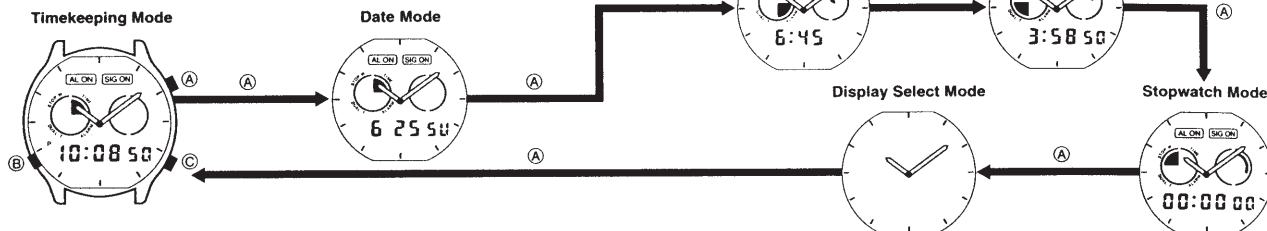


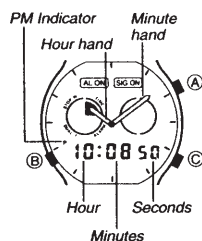
OPERATION CHART:MODULE QW-1358

GENERAL GUIDE

- Press (A) to change from mode to mode. Each mode is explained in detail on the following pages.
- If the digital display of your watch is continually changing, see "DISPLAY SELECT MODE" for information on how to stop it.

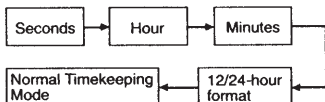


TIMEKEEPING MODE



To set the digital time

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

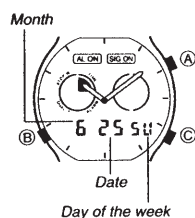


- Once you reach the normal Timekeeping Mode, you have to hold down (C) again to display the flashing seconds.
- While the seconds digits are selected (flashing), press (A) to reset the seconds to "00". If you press (A) while the seconds count is in the range of 30 to 59, the seconds are reset to "00" 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 (A) to increase the number. Holding down (A) changes the current number at high speed. While the 12/24-hour setting is selected, press (A) to switch between the two formats.
- After you set the time and format, use (C) to return to the normal Timekeeping Mode (the flashing stops).
- 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 normal Timekeeping Mode automatically.

To set the analog time

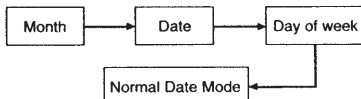
Press (B) in any mode to advance the analog time setting. Holding down (B) advances the analog setting at high speed. You can only advance the setting and cannot reverse it.

DATE MODE



To set the date

- Use (A) to enter the Date Mode.
- Hold down (C) while in the Date Mode until the month digits start to flash on the digital display. The month digits flash because they are selected.
- Press (C) to change the selection in the following sequence.

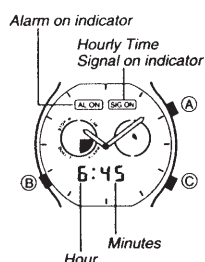


- Once you reach the normal Date Mode, you have to hold down (C) again to display the flashing month.
- While the month or date digits are selected (flashing), press (A) to increase the number. While the day of the week is selected, pressing (A) advances to the next day. Holding down (A) changes the current selection at high speed.
- After you set the date, press (C) to return to the normal Date 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.

Day of the week abbreviations

Day of the week is displayed as follows.
 SU : Sunday MO : Monday TU : Tuesday
 WE : Wednesday TH : Thursday FR : Friday
 SA : Saturday

ALARM MODE

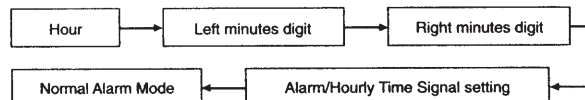


When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

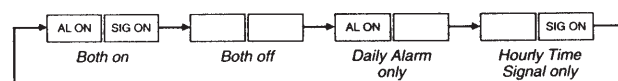
To set the alarm time

- Use (A) to enter the Alarm Mode.
- Hold down (C) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.

- Press (C) to change the selection in the following sequence.



- Once you reach the normal Alarm Mode, you have to hold down (C) again to display the flashing hour.
- Press (A) to increase the selected digits. Holding down (A) changes the number 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 (indicated as "P").
- While the Daily Alarm/Hourly Time Signal setting is selected, press (A) to change the status in the following sequence.



- After you set the alarm time, use (C) to return to the normal Alarm Mode.
- 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.

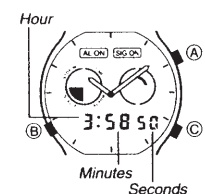
To stop the alarm

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

To test the alarm and select an alarm tone

Hold down (A) in any mode to sound the alarm. Each time you test the alarm, a different alarm sounds. Note that you cannot test the alarm when any time setting operation is being performed (indicated by the flashing digits).

DUAL TIME MODE

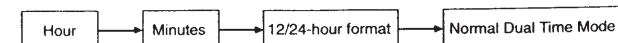


The Dual Time function lets you set a second digital time that operates independently of the current analog and digital times. This means you can keep track of time in another time zone.

To set the Dual Time

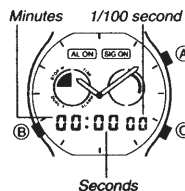
- Use (A) to enter the Dual Time Mode.
- Hold down (C) while in the Dual Time Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.

- Press (C) to change the selection in the following sequence.



- Once you reach the normal Dual Time Mode, you have to hold down **(C)** again to display the flashing hour.
- 4. Press **(A)** to increase the selected digits. Holding down **(A)** changes the number at high speed. While the 12/24-hour setting is selected, press **(A)** to switch between the two formats.
- 5. After you set the time, press **(C)** to return to the Dual Time Mode (the flashing stops).
- 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.

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time and cumulative elapsed time. The range of the stopwatch is 59 minutes, 59.99 seconds.

To measure elapsed time

1. Press **(C)** to start the stopwatch.
2. Press **(C)** to stop the stopwatch.
3. Hold down **(C)** until the stopwatch is cleared to "00:00 00".

To measure cumulative elapsed time

1. Press **(C)** to start the stopwatch.
2. Press **(C)** to stop the stopwatch.
3. Press **(C)** again to resume timing from the time shown on the display.
You can repeat steps 2 and 3 as many times as you like.
4. Hold down **(C)** until the stopwatch is cleared to "00:00 00".

DISPLAY SELECT MODE

The Display Select Mode is actually made up of two sub-modes. Hold down **(C)** in the Display Select Mode for about one or two seconds to switch between the sub-modes.



Analog Display

This display shows the current time using the hour and minute hands, without any digital display information.

Auto Display

This display continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions while the Auto Display function is operating. **To turn the Auto Display off, hold down (C) for about one or two seconds until the contents of the digital display disappear.**