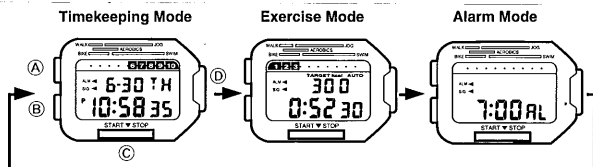


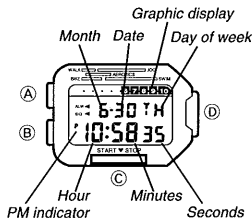
OPERATION CHART : MODULE QW-1183

GENERAL GUIDE

- Press **(A)** to change from mode to mode. Each mode is explained in detail on the following pages.



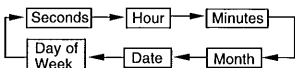
TIMEKEEPING MODE



- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- In the Timekeeping Mode, press **(D)** to switch between the 12-hour and 24-hour formats.

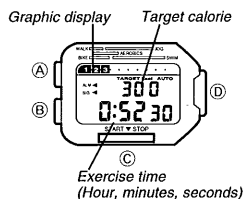
To set the time and date

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



- While the seconds digits are selected (flashing), press **(D)** to reset the seconds to "00". If you press **(D)** while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 - While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the number. While the day of the week is selected, pressing **(D)** advances to the next day. Holding down **(D)** changes the current selection at high speed.
 - After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

EXERCISE MODE



The Exercise Mode automatically calculates and displays the amount of time you have to exercise in order to burn a specific number of calories. Start timing in this mode when you start exercising, and the time counts down in units of one second, so you can see how much more you have to exercise. The number of calories remaining is also calculated and the display is updated every 30 seconds. You have burned the number of calories in your goal once the time on the display counts down to zero. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

Important !

- This watch measures calories burned during exercise, and not calories burned at rest.
- The number of calories burned during exercise is calculated according to basic data that you must set and in accordance with the intensity of the exercise you are performing. Be sure that you preset your basic data and correctly specify the exercise intensity before using the Exercise Mode.
- The number of calories burned for a given amount of exercise differs from individual-to-individual (because of differences in levels of fitness, etc.) This watch calculates its values based on general trends, and so the data it produces should be regarded as reasonable facsimiles only.
- Be sure to consult with a physician before embarking on a program of strenuous physical activity.

The measurement functions built into this watch are not intended for use to take measurements that require professional or industrial precision. Values produced by this watch should be considered as reasonably accurate representations only.

About the Basic Data

Basic data consists of a target calorie value, as well as your current weight, age, and sex.

Target Calorie Value

With this watch, the amount of time required to burn a specific number of calories (target calorie value) is counted down until it reaches zero and an alarm sounds. You can set the target calorie value automatically or manually. The number of calories you should burn in order to avoid getting out of shape is calculated by multiplying your weight by 5 for men, or your weight by four for women. When you use the automatic procedure to set the target calorie value, the watch automatically calculates the value in accordance with your sex and current weight (which you input). Using the manual procedure, you can set a target calorie value of 100 to 990 kcal in units of 10 kcal.

Weight

You can set your current weight in kilograms or pounds. You can set this value in increments of 1 kg/2 lb, in the range of 30 kg to 159 kg, or 66 pounds to 324 pounds. Those lighter than 30 kg or 66 pounds should use the minimum setting, while those heavier than 159 kg or 324 pounds should use the maximum setting.

Age

You can set the age value in 1-year increments, in the range of 15 to 90 years. Those younger than 15 years old should use the minimum setting, while those older than 90 should use the maximum setting.

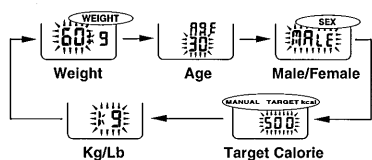
Sex

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

To input basic data



- While in the Exercise Mode, hold down **(A)** until the weight value starts to flash on the display. The digits flash because they are selected.
- Press **(B)** to change the selection in the following sequence.

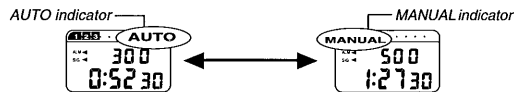


- While any item (Weight, Age, Target calorie) is selected (flashing), press **(D)** to increase the value. Holding down **(D)** changes the current selection at high speed.
- Use **(B)** to select the MALE/FEMALE setting. Press **(B)** to switch between MALE and FEMALE.
- Use **(B)** to select the Kg/Lb setting. Press **(B)** to switch between kg (kilograms) and lb (pounds).
- After you input your basic data, press **(A)** to return to the Exercise Mode.

To switch between automatic and manual setting of the target calorie value

While in the Exercise Mode, press **(A)** to switch between automatic and manual setting of the target calorie value.

- Whenever you select the automatic setting, the watch calculates and displays the target calorie value in accordance with the weight and sex data you have input.



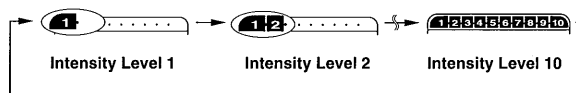
About Intensity Levels

The number of calories burned by exercise sessions of the same duration will differ in accordance with the intensity of the exercise. If you want the watch to provide a reasonably accurate calculation of calories burned, you must give it information about the intensity of the exercise you will be performing. The following table provides some guidelines for the value you should set for the intensity.

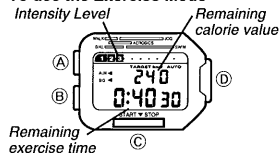
Exercise	Intensity Value	Exercise	Intensity Value
Walking (normal)	1	Jogging (160 m/min., 175 yards/min.)	5
Walking (fast)	2	Jogging (200 m/min., 220 yards/min.)	6
Cycling (10 km/h, 6.2 miles/h)	2	Swimming (long distance)	4
Aerobics	2	Swimming (race - crawl)	10
Jogging (120 m/min., 130 yards/min.)	3		

Setting the Exercise Intensity

While in the Exercise Mode, press **(D)** to change the intensity level as shown below.



To use the Exercise Mode



- In the Exercise Mode, press **(C)** to start the measurement of calories burned and time countdown operation.
- The time is counted down in one-second increments. Remaining calories are calculated and updated every 30 seconds.
- To stop the measurement, press **(C)**.
- You can resume the measurement operation by pressing **(C)** again.
- To clear the displayed data, hold down **(C)** until the display returns to its starting values.

Important !

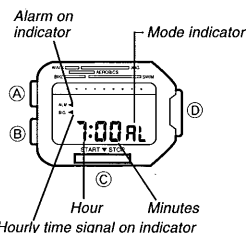
- For best results, start the calorie measurement operation right when you start exercising and stop operation immediately after you finish exercising. If you allow operation to continue while you are not exercising, the watch will calculate too many calories burned for the actual amount of time you exercised.
- Calorie measurement continues even if you switch to another mode.
- Try to maintain a constant intensity (matching the one you set) throughout your exercise, from beginning to end.
- You cannot change the settings of the basic data or exercise intensity while a calorie measurement operation is in progress.
- To change the exercise intensity, first press **(C)** to stop the measurement operation. When you change the intensity, the amount of remaining exercise time will be recalculated in accordance with the new setting and the number of calories remaining on the display. The seconds digit of the remaining exercise time is automatically rounded to the next higher 00 or 30.

Examples

Remaining Time	Display Time
1 minute 15 seconds	1:30
2 minutes 58 seconds	3:00
3 minutes 8 seconds	3:30

- You can also change basic data after you press **(C)** to stop the measurement operation. Doing so, however, causes the remaining number of calories to be cleared to its starting value.

ALARM MODE

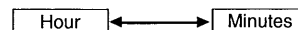


When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

- Hold down **(A)** while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
- This operation will switch the Daily Alarm on automatically.
- Press **(B)** to change the selection in the following sequence.

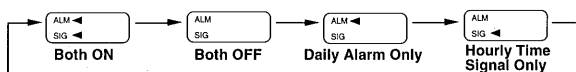


- Press **(D)** to increase the selected digits. Holding down **(D)** increases the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (P).
- After you set the alarm time, press **(A)** to return to the Alarm Mode.

To switch the Daily Alarm and Hourly Time Signal on and off

Press **(D)** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

[Alarm ON Indicator/Hourly Time Signal ON Indicator]



To test the alarm

Hold down **(D)** while in the Alarm Mode to sound the alarm.