

USER'S GUIDE 2630

CASIO®

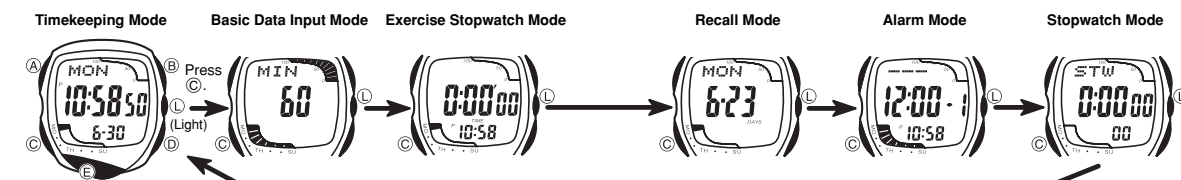
About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press **C** to change from mode to mode.
- In any mode, press **L** to illuminate the display.



Timekeeping

Use the Timekeeping Mode to set and view the current time and date. You can also use the Timekeeping Mode to select either audible beeper or vibration alert for alarms.

To set the time and date

1. In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
2. Use **C** to move the flashing in the sequence shown below to select other settings.

Seconds → Hour → Minutes → 12/24-Hour Format
Day ← Month ← Year ←

3. When the setting you want to change is flashing, use **E** and **B** to change it as described below.

Screen	To do this:	Do this:
50	Reset the seconds to 00.	Press E .
10:58	Change the hour or minutes.	Use E (+) and B (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping.	Press E .
202	Change the year.	Use E (+) and B (-).
6-30	Change the month or day.	

- Pressing **E** while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
- 4. Press **A** to exit the setting screen.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) setting.

Vibration Alert

- When Vibration Alert is turned on, the watch vibrates instead of sounding a beeper. This lets you use the watch without disturbing others with beeping sounds.
- Vibration Alert can be used to replace alarm sounds.
 - For information about selecting vibration alert or beeper alert in the Timekeeping Mode, see "To switch between vibration alert and beeper alert".
 - For information about target alerts in the Exercise Stopwatch Mode, see "Exercise Stopwatch".
 - For information about the daily alarm and hourly time signal alerts, see "Alarms".
 - Watches with a metal band may produce a noise when a vibration operation is performed. This is due to vibration of the metal band, and does not indicate malfunction of the watch.

To switch between vibration alert and beeper alert

- In the Timekeeping Mode, hold down **D** for about two seconds to toggle between vibration alert (**VIB** displayed) and beeper alert (**VIB** not displayed).
- The vibration alert on indicator (**VIB**) is displayed in all modes.



Inputting Basic Data



- Before you can measure walking data with this watch, you first need enter the Basic Data Input Mode and input information about your stride length and current weight.
- You can also use the Basic Data Input Mode to specify a daily target in terms of time, calories, distance, or number of steps. See "Setting Target Values" for more information.
 - Basic Data is used for calculation of exercise data in the Exercise Stopwatch Mode.
 - All of the operations in this section are performed in the Basic Data Input Mode, which you enter by pressing **C**.

Basic Data

The term "basic data" refers to information about your stride length, and current weight.

Important!

- Basic data should be changed whenever your stride length or weight changes, or before a different person uses the watch's Exercise Stopwatch Mode.
- See "To input your basic data" for information about inputting your stride length and current weight information.
- You need to perform both of the following steps before you can change your basic data settings (stride length, current weight, weight unit). The Exercise Stopwatch must be reset to zero. See "To reset the Exercise Stopwatch to all zeros" for the zero reset procedure. Exercise Stopwatch record memory must be empty. See "To clear all Exercise Stopwatch records" for information about how to delete Recall Mode data.

Weight

You can specify either pounds (**Lb**) or kilograms (**KG**) as the weight unit. The range and increment for each unit are shown below.

Weight Unit	Setting Range	Setting Increment
Pounds (Lb)	66 to 330	2
Kilograms (KG)	30 to 150	1

Stride Length

You can specify either inches (**IN**) or centimeters (**CM**) as the stride length unit. The unit you specify for the stride length unit also determines the unit of measurement used for the distance value in the Exercise Stopwatch Mode and Recall Mode, as shown below.

Stride Length Unit	Setting Range	Setting Increment	Distance Unit
Inches (IN)	14 to 76	1	Miles (MI)
Centimeters (CM)	40 to 160	2	Kilometers (KM)

- The following examples illustrate how you can calculate values for this setting.

$$372 \text{ steps required to cover 330 yards.} \\ 330 \text{ (yards)} \div 372 \text{ (steps)} \times 36 = 31.94 \text{ (approximately 32 inches)}$$

$$372 \text{ steps required to cover 300 meters.} \\ 300 \text{ (meters)} \div 372 \text{ (steps)} = 0.806 \text{ (approximately 80 cm)}$$

To input your basic data

Measurement unit

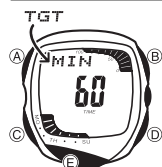
1. Enter the Basic Data Input Mode.
 - Note that the Basic Data Input Mode has four screen types, indicating targets for time (**TIME**), calories (**CAL**), distance (**DIST**), or number of steps (**STEP**). You can input basic data regardless of the screen type that is currently on the display.
 - For information about setting a target value, see "Setting Target Values".
2. Hold down **A** until the current input value starts to flash, which indicates the setting screen.
3. Use **C** to select the stride length setting or weight setting.
4. While the stride length or weight setting is selected, use **E** (+) and **B** (-) to change the displayed value.
5. While the weight or stride length setting is selected, you can switch between measurement units (pounds (**Lb**) and kilograms (**KG**) for the weight, centimeters (**CM**) and inches (**IN**) for the stride length) by pressing **D**.

Note

- If you find that you cannot change the weight unit or stride length unit, press **A** to exit the setting screen. Next, reset the Exercise Stopwatch to all zeros, and then clear all Exercise Stopwatch records. After that, you should be able to change the weight unit and stride length unit.

5. Press **A** to exit the setting screen.

Setting Target Values



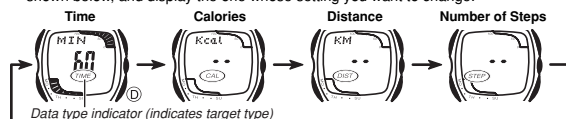
In addition to configuring basic data, you can also use the Basic Data Input Mode to specify targets in terms of time, calories, distance, or number of steps. You can select any one of the targets you set when performing an Exercise Stopwatch Mode measurement operation. The watch will perform an alert operation (beeper or vibration) to let you know when you reach the selected target.

- The following shows the setting range and units for each of the available target values.

Targets	Setting Range	Setting Increment
Time (MIN)	0 to 500 minutes	10
Calorie (Kcal)	0 to 2,000.00 kcal	50
Distance (KM)	0 to 50.00 km	0.50 km
(MI)	0 to 50.0 mi	1.0 mi
Number of Steps	0 to 50,000	500

To set a target value

- In the Basic Data Input Mode, press (D) to scroll through the target screens as shown below, and display the one whose setting you want to change.



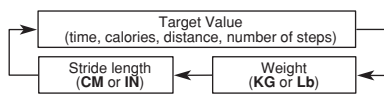
- The Distance screen shown above, which indicates distance in kilometers (KM) appears when you have centimeters selected as the stride length unit. If you have inches selected as the stride length unit, the Distance screen indicates distance in miles (MI).
- One of the target value screens always contains a target value, and all of the other screens show "—" in place of the target value. Setting a target value on a screen that currently shows "—" causes the target value that is currently set on another screen to change to "—".
- The initial default target value setting is "60" (minutes) on the Time (TIME) screen.

Measurement unit



- Hold down (A) until the current input value starts to flash, which indicates the setting screen.

- At this point, you could use (C) to select other setting screen settings in the sequence shown below.

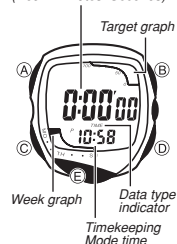


- The stride length setting is selected when CM or IN is shown for the measurement unit. The weight setting is selected when KG or Lb is shown for the measurement unit.
- For information about changing the stride length and weight settings, see "Basic Data".

- While the target value is selected, use (E) (+) and (B) (–) to change it.
 - You can have a target value set for only one target type (time, calories, distance, or number of steps) at a time. Setting a target value on a screen that currently shows "—" causes the target value that is currently set on another screen to change to "—".
- Press (A) to exit the setting screen.

Exercise Stopwatch

Elapsed time
(Hour : Minutes : Seconds)



If you input basic data and use the 15-second pacer signal, the Exercise Stopwatch Mode will not only measure the amount of time you spend walking, it will also calculate the number of calories you burn and the distance you cover, and even count the number of steps you take. If you have a target value specified, the Exercise Stopwatch will even perform an alert operation to let you know when you reach your goal.

- All of the operations in this section are performed in the Exercise Stopwatch Mode, which you enter by pressing (D).

How the Exercise Stopwatch Works

Note that you must perform the following steps first before the Exercise Stopwatch Mode will measure and calculate data, and store it in memory.

- Set your basic data. See "Inputting Basic Data".
- Configure the pacer signal. See "About the Pacer Signal".

Note

- In order to obtain accurate calorie and distance calculations, and step counts, you must set accurate values for your weight and stride length, and keep your pace in accordance with the 15-second pacer signal emitted by the watch.
- Exercise Stopwatch values are automatically stored in the watch's memory and cleared to zeros at midnight (12:00 a.m.) each day.
- If the time reaches midnight while an Exercise Stopwatch elapsed time operation is in progress, the current elapsed time value at midnight is stored in watch memory. The elapsed time operation continues from zero with the start of the new day.
- The following are the measurement and calculation ranges for each value.

Item	Range	Unit	Screen Refresh Interval
Time	0 to 20 hours	1 second	1 second
Calorie	0 to 9,999.99 kcal	0.01 kcal	10 seconds
Distance (KM)	0 to 99.99 km	0.01 km	1 pacer signal beep
(MI)	0 to 99.9 mi	0.1 mi	
Number of Steps	0 to 999,999	1	1 pacer signal beep

- The Exercise Stopwatch elapsed time operation will stop automatically when the time value reach 20 hours.

About the Pacer Signal

The pacer signal of this watch beeps in accordance with a pacer value (rate) set by you. You can use the pacer signal to maintain a constant pace while walking.

- The pacer value you set specifies the number of steps per minute.
- Turning on the pacer signal causes the watch to beep at the rate specified by the pacer value.
- The pacer signal will not sound if you have vibration alert turned on. If you want to use the pacer signal, use the procedure "To switch between vibration alert and beeper alert" to turn off vibration alert.

To set the pacer value

- In the Exercise Stopwatch Mode, press (E).
 - This displays the current pacer value setting.
- Start walking. As you walk, press the (E) button each time your foot hits the ground, for seven steps.
 - After the seventh press of (E), the watch will calculate an average pace and display the appropriate pacer value.
 - Next, the pacer signal sounds in accordance with the displayed value for about 15 seconds. You can stop the pacer signal by pressing any button other than (E).
 - If the message ERR appears, it means that the average pace calculated by the watch is outside the range of 80 to 180 steps per minute.
 - The ERR message will remain on the display for about two seconds. After that, the current pacer signal will appear as in step 1 of this procedure. Repeat step 2 to set a new pacer value.
- To exit the pacer value screen, press any button besides (E) and (D).

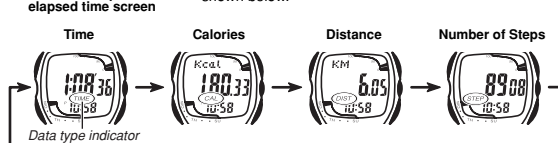
To sound the pacer signal

In the Exercise Stopwatch Mode, press (A) to sound the pacer signal. The pacer signal sounds for about 15 seconds, or until you stop it by pressing any button.

- The pacer signal will not sound if you have vibration alert turned on. If you want to use the pacer signal, use the procedure "To switch between vibration alert and beeper alert" to turn off vibration alert.

To perform an Exercise Stopwatch operation

- In the Exercise Stopwatch Mode, press (B) to start the Exercise Stopwatch operation.
- To stop the Exercise Stopwatch operation, press (B).
 - You can press (B) again to restart the Exercise Stopwatch operation, if you want.
 - You can use the (D) button during an Exercise Stopwatch operation to scroll through the data screens shown below.



- Note that the Exercise Stopwatch operation continues, even if you exit the Exercise Stopwatch Mode.
- If you perform an Exercise Stopwatch Mode operation while you have a target value specified, the watch will perform an alert operation (beep or vibration) for about five seconds to let you know when you reach your target.

To reset the Exercise Stopwatch to all zeros

- Enter the Exercise Stopwatch Mode.
- Make sure that Exercise Stopwatch operation is stopped.
- Hold down (D) until the watch beeps.
 - This causes CLR to flash on the display for about two seconds. After that, the Exercise Stopwatch elapsed time display resets to zero, which completes the reset operation.

Note

- Note that the Exercise Stopwatch data cleared using the above procedure is not stored to watch memory.

Recall Mode



Use the Recall Mode to recall and delete Exercise Stopwatch records.

- All of the operations in this section are performed in the Recall Mode, which you enter by pressing (C).

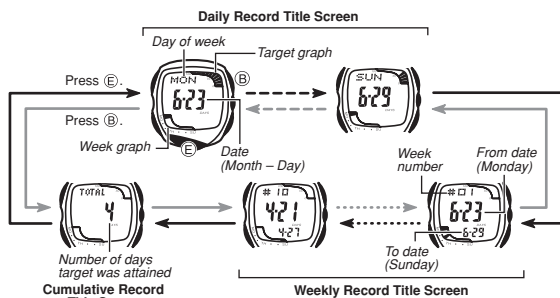
About Memory Management

The watch maintains three types of Exercise Stopwatch records: daily, weekly, and cumulative. Each record consists of a title screen, and four data screens showing time, calorie, distance, and number of step data.

- Daily records**
Contents: One record per day for seven days (MON through SUN)
When stored: Daily at midnight (12:00 a.m.)
- Weekly records**
Contents: One record per week for up to 10 weeks (#01 through #10)
When stored: Every Monday morning at midnight (12:00 a.m.)
- Cumulative record**
Contents: Cumulative totals of all measurements since the last all-zero reset (TOTAL)
When stored: Daily at midnight (12:00 a.m.)
- You cannot use the Recall Mode to view records for the current date (those that have not been stored yet).
- When a daily record is saved, it replaces the previous week's memory data for the same day of the week.
- Even if you do not perform any Exercise Stopwatch operation during the day, the watch automatically stores zero for all record entries at midnight.
- If a weekly record is stored while there are already 10 weekly records in memory, the oldest data in memory is deleted automatically to make room for the new data.
- Note that Recall Mode operations use the Timekeeping Mode current date (year, month, day) settings. If you change the Timekeeping Mode date setting, it will cause all daily record data in watch memory to be cleared. Already stored weekly record and cumulative record data is not cleared.

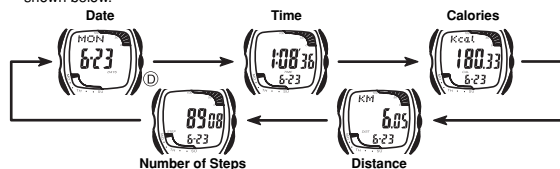
To recall Exercise Stopwatch records

- In the Recall Mode, use (B) and (E) to scroll through the title screens, until the one for the type of data you want is displayed.



- The Record screen that was displayed the last time you exited the Recall Mode appears first the next time you enter the Recall Mode.
- There are seven Daily Record screens. This means you have to press (E) seven times to get from the MON Daily Record screen to the #01 Weekly Record screen.
- There can be up to 10 Weekly Record screens. This means you have to press (E) up to 10 times to get from the #01 Weekly Record screen to the Cumulative Record screen.

- After you select a title screen, press (D) to scroll through the data in the sequence shown below.



- The same types of data screens appear for Daily, Weekly, and Cumulative Records.

To clear all Exercise Stopwatch records

- In the Recall Mode, hold down (A) until the watch beeps, and CLR stops flashing on the display.
- This causes all Exercise Stopwatch records currently stored in watch memory to be deleted.

Alarms



Alarm time
(Hour : Minutes)

You can set up to five independent alarms with hour, minutes, and day of the week. When an alarm is turned on, an alert operation (beep or vibration) is performed when the alarm time is reached.

- You can also turn on an Hourly Time Signal that causes the watch to beep or vibrate twice every hour on the hour.
- There are five alarm screens numbered 1 through 5.
- The Hourly Time Signal screen is indicated by :00.
- You can configure alarm settings and Hourly Time Signal settings in the Alarm Mode, which you enter by pressing (C).

Alarm Types

The alarm type is determined by the settings you configure, as described below.

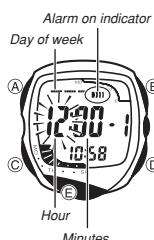
Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes alert operation (beep or vibration) to be performed everyday at the time you set.

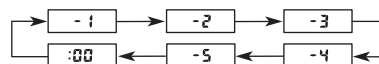
Weekly alarm

Set the hour, minutes, and the day of the week for the alarm time. This type of setting causes alert operation (beep or vibration) to be performed every week at the time you set, on the day of the week you set.

To set an alarm time



- In the Alarm Mode, press (D) to display the alarm screen.



- Hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.

- At this time, the alarm is turned on automatically.

- Press (C) to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use (E) (+) or (B) (-) to change it.
 - To set an alarm that does not include a day of the week (daily alarm), set ---- for the day of the week. Press (E) or (B) until the ---- mark appears (between SAT and SUN) while the day of the week setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
- Press (A) to exit the setting screen.

Alarm Operation

The alert operation (beep or vibration) is performed at the preset time for about 10 seconds.

- Pressing any button stops the alert operation.
- The alarm and the hourly time signal operations (beep or vibration) are performed in all modes except for the Timekeeping Mode setting screen.

To test the alarm

While in the Alarm Mode, hold down (D) to sound the alarm.

To turn an alarm on and off

- In the Alarm Mode, press (D) to display the alarm screen.
 - Press (B) to toggle it on (0111 displayed) and off (0111 not displayed).
- The alarm on indicator (0111) is displayed in all modes except for the Timekeeping Mode setting screen.

To turn Hourly Time Signal on and off

- In the Alarm Mode, press (D) to display the Hourly Time Signal screen.
 - Press (B) to toggle it on (A displayed) and off (A not displayed).
- The Hourly Time Signal on indicator (A) is displayed in all modes.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

Note

- The Stopwatch Mode and Exercise Stopwatch Mode are independent of each other. Because of this, times you measure in the Stopwatch Mode are not stored in memory. Also, Stopwatch Mode times do not appear in the records that are displayed in the Recall Mode.
- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.

- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

To measure times with the stopwatch

Elapsed Time



Split Time



Two Finishes



Backlight



Auto light switch on indicator

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

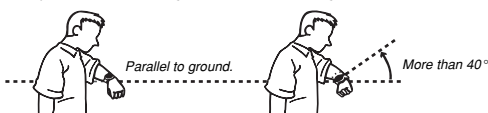
In any mode, press $\odot$ to illuminate the display for about two seconds.

- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about two seconds, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down $\odot$ for about two seconds to toggle the auto light switch on (☀ displayed) or off (☀ not displayed).

- The auto light switch on indicator (☀) is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch automatically turns off approximately five hours after you turn it on.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Week Graph

The week graph has seven segments, one for each day of the week.

Timekeeping Mode and Exercise Stopwatch Mode: Current date flashes, and segments are darkened for all the days of the week during which the target was attained.

Recall Mode

Daily record: The segment is darkened for the day of the week of the currently recalled date, if the target was attained during that date.

Weekly record: Segments are darkened for all the days of the selected week during which the target was attained.

Alarm Mode: Segments are darkened for the day of the week for which a weekly alarm is set. In the case of a daily alarm, all segments are darkened.

- Weekly graph segments are not darkened and they do not flash on the cumulative record screen of the Recall Mode or in the Stopwatch Mode.
- The following shows the abbreviations used for the day of the week in the week graph.



Monday: **MO**
Tuesday: **TUE**
Wednesday: **WED**
Thursday: **TH**
Friday: **FRI**
Saturday: **SAT**
Sunday: **SUN**

Target Graph

The target graph consists of 10 elements, each representing 10% of a total target value. The following explains what the target graph indicates in each mode.

Timekeeping Mode and Exercise Stopwatch Mode: Segments are darkened to indicate the percentage of the target value attained during the current date.

Recall Mode

Daily record: Segments are darkened to indicate the percentage of the target value attained during the currently recalled day of the week.

- Target graph segments are not darkened and they do not flash on the weekly record screen or cumulative record screen of the Recall Mode, or in the Alarm Mode or Stopwatch Mode.

Auto return features

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Scrolling

The $\odot$ and $\ominus$ buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the Basic Data Input Mode, Recall Mode, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping

- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 2000 to 2049.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

Exercise Stopwatch

- The values for the number of calories produced by this watch show calories burned while walking only.
- The number of calories consumed 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 a reasonable facsimile only.

Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm operation (beep and vibration) is performed.
- Frequent use of the backlight shortens the battery life.

Auto light switch precautions

- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.

More than 15 degrees too high



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about two seconds, even if you keep the watch pointed towards your face.
- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.