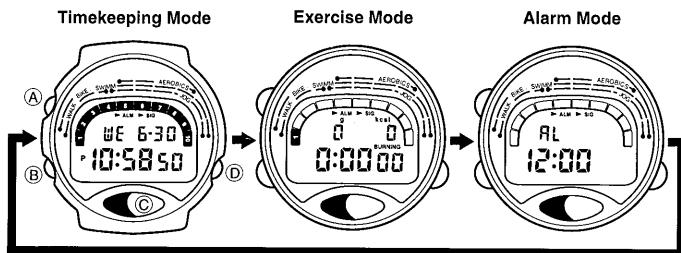


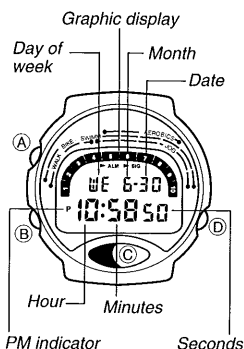
OPERATION CHART: MODULE QW-1041

General Guide

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



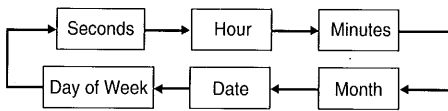
Timekeeping Mode



- In the Timekeeping Mode, press (D) to switch between the 12-hour and 24-hour formats.

To set the time and date

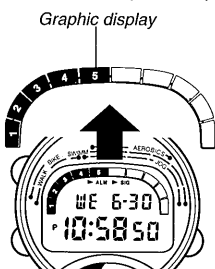
- Hold down (A) while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are **selected**.
- Press (B) to change the selection in the following sequence.



- 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) for 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.

About the Graphic Display



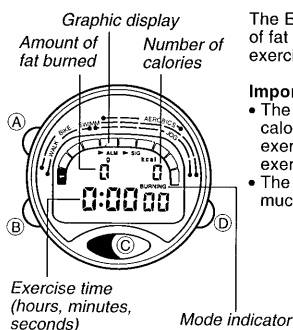
In the Timekeeping Mode, the graphic display shows the number of times your exercise burned at least 1 gram of fat (as measured in the Exercise Mode for the current month (June in the example display). Note that the graphic display has only 10 segments, so the it starts over from 1 each time you reach 10. This means that 5 can mean 5 times, 15 times, 25 times, etc. The graphic display is cleared each time a new month is entered, or when you use the procedure under "To set the time and date" to change the month setting. If you have not yet performed exercise that burns at least 1 gram of fat, the graphic display counts the seconds in the Timekeeping Mode.

Exercise Mode

The Exercise Mode calculates and displays the amount of fat and the number of calories you burn when exercising.

Important !

- The calorie count shown by this watch is the total of calories normally burned (even if you weren't exercising) plus the extra calories burned by your exercise.
- The value for the amount of fat burned indicates how much fat you lost during your exercise.



- The amount of fat and number of calories burned are calculated by the watch in accordance with the basic data you preset, as well as with the intensity and duration of the exercise. Because of this, be sure to correctly set your basic data and the intensity of the exercise before you start. The duration of the exercise is automatically measured by the watch. Note that you cannot set your basic data or intensity of exercise while an Exercise Mode operation is already in progress, or while a calculated value is displayed. To input basic data, clear the Exercise Mode display to all zeros.
- The actual amount of fat and number of calories burned differ 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 approximations only.

About the Basic Data

Basic data consists of your current weight, age, and sex.

• Weight

You can set your current weight value in increments of 1 kg, in the range of 30 kg to 150 kg. Those lighter than 30 kg should use the minimum setting, while those heavier than 150 kg should use the maximum setting.

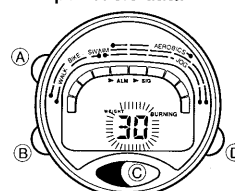
• Age

You can set the age value in 1-year increments, in the range of 13 to 79 years. Those younger than 13 years old should use the minimum setting, while those older than 79 should use the maximum setting.

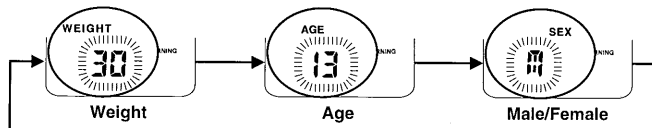
• Sex

Set this item to male (M) or female (F).

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) is selected (flashing), press (D) to increase the value. Holding down (D) changes the current selection at high speed.
- Use (B) to change to the next setting. While the **Male/Female** setting is selected (flashing), press (D) to switch between male (M) and female (F).
- After you input your basic data, press (A) to return to the Exercise Mode.

About Intensity Levels

The amount of fat and number of calories burned by exercise sessions of the same duration will differ in accordance with the intensity of the exercise. This means that the accuracy of the data produced by the watch depends on the information you provide it with about exercise intensity.

You can use either of the following two methods to select the exercise intensity level.

- According to the type of exercise
- According your pulse rate during exercise

For most uses, selecting the intensity level according to the type of exercise is sufficient. If you desire a high degree of precision, however, you should select the intensity level according to your pulse rate during exercise.

- The level indicated by this watch that is most efficient for fat burning is Level 3.

Exercise Intensity and Type of Exercise

Levels	Exercise	Levels	Exercise
1	Walking (normal speed: 40 to 60 m/min) Cycling (less than 10 km/h)	6	Jogging (140 m/min) Cycling (30 km/h) Aerobics (Intermediate)
2	Walking (70 to 80 m/min) Cycling (10 km/h)	7	Jogging (150 m/min) Aerobics (Intermediate to Advanced) Swimming (at a speed that would allow you to continue for about 30 minutes)
3	Walking (at a speed that allows normal conversation: 90 to 100 m/min) Cycling (15 km/h) Swimming (at a speed that would allow you to continue indefinitely)	8	Jogging (170 m/min) Cycling (more than 40 km/h) Aerobics (Advanced)
4	Jogging (110 m/min) Cycling (20 km/h)	9	Jogging (180 m/min) Cycling (full speed)
5	Jogging (120 m/min) Cycling (25 km/h) Aerobics (Beginner to Intermediate)	10	Jogging (190 m/min) Swimming (long distance)

- Aerobics includes step exercise.

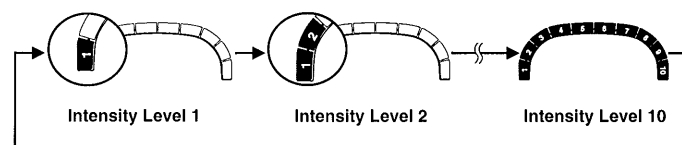
Exercise Intensity and Pulse Rate

Exercise for about three minutes and then place the fingers of one hand onto the wrist of the opposite arm to take your pulse. Count the number of beats for 15 seconds and then multiply by 4 to get your 1-minute rate.

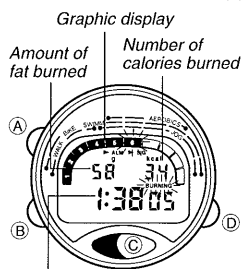
Levels	Pulse Rates by Age						
	10 — 19	20 — 29	30 — 39	40 — 49	50 — 59	60 — 69	70 — 79
1	115	105	105	100	95	95	90
2	120	110	110	105	100	100	95
3	135	125	120	115	110	110	105
4	150	140	135	130	125	120	115
5	160	150	145	140	135	125	120
6	170	160	155	145	140	130	125
7	175	165	160	150	145	135	130
8	190	175	170	165	155	145	135
9	200	185	180	170	160	150	145
10	210	195	185	175	165	155	150

Setting the Exercise Intensity

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



To use the Exercise Mode



Exercise time (hours, minutes, seconds)

Important!

- For best results, start the amount of fat and number of calories 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 much fat and too many calories 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.

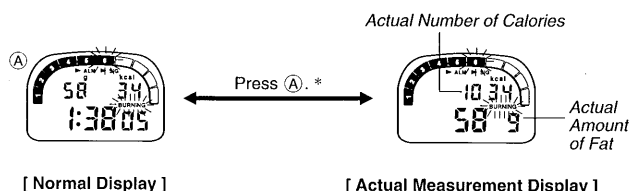
- In the Exercise Mode, press (C) to start measurement of fat and calories burned.
 - The displayed values for fat and calories burned are updated every 30 seconds.
 - The graphic display also indicates the amount of fat being burned during the exercise. Each segment represents 0.1 gram.
 - When you burn 1 gram of fat during the current exercise session, the **BURNING** mode indicator flashes.

- To stop the measurement, press (C).
 - You can resume the same measurement operation by pressing (C) again.

- To clear displayed data to all zeros (after the measurement operation is finished), press (D).

To display the actual amount of fat and number of calories burned

The normal Exercise Mode display shows only the three right digits for the number of calories and two right digits for amount of fat burned. To see the actual number of calories (up to 4 digits) and amount of fat (up to 3 digits), press (A). You can view the actual values either while a measurement in the Exercise Mode is ongoing or stopped.



* The watch returns to the Normal Display from the Actual Measurement Display if you do not perform any button operation for about 5 seconds.

Working Range

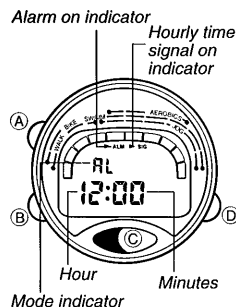
Exercise time: Up to 9 hours, 59 minutes, 59 seconds

Actual Number of Calories: Up to 9999 kcal

Actual Amount of Fat: Up to 999 g

- If any of the above values are exceeded, the watch automatically stops the Exercise Mode Operation, and the display starts to flash.

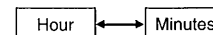
Alarm Mode



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*.
 - At this time the Daily Alarm is switched 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 digital timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
- 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]

