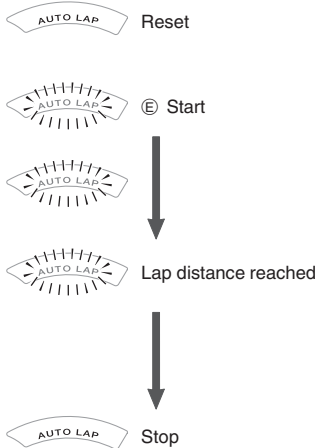
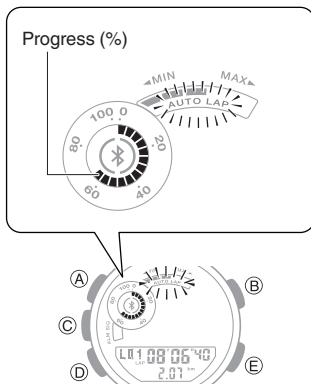
- 🕒 Measuring Elapsed Time
- 🕒 Measuring a Split Time
- 🕒 Measuring Lap Times

Starting an elapsed time operation will cause [AUTO LAP] to flash on the display.

Every time you reach the specified distance, the following events will occur.

- The lap and split times will be measured automatically.
- An alarm will sound.
- A confirmation screen will be displayed for about eight seconds.

In addition, Graphic Indicator A shows your progress (%) to the distance you set for the lap.



## Checking Training Log Data

### Viewing Data Records

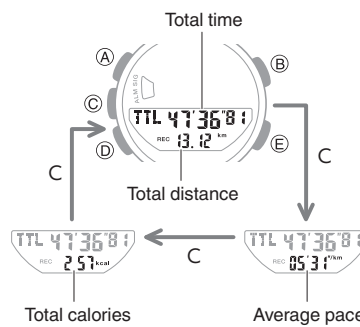
You can use the operation below to view split times and lap times.

1. Enter the Recall Mode.

#### 🕒 Navigating Between Modes

Along with the total time, the watch also can display total distance, average pace, or total calories.

- You can navigate between display screens by pressing (C).



2. Press (E).

This displays details about the latest training data.

- You can navigate between display screens by pressing (C).

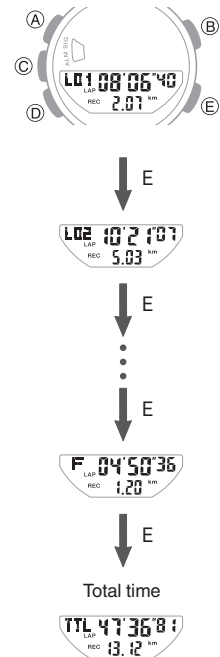


- Press (A) to toggle the measurement value display between lap time and split time.



3. Press (E) to navigate through measurement numbers.

- Each press of (E) goes from [L01] to the next measurement number.



- Pressing (E) while the final record is displayed will display the total time screen.

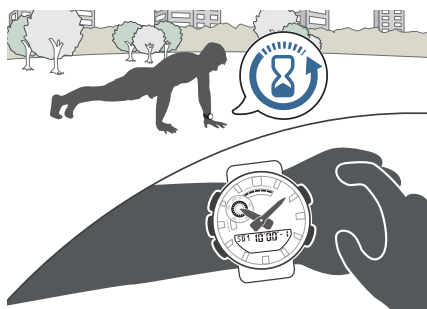
### Note

- A record of the measured data is created and assigned a number for each measurement operation (from start to stop).
- If the currently displayed training log has not yet been transferred to CASIO WATCHES, Graphic Indicator A will flash.
- Switching between the lap time and split time display in the Recall Mode will also switch the lap/split time display in the Stopwatch Mode.

## Timer

The timer counts down from a start time specified by you. The watch beeps every second for the last five seconds of the countdown.

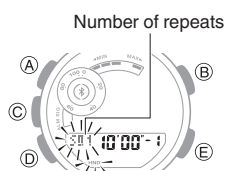
- The beeper will not sound if battery power is low.



### Setting the Timer Start Time

The start time can be set in 1-second units up to 60 minutes.

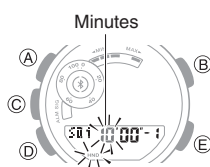
1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
3. Use (E) and (B) to specify the number of timer repeats.



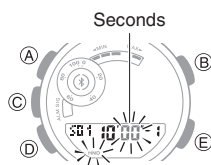
4. Press (D).
5. Use (E) and (B) to display [1].



6. Press (D).  
This causes the minutes digits to flash.
7. Use (E) and (B) to change the minutes setting.



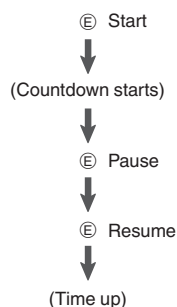
8. Press (D).  
This causes the seconds digits to flash.
9. Use (E) and (B) to change the seconds setting.



10. Press (A) to complete the setting operation.

### Using the Timer

1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. A typical operation is shown below.

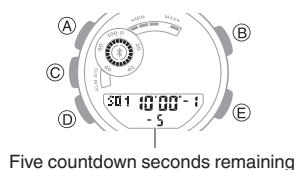


- The watch beeps every second for the last five seconds of the countdown.
- To stop an ongoing countdown operation, first press (E) to pause it and then press (A). This will reset the timer to its start time.

### Measuring Elapsed Time with Auto Start

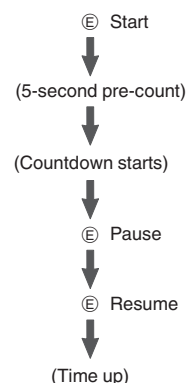
You can use the procedure below so a timer countdown starts automatically following a five-second pre-count.

1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. Press (A) to select Auto Start.



Five countdown seconds remaining

3. A typical operation is shown below.



- To stop an ongoing countdown operation, first press (E) to pause it and then press (A). This will reset the timer to its start time.

### Using the Interval Timer

#### Overview

You can configure settings for multiple timers so they perform different count downs one after the other to create an interval timer. You can use an interval timer to control how much time you spend doing push-ups, squats, or other exercises that make up a fitness workout.

For example, you could configure an interval timer as shown below and have intervals ① through ④ repeat 10 times.

#### Timer Settings

- Interval 1: 30 seconds
- Interval 2: 20 seconds
- Interval 3: 30 seconds
- Interval 4: 25 seconds
- Sets: 10

#### Interval Training Workout

- ① Push-ups: 30 seconds
- ② Rest: 20 seconds
- ③ Squats: 30 seconds
- ④ Rest: 25 seconds

#### Note

- You can configure up to five different timers to repeat up to 20 times.

## Configuring Interval Timer Settings

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

[Using the Timer](#)

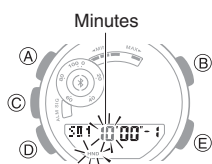
- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.



- Use (E) and (B) to specify the number of timer repeats.
- Press (D).
- Use (E) and (B) to specify the position of the timer in the sequence.
  - To specify the first position, set [1].

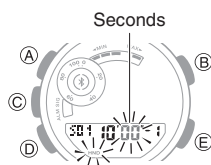


- Press (D).  
This causes the minutes digits of Timer 1 to flash.
- Use (E) and (B) to change the minutes setting.



- Press (D).  
This causes the seconds digits of Timer 1 to flash.

- Use (E) and (B) to change the seconds setting.



- Press (D) twice.  
This returns to the screen in step 5.
- Repeat steps 5 through 10 as many times as necessary to configure the settings of other timers.
- Press (A) to complete the setting operation.

### Note

- You can also use CASIO WATCHES to configure programmable timer settings.

## Using a Interval Timer for Elapsed Time Measurement

- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Press (E) to start the timer countdown.



The watch beeps every second for the last five seconds of the current countdown, and starts the countdown of the next timer when the end is reached.

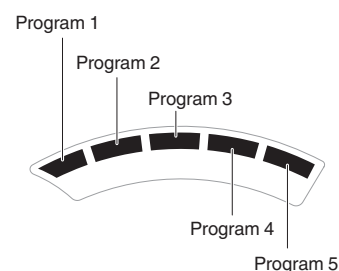
- To pause an ongoing timer countdown, press (E). You can reset a paused countdown to its start time by pressing (A).
- When there is a multiple timer countdown operation in progress, you can terminate the current countdown and start the next countdown by holding down (A) for at least 0.5 seconds.

## Checking the On/Off Status of Programmable Timers

In the Timer Mode, you can find out if each of the programmable timers is turned on or off by checking Graphic Indicator B.

The current status of a programmable timer is indicated by whether the indicator segment of the program number is displayed, flashing, or not displayed.

### Graphic Indicator B

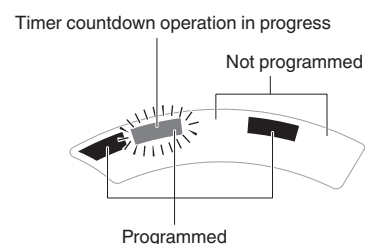


Programmable timer status	Graphic
Not programmed	Not displayed
Programmed	Displayed
Operation in progress/Auto Start	Flashing *
Paused	Flashing
Timer settings being configured	

\* Segment disappears when the program is complete.

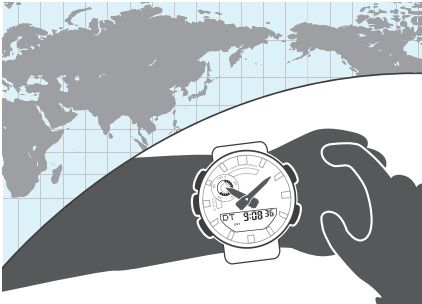
### Example Display

Program 1, 2, 4: Programmed  
Program 3, 5: Not programmed  
Program 2: Timer countdown operation in progress



## Dual Time

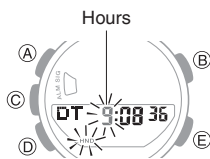
Dual Time lets you look up the current time in various time zones around the globe.



## Configuring Dual Time Settings

Dual Time lets you set the current time in another time zone in addition to your current location time.

1. Enter the Dual Time Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
This causes the hours digits to flash.



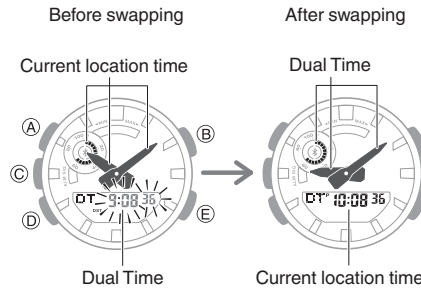
3. Use (E) and (B) to change the hour setting.
4. Press (D).  
This causes the minutes digits to flash.



5. Use (E) and (B) to set the minute setting.
  - You can change the setting in 15-minute increments.
6. Press (A) to complete the setting operation.

## Swapping Current Location Time and Dual Time

1. Enter the Dual Time Mode.  
[Navigating Between Modes](#)
2. Hold down (C) for at least two seconds.  
This swaps your current location time with your Dual Time.



### Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, go to the section below.  
[Moving Between Time Zones](#)

## Alarms and Hourly Time Signal

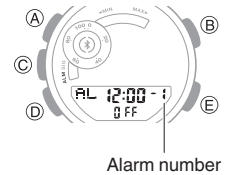
The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

- The beeper will not sound if battery power is low.

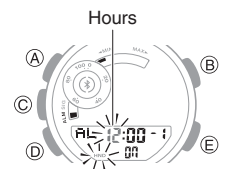


## Configuring Alarm Settings

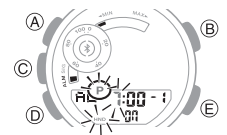
1. Enter the Alarm Mode.  
[Navigating Between Modes](#)
2. Press (C) to scroll through alarm numbers ([-1] to [-5]) until the alarm you want to configure is displayed.



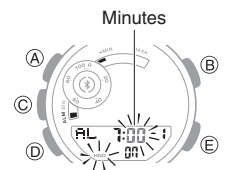
3. Hold down (A) for at least two seconds.  
This causes the hours digits to flash.



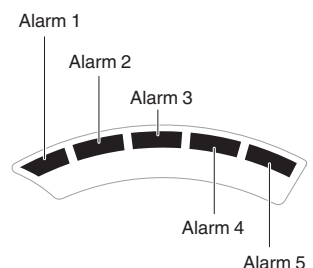
4. Use (E) and (B) to change the hour setting.
  - If you are using 12-hour timekeeping, [P] indicates p.m.



5. Press (D).  
This causes the minutes digits to flash.



6. Use (E) and (B) to set the minute setting.
7. Press (A) to complete the setting operation.
  - This causes the segment corresponding to the alarm you turned on to appear in the Graphic Indicator B.



- Hold down (D) for at least two seconds to return to the Timekeeping Mode.

### ● To stop the alarm

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

#### Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.
- You can also use CASIO WATCHES to configure alarm time settings.

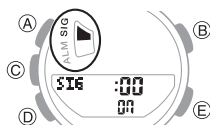
## Enabling the Hourly Time Signal

- Enter the Alarm Mode.  
[Navigating Between Modes](#)

- Press (C) to display the hourly time signal screen ([SIG]).



- Press (E) to toggle the hourly time signal between enabled (on) and disabled (off).
  - [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



- Hold down (D) for at least two seconds to return to the Timekeeping Mode.

#### Note

- You can also use CASIO WATCHES to configure the hourly time signal setting.

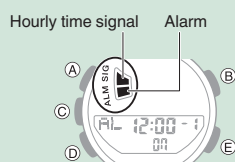
## Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

- To have an alarm or hourly time signal sound again, turn it back on.

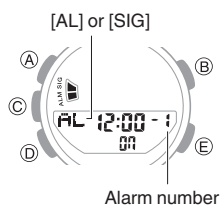
#### Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.

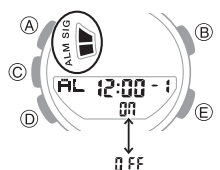


- Enter the Alarm Mode.  
[Navigating Between Modes](#)

- Use (C) to scroll through the alarm ([-1] to [-5]) and hourly time signal ([SIG]) screens until the one you want to turn off is displayed.



- Press (E) to turn off the displayed alarm or the hourly time signal.
  - Each press of (E) toggles between ON and OFF.
  - Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



- Hold down (D) for at least two seconds to return to the Timekeeping Mode.

#### Note

- If [ALM] (alarm) is still displayed after you turn off an alarm, it means that at least one of the other alarms is still turned on. To turn off all of the alarms, check Graphic Indicator B to find out which alarms are turned on, and then repeat steps 2 and 3 until all the Graphic Indicator B segments and the [ALM] (alarm) indicator are no longer displayed.

## Hand Alignment Adjustment

Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

### Adjusting Hand Alignment

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least five seconds. Release the button when [12:00] starts to flash.

This enables adjustment of the hour and minute hands.

After 3.5 seconds      After five seconds



- If the hour and minute hands are not at 12 o'clock, use (E) and (B) to align them.
- Press (A) to complete the setting operation.

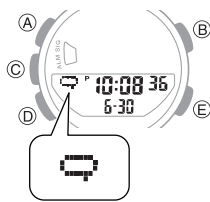
## Receiving Phone Notifications

You can use your watch to receive notification of incoming call, incoming mail, social networking site events, and other events from a phone connected to the watch via Bluetooth.

- To receive notifications from your phone, you need to pair the watch with it.

[Getting Ready](#)

The latest notification information is displayed in the Timekeeping Mode.



This indicator:	Means this:
	Mail
	SNS
	Incoming calls, missed calls
	Schedule
	Other

### Note

- The Hand Shift operation and Dual Time City swap operation cannot be performed while a notification is being received by the watch.
- You can use CASIO WATCHES to enable or disable notification receive. Note that you cannot configure this setting using watch operations.  
[Enabling Phone Notification Receipt](#)

### ● Clearing Notification Displays

Pressing any button clears notification displays. They will also be cleared automatically if you do not perform any watch operation for 30 seconds.

## Other Settings

This section explains other watch settings you can configure.

### Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)

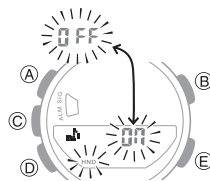
- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



- Press (D) seven times to display [∟].



- Press (E) to toggle the button operation tone between enabled and disabled.  
[On]: Operation tone enabled.  
[OFF]: Operation tone disabled.



- Press (A) twice to complete the setting operation.

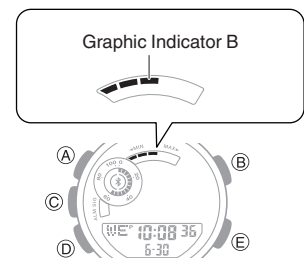
## Checking Your Exercise Intensity

Your watch calculates exercise intensity based on your step count and your height, as registered in your user profile.

Graphic Indicator B shows the calculated exercise intensity as one of five levels.

You can check the exercise intensity in the modes listed below.

- Timekeeping Mode
- Stopwatch Mode
- Dual Time Mode



### Five Exercise Intensity Level Indications

Exercise Intensity	Graphic Indicator B
1	
2	
3	
4	
5	

### Five Exercise Intensity Level Meanings

Exercise Intensity	Description	Approximate Speed
1	Slow walking	Walking at slower than 4.5 kph
2	Normal to faster walking	Walking at 4.5 to 6 kph
3	Fast walking or slow running	At least 6 kph walking or 5.1 to 7.7 kph running
4	Normal to faster running	Running at 7.7 to 11.0 kph
5	Fast running	Running at faster than 11 kph

## Resetting Watch Settings

This section explains how to return the watch settings and log to their initial factory defaults.

- Note that your current location time and Dual Time settings are not reset.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



- Hold down (B) for at least five seconds. Release the button when [CLR ALL] stops flashing.

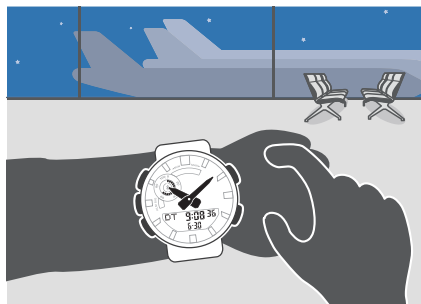


### Note

- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

## Moving Between Time Zones

When you enter another time zone, the watch will adjust its time setting to your current location in accordance with the time zone of your phone. When you reach your destination, disable the watch Airplane Mode.



- When you reach your destination, establish a connection between the watch and your phone.

[Using the Watch in a Medical Facility or Aircraft](#)

After you disable the watch's Airplane Mode, it will adjust its time setting to the time in your current location.

- If you want to trigger immediate time adjustment, refer to the information at the link below.

[Triggering Immediate Time Correction](#)

## Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

## Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy at normal temperature :

±15 seconds per month when time correction by communication with a phone is not possible.

### Timekeeping :

Analog

Hour, minute (moves every 20 seconds)

Digital

Hour, minute, second, month, day, day of the week, a.m./p.m. (P)/24-hour time format, full auto calendar (2000 to 2099)

Summer Time

### Life Log Measurement Functions :

Distance

Measuring range: 0.00 to 9999.99 km

Target Distance Setting

Distance setting unit: 1 km

Distance setting range: 1 to 199 km

Calories

Measuring range: 0 to 999,999 kcal

Target Calorie Setting

Calorie setting unit: 10 kcal

Calorie setting range: 10 to 60,000 kcal

Pedometer

Step count measurement using a 3-axis accelerometer

Step count range: 0 to 99,999 steps

Step indicator

Daily step goal setting

Step count setting unit: 100 steps

Step count setting range: 1,000 to 99,900 steps

Step count accuracy

±3% (According to vibration testing)

Power Saving

Life Log Reset

Auto reset at midnight each day

Manual reset

Life Log Graph

Exercise Intensity Display

### Stopwatch/Data Recall :

Measuring unit

1/100 seconds (first hour); 1 second (after first hour)

Measuring range: 23 hours 59 minutes 59 seconds

Measurement Functions:

Normal elapsed time, cumulative time, lap/split times, distance/pace display switching, auto/manual lap measurement, auto lap alert, 45-record data memory

### Timer :

Measuring unit: 1 second

Measuring range: 60 minutes

Number of intervals: 1 to 5

Number of auto repeats: 1 to 20

Time setting unit: 1 second

Time setting range: 1 second to 60 minutes

Final 5-second countdown, time-up beeper

Auto Start

### Dual Time :

Hour, minute, second

Home Time swapping

## Alarm :

Time alarms  
 Number of alarms: 5  
 Setting units: Hours, minutes  
 Alarm tone duration: 10 seconds  
 Hourly time signal: Beep every hour on the hour

## Mobile Link :

Function linking by wireless connection with Bluetooth® compatible devices\*

\* Operation enhanced by Mobile Link

Auto Time Correction

Simple time setting

World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time

Watch settings

Phone finder

Distance Calibration

Life Log Data Management

Management data (calories, steps)

Training log data management

Management data (time, distance, pace for each lap; total calories burned)

Simple Notification (Tone Alert Only)

- Notification name or other text does not appear on the watch display.

Notification Linking

Auto Summer Time Switching

Automatic switching between standard time and summer time

Timer Settings

Alarm Settings

Hand alignment correction

Data Communication Specifications

Bluetooth®

Frequency Band: 2400MHz to 2480MHz

Maximum Transmission: 0 dBm (1 mW)

Communication range: Up to 2 meters

(depends on environment)

## Other :

LED backlight (Auto Light, Super Illuminator, afterglow, 1.5 or 3-second selectable illumination duration), operation tone enable/disable, Airplane Mode, User Profile, Hand Shift, low battery alert

## Power Supply :

CR2025 x 1

Battery nominal voltage: 3V

Battery life: Approximately 2 years

Conditions

Bluetooth connection time: 10 hours/day

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Display: 24 hours/day

Life Log Measurement: 12 hours/day

Stopwatch Measurement: 3 hours/week (1 hour/day, 3 times/week)

Notification: 20 times/day

Specifications are subject to change without notice.

## Mobile Link Precautions

### ● Legal Precautions


- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.  
<https://world.casio.com/ce/BLE/>

- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

### ● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

### ● Stopping Radio Wave Emission by This Watch

The  on the display indicates that the watch is emitting radio waves.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, use the operation below to stop radio wave generation.

- Enter the watch Airplane Mode

 [Using the Watch in a Medical Facility or Aircraft](#)

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## Troubleshooting

### I can't pair the watch with a phone.

**Q1** I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.

For information about supported phone models, visit the CASIO Website.

↓ [https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

Did you install the CASIO WATCHES phone app on your phone?

The CASIO WATCHES phone app needs to be installed on your phone in order to connect with the watch.

↓ [① Install the app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

#### iPhone Users

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "CASIO WATCHES" → On

#### Android Users

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use the CASIO WATCHES phone app. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

### I can't reconnect the watch and phone.

**Q1** The watch will not re-connect with the phone after they are disconnected.

Is the CASIO WATCHES phone app running?

The watch cannot re-connect with your phone unless the CASIO WATCHES phone app is running on the phone. On your phone's home screen, tap the CASIO WATCHES icon. Perform the operation shown on the screen that appears to pair with the watch.

↓ [③ Pair the watch with a phone.](#)

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the CASIO WATCHES icon. Perform the operation shown on the screen to pair with the watch.

↓ [③ Pair the watch with a phone.](#)

**Q2** I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone's Airplane Mode is enabled. Disable your phone's Airplane Mode. On its home screen, tap the "CASIO WATCHES" icon. Next, perform the operation shown on the screen to pair with the watch.

↓ [③ Pair the watch with a phone.](#)

**Q3** I can't connect while the watch is in the Airplane Mode.

Exit the watch's Airplane Mode.

↓ [Using the Watch in a Medical Facility or Aircraft](#)

**Q4** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, turn on Bluetooth. Then on its home screen, tap the "CASIO WATCHES" icon. Next, perform the operation shown on the screen to pair with the watch.

↓ [③ Pair the watch with a phone.](#)

**Q5** I can't connect after turning off the phone.

Turn on your phone. On its home screen, tap the CASIO WATCHES icon. Next, perform the operation shown on the screen to pair with the watch.

↓ [③ Pair the watch with a phone.](#)

**Q6** ✖ Is not displayed, and the watch is not connected with my phone.

Is a setting operation in progress?

Bluetooth connection is temporarily disabled while any setting operation (time setting, alarm setting, etc.) is in progress. Exit the setting operation to re-connect.

Have you performed some watch operation within the past hour?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Correction is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

## Phone-Watch Connection

**Q1** I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the CASIO WATCHES icon. Perform the operation shown on the screen to pair with the watch.

🔗 [③ Pair the watch with a phone.](#)

Is the watch in the Airplane Mode?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Has the watch been re-paired with the phone?

Delete the pairing information from the CASIO WATCHES phone app and your phone (iPhone only), and then re-pair them.

🔗 [Deleting Pairing Information from the CASIO WATCHES phone app](#)

🔗 [iPhone Only  
Deleting the phone's pairing information](#)

🔗 [③ Pair the watch with a phone.](#)

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.

🔗 [Deleting Pairing Information from the Watch](#)

🔗 [③ Pair the watch with a phone.](#)

## Changing to a Different Phone Model

**Q1** Connecting the current watch to another phone.

Pair the watch with the phone.

🔗 [If you purchase another phone](#)

## Auto Time Correction by Bluetooth Connection (Time Correction)

**Q1** When does the watch correct its time?

Your watch can connect with a paired phone to adjust its time setting. Auto time adjustment is performed at the times described below.

- After your phone's time zone or summer time setting is changed
- After 24 hours or more have passed since the last time adjustment using Bluetooth connection
- After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
- After 24 hours or more have passed since you adjusted the current time on the watch

**Q2** Auto time setting is not correct.

Is ✂ displayed?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Correction is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Time adjustment using Bluetooth connection is performed once every 24 hours. Auto time adjustment will be performed when 24 hours or more have elapsed since the last time adjustment operation.

Have 24 hours or more has passed since the last manual time adjustment, city change, or city swapping operation?

Auto time adjustment is not performed for 24 hours after a manual time adjustment, city change, or city swapping operation. Auto time adjustment will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

**Q3** Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

## Life Log Measurement

**Q1** Life Log information is not displayed correctly.

Since this watch is a wrist-worn Life Log device, it may detect non-step movements and include them in step and distance values.

🔗 [Life Log Measurement](#)

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.

🔗 [Measuring Life Log Data](#)

**Q2** Distance and step count do not change.

To avoid miscounting of non-walking movements, the step count or distance value is not displayed at the beginning of a walk. It appears only after you have continued walking for about 20 seconds, with the number of steps or distance value you took during the first 20 seconds included in to the total.

**Q3** [ERR] appears when counting steps.

[ERR] (error) indicates that sensor operation is disabled because of sensor or internal circuitry malfunction.

If the indicator remains on the display for more than three minutes or if it frequently appears, it could indicate a faulty sensor.

## Alarm

**Q1** The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

🔗 [Configuring Alarm Settings](#)

## Hand Movement and Indications

**Q1** I don't know what mode the watch is in.

You can determine the current mode by checking the watch display. Use (D) to navigate between modes.

🔗 [Navigating Between Modes](#)



**Q2** All hands are stopped and buttons do not work.

The battery is dead. Request battery replacement by your original retailer or authorized CASIO service center.

🔗 [Battery Replacement](#)

**Q3** The hands suddenly start moving at high speed.

This is due to the reason (or one of the reasons) below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- Watch is connected with a phone to correct its time setting.

🔗 [Auto Time Adjustment](#)

**Q4** The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.

🔗 [Changing the Home City Summer Time Setting](#)

**Q5** The time indicated by the hands is different from the digital time.

Strong magnetism or impact can cause the hands to go out of alignment. Adjust hand alignment.

🔗 [Adjusting Hand Alignment](#)

- Check the information below to find out how to align the hands manually.

🔗 [Hand Alignment Adjustment](#)

## Battery

**Q1** is flashing on the digital display.

This indicates that battery power is getting low.

Have the battery replaced.

Request battery replacement by your original retailer or authorized CASIO service center.

🔗 [Battery Replacement](#)

**Q2** [R] is flashing on the display.

This happens when battery power is low or after the light or some other function is turned on repeatedly over a short amount of time, which temporarily runs down the battery. All functions other than timekeeping are disabled while [R] is flashing on the display.

If [R] remains on the display or if it keeps appearing, it may indicate that the battery needs to be replaced.

Request battery replacement by your original retailer or authorized CASIO service center.

## Other

**Q1** I can't find the information I need here.

Visit the website below.

<https://world.casio.com/support/>