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Operation Guide 5556

CASIO

Contents

Before Getting Started...

- Indicators
- Cycling Between Timekeeping Mode Digital Display Contents
- Navigating Between Modes
- Shifting the Hands
- Connecting with a Phone

Using Mobile Link with a Mobile Phone

- Connection
  - Connecting with a Phone
  - Canceling a Connection with a Phone
  - Using the Watch in a Medical Facility or Aircraft
  - Unpairing
  - If you purchase another phone
- Auto Time Adjustment
- Viewing Pedometer Data
- Viewing Stopwatch Data
- Configuring Stopwatch Target Time Settings
- Configuring Programmable Timer Settings
- Configuring World Time Settings
- Adjusting Hand Alignment
- Phone Finder
- Configuring Watch Settings
- Changing the Home City Summer Time Setting

Pedometer

- Counting Steps
- Checking Today's Step Count
- Resetting Today's Step Count
- Specifying a Daily Step Target
- Step Reminder
- Clearing a Step Reminder Alert Indicator
- Enabling/Disabling Step Reminder
- Causes of Incorrect Step Count

Stopwatch

- Split Times and Lap Times
- Measuring Elapsed Time
- Measuring a Split Time
- Measuring Lap Times
- Using the Target Time Alarm
  - Overview
  - Specifying a Target Time
  - Measuring Elapsed Time with the Target Time Function
  - Clearing a Specific Target Time
  - Clearing All Target Times
- Managing Data Records
  - Viewing Lap/Split Records
  - Deleting a Particular Record
  - Deleting All Records

Timer

- Setting a Timer Start Time
- Using the Timer
- Measuring Elapsed Time with Auto Start
- Using the Programmable Timer as an Interval Timer
  - Overview
  - Configuring Settings for an Interval Timer
  - Using an Interval Timer

Dual Time

- Configuring Dual Time Settings
- Swapping the Home City Time and Dual Time

Alarms and Hourly Time Signal

- Configuring Alarm Settings
- Enabling/Disabling an Alarm or the Hourly Time Signal
- Stopping an Alarm
- Determining an Alarm's On/Off Status

Adjusting the Time Setting Manually

- Setting the Time and Date
- Switching Between 12-hour and 24-hour Timekeeping

Illumination Light

- Illuminating the Face Manually
- Auto Light
- Configuring the Auto Light Setting
- Specifying the Illumination Duration

Hand Alignment Adjustment

- Adjusting Hand Alignment

Battery Replacement

Other Settings

- Enabling the Button Operation Tone

Moving to Another Time Zone

Other Information

- Supported Phones
- Specifications
- Mobile Link Precautions
- Copyrights and Registered Copyrights

Troubleshooting

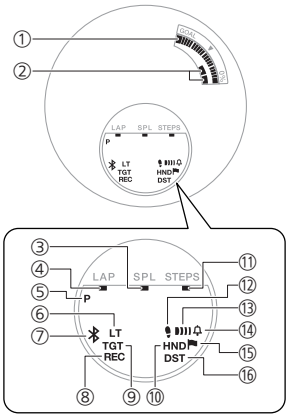
Before Getting Started...

This section provides an overview of your watch and explains how to connect with a phone. Connecting with a phone makes it possible to synchronize the watch's time setting with information acquired from the phone, and to view the step count of the watch and its stopwatch data on the phone screen.

Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

Indicators



① Graphic area
Indicates how much of your daily step target you have attained.

② Step indicators
Indicate whether or not the step count is being incremented.

③ [SPL]
Displayed while a split time is displayed.

④ [LAP]
Displayed while a lap time is displayed.

⑤ [P]
Appears when the displayed time is a p.m. time.

⑥ [LT]
Displayed while Auto Light is enabled.

⑦ ᛒ
Displayed while there is connection between the watch and a phone.

⑧ [REC]
Displayed while the watch is in the Recall Mode.

⑨ [TGT]
In the Stopwatch Mode, indicates the measurement status while the Target Time function is enabled.

⑩ [HND]
Displayed while the watch's hands are shifted for easier reading.

⑪ [STEPS]
Displayed while the step count is displayed.

⑫
Flashes if you have not walked for a specified amount of time (Step Reminder).

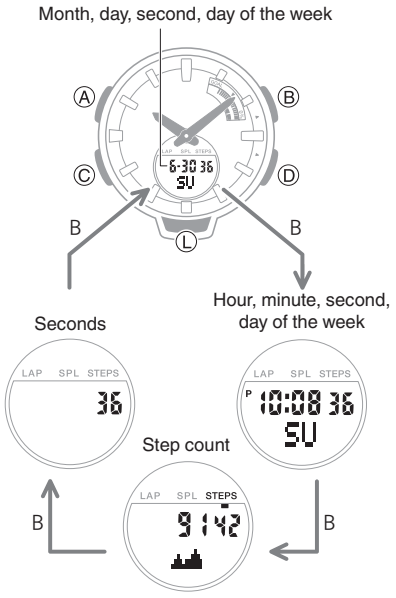
⑬ Alarm
Displayed while an alarm is turned on.

⑭ Hourly time signal
Displayed while the hourly time signal is enabled.

⑮
Flashes when you attain your daily step target.

⑯ [DST]
Displayed while the current time is a summer time (DST).

Cycling Between Timekeeping Mode Digital Display Contents

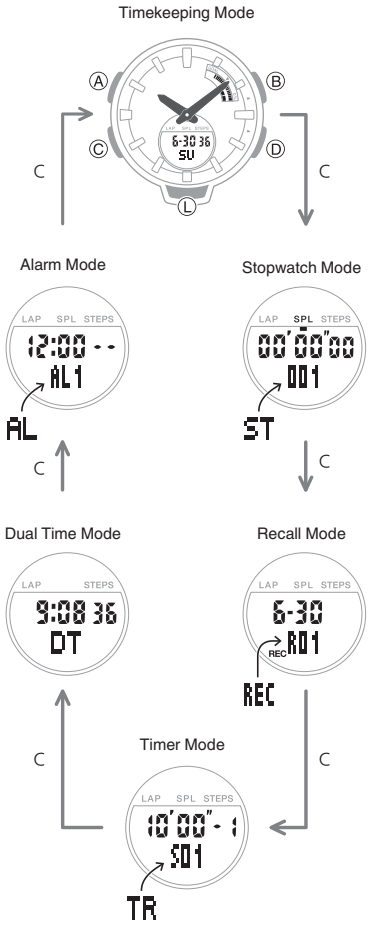


To cycle between digital display contents while in the Timekeeping Mode, press (B).

Navigating Between Modes

Press (C) to cycle between modes.

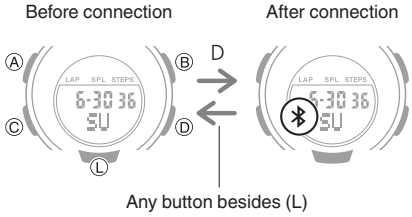
- In any mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.



● Connecting with a Phone

In the Timekeeping Mode, hold down (D) for at least two seconds. Release the button when ᛒ and start to flash, which indicates that the watch is connected with the phone.

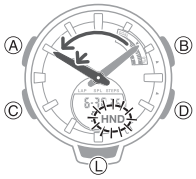
- To terminate a connection between a phone and the watch, press any watch button besides (L).



Shifting the Hands

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

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



2. To return the hands to their normal positions, hold down (L) as you press (C) again.

Note

- Changing to another mode while the hands are shifted will cause them to return to their normal timekeeping positions.

Connecting with a Phone

To connect the watch with a phone, first install the CASIO “CASIO WATCHES” app on the phone and then use Bluetooth to pair the watch with the phone.

● ① Install the app on your phone.

In Google Play or the App Store, search for the CASIO “CASIO WATCHES” 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.

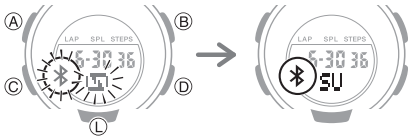
● ③ Pair the watch with a phone.

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

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Move the phone to be paired with close to (within one meter of) the watch.
3. Tap the “CASIO WATCHES” icon.
4. Tap the ⊕ of the “My Watch” tab.
5. Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.
6. Hold down (D) for at least two seconds. Release the button when ᛒ and start to flash.

   When a connection is established between the watch and phone, ᛒ will stop flashing.
   - If pairing fails for some reason, perform the procedure again from step 1.

Pairing started. Pairing complete.



Note

- The first time you start up CASIO WATCHES, 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.

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.

Important!

- The watch cannot connect with a phone while a stopwatch measurement or timer countdown operation is in progress.

Note

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

Connection

Connecting with a Phone

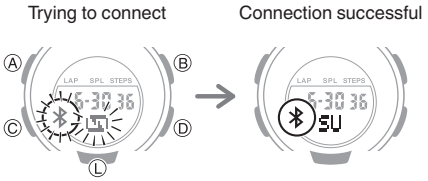
This section explains how to establish a Bluetooth connection with a phone that is paired with the watch.

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

③ Pair the watch with a phone.

1. Enter the Timekeeping Mode.
Navigating Between Modes
2. Move the phone close to (within one meter of) the watch.
3. If ᛒ is not displayed, hold down (D) for at least two seconds. Release the button when ᛒ and start flashing.

   When a connection is established between the watch and phone, ᛒ will stop flashing.



Important!

- If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on the phone. On the phone's home screen, tap the "CASIO WATCHES" icon. After the app starts up, hold down the watch's (D) button for at least two seconds.

Note

- The connection will be terminated if you do not perform any operation on the watch or phone for a fixed amount of time.
  To specify the connection limit time, perform the following operation with CASIO WATCHES: "Watch settings" → "Connection time with the app". Next, select a setting of 3 minutes, 5 minutes, or 10 minutes.

Canceling a Connection with a Phone

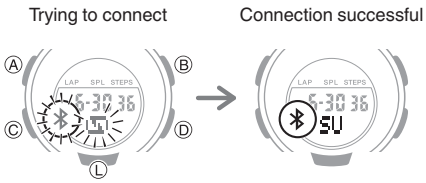
To terminate a Bluetooth connection, press any watch button besides (L).

Using the Watch in a Medical Facility or Aircraft

Whenever you are in a hospital, on an aircraft, or in any other location where connection with a phone may cause problems, you can perform the procedure below to disable auto time adjustment. To re-enable auto time adjustment, perform the same operation again.

1. Tap the "CASIO WATCHES" icon.
2. Hold down (D) for at least two seconds. Release the button when ᛒ and start to flash.

   When a connection is established between the watch and phone, ᛒ will stop flashing.



3. Perform the operation shown on the phone screen to enable or disable auto time adjustment.

Unpairing

1. If the watch is connected with a phone, press any button besides (L) to terminate the connection.

2. Tap the "CASIO WATCHES" icon.
3. Perform the operation shown on the phone screen to unpair.

If you purchase another phone

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

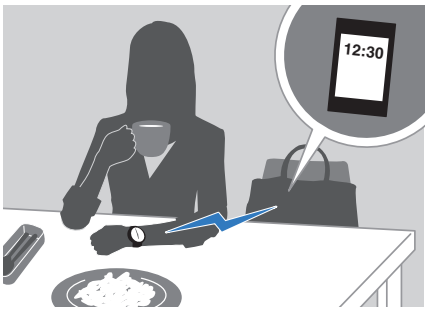
③ Pair the watch with a phone.

Auto Time Adjustment

Your watch will connect with a phone at preset times each day and adjust its time settings automatically.

● Using Auto Adjust

Your watch adjusts its time setting four times a day according to a preset schedule. It performs 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 adjustment 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 CASIO WATCHES 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 CASIO WATCHES, its time will also be adjusted automatically.
- The watch will connect with the phone and perform auto time adjustment at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time adjustment is complete.

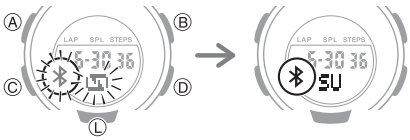
● **Triggering Immediate Time Adjustment**

The watch's time setting will be adjusted automatically whenever you establish a connection between the watch and a phone. Whenever you want to adjust the watch's time setting based on your phone's time, perform the procedure below to connect with a phone.

1. Press (D).

   This causes ✱ and to flash on the display. ✱ will stop flashing when a connection is established between the watch and phone, and the watch's time setting will be synchronized with that of the phone.

Trying to connect | Following time correction



Note

- The connection is terminated automatically after time adjustment is complete.
- If time adjustment fails for some reason, the watch will return to the Timekeeping Mode without changing its time setting.

Viewing Pedometer Data

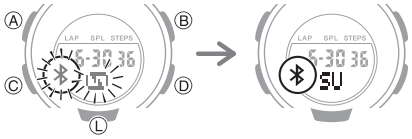
CASIO WATCHES can be used to view the data below, which is measured by the watch.

- 24-hour step count, calories burned
- Weekly step count, calories burned

1. Tap the "CASIO WATCHES" icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.

   When a connection is established between the watch and phone, ✱ will stop flashing.

Trying to connect | Connection successful



3. Follow the instructions on the screen to display pedometer data.

Note

- You can also use CASIO WATCHES to specify a daily step target.
- Though the step count is displayed on the watch in real time, CASIO WATCHES displays step counts at the top of each hour and every half hour. Because of this the step counts displayed by CASIO WATCHES may be different from those displayed by the watch.

Viewing Stopwatch Data

This section explains how to send lap times and split times (up to 200 records) stored in watch memory, and other data to your phone for viewing with CASIO WATCHES.

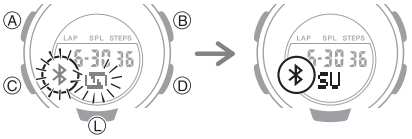
● **Sending Stopwatch Data to a Phone**

Use the procedure below to send data from the watch to a phone.

1. Tap the "CASIO WATCHES" icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.

   When a connection is established between the watch and phone, ✱ will stop flashing.

Trying to connect | Connection successful



3. Perform the operation shown on the phone screen to transfer data measured by the watch to the phone.

   After data transfer is complete, a list of the measurement data will appear on the phone display.

   - Tapping a stopwatch data item displays its details.

● **Checking Sent Data**

Use CASIO WATCHES to check the data you sent to the phone.

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to view the measurement data you want.

Note

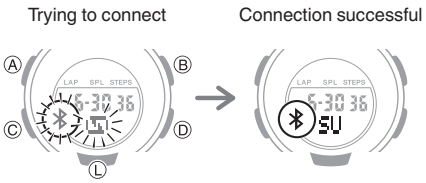
- You can delete data by tapping "Edit".

Configuring Stopwatch Target Time Settings

You can use CASIO WATCHES to configure settings for up to 10 target times. Target times can be set in one-second units, for a total of up to 24 hours.

- For information about target times, refer to the information below.
  Overview

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.
   When a connection is established between the watch and phone, ✱ will stop flashing.



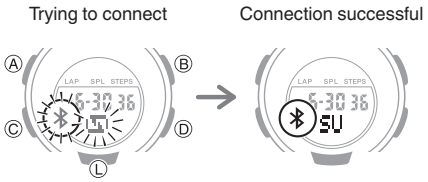
3. Perform the operation shown on the phone screen to configure stopwatch target time settings.

Configuring Programmable Timer Settings

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

- For information about the programmable timer, refer to the information below.
  Overview

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.
   When a connection is established between the watch and phone, ✱ will stop flashing.



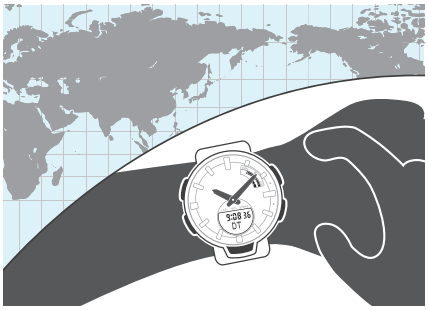
3. Perform the operation shown on the screen to configure the programmable timer settings.

Note

- To change a timer title or delete a timer, tap “Edit”.

Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the watch’s World Time City to change accordingly. The standard time/summer time setting of the World Time will be adjusted automatically without any watch operation required by you.

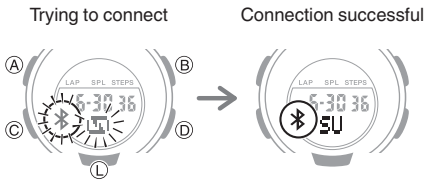


Note

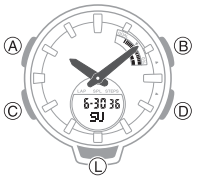
- CASIO WATCHES World Time lets you select from among approximately 300 cities as the World Time City.
- You can use CASIO WATCHES to configure settings for user cities that are not included in the watch’s built-in World Time Cities. You can then use CASIO WATCHES to select a user city as your World Time City.

● Selecting a World Time City

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.
   When a connection is established between the watch and phone, ✱ will stop flashing.



3. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.
   - You can check the World Time by entering the Dual Time Mode.

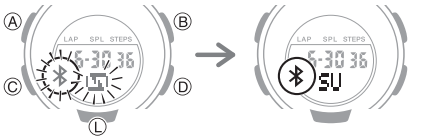


● **Configuring the Summer Time Setting**

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.

   When a connection is established between the watch and phone, ✱ will stop flashing.

Trying to connect Connection successful



3. Perform the operation shown on the phone screen to select a summer time setting.
   - “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

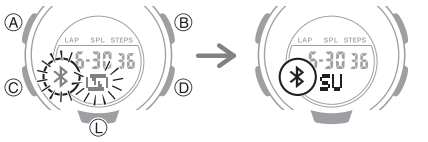
- While the summer time setting is “Auto”, the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch’s summer time setting as “Auto”.
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- CASIO WATCHES screen shows information about summer time periods.

● **Swapping Your World Time and Home Time**

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.

   When a connection is established between the watch and phone, ✱ will stop flashing.

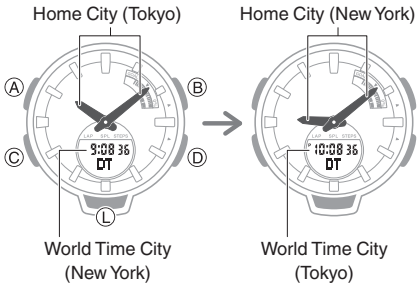
Trying to connect Connection successful



3. Perform the operation shown on the phone screen to swap your Home Time with your World Time.

   For example, if your Home City is Tokyo and the World Time City is New York, they will be swapped as shown below.

Before swapping After swapping



Note

- Auto time adjustment does not work for 24 hours after swapping of the Home Time and World Time.

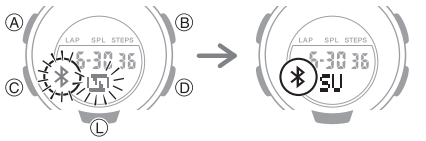
Adjusting Hand Alignment

If the hands are out of alignment even though auto time adjustment is being performed, use CASIO WATCHES to adjust them.

1. Tap the “CASIO WATCHES” icon.
2. Hold down (D) for at least two seconds. Release the button when ✱ and start to flash.

   When a connection is established between the watch and phone, ✱ will stop flashing.

Trying to connect Connection successful



3. Perform the operation shown on the phone screen to correct hand alignment.

Phone Finder

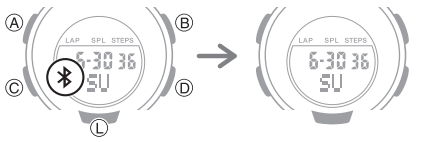
You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

Important!

- 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 connected with a phone, press any button besides (L) to terminate the connection.

Connected Disconnected



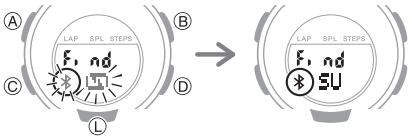
2. Hold down (C) for at least two seconds.

   This will cause the watch to enter the Timekeeping Mode.

3. Hold down (D) for at least five seconds. Release the button when [Find] appears.

   A connection will be established between the watch and phone, and then the phone's ringtone will sound.

   • It will take a few seconds before the phone tone sounds.



4. Press any button besides (L) to stop the tone.

   • You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.

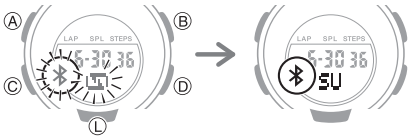
Configuring Watch Settings

You can use CASIO WATCHES to specify the amount of time until the Bluetooth connection is automatically terminated and the illumination duration, and to configure other settings.

1. Tap the "CASIO WATCHES" icon.
2. Hold down (D) for at least two seconds. Release the button when ᛒ and start to flash.

   When a connection is established between the watch and phone, ᛒ will stop flashing.

Trying to connect Connection successful



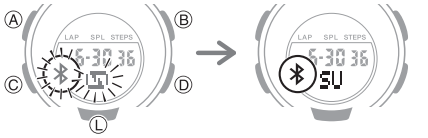
3. Select the setting you want to change and then perform the operation shown on the phone screen.

Changing the Home City Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Hold down (D) for at least two seconds. Release the button when ᛒ and start to flash.

   When a connection is established between the watch and phone, ᛒ will stop flashing.

Trying to connect Connection successful



3. Perform the operation shown on the phone screen to change your Home City summer time setting.

Pedometer

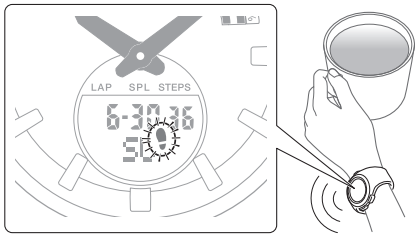
You can use the pedometer to keep track of your step count while walking, engaging in your normal daily activities, etc.

● Daily Step Target Attainment Alert

⚑ flashes to let you know when you attain your daily step target.

● Step Reminder

Studies suggest that sitting too much is bad for the health.
Step Reminder displays an indicator and sounds an alert when it determines you have not walked enough during a specific period. This is valuable feedback that helps achieve your exercise goals.
If the watch performs a Step Reminder alert operation, get up and walk for about five minutes to clear it.



Counting Steps

If you are wearing the watch correctly, the pedometer will count your steps as you walk or engage in your normal daily activities.

Important!

• Since this watch's pedometer is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

● Getting Ready

To enable the most accurate step count, 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.

YES NO

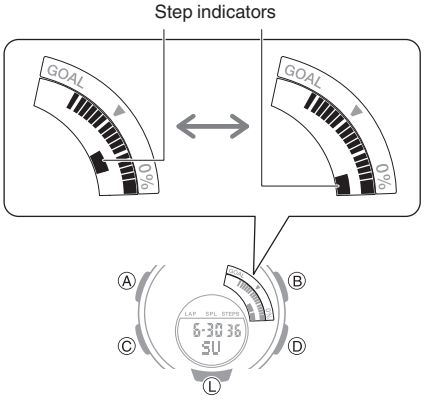
● Counting Steps

The pedometer will start counting your steps when you start walking. About 10 seconds after you start walking, the step indicators appear to indicate that your steps are being counted.

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

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

Step indicators

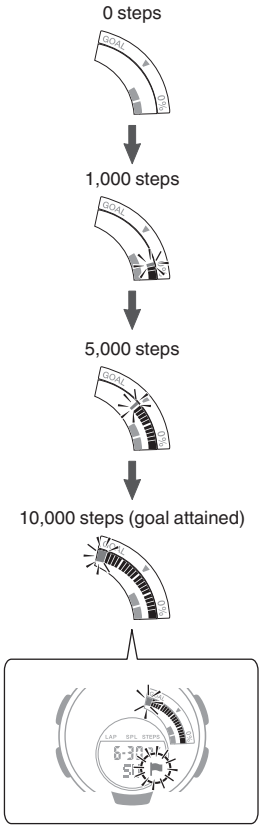


● Checking Your Progress to Your Daily Step Target

The graphic display area shows your current progress toward achieving the daily step target specified by you.

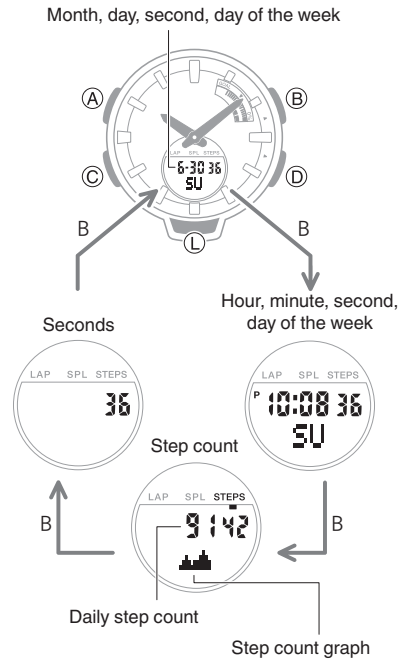
Also, ⚑ flashes when you attain your daily step target.

Example: Daily target of 10,000 steps



Checking Today's Step Count

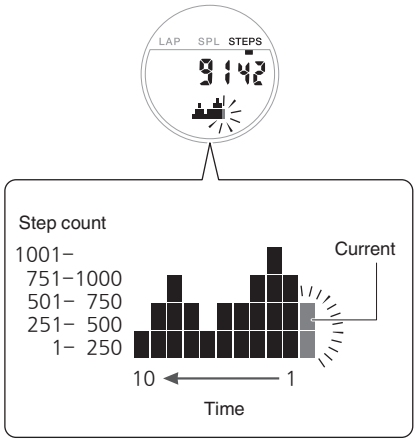
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Use (B) to display the step count.



● Interpreting the Step Count Graph

The Step Count Graph shows the number of steps (up to 1,000) you have taken each hour. This lets you easily check your walking pace over the past 10 or 11 hours.

- The Step Count Graph is not displayed while the step count is zero.
- Graph contents are normally updated at the top of each hour.



Note

- The step count can show a value up to 999,999 steps. If the step count exceeds 999,999, the maximum value (999,999) remains on the display.
- To prevent miscounts, the displayed count does not increase for about 10 seconds after you start walking. After you have been walking for about 10 seconds, the correct count appears, including the steps you took during the previous 10 seconds.
- 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.
- The Step Count Graph is updated even when any one of the events below occurs.
  - When accelerometer operation is stopped to save power
  - When counting is not possible due to accelerometer error or insufficient power

Resetting Today's Step Count

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (B) and (D) at the same time for at least two seconds. Release the buttons when [CLR] stops flashing.

   This resets the step count.

Specifying a Daily Step Target

You can specify a daily step goal within the range of 1,000 to 50,000, in units of 1,000 steps.

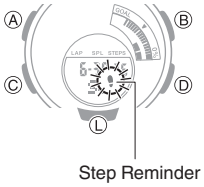
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the Step Reminder settings screen ([OFF] or [ON] flashing) appears.

3. Press (C).
   - This causes the current daily step target to flash.

4. Use (D) and (B) to change the daily step target setting.
5. Press (A) to exit the setting screen.

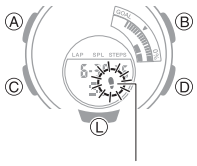
Step Reminder

If the watch determines that you have not walked for a preset amount of time, it will sound a tone and display a Step Reminder indicator. If the watch performs this Step Reminder alert operation, get up and walk for five minutes to clear it.



Clearing a Step Reminder Alert Indicator

will disappear from the display after you reach a preset step count.

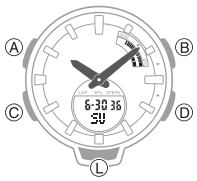


Note

- Measurement stops, the watch enters a power saving state, and disappears from the display if you have the watch removed from your wrist (no detectable watch movement) and you do not perform any operation for two or three minutes. However, if you perform some watch operation within one hour after it enters power saving, it will exit power saving and will start flashing again.

Enabling/Disabling Step Reminder

1. Enter the Timekeeping Mode.
   Navigating Between Modes



2. Hold down (A) for at least two seconds. Release the button when the Step Reminder setting screen ([OFF] or [ON] flashing) appears.

3. Press (D) to toggle Step Reminder between enabled and disabled.
   [ON]: Enabled
   [OFF]: Disabled
4. Press (A) to exit the setting screen.

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 10 seconds or less
- Watch hand movement (by the hand shift function, etc.)

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.

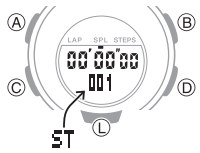
In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings. You can also set a target time and monitor your progress in attaining it. You can configure settings so the watch alerts you with a beeper and/or display indicator when you attain your target.

Note

- Up to 200 split time and lap time records can be stored in watch memory. Perform a lap or split time operation while there are already 200 records in memory will cause the oldest record to be deleted automatically to make room for the new one.
- You can use the Recall Mode to view the latest measurement data.
  Viewing Lap/Split Records
- You can use CASIO WATCHES to view past measurement data.

Getting Ready

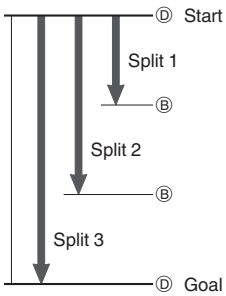
Enter the Stopwatch Mode.
Navigating Between Modes



Split Times and Lap Times

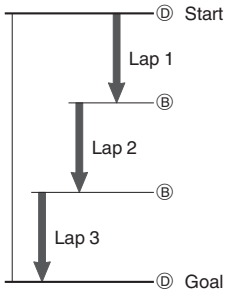
● Split time

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



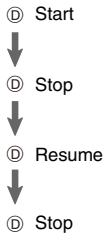
● Lap time

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

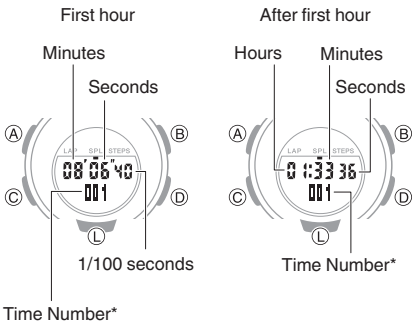


Measuring Elapsed Time

1. 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.



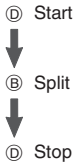
* [F] is displayed for the final time number when an elapsed time measurement operation is stopped.

2. Press (B) to reset the elapsed time to all zeros.

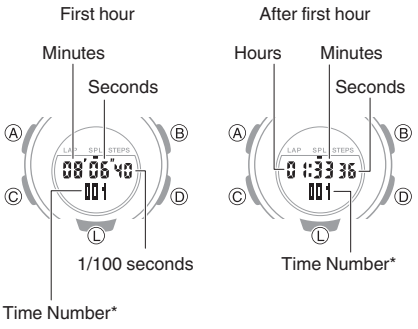
Measuring a Split Time

1. Press (A) to display [SPL].

2. Use the operations below to measure elapsed time.
   - Each press of (B) causes the elapsed time up to that point (split time) to be indicated for eight seconds.



   - 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.

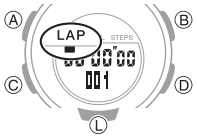


* [F] is displayed for the final time number when the elapsed time measurement operation is stopped.

3. Press (B) to reset the elapsed time to all zeros.

Measuring Lap Times

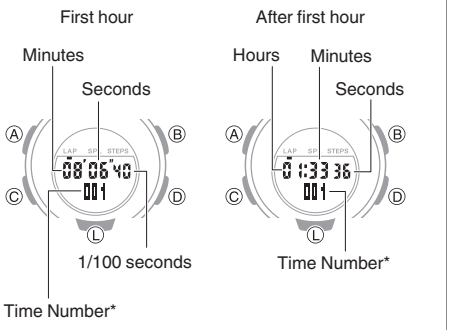
1. Press (A) to display [LAP].



2. Use the operations below to measure elapsed time.
   - Each press of (B) causes the elapsed time of the section (lap time) to be shown for eight seconds.

Ⓓ Start
↓
Ⓑ Lap
↓
Ⓓ Stop

   - 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.



   * [F] is displayed for the final time number when the elapsed time measurement operation is stopped.

3. Press (B) to reset the elapsed time to all zeros.

Using the Target Time Alarm

Overview

After you configure one or more target times, the watch will beep and display an alert to let you know when the elapsed time reaches a target time.

If you want to try running five kilometers in 30 minutes, for example, you could set the target times shown below and monitor your pace for each kilometer.

Target Time 1: 6 minutes

Target Time 2: 12 minutes

Target Time 3: 18 minutes

Target Time 4: 24 minutes

Target Time 5: 30 minutes

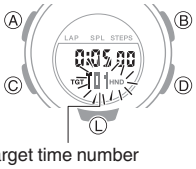
Specifying a Target Time

You can specify up to 10 target times, each of which can be up to 24 hours, in one-second units.

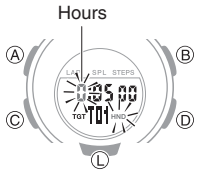
- If you want to specify multiple target times, specify the smallest time as Target Time 1, and the successive times in ascending order (Target Time 2, Target Time 3, etc.)

1. While the stopwatch is reset to all zeros, hold down (A) for at least two seconds. Release the button when [TGT] appears.
   - You can toggle the Target Time function between enabled and disabled by pressing (D).
   - [TGT] is shown on the display while the Target Time function is enabled.

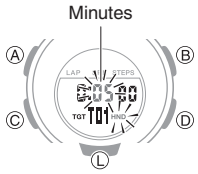
2. Press (C).
3. Use (B) and (D) to select a target time number.



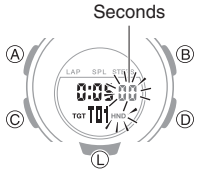
4. Press (C).
5. Use (B) and (D) to change the target time hour setting.



6. Press (C).
7. Use (B) and (D) to change the target time minute setting.



8. Press (C).
9. Use (B) and (D) to change the target time second setting.



   - If you want to specify multiple target times, repeat steps 2 through 9 above.

10. Press (A) to exit the setting screen.

Measuring Elapsed Time with the Target Time Function

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 [TGT] to flash on the display.
An alarm will sound for 10 seconds to let you know when the elapsed time operation reaches a target time you set.
[TGT] disappears from the display when the elapsed time operation exceeds the last target time.

Note

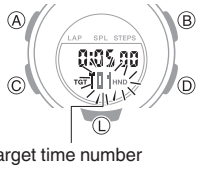
- [TGT] will appear if you stop time measurement while there is one or more target time remaining.

Clearing a Specific Target Time

Use the procedure below to clear a selected target time.

1. While the stopwatch is reset to all zeros, hold down (A) for at least two seconds. Release the button when [TGT] appears.

2. Press (C).
3. Use (B) and (D) to the number of the target time you want to clear.



4. Press (C).
5. Hold down (B) and (D) at the same time for at least two seconds. Release the buttons when the selected target time becomes [0:00 00].

   This indicates that the selected target time was cleared.

6. Press (A) to complete the operation.

Clearing All Target Times

The procedure below restores all target times to their initial factory defaults.

- Target Time 1: 5 minutes
- Target Time Function: Off

1. While the stopwatch is reset to all zeros, hold down (A) for at least two seconds. Release the button when [TGT] appears.

2. Hold down (B) and (D) at the same time for at least five seconds. Release the button when [ALL CLR] stops flashing.

   This restores target time settings to their initial factory defaults.

3. Press (A) to complete the operation.

Managing Data Records

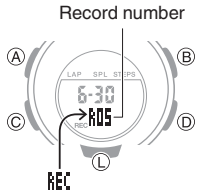
Viewing Lap/Split Records

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

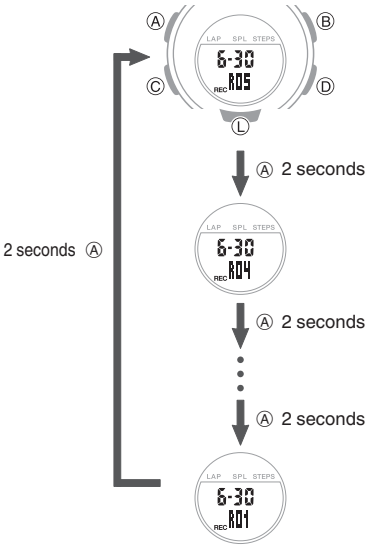
1. Enter the Recall Mode.

Navigating Between Modes

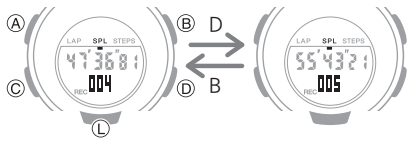
   - This causes the record number of the latest measurement to appear.



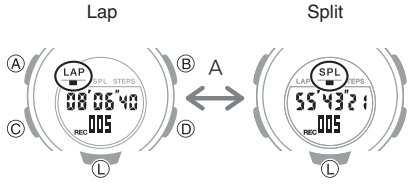
2. Hold down (A) for at least two seconds to cycle through record numbers.
   - Each time you hold down (A), the next older record number appears.



3. Use (D) and (B) to display the measurement value you want.



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



Note

- A record of the measured data is created and assigned a number for each measurement operation (from start to stop).

Deleting a Particular Record

Use the procedure below to delete a selected data record.

1. Enter the Recall Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   - Holding down (A) switches the record number.

3. Hold down (B) and (D) at the same time for at least two seconds. Release the buttons when [CLR] stops flashing.
   - This deletes the displayed data.

Note

- You cannot delete data while an elapsed time measurement operation is in progress.

Deleting All Records

You can use the procedure below to clear all data records in watch memory.

1. Enter the Recall Mode.
   Navigating Between Modes
2. Hold down (B) and (D) at the same time for at least five seconds. Release the button when [ALL CLR] stops flashing.

   [CLR] flashes and then stops flashing to indicate that the displayed data record was deleted. Keeping the buttons depressed will cause [ALL CLR] to flash on the display. [ALL CLR] will stop flashing to indicate that all data records have been deleted.

Note

- You cannot delete data while an elapsed time measurement operation is in progress.

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 is muted in the cases described below.
  - When battery power is low.

Getting Ready

Enter the Timer Mode.
Navigating Between Modes

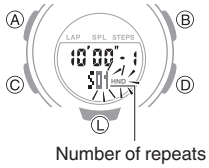
Setting a Timer Start Time

A timer start time can be set in 1-second units up to 60 minutes. The procedure below shows how to configure a single timer for a countdown.

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

1. Hold down (A) for at least two seconds. Release the button when the number of timer auto repeats setting (01 to 20) starts to flash.

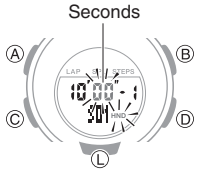
2. Use (D) and (B) to specify [01] as the number of timer auto repeats.



3. Press (C).
4. Use (D) and (B) to display [1].

5. Press (C).
   This causes the minutes digits to flash.
6. Use (D) and (B) to change the timer minutes setting.

7. Press (C).
   This causes the seconds digits to flash.
8. Use (D) and (B) to change the start time seconds setting.



9. Press (A) to exit the setting screen.

Using the Timer

A typical operation is shown below.

Ⓓ Start
↓
(Measurement operation starts.)
↓
Ⓓ Pause
↓
Ⓓ Resume
↓
(Time up)

- The watch beeps every second for the last five seconds of the countdown.
- To stop a countdown operation, first pause it and then press (B). 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.

Five countdown seconds remaining

A typical operation is shown below.

Ⓑ Enables Auto Start.
↓
Ⓓ Start
↓
(5-second pre-count)
↓
(Countdown starts)
↓
Ⓓ Pause
↓
Ⓓ Resume
↓
(Time up)

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

Using the Programmable Timer as an 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 (Auto Repeat).

Configuring Settings for an Interval Timer

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

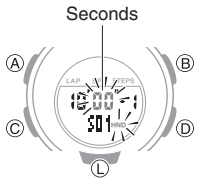
1. Hold down (A) for at least two seconds. Release the button when the number of timer auto repeats setting (01 to 20) starts to flash.

Number of repeats

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

5. Press (C).
   This causes the minutes digits of Timer 1 to flash.
6. Use (D) and (B) to change the timer minutes setting.

7. Press (C).
   This causes the seconds digits of Timer 1 to flash.
8. Use (D) and (B) to change the start time seconds setting.



9. Press (C) twice.
   This returns to the screen in step 4.
10. Repeat steps 4 through 9 as many times as necessary to configure the settings of the other timers.
11. Press (A) to exit the setting screen.

Using an Interval Timer

1. Press (D) to start the 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 (D). To reset a paused countdown to its start time, press (B).
- When there is a multiple timer countdown operation in progress, you can immediately terminate the current countdown and start the next countdown by pressing (A).

Dual Time

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

Getting Ready

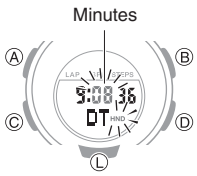
Enter the Dual Time Mode.
Navigating Between Modes

Configuring Dual Time Settings

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

1. Hold down (A) for at least two seconds. Release the button when the hour digits start to flash.

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

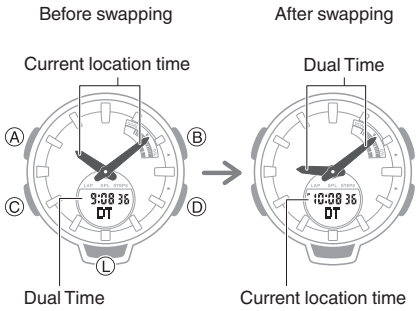


4. Use (D) and (B) to change the minute setting.
   - You can change the setting in 15-minute increments.
5. Press (A) to exit the setting screen.

Swapping the Home City Time and Dual Time

1. Enter the Dual Time Mode.
Navigating Between Modes

2. Hold down (B) for at least 2 seconds.
   This swaps the Home City time and 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 to Another Time Zone

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.

Getting Ready

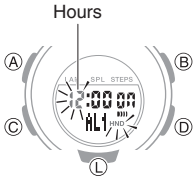
Enter the Alarm Mode.

Navigating Between Modes

Configuring Alarm Settings

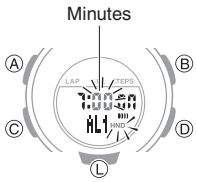
1. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.

2. Hold down (A) for at least two seconds. Release the button when the hour digits start to flash.



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

4. Press (C).
   This causes the minutes digits to flash.



5. Use (D) and (B) to change the minute setting.
6. Press (A) to exit the setting screen.

Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.

Enabling/Disabling an Alarm or the Hourly Time Signal

1. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIG]) screens until the one you want to configure is displayed.

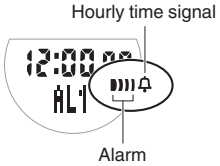
2. Press (B) to toggle the displayed alarm or the hourly time signal between on and off.
   [On]: On
   [– –]: Off

Stopping an Alarm

Pressing any button while the beeper is sounding stops it.

Determining an Alarm's On/Off Status

Turning on an alarm or the hourly time signal causes the corresponding indicator to appear on the display. The alarm on indicator is displayed when one or more alarm is turned on.



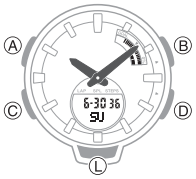
Adjusting the Time Setting Manually

When there is no communication with a phone, the time and date can be adjusted with the procedure below.

Getting Ready

Enter the Timekeeping Mode.

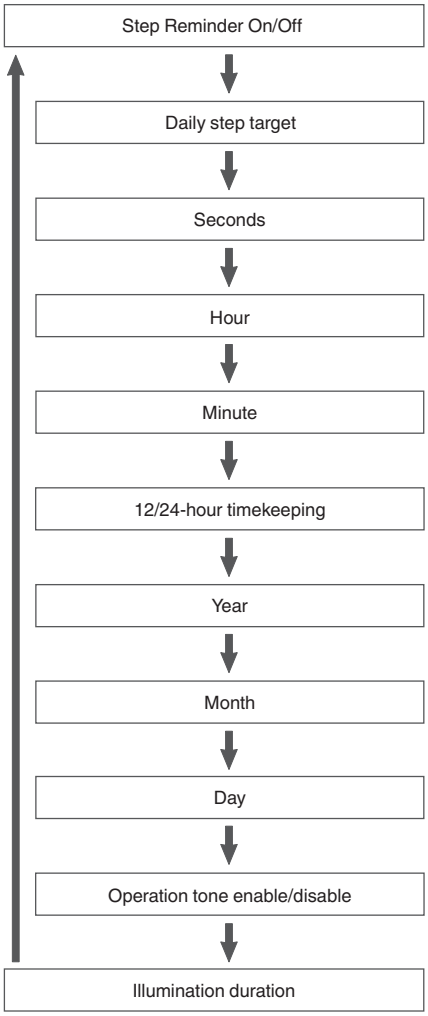
Navigating Between Modes



Setting the Time and Date

1. Hold down (A) for at least two seconds. Release the button when the Step Reminder setting screen ([OFF] or [ON] flashing) appears.

2. Keep pressing (C) until the setting you want to change is flashing.
   - Each press of (C) moves the flashing to the next setting in the sequence shown below.



3. Configure the date and time settings.
   - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
   - To change other settings: Use the (D) and (B) buttons.
4. Repeat steps 2 through 3 to configure date and time settings.
5. Press (A) to exit the setting screen.

Switching Between 12-hour and 24-hour Timekeeping

1. Hold down (A) for at least two seconds. Release the button when the Step Reminder setting screen ([OFF] or [ON] flashing) appears.

2. Press (C) five times so the current setting ([12H] or [24H]) is flashing on the display.

3. Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).
4. Press (A) to exit the setting screen.

Note

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

Illumination Light

The watch has an LED light that you can turn on for reading in the dark.

Illuminating the Face Manually

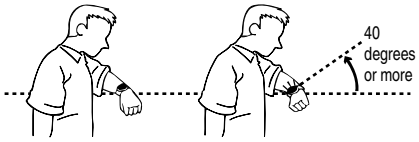
Pressing (L) turns on illumination.

- Illumination will turn off automatically if an alarm starts to sound.

Auto Light

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

Configuring the Auto Light Setting



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.

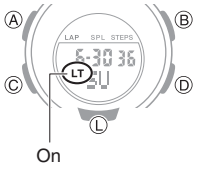
Note

- 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 (L) for at least three seconds in the Timekeeping Mode will toggle 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.

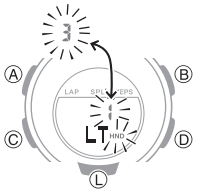


Specifying the Illumination Duration

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 the Step Reminder setting screen ([OFF] or [ON] flashing) appears.

3. Press (C) 10 times to display [LT].
4. Press (D) to toggle between the two illumination duration settings.
   [1]: 1.5-second illumination
   [3]: 3-second illumination



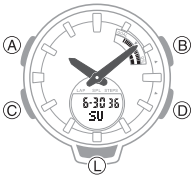
5. Press (A) to exit the setting screen.

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.

Getting Ready

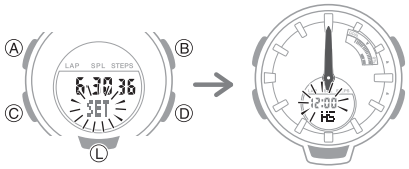
Enter the Timekeeping Mode.
Navigating Between Modes



Adjusting Hand Alignment

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. 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 two seconds → After five seconds



3. If the hour hand and minute hand are not at 12 o'clock, use the (D) and (B) buttons to align them.
4. Press (A) to exit the setting screen.

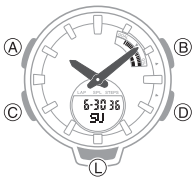
Battery Replacement

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

Other Settings

Getting Ready

Enter the Timekeeping Mode.
Navigating Between Modes



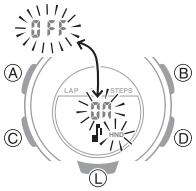
Enabling the Button Operation Tone

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

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the Step Reminder setting screen ([OFF] or [ON] flashing) appears.

3. Press (C) nine times to display [♪].

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



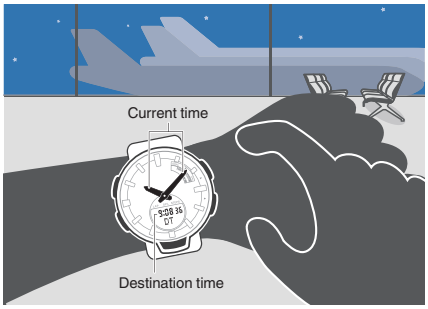
5. Press (A) to exit the setting screen.

Moving to Another Time Zone

Use the procedure below to easily change day and time settings of the watch to a destination location.

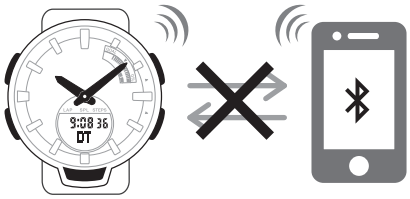
● **Before Boarding**

1. Configure the World Time (Dual Time) setting to the current time at your destination.



Using CASIO WATCHES to Configure Settings
Using Watch Operations to Configure Settings

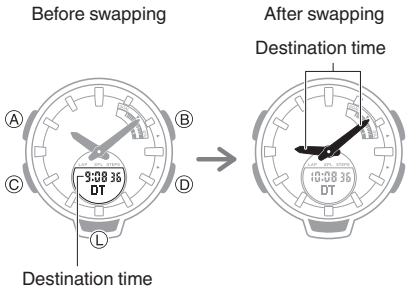
2. Disable auto time adjustment.



Using the Watch in a Medical Facility or Aircraft

● **In the aircraft, before arriving at your destination**

1. Swap the origin time zone time with the destination time zone time.



Using CASIO WATCHES to Configure Settings
Using Watch Operations to Configure Settings

● **After Arriving**

1. Adjust the time setting.
Triggering Immediate Time Adjustment
2. Enable auto time adjustment.
Using the Watch in a Medical Facility or Aircraft

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/

Specifications

Accuracy at normal temperature :

±15 seconds per month average when time adjustment 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)

Pedometer :

Step count measurement using a 3-axis accelerometer
Step count display range: 0 to 999,999 steps
Step indicator
Step count graph
Step count reset
Auto zero-reset at midnight each day
Manual reset
Daily step goal setting
Step count setting unit: 1,000 steps
Step count setting range: 1,000 to 50,000 steps
Daily Step Target Attainment Alert
Step Reminder
Step count accuracy
±3% (According to vibration testing)
Power Saving

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; 200-record data memory
Target time alarm:
Up to 10 time settings; watch beeps (for 10 seconds) when a target time is reached

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 :

Auto Time Correction
Time setting adjusted automatically at preset time.
One-touch Time Correction
Manual connection and time adjustment
Phone finder
Watch operation sounds the alert sound of the phone.
World Time
Current time for approximately 300 cities selected for the watch
Home Time/World Time swapping
Step count data transfer
Step count, calories
Stopwatch data transfer
200 lap/split time records (date and time, lap/split time, lap number)
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 :

High-brightness LED light; illumination duration setting; Auto Light; operation tone on/off; Hand Shift; low battery alert

Power Supply :

CR2016 x 1
Battery nominal voltage: 3V
Battery life: Approximately 2 years
Conditions
Auto time correction: 4 times/day
Alarm: Once (10 seconds)/day
Illumination: Once (1.5 seconds)/day
Step counting: 12 hours/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 watch is emitting radio waves whenever ᛒ is displayed.

Even if ᛒ is not displayed, the watch will automatically attempt to connect with a phone four times a day to adjust its time settings.

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

- Stopping Radio Wave Generation

Press any button besides (L) to terminate the Bluetooth connection.

- Disabling Auto Time Adjustment
Configure CASIO WATCHES settings to disable time adjustment between the watch and phone.
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/

Did you install CASIO WATCHES on your phone?

CASIO WATCHES 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

Android Users

- Enable Bluetooth.

Other than the above.

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

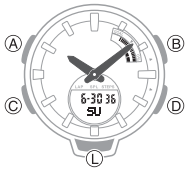
On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

I can't reconnect the watch and phone.

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

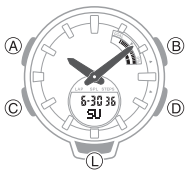
Is CASIO WATCHES running?

The watch cannot re-connect with the phone unless CASIO WATCHES is running on the phone. On the phone Home Screen, tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.



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

Turn the phone off and then back on again. On the Home Screen, tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.

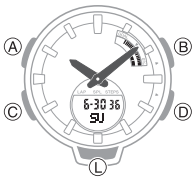


Is a stopwatch or timer operation being performed?

The watch cannot connect with a phone while a stopwatch measurement or timer operation is in progress. Wait until the stopwatch or timer operation is complete before connecting with the phone.

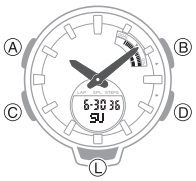
Q2 I can't connect while my phone is in the Airplane Mode.

After exiting the phone's Airplane Mode, go to its Home Screen and tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.



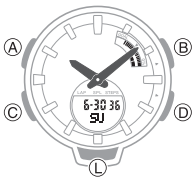
Q3 I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On the phone, change the Bluetooth setting from disabled to enabled, and then go to the Home Screen and tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.



Q4 I can't connect after turning off the phone.

Turn on the phone. On the Home Screen, tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.

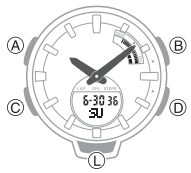


Phone-Watch Connection

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 the phone off and then back on again. On the Home Screen, tap the "CASIO WATCHES" icon.
Next, on the watch, hold down the MODE button (C) for at least two seconds to enter the Timekeeping Mode. After that, hold down the CONNECT button (D) for at least two seconds to establish a connection between the watch and phone.



Has the watch been re-paired with the phone?

After deleting pairing information from CASIO WATCHES, re-pair them.
Unpairing

If you are unable to establish a connection...

Use the procedure below to delete the pairing information from the watch, and then re-pair the watch and phone.

① Hold down (C) for at least two seconds to enter the Timekeeping Mode.

② Hold down (A) for at least two seconds. Release the button when the Step Reminder settings screen ([OFF] or [ON] flashing) appears.

③ Hold down (B) until [CLR] stops flashing on the display.

④ Press (A) to exit the setting screen.

If there is any pairing information remaining on your phone, delete that information as well.

Deleting the phone's pairing information

For details about setting procedures, see your phone documentation.

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

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 Adjustment by Bluetooth Connection (Time Adjustment)

Q1 When does the watch adjust is time?

The watch will connect with the phone and perform auto time adjustment at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time adjustment is complete.

Q2 Auto time adjustment does not start.

Did you recently swap your Home Time and World Time, or manually adjust the watch's time setting?

Note that auto time adjustment is not performed for 24 hours after swapping of the Home Time and World Time, or after the time setting is adjusted manually on the watch. Auto time adjustment will resume 24 hours after either of the above operations is performed.

Is auto time adjustment enabled?

Auto time adjustment will not be performed at the scheduled times unless it is enabled. Enable auto time adjustment.
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.

Pedometer

Q1 Displayed step count is not correct.

While the watch is on your wrist, the pedometer may detect non-step movements and count them as steps.

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

Q2 The step count does not increase.

The step count is not displayed at the beginning of a walk in order to avoid miscounting of non-walking movements.
It appears only after you have continued walking for about 10 seconds, with the number of steps you took during the first 10 seconds included in to the total.

Q3 [ERR] appears when using the pedometer.

[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.

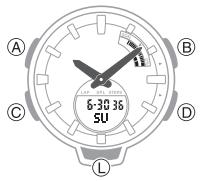
Is the alarm setting turned on? If it isn't, turn it on so it will sound.
Enabling/Disabling an Alarm or the Hourly Time Signal

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 (C) 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 one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- Watch is connected with a phone to adjust 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. Request battery replacement by your original retailer or authorized CASIO service center.

Battery Replacement

Q2 [R] is flashing on the digital 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.