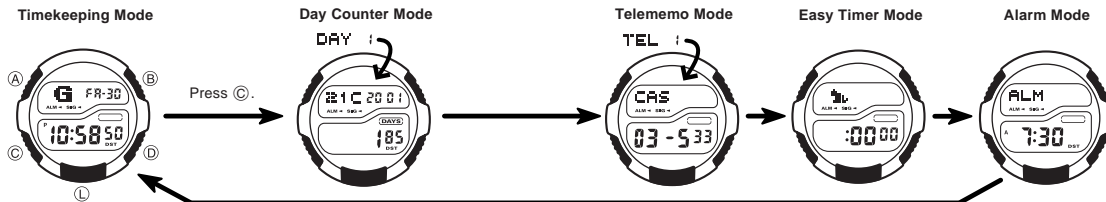


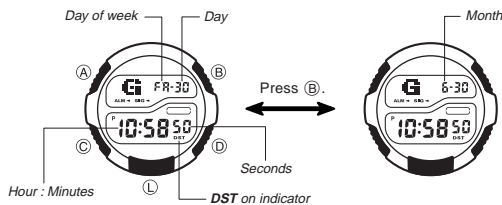
## GENERAL GUIDE

- Press **C** to change from mode to mode.
- Pressing **L** in any mode illuminates the display for about 3 seconds.
- If you do not perform any operation for a few minutes while a setting screen (with flashing digits) is on the display, the watch automatically exits the setting screen.
- If you do not perform any operation for a few minutes in Day Counter Mode and Telememo Mode, the watch automatically reverts to the normal timekeeping screen.
- When making settings (except Easy Timer setting), note that you can scroll only forward. This means that if you go past the setting you want, you must scroll through all of the available settings again until the one you want reappears.



## TIMEKEEPING MODE

- Press **B** to toggle the display between the day of the week and month, as shown below.



- Press **D** to toggle the display between the 12-hour and 24-hour timekeeping.
- With 12-hour timekeeping, times between midnight and noon are indicated by **A** (am), while times between noon and midnight are indicated by **P** (pm).
- The **A** and **P** indicators do not appear when you are using 24-hour timekeeping.

### To set the time and date

1. While in the Timekeeping Mode, hold down **A** until the seconds digits flash on the display, indicating the setting screen.
2. Press **C** to move the flashing in the sequence shown below.



3. While the seconds setting is selected (flashing), press **D** to reset it to 00. If you press **D** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
  - While the **DST** setting is selected (**DST** on indicator is flashing), press **D** to toggle it on (**ON**) and off (**OF**).
  4. While any other setting is selected (flashing), press **D** to increase it. Holding down **D** changes the setting at high speed.
  5. After you make the settings you want, press **A** to exit the setting screen.
    - The day of the week is automatically set in accordance with the date.
    - The date can be set within the range of January 1, 2000 to December 31, 2039.
    - The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.
- \* Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

## ABOUT THE BACKLIGHT

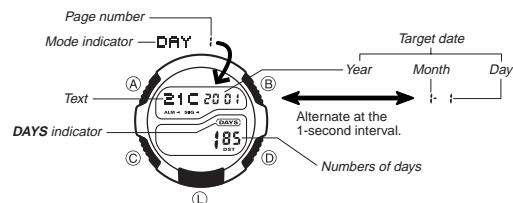
- Press **L** to illuminate the display for about three seconds.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

## DAY COUNTER MODE

The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date.

There are ten day counters, each identified by a counter number. You can assign text titles up to eight characters long to each of the 10 Day Counters. Whenever the date specified by any one of the day counters matches the date of the Timekeeping Mode (regardless of the day counter's year setting), the **DAYS** indicator flashes on the screen of the particular day counter whose date matches the date of the Timekeeping Mode.

The initial default date for all Day Counters is January 1, 2001. The page number on the display when you exit the Day Counter Mode appears first the next time you enter the Day Counter Mode.

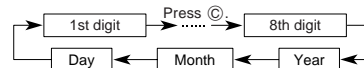


### Recalling Day Counter Data

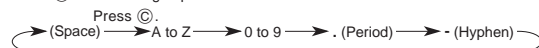
In the Day Counter Mode, press **D**(+) or **B**(-) to scroll through the day counters.

### To set the target date

1. In the Day Counter Mode, press **D**(+) or **B**(-) to display the number of the counter you want to set.
2. Hold down **A** until the flashing cursor appears in the text area. This indicates the input screen.
3. Press **C** to move the flashing in the sequence shown below.

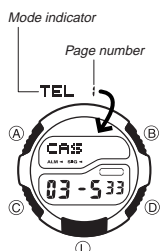


4. While the cursor is in the text area, use **C** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below. Holding down **C** scrolls at high speed.



5. While the cursor is in the date area, press **C** to scroll through digits at the current cursor position. Holding down **C** scrolls at high speed.
  - Press **D** and **B** at the same time. The message "**CLR**" appears in the display. The characters in the text area is cleared and today's date is set as the target date. You can then make any changes in the date you want.
6. After you make the settings you want, press **A** to exit the input screen.
  - The date can be set within the range of January 1, 1940 to December 31, 2039.
  - The text area display can show only three characters at a time. Longer text scrolls continuously from right to left. The symbol "¶" indicates that the character to the left is the last, and the character to the right is first.

## TELEMEMO MODE



The Telememo Mode lets you store up to 10 records, each with a name (up to eight characters) and a phone number (up to 12 digits). You can recall records by scrolling through them on the display.

- The page number on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.

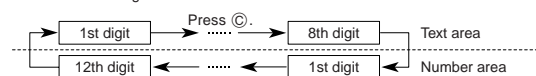
### To input a new Telememo record

- In the Telememo Mode, press **D**(+) or **B**(-) to display the page number of the record where you want to input data.
- Hold down **A** and a cursor appears on the text area.

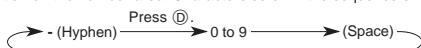
- Use **D** to scroll through characters at the current cursor position. Characters scroll in the sequence shown below.



- Holding down **D** scrolls at high speed.
- When the character you want is at the current cursor position, press **C** to move the cursor to the right.



- Holding down **C** to move the cursor at high speed.
- Repeat the steps 3 and 4 to input the rest of the characters.
  - You can input up to eight characters for the name, though only three characters are visible at a time. If the name you input has fewer than eight characters, use **C** to move the cursor to the eighth space (which means you would press **C** three times after inputting a five-character name).
  - After you input the name, use **C** to move the cursor to the number area.
  - Pressing **C** while the cursor is located at the eighth character of the text area advances to the number area. Pressing **C** while the cursor is located at the 12th digit of the number area returns to the text area.
  - Use **D** to scroll through characters (hyphen, numbers, space) at the current cursor position on the number area. Characters scroll in the sequence shown below.



- Holding down **D** scrolls characters at high speed.
- When the character you want is at the cursor position, press **C** to move the cursor to the right.
  - Repeat steps 7 and 8 to input the rest of the numbers you want.
  - You can input up to 12 digits for the number.
  - After inputting the name and number of the record, press **A** to store it and exit the setting screen.
  - The display can show only three name characters at a time. Longer names scrolls continuously from right to left. The symbol "¶" indicates that the character to the left is the last, and the character to the right is the first.
  - The number area can show up to six digits at one time. If a number has more than six digits, the display automatically switched between the first six digits (counting forward from the first digit) and the last six digits (counting backward from the last digit) of the number. This means that if a number is 12 digits long, the number area switches between the first six digits and the last six digits. If a number is seven digits long, the number area switches between digits 1 through 6, and digits 2 through 7.

### To recall Telememo data

- In the Telememo Mode, press **D**(+) or **B**(-) to scroll forward through the stored records.
- Holding down either button scrolls at high speed.

### To edit Telememo data items

- In the Telememo Mode, use **D**(+) or **B**(-) to display the data you want to edit.
- Hold down **A** until the cursor appears in the display.
- Use **C** to move the cursor to the character you want to change.
- Use **D** to change the character.
- See step 3 of "To input a new Telememo record" for information on inputting name characters, and step 7 for inputting number characters.
- After making the changes that you want, press **A** to store them and exit the setting screen.

### To delete a Telememo record

- In the Telememo Mode, use **D**(+) or **B**(-) to display the record you want to delete.
- Hold down **A** until the cursor appears in the display.
- Press **D** and **B** at the same time. The message "CLR" appears in the display, indicating that the record was deleted.
- After the record is deleted, the cursor appears in the text area, ready for input.
- Input a new record or press **A** to exit the setting screen.

## EASY TIMER MODE

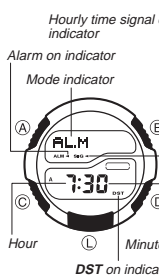


The Easy Timer Mode lets you quickly and easily set a countdown timer within the range of 1 to 60 minutes. When the end of the countdown is reached, an alarm sounds for 10 seconds, or until you press any button on the watch. When the alarm stops, the countdown start time is cleared automatically.

### Using the Easy Timer

- In the Easy Timer Mode, use **D**(+1 minute) and **B**(-1 minute) to change the start time setting. Holding down either button changes the start time at high speed.
  - Release the button, and the countdown starts automatically in about one second.
  - If you want to set the starting time to [ :60 00], press **B** while [ :00 00] is on the display in the Easy Timer Mode.
- You can use **D**(+) and **B**(-) to change the start time setting while a countdown is in progress. The seconds count is unchanged by pressing **B** or **D**.
- An alarm sounds for about 10 seconds when the end of the countdown is reached.
  - To stop a countdown, press **A**. This also resets the countdown time to [ :00 00].

## ALARM MODE



When the Daily Alarm is turned 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 turned on, the watch beeps every hour on the hour.

### To set the alarm time

- While in the Alarm Mode, hold down **A** until the hour digits flash on the display, indicating the setting screen.
  - At this time, the alarm is turned on automatically.
  - Press **C** to move the flashing in the sequence shown below.
- 
- Use **D** to increase the setting. Holding down **D** changes the setting at high speed.
- After you set the alarm time, press **A** to exit the setting screen.
  - The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
  - If the **DST** on indicator is on the display, that indicate the **DST** on/off setting of the Timekeeping Mode is on.

### To stop the alarm

Press any button to stop the alarm after it starts to sound.

### To turn the Daily Alarm or the Hourly Time Signal on and off

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



### To test the alarm

In the Alarm Mode, hold down **D** to sound the alarm.