

TIMEX

DIGITAL ACTIVITY TRACKER

[BATTERY WARNING](#) 2
[USER GUIDE](#) 4

09L095000 2.16.24

Register your product at <https://www.timex.com/product-registration>

If your watch contains a coin cell, the following applies:

WARNING

- **INGESTION HAZARD:** This product contains button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin cell battery can cause **Internal Chemical Burns** in as little as 2 hours.
- **KEEP** new and used batteries OUT OF REACH of CHILDREN
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Battery number, Lithium Metal (CRXXXX series) or Silver Oxide (SRXXXXX Series).
- Nominal battery voltage, Lithium Metal (CRXXXX series) 3.0 V or Silver Oxide (SRXXXXX Series) 1.5 V.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (Lithium Metal (CRXXXX series) 158°F (70°C) or Silver Oxide (SRXXXXX Series) 140°F (60°C) or incinerate.
- Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly accord to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries and keep them away from children.

Si votre montre contient une pile bouton, veuillez lire l'avertissement ci-dessous:

AVERTISSEMENT

- **RISQUE D'INGESTION** : ce produit contient une pile bouton.
- Avaler une pile bouton peut entraîner d'importantes blessures, et même la **MORT**.
- L'ingestion d'une pile bouton peut causer des **brûlures chimiques internes** en seulement **2 heures**.
- **CONSERVEZ** les piles neuves et usagées **HORS DE PORTÉE DES ENFANTS**.
- **Appelez les soins médicaux d'urgence** si vous suspectez qu'une pile a été avalée ou insérée dans une partie du corps.



- Retirez les piles usagées et recyclez-les ou éliminez-les immédiatement en accord avec les lois locales. Gardez-les hors de portée des enfants. Ne les jetez pas aux ordures ménagères dans la poubelle domestique. Ne jetez pas de piles dans un feu.
- Même des piles usagées peuvent causer des blessures graves ou mortelles.
- Appelez votre centre antipoison pour connaître le traitement en cas d'ingestion.
- Identification des piles : métal-lithium (CRXXXX), oxyde d'argent (SRXXXX)
- Tension nominale des piles : métal-lithium (CRXXXX) 3.0 V, oxyde d'argent (SRXXXX) 1.5V
- Les batteries non-rechargeables ne doivent en aucun être rechargées.
- Ne forcez pas la décharge ou la recharge des piles. Ne les désassemblez pas. Ne les exposez pas à une température supérieure à 70°C (158°F) pour les piles métal-lithium (CRXXXX) et 60°C (140°F) pour les piles à oxyde d'argent (SRXXXX). Ne les jetez pas dans le feu.
- Cela peut provoquer des blessures dues à des émanations gazeuses, à des fuites ou à une explosion avec pour conséquence des brûlures chimiques.
- Assurez-vous que les polarités (+ et -) de la pile sont respectées.
- Retirez puis recyclez ou éliminez immédiatement les piles des équipements qui n'ont pas été utilisés depuis longtemps, en accord avec les lois locales.
- Assurez-vous de toujours sécuriser le compartiment à piles. S'il ne se ferme pas correctement, arrêtez d'utiliser le produit. Retirez les piles et conservez-les hors de portée des enfants.

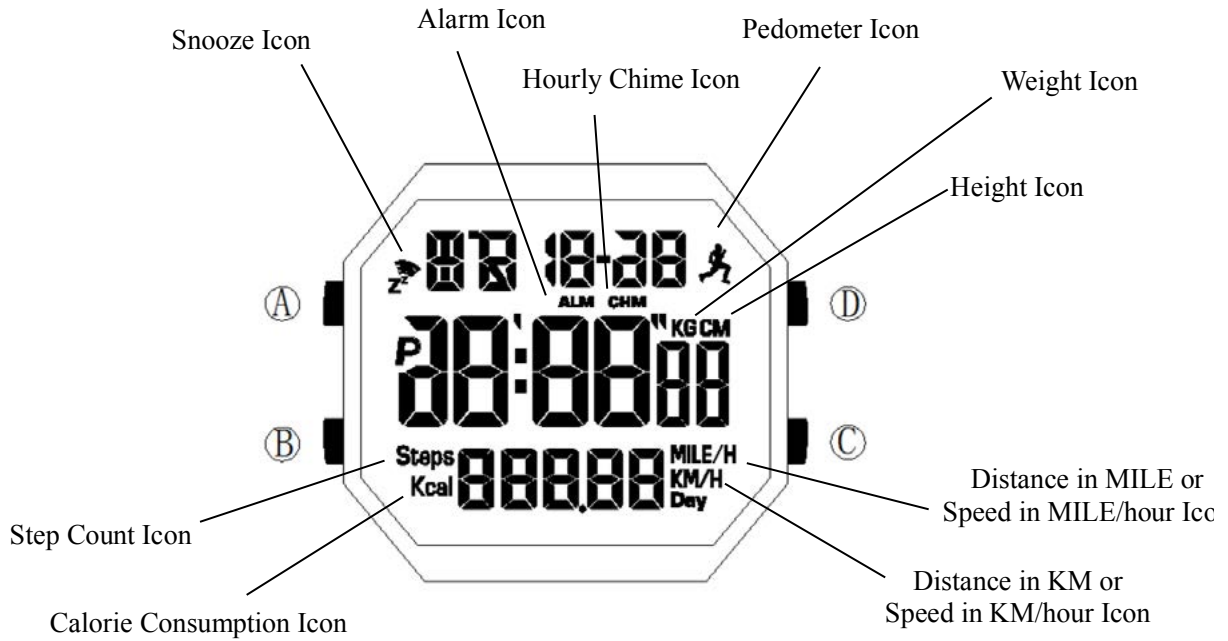
Timex Digital Activity Tracker



Features and Functions:

- 17-digit LCD display hour, minute, second, week, month, date and step data
- 12/24 hours system
- Automatic calendar (Year 2000 to 2099)
- Step counting function, which can calculate steps, mileage and calories, and save step counting data for up to 7 days
- 2 Alarms and hourly chime functions
- Stopwatch function (max. range: 23 hours 59 minutes 59 seconds),
- Indiglo backlight
- Lithium battery
- Water Resistant 3ATM

Operating Instructions



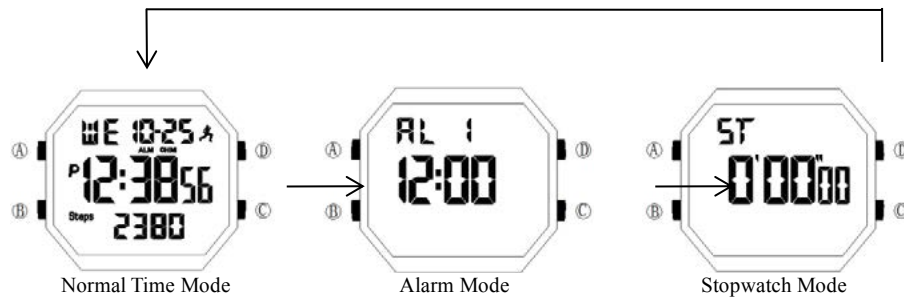
Pusher A: Short press to turn on the backlight. Long press for about 3 seconds in some function modes to enter the setting state of the function.

Pusher B: Switch between each basic function modes. In the setting state, press to select the value to be adjusted. In Normal Time Mode, long press B Pusher for about 3 seconds to delete the current motion data.

Pusher C: In Normal Time Mode, long press for about 3 seconds to turn on or off the step counting.

Pusher D: In Stopwatch Mode, press to start or pause the running seconds. In the setting state, short press to adjust the selected value upward; long press to fast adjust the selected value upward.

Function Modes



1. Press Pusher B once to toggle between Normal Time Mode, Alarm Mode and Stopwatch Mode.

Step Counting Mode

1. In Normal Time Mode, long press C Pusher for 3 seconds to turn on or off Pedometer Icon. When Pedometer

Icon is on, step count can be saved. When Step Count Icon is on, it means the bottom line of data is step counts. If there is a rest, the user needs to walk at least 15 steps before step count updates on the display. If the rest is longer than 3 minutes, the watch will go into a power saving status.

2. In Normal Time Mode, press D Pusher once to view steps, calories, distance, speed, the last history data. The current time and date will be kept the same, and shows steps, calories, distance, speed data at the bottom side.
3. During History Mode, press C Pusher to view the step counting data for last 7 days. The top line will display the history date. For the same date, their saved steps, calorie and distance data will be displayed and switching the screen one by one automatically.
4. In Normal Time Mode, long press B Pusher for 3 seconds to delete the current motion data.

Time, Date and User Profile Settings

1. Press and hold A Pusher for 3 seconds to set the time and date.
2. After entering the setting state, the value indicating "24H" is flashing. Press pusher D to select between 12H or 24H time of day reading. Press pusher B to advance to next setting screen.
3. The value indicating "second" is now flashing. When seconds are selected, press D Pusher, and the second value will return to zero. When the second value is less than or equal to 30 seconds, the second returns to zero and the minute value remains unchanged. When the second value is greater than or equal to 31 seconds, the second value will return to zero and the minutes will be increased by "1". Press pusher B to change the modes to be adjusted. So from "seconds" the succeeding modes will be "minute", "hour", "year", "month", "date", then press pusher A to stop the setting process.

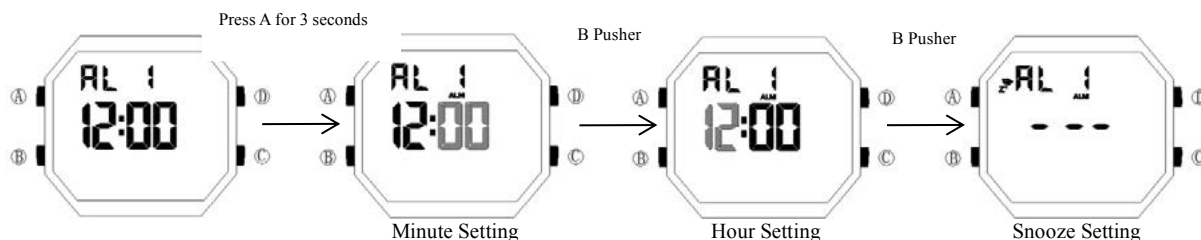
The order of settings are as follows:

- a. 12H/24H
 - b. Seconds
 - c. Minutes
 - d. Hours
 - e. Year
 - f. Month
 - g. Day
 - h. Mile/Km
 - i. Height
 - j. Weight
4. In the setting state, press A Pusher or no Pusher operation within 60 seconds, the settings will be confirmed and return to the Normal Time Mode.

Alarm and hourly chime in the Alarm Mode

1. In Normal Time Mode, press B Pusher to enter the Alarm Mode.
2. Press C Pusher once to switch between Alarm 1 and Alarm 2.
3. Press D Pusher once to toggle among Alarm and Hourly Chime is off, Alarm is on, Hourly Chime is on, Alarm and Hourly Chime is on 4 different states.

Setting of Alarm and Snooze



1. Press and hold A Pusher for 3 seconds to enter the Alarm Time Setting.
2. During the setting state, the value indicating "minute" is flashing, and the flashing value indicates that it has been selected.

3. In the setting state, press D Pusher, the selected value will be adjusted incrementally, and hold D Pusher can be adjusted rapidly incrementally.
4. In the setting state, press A Pusher or no Pusher operation within 60 seconds, the settings will be confirmed and return to the Normal Time Mode.
5. When the snooze function is turned on by the current alarm. During the alarm, the snooze function is activated without any Pusher operation. After 5 minutes, the alarm will ring again. The same situation will be repeated five times.

Stopwatch Mode

1. In the Stopwatch Mode, press D Pusher once to start running seconds, and then press D Pusher again to stop running seconds. When the second run stops, press C Pusher to reset the stopwatch to zero.
2. In Stopwatch Mode, press D Pusher to start timing, press C Pusher to enter segmented timing state, and the menu changes from ST to SP. This is a half-way measurement. Then you can record the completion time of the first player, press C Pusher to stop the timing of the second player, press D Pusher to display the timing of the second player, and then press C Pusher to reset the stopwatch.
3. The maximum range of stopwatch is 23 hours 59 minutes 59 seconds. If the stopwatch continues, it will be counting from zero.

Battery replacement

When the display dims or no display, please replace with CR2032 or equivalent battery.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

©2023 Timex Group USA, Inc. TIMEX and INDIGLO are registered trademarks of Timex Group USA, Inc and its subsidiaries.