Watch Operation Guide 5737

CASIO

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CASIO®

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About This Watch

This section provides an overview of the watch and introduces convenient ways it can be used.

Watch Features

• Phone Linking

   The watch supports connection and communication with a Bluetooth capable phone.

• Life Log

   You can use Life Log to measure your distance, calories burned, and step count. After you specify a daily target, a graphic display shows approximately how much of the target you have achieved and how much more you need to do.

• Dual Time

   Dual Time lets you keep track of a second time, such as the current time in another time zone, etc.

• Alarm

   An alarm sounds whenever a time specified by you is reached.

• Stopwatch

   Use the Stopwatch Mode to measure elapsed time.
   Up to 45 lap/split time records can be recorded in watch memory.

• Timer

   The timer counts down from a specified start time. A beep sounds for each of the final five seconds. You can configure multiple time intervals for consecutive countdowns, which comes in handy for set training.

Note

• The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

• Configuring profile settings before measuring Life Log data will help you obtain more accurate values.
   🔍 Creating Your Profile

Creating Your Profile

You can configure settings for the profile items listed below on the watch.

• Height
• Weight
• Gender
• Date of birth
• Height unit
• Weight unit

Important!

• If you used CASIO WATCHES to set Tokyo (TOKYO) as your Home City, the height unit will be fixed as centimeters (cm) and the weight unit will be fixed as kilograms (kg). These settings cannot be changed. The measurement unit selection screen will not appear in this case.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.
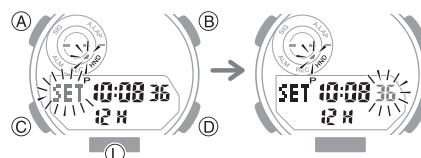
3. Press (A).
   This displays the distance target unit setting screen.

4. Press (C) five times.
   You can use the screen that appears to specify the height unit.

5. Press (D) to select [cm] (centimeters) or feet and inches.

Centimeters   Feet and inches
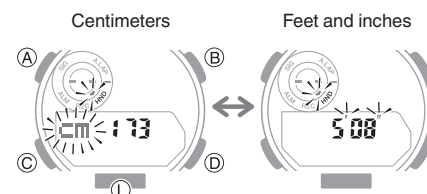
6. Press (C).
   On the screen that appears, you can record your height.
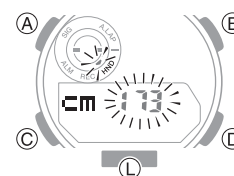
7. Use (B) and (D) to input your height.
   • If you selected feet and inches as the height unit, you should also specify an inch value. To switch back to the feet setting, press (C).

8. Press (C).
   On the screen that appears, you can specify the weight unit.

9. Press (D) to select [kg] (kilograms) or [lb] (pounds).

Kilograms   Pounds
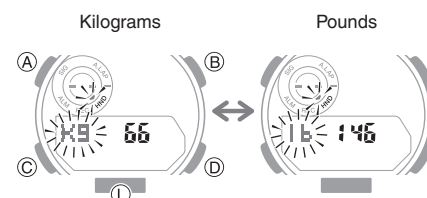
10. Press (C).
    On the screen that appears, you can record your weight.
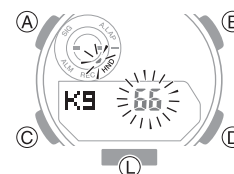
11. Use (B) and (D) to input your weight.

12. Press (C).

   On the screen that appears, you can record your gender.
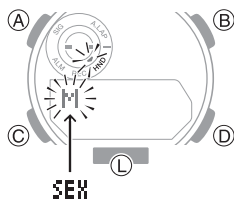
13. Press (D) to select [M] (male) or [F] (female).

14. Press (C).

   On the screen that appears, you can record your birth year.
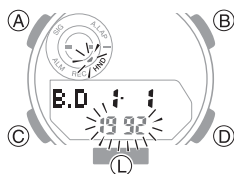
15. Use (B) and (D) to specify your birth year.

16. Press (C).

   On the screen that appears, you can record your birth month.

17. Use (B) and (D) to specify your birth month.

18. Press (C).

   On the screen that appears, you can record your birth day.
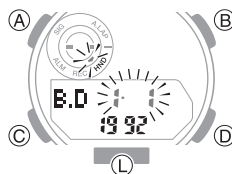
19. Use (B) and (D) to specify your birth day.

20. Press (A) to complete the setting operation.

Note

- You cannot change profile settings while a stopwatch time measurement operation is in progress.

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

General Guide
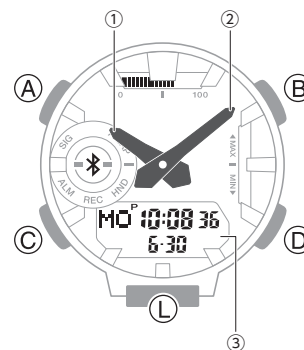
① Hour hand

② Minute hand

③ LCD

A button

Pressing this button in the Timekeeping Mode cycles between displays.

B button

Pressing this button while any setting screen is displayed changes the setting.

C button

Each press cycles between watch modes. In any mode, hold down this button for at least two seconds to return to the Timekeeping Mode.

D button

Pressing this button while any setting screen is displayed changes the setting.

L button

Press to turn on illumination.

Watch Face and Display Indicators
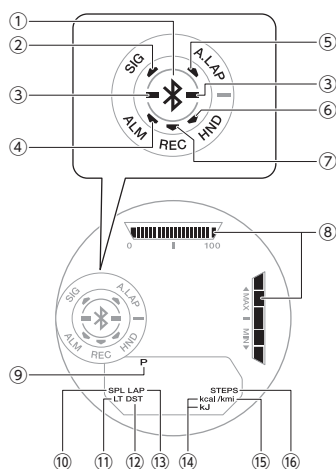
① Displayed while there is connection between the watch and a phone.

② Displayed while the hourly time signal is enabled.

③ Indicate whether or not the step count is being incremented.

④ Displayed while an alarm is turned on.

⑤ Displayed while Auto Lap is enabled.

⑥ Flashes while the watch's hands are shifted for easier reading.

⑦ Displayed while the watch is in the Recall Mode.

⑧ Graphic display area operation is linked with operations in each watch mode.

⑨ Displayed during p.m. times while 12-hour timekeeping is being used.

⑩ Displayed while a split time is displayed.

⑪ Displayed while Auto Light is enabled.

⑫ Displayed while the watch is indicating summer time.

⑬ Displayed while a lap time is displayed.

⑭ Appears when a calorie value is displayed.

⑮ Appears when a distance value is displayed.

⑯ Displayed while the step count is displayed.

● **Battery Replacement**

When battery power goes low, ▭ will start to flash and some functions will become disabled. If ▭ continues to flash, replace the battery.

Request battery replacement from a CASIO service center or your original retailer.

● **If [R] is flashing on the display**

If [R] is flashing, it means that all functions, except for timekeeping, are disabled due to high momentary battery power consumption. 🔍 [R] is flashing on the display.
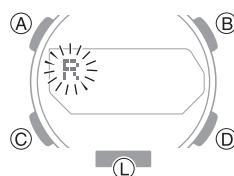
Graphic Display Area

Graphic display area operation is linked with operations in each watch mode.

Graphic Indicator A

Graphic Indicator B

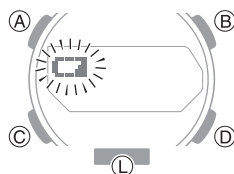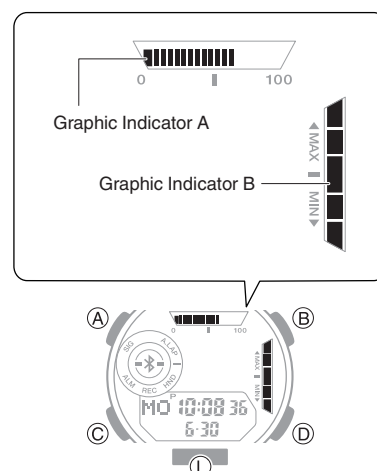● **Graphic Indicator A**

Timekeeping Mode

Displaying Life Log data will also cause a progress value to appear. For other types of display, it changes with the count of the current time's seconds.

Stopwatch Mode

While Auto Lap is enabled, Graphic Indicator A shows the progress of each lap in terms of distance.

While Auto Lap is disabled, Graphic Indicator A shows the seconds of the elapsed time measured by the stopwatch.

Timer Mode

The Graphic Indicator A shows the percentage of the countdown that remains.

Dual Time

Movement is synchronized with the Dual Time seconds.

● **Graphic Indicator B**

Timekeeping Mode, Stopwatch Mode, Dual Time

Indicates one of five exercise intensity levels.

Alarm Mode

Turning on an alarm (1 to 5) will display the segment of the Graphic Indicator B that corresponds to the alarm's number.

Timer Mode

While the programmable timer is enabled, the segment of the Graphic Indicator B that corresponds to the number of that is currently in operation will flash. The segments of the other timers will be displayed without flashing.

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Navigating Between Modes

Each press of (C) cycles between watch modes.

• To enter the Timekeeping Mode from any other mode, hold down (C) for at least two seconds.

Timekeeping Mode
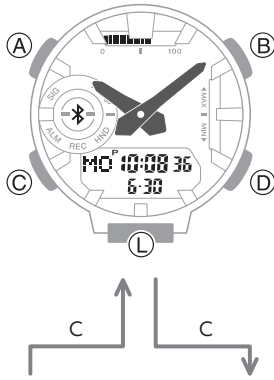
Alarm Mode
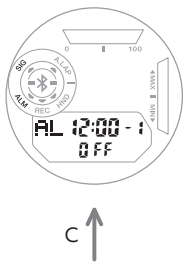
Stopwatch Mode
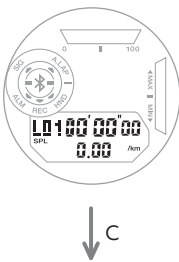
Dual Time Mode
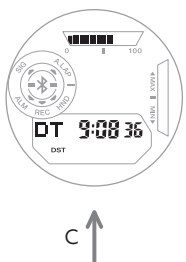
Recall Mode
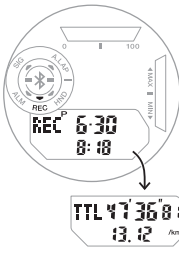
Timer Mode
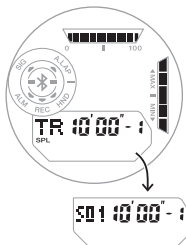
Mode Overview

● **Timekeeping Mode**

In this mode, your watch shows the current day of the week, hour, minute, second, month, and day.
You can also use (A) to display the Life Log items below.

• Distance

• Calories

• Step count

Day of the week, hour, minute, second, month, day
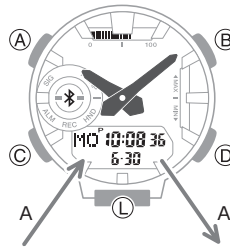
Life Log 3 (Step count)

Life Log 1 (Distance)
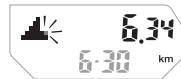
Life Log 2 (Calories)

Connecting with a Paired Phone to Correct the Watch's Time

Hold down (D) for at least two seconds.
🔎 Triggering Immediate Time Correction

Searching for a Paired Phone

Hold down (D) for at least five seconds.
🔎 Phone Finder

● **Stopwatch Mode**

Use this mode to measure elapsed time.
🔎 Stopwatch

Distance/Pace — Lap/split, reset

Start/Stop
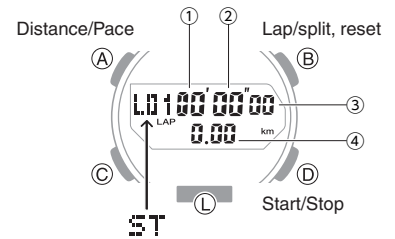
① Stopwatch minutes

② Stopwatch seconds

③ Stopwatch: 1/100 second

④ Measured distance

● **Recall Mode**

You can use this mode to view split and lap time records.
🔎 Viewing Training Log Data

Distance/Pace — Lap/split

Lap number
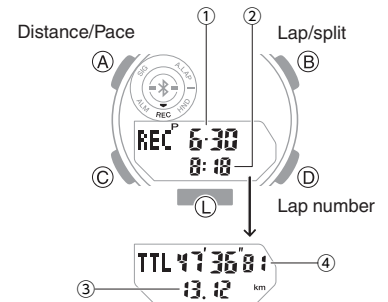
① Measurement month, day

② Measurement start time

③ Total distance

④ Total time

● **Timer Mode**

Use this mode to countdown from a desired start time.

🔍 Timer

Reset,
Auto Start on/off

Start/Stop

TR
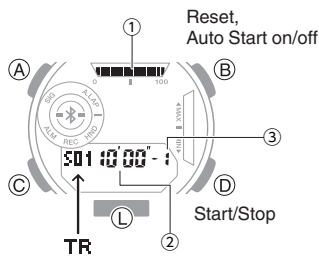
① Remaining timer time

② Timer minutes, seconds

③ Timer number

● **Dual Time Mode**

Dual Time lets you keep track of another time besides your current location.

🔍 Dual Time

Time Swapping

DT
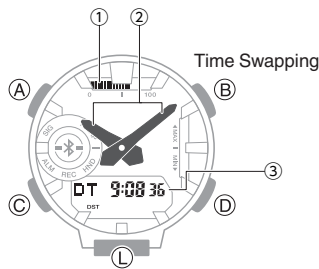
① Current time seconds

② Current location time

③ Dual Time

● **Alarm Mode**

The watch will beep when an alarm time is reached.

🔍 Alarm

Alarm number switching

AL. 12:00-1
0FF   km
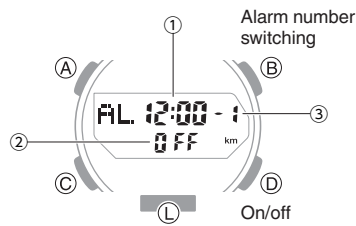
On/off

① Alarm hour/minute

② Alarm or hourly time signal status (on/off)

③ Alarm number

Shifting Hands to Read the Digital Display

Hand shift moves the hands out of the way for easy viewing of display information.

1. While holding down (L), press (C).
   - This shifts the analog hands to allow easy viewing of display information.
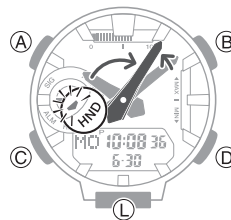
2. To return the hands to their normal timekeeping positions, hold down (L) as you press (C) again or press (C) to change to another mode.

Note

- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands resume normal timekeeping automatically.

Viewing the Face in the Dark

The watch has an LED light that you can turn on for reading in the dark.

● **To illuminate the face manually**

Press (L) to turn on illumination.
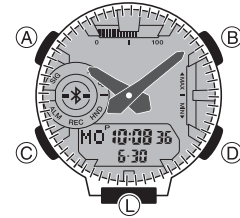
- If illumination is on, it will turn off automatically if one of the notifications below starts to sound.
  - Alarms
  - Timer alarm
  - Auto Lap notification

● **To illuminate the face when Auto Light is enabled**

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.

40 degrees or more
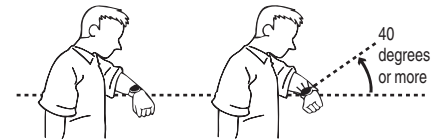
Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.

- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.

- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

Note

- Auto Light is disabled when any one of the conditions below exists.
  - While an alarm, timer alert, or other beeper is sounding
  - While a hand movement operation is in progress

● Configuring the Auto Light Setting

Holding down (L) for at least three seconds in the Timekeeping Mode toggles Auto Light between enabled and disabled.

- [LT] is displayed while Auto Light is enabled.
- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.

On
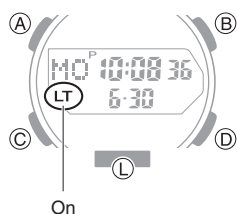
● Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

1. Enter the Timekeeping Mode.
   Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.

3. Press (C) nine times to display [LT].

4. Press (D) to select an illumination duration.
   [1]: 1.5-second illumination
   [3]: 3-second illumination
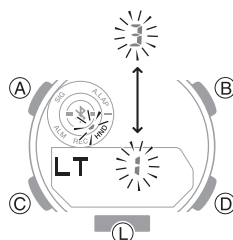
5. Press (A) twice to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

Auto time correction
🔍 Auto Time Correction

Selection of More Than 300 World Time cities
🔍 Configuring World Time Settings
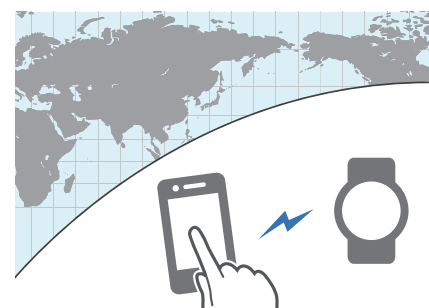
Data transfer to a phone
🔍 Viewing Life Log Data
🔍 Viewing Training Log Data

In addition, a number of other watch settings can be configured using your phone.

To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.
🔍 Getting Ready

- Your phone needs to have the "CASIO WATCHES" phone app installed to pair with the watch.

Linking with a Phone

While there is a Bluetooth connection between the watch and phone (Mobile Link), the watch's current time setting is corrected automatically. You can also change the watch's other settings.

Note

- This function is available only while the CASIO WATCHES phone app is running on the phone.
- This section describes watch and phone operations.
  - ⌚ : Watch operation
  - 📱 : Phone operation

Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

① Install the app on your phone.

② Configure Bluetooth settings.

③ Pair the watch with a phone.

● ① **Install the app on your phone.**

In Google Play or the App Store, search for the "CASIO WATCHES" phone app and install it on your phone.

● ② **Configure Bluetooth settings.**

Enable the phone's Bluetooth.

Note

- For details about setting procedures, see your phone documentation.

● ③ **Pair the watch with a phone.**

1. Move the phone to be paired with close to (within one meter of) the watch.

2. 📱 Tap the "CASIO WATCHES" icon.

3. 📱 Tap the ⊕ of the "My Watch" tab.

4. 📱 Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.

5. ⌚ Hold down (D) for at least two seconds.

   [OK] is shown on the display while there is a connection between the watch and phone.

   At this time the time settings of your phone and watch are synced with each other.

   - If pairing fails for some reason, [ERR] appears on the display momentarily and then the watch returns to the Timekeeping Mode. Perform the pairing procedure again from the beginning.

   Pairing started   Pairing complete
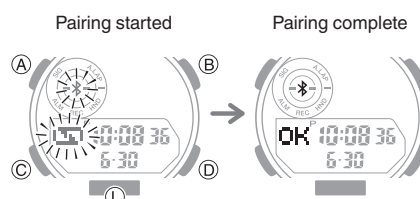
This completes the pairing operation. Once paired, the smartphone and watch automatically connect to synchronize the watch's time setting with that of the smartphone.

Note

- The first time you start up the CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

Auto Time Correction

Your watch can connect with your phone to adjust the watch's time setting.

If you leave your watch in the Timekeeping Mode, it will perform the adjustment operation automatically as you go about your daily life, without any operation required by you.
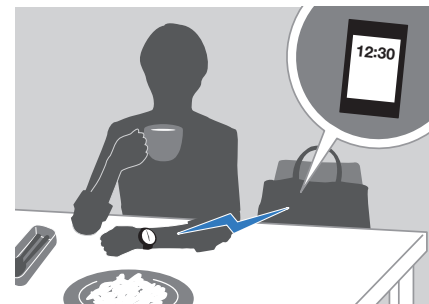
Important!

- The watch may not be able to perform auto time correction under the conditions described below.
  - While the watch is too far away from its paired phone
  - While communication is not possible due to radio interference, etc.
  - While the phone is updating its system
  - While the CASIO WATCHES phone app is not running on the phone

Note

- If the watch does not indicate the correct time even if is able to connect with a phone, adjust the hand positions.
  🔍 Adjusting Hand Alignment

- If there is a World Time City specified with the CASIO WATCHES phone app, its time will also be corrected automatically.

- Auto time correction is performed at the times described below.
  - After your phone's time zone or summer time setting is changed
  - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
  - After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
  - After 24 hours or more have passed since the last home city change or time adjustment using watch operation

- Watch operation can be performed even while it is connected with your phone.

● **Triggering Immediate Time Correction**

The watch's time setting is adjusted automatically whenever you pair it with a phone. Whenever you want to adjust the watch's time setting based on your phone's time, perform the procedure below to connect with a phone.

1. ⌚ Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Move the phone close to (within one meter of) the watch.

3. ⌚ Hold down (D) for at least two seconds.

   ✳ flashes and a connection animation plays to indicate that the watch has started the operation to connect with your phone. Once the watch and phone are connected, [OK] appears, and then the watch adjusts its time setting based on information from the phone.
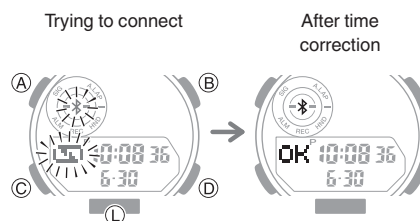
   Trying to connect   After time correction

Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
  🔍 Using the Watch in a Medical Facility or Aircraft

- The watch remains connected with your phone even after time adjustment is complete.

- If time adjustment fails for some reason, [ERR] appears.

Viewing Life Log Data

The CASIO WATCHES phone app can be used to view the information below, which is measured by the watch.

- Daily, weekly, or monthly number of steps and calories burned

> **Check the connection**
>
> - Make sure the ✳ symbol is shown on the watch display when you perform the procedure below. If ✳ is not displayed, refer to the information at the link below.
>   🔍 Connecting with a Phone

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Page" tab.

3. 📱 Tap the "LIFE LOG" widget.

   Open the LIFE LOG page and check the details.

Note

- You can also use CASIO WATCHES to specify daily target values.
  🔍 Setting Target Values

- Though the Life Log data values displayed on the watch change in real time, CASIO WATCHES displays the values at the time when a connection is established between the watch and phone. Because of this, the values displayed by the app may be different from those displayed by the watch.

Setting Target Values

You can use CASIO WATCHES to specify daily target values.

You can specify target values for the items below.

- Daily calories
- Daily steps

Check the connection

- Make sure the 🅱 symbol is shown on the watch display when you perform the procedure below. If 🅱 is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

---

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 In the upper right corner of the screen, tap ☰ .

3. 📱 Tap "User Profile".

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Enabling Notification Linking

You can use CASIO WATCHES to configure a setting that causes notifications to sound on your phone for the watch notification events listed below.

- When a preset lap distance is reached
- When any programmable timer program is completed
- When an alarm time is reached

Important!

- Note that you cannot configure this setting using watch operations. Use CASIO WATCHES to configure settings.
- No notifications will sound on the phone while the Bluetooth connection between it and the watch is broken.

Check the connection

- Make sure the 🅱 symbol is shown on the watch display when you perform the procedure below. If 🅱 is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

---

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Viewing Training Log Data

CASIO WATCHES can be used to view the information below, which is part of the lap data measured by the watch's Stopwatch Mode.

- Lap time
- Lap average pace
- Lap distance
- Total calories burned by a single activity

Check the connection

- Make sure the 🅱 symbol is shown on the watch display when you perform the procedure below. If 🅱 is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

---

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Page" tab.

3. 📱 Scroll the screen and then tap the history of the activity whose data you want to view.

Setting Up Programmable Timers

You can use CASIO WATCHES to configure programmable timer settings and create a group of multiple timers.

- For information about programmable timers, refer to the information at the link below.
  🔍 Overview

Check the connection

- Make sure the 🅱 symbol is shown on the watch display when you perform the procedure below. If 🅱 is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

---

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select "Timer" and then perform the operation shown on the screen.

Configuring World Time Settings

Specifying a World Time City with the CASIO WATCHES phone app causes the watch's World Time City to change accordingly. Settings can be configured to perform auto summer time switching for the World Time City.

Check the connection

- Make sure the ⚊ symbol is shown on the watch display when you perform the procedure below. If ⚊ is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

Note

- The CASIO WATCHES phone app World Time lets you select from among approximately 300 cities as the World Time City.

● **To select a World Time City**

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Note

- You can use the CASIO WATCHES phone app to configure settings for user cities that are not included in the watch's built-in World Time Cities. You must use the CASIO WATCHES phone app to select a user city as your World Time City.

● **Configuring the Summer Time Setting**

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.
   - "Auto"
     The watch switches between standard time and summer time automatically.
   - "OFF"
     The watch always indicates standard time.
   - "ON"
     The watch always indicates summer time.

Note

- While the summer time setting is "Auto", the watch switches between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".

● **Swapping Your World Time and Home Time**

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Note

- Auto time correction does not work for 24 hours after swapping of the Home Time and World Time.

Adjusting Hand Alignment

If the hands are out of alignment even though the watch is connected with your phone, use CASIO WATCHES to adjust them.

Check the connection

- Make sure the ⚊ symbol is shown on the watch display when you perform the procedure below. If ⚊ is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

---

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Select "GBA-950" and tap it.

4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

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Enabling Phone Notification Receipt

Use CASIO WATCHES to configure settings to have phone notifications (incoming calls, mail, social networking sites, etc.) received by the watch.

Important!

- Note that you cannot configure this setting using watch operations. Use CASIO WATCHES to configure settings.

Check the connection

- Make sure the ✳ symbol is shown on the watch display when you perform the procedure below. If ✳ is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

1. 📱 Tap the "CASIO WATCHES" icon.
2. 📱 Tap the "My Watch" tab.
3. 📱 Select "GBA-950" and tap it.
4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Phone Finder

You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

Important!

- Phone finder will not sound the tone unless the CASIO WATCHES phone app is running on the phone.
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. 🕐 If the watch is in any mode besides the Timekeeping Mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.
2. 🕐 Hold down (D) for at least five seconds.
   The phone sounds a tone when it establishes a connection with the watch.
   - It takes a few seconds before the phone tone sounds.

Getting ready to connect with phone   Sounding phone alert sound
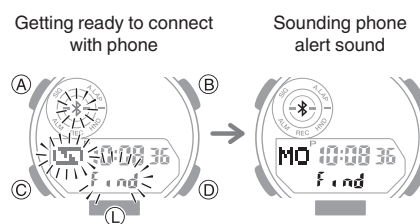
3. 🕐 Press any button to stop the tone.
   - You can press any watch button to stop the phone tone only during the first 30 seconds after it starts to sound.

Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
  🔍 Using the Watch in a Medical Facility or Aircraft

Configuring Watch Settings

You can use CASIO WATCHES to specify the interval for acquiring the latest schedule from your phone, to enable or disable the watch operation tone, and to configure other settings.

Check the connection

- Make sure the ✳ symbol is shown on the watch display when you perform the procedure below. If ✳ is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

1. 📱 Tap the "CASIO WATCHES" icon.
2. 📱 Tap the "My Watch" tab.
3. 📱 Select "GBA-950" and tap it.
4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Changing the Home City Summer Time Setting

Check the connection

- Make sure the ✳ symbol is shown on the watch display when you perform the procedure below. If ✳ is not displayed, refer to the information at the link below.
  🔍 Connecting with a Phone

1. 📱 Tap the "CASIO WATCHES" icon.
2. 📱 Tap the "My Watch" tab.
3. 📱 Select "GBA-950" and tap it.
4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

Connection

Connecting with a Phone

Your watch can connect with a phone that is paired with it.

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.
  🔍 ③ Pair the watch with a phone.

● **Connecting with a Phone**

If ✳ does not appear on the watch display even though it is paired with your phone, hold down (D) for at least two seconds to connect with your phone.

- Once the watch and phone are connected, the connection is maintained.
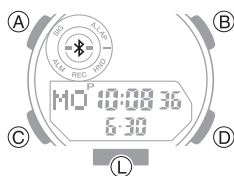
> **Important!**
>
> - If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on your phone. On the phone's home screen, tap the "CASIO WATCHES" icon. After the app starts up, hold down the watch's (D) button for at least two seconds.

Unpairing

Unpairing the watch from a phone requires both the CASIO WATCHES phone app and watch operations.

> **Note**
>
> - If you are using an iPhone, also delete the pairing information stored on the phone.

● **Deleting Pairing Information from the CASIO WATCHES phone app**

1. 📱 Tap the "CASIO WATCHES" icon.

2. 📱 Tap the "My Watch" tab.

3. 📱 Tap the watch you want to unpair.

4. 📱 Tap the " ● ● ● ".

5. 📱 Perform the operation shown on the phone screen to unpair.

> **Note**
>
> - Deleting pairing information from the CASIO WATCHES phone app does not delete data previously transferred from your watch to the app.

● **Deleting Pairing Information from the Watch**

1. 🕐 Hold down (C) for at least two seconds to enter the Timekeeping Mode.

2. 🕐 Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.

3. 🕐 Hold down (B) for at least two seconds. Release it when [CLR] stops flashing.

   This deletes the pairing information from the watch.
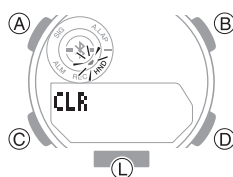
4. 🕐 Hold down (C) for at least two seconds to return to the Timekeeping Mode.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **iPhone Only**
Deleting the phone's pairing information

For details about setting procedures, see your phone documentation.

"Settings" ➜ "Bluetooth" ➜ Cancel the watch's device registration.

If you purchase another phone

You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

🔍 Deleting Pairing Information from the Watch

🔍 ③ Pair the watch with a phone.

CASIO®

Receiving Phone Notifications

You can use your watch to receive notification of incoming call, incoming mail, social networking site events, and other events from a phone connected to the watch via Bluetooth.

- To receive notifications from your phone, you need to pair the watch with it.
  - 🔍 Getting Ready

The latest notification information is displayed in the Timekeeping Mode.
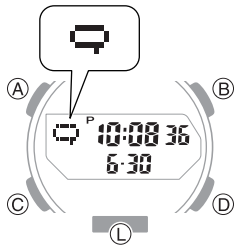
This indicator:	Means this:
	Mail
	SNS
	Incoming calls, missed calls
	Schedule
	Other

Note

- The Hand Shift operation and Dual Time City swap operation cannot be performed while a notification is being received by the watch.
- You can use CASIO WATCHES to enable or disable notification receive. Note that you cannot configure this setting using watch operations.
  - 🔍 Enabling Phone Notification Receipt

● Clearing Notification Displays

Pressing any button clears notification displays. They will also be cleared automatically if you do not perform any watch operation for 30 seconds.

Time Correction

Your watch can connect with a phone to obtain information that it uses to correct its date and time setting.

Important!

- When you are on an aircraft or in any other location where radio signals area may cause problems, enable the watch's Airplane Mode to disable connection with your phone.
  - 🔍 Using the Watch in a Medical Facility or Aircraft

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Do you use a phone?

Time correction by connecting with your phone is recommended.
- 🔍 Getting Ready
- 🔍 Auto Time Correction
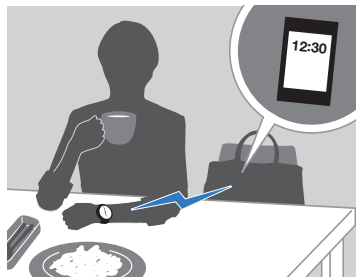
If your phone cannot connect with the watch

You can correct time settings by performing operations on the watch.
- 🔍 Using Watch Operations to Correct the Time Setting

Using Watch Operations to Correct the Time Setting

If your watch cannot connect with a phone for some reason, you can use watch operations to adjust date and time settings.

● Setting the Time/Date

1. Enter the Timekeeping Mode.
   - 🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.
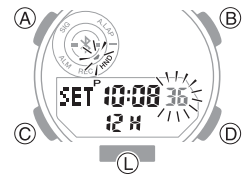
3. Use (C) to display the setting you want to change.
   - Each press of (C) cycles through settings in the sequence shown below.

Seconds

↓

Hour

↓

Minute

↓

12/24-hour timekeeping

↓

Year

↓

Month

↓

Day

↓

Operation tone enable/disable

↓

Airplane Mode on/off

↓

Illumination duration
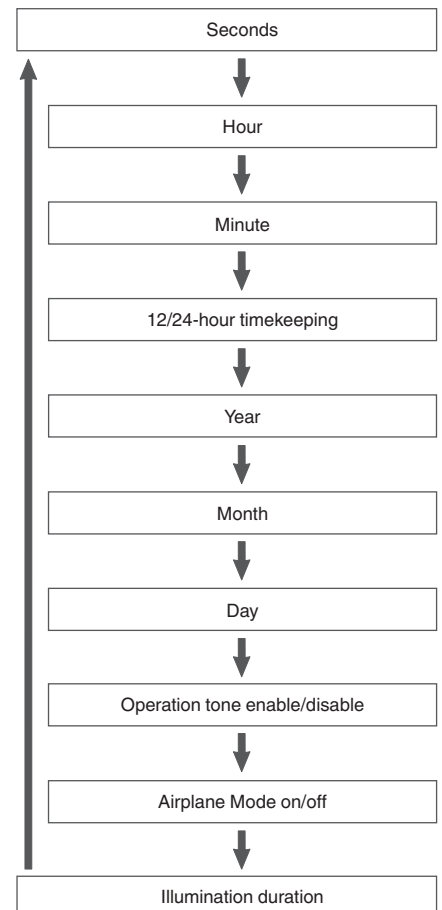
4. Configure the date and time settings.
   - While the seconds are flashing, pressing (D) will reset them to 00. 1 is added to the minutes when the current seconds count is between 30 and 59 seconds.
   - To configure settings other than the seconds, use (B) and (D).

5. Repeat steps 3 and 4 to select time and date settings.

6. Press (A) twice to complete the setting operation.

● **Switching between 12-hour and 24-hour Timekeeping**

You can specify either 12-hour format or 24-hour format for the time display.

1. Enter the Timekeeping Mode.
   🔎 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.

3. Press (C) three times so [12H] or [24H] is flashing on the display.

4. Press (D) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).

5. Press (A) twice to complete the setting operation.

> **Note**
>
> - While 12-hour timekeeping is selected, [P] will be displayed for p.m. times.
>
>
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Using the Watch in a Medical Facility or Aircraft

When you are in a hospital, on an aircraft, or in any other location where radio signals may cause problems, you can perform the procedure below to disconnect the watch from your phone so they can't communicate with each other (Airplane Mode). Use the same procedure when you want to disable the Airplane Mode.

1. Enter the Timekeeping Mode.
   🔎 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.

3. Press (C) eight times.
   This displays the Airplane Mode icon.
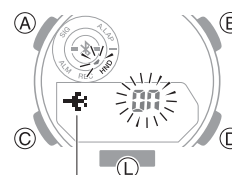
Airplane Mode icon

4. Press (D) to change the Airplane Mode setting.
   [On]: Airplane Mode enabled.
   [OFF]: Airplane Mode disabled.

5. Press (A) twice to complete the setting operation.

> **Note**
>
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

CASIO®

Dual Time

Dual Time lets you look up the current time in various time zones around the globe.

Using CASIO WATCHES to Configure World Time City Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set the World Time city.

🔍 Configuring World Time Settings

Note

- World Time cities that can be selected only by using the CASIO WATCHES phone app cannot be selected using watch operations.

Configuring Dual Time Settings

Dual Time lets you set the current time in another time zone in addition to your current location time.

1. Enter the Dual Time Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.

   This causes the hours digits to flash.
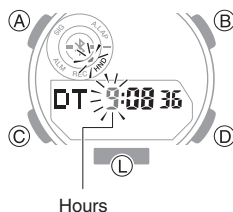
   Hours

3. Use (B) and (D) to set the hour setting.

4. Press (C).

   This causes the minutes digits to flash.
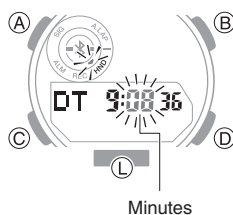
   Minutes

5. Use (B) and (D) to set the minute setting.
   - You can change the setting in 15-minute increments.

6. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Swapping Current Location Time and Dual Time

1. Enter the Dual Time Mode.
   🔍 Navigating Between Modes

2. Hold down (B) for at least two seconds.

   This swaps your current location time with your Dual Time.

Before swapping   After swapping

Current location time   Dual Time

Dual Time   Current location time
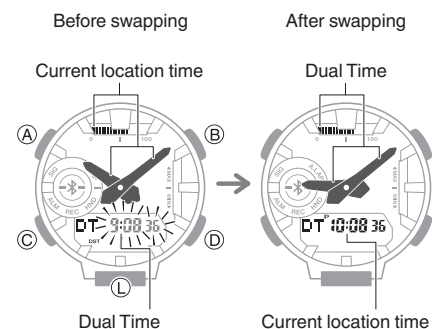
Note

- This function comes in handy when you need to move to another time zone. For details about how to use it, go to the section below.
  🔍 Moving to Another Time Zone

Moving to Another Time Zone

When you enter another time zone, the watch will adjust its time setting to your current location in accordance with the time zone of your phone. When you reach your destination, disable the watch Airplane Mode.
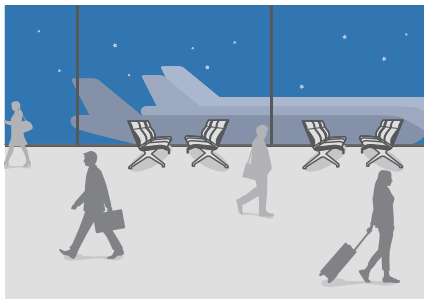
1. When you reach your destination, establish a connection between the watch and your phone.
   🔍 Using the Watch in a Medical Facility or Aircraft

   After you disable the watch's Airplane Mode, it will adjust its time setting to the time in your current location.

   - If you want to trigger immediate time adjustment, refer to the information at the link below.
     🔍 Triggering Immediate Time Correction

Alarm

The watch beeps when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

- The beeper will not sound if battery power is low.
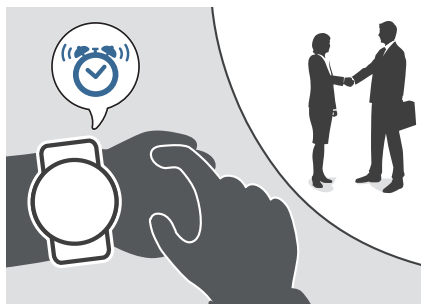
Using CASIO WATCHES to Configure Alarm Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set alarms.
🔍 Configuring Watch Settings

Configuring Alarm Settings

1. Enter the Alarm Mode.
   🔍 Navigating Between Modes

2. Press (B) to scroll through alarm numbers ([-1] to [-5]) until the alarm you want to configure is displayed.

   Alarm number
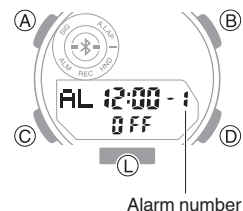
3. Hold down (A) for at least two seconds. Release the button when the hour setting starts to flash.

   - This is the setting mode. The hands automatically shift out of the way for easy viewing of the display and other indicators.

   - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

   Alarm hour
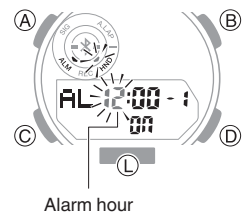
4. Use (B) and (D) to set the hour setting.

   - Holding down (B) or (D) scrolls through settings at high speed.

   - If you are using 12-hour timekeeping, [P] indicates p.m.

5. Press (C).

   This causes the minutes digits to flash.
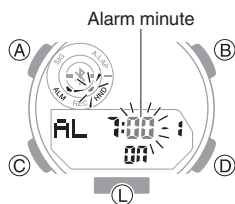
   Alarm minute

6. Use (B) and (D) to set the minute setting.

7. Press (A) to complete the setting operation.

   • This causes the segment corresponding to the alarm you turned on to appear in the Graphic Indicator B.

   Alarm 5
   Alarm 4
   Alarm 3
   Alarm 2
   Alarm 1
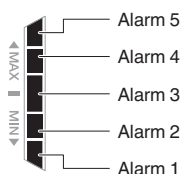
> **Note**
>
> • A beeper sounds for 10 seconds when an alarm time is reached.
>
> • The watch automatically returns from the Alarm Mode to the Timekeeping Mode if you do not perform any operation for about two or three minutes.

● **Testing the alarm**

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

● **To stop the alarm**

Pressing any button while the beeper is sounding stops it.

Enabling the Hourly Time Signal

1. Enter the Alarm Mode.
   🔍 Navigating Between Modes

2. Press (B) to display the hourly time signal screen ([SIG]).

   SIG :00
   OFF
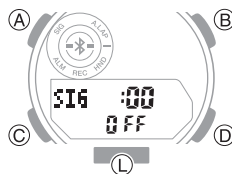
3. Press (D) to toggle the hourly time signal between enabled (on) and disabled (off).

   • [SIG] is displayed while the hourly time signal is enabled.

   SIG :00
   ON

Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

• To have an alarm or hourly time signal sound again, turn it back on.

> **Note**
>
> • Indicators are displayed while any of the alarms or the hourly time signal is turned on.
>
> • The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.
>
> Hourly time signal
> Alarm
>
> AL 12:00 -
> ON
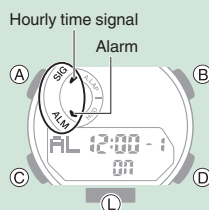
1. Enter the Alarm Mode.
   🔍 Navigating Between Modes

2. Use (B) to scroll through the alarm ([-1] to [-5]) and hourly time signal ([SIG]) screens until the one you want to turn off is displayed.

   [AL] or [SIG]

   AL 12:00 -
   ON

   Alarm number
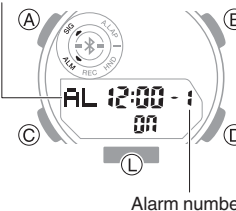
3. Press (D) to turn off the displayed alarm or the hourly time signal.

   • Each press of (D) toggles between ON and OFF.

   • Turning off all of the alarms and the hourly time signal causes [ALM] and [SIG] to disappear from the display.

   AL 12:00 -
   ON
   OFF
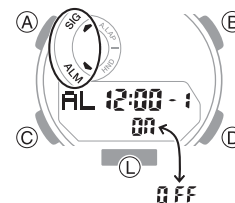
> **Note**
>
> • If [ALM] remains on the display, it means that at least one alarm is still turned on. To turn off all of the alarms, check Graphic Indicator B to find out which alarms are turned on, and then repeat steps 2 and 3 until all the Graphic Indicator B segments and the [ALM] indicator are no longer displayed.

CASIO®

Life Log Measurement

The watch keeps track of your step count while you walk or go about your daily life, and then uses that count to calculate the distance you covered and the calories you burned.

Measuring Life Log Data

If you are wearing the watch correctly, Life Log measurement will be performed as you walk or engage in your normal daily activities.

Important!

- Since this watch's is a wrist-worn Life Log device, it may detect non-step movements and include them in step and distance values. Also, abnormal arm movements while walking may cause a miss count of steps.

● **Getting Ready**

To enable the most accurate Life Log measurements, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain correct measurement.

YES   NO

● **Counting Steps**

The step count and distance measurement operations will start automatically when you start walking. The step indicators show whether or not the step count is being incremented.

Alternating at one-second intervals: Walking (step count being incremented)

Both displayed: Not walking (step count not being incremented)
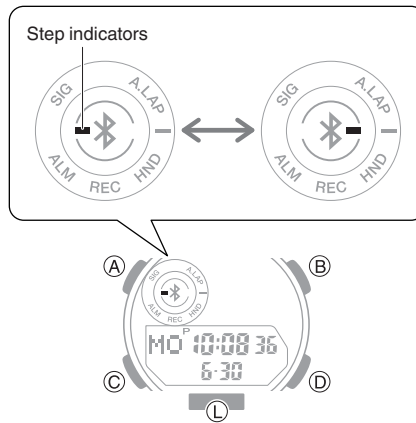
Step indicators

Note

- Even while a Stopwatch Mode elapsed time measurement operation is being performed, the step indicator will be displayed indicating that measurement is in progress. Measurement results are reflected in distance and pace results.

● **Viewing Life Log Data**
🔎 Scrolling Between Life Log Screens

Scrolling Between Life Log Screens

1. Enter the Timekeeping Mode.
   🔎 Navigating Between Modes

2. Press (A) to display the Life Log screen.

Day of the week, hour, minute, second, month, day
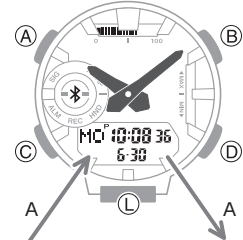
Life Log 3 (Step count)   Life Log 1 (Distance)

Daily step count   Today's distance

A   A

Life Log 2 (Calories)
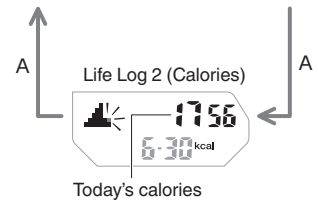
Today's calories

● **Interpreting the Progress Graph**

The progress graph shows the progress you have made towards reaching the daily distance, calorie, and step count target values you specified. You can view your daily progress for up to seven days.

• Graph contents are normally refreshed every minute.
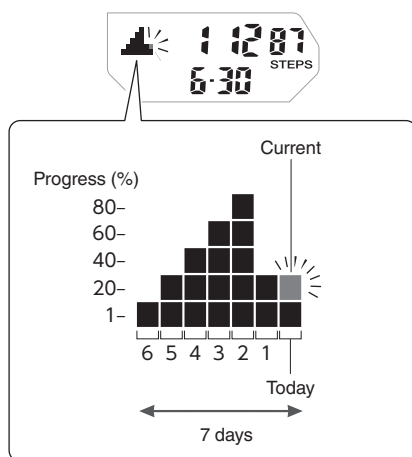
● **Checking Your Progress to Your Daily Step Target**

Graphic Indicator A shows the current percent (%) of the preset target value that has been reached.

Example: Daily target of 10,000 steps

0 steps (Progress: 0%)

1,000 steps (Progress: 10%)

5,000 steps (Progress: 50%)

10,000 steps (goal attained)
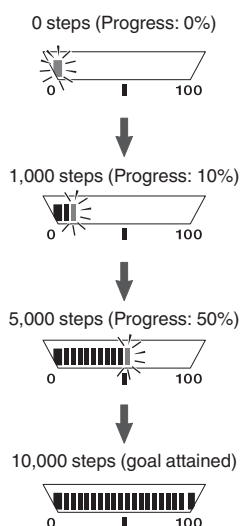
Note

• Distance can be measured up to 9,999.99 km. The watch display will continue to show 9,999.99 km even if the actual distance becomes 10,000 km or greater.

• Calories can be measured up to 999,999kcal. The watch display will continue to show 999,999kcal even if the actual calories burned becomes 1,000,000kcal or greater.

• The step count can show a value up to 99,999 steps. If the step count exceeds 99,999, the maximum value (99,999) remains on the display.

• To avoid miscounting of non-walking movements, the step count will not start until after you have been walking for about 20 seconds. The number of steps you took during the first 20 seconds will be included in the total.

• The step count is reset to zero at midnight each day.

• To save power, step counting stops automatically if you take off the watch (no detectable watch movement) and you do not perform any operation for two or three minutes.

• Graph contents are updated even when any one of the events below occurs.
  – When the step counting is disabled to save power
  – When counting is not possible due to accelerometer error or insufficient power

---

Resetting Life Log Measurements

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Use (A) to display the Life Log setting item you want to reset.

3. Hold down (B) and (D) for at least two seconds.

   This resets the measurement value.

   Example: To reset the step count

Specifying Daily Targets

You can use the procedure in this section to specify daily target values for your distance, calories, and step count.

The setting ranges of each item are shown below.

- Distance: Up to 199.0 km in 1.0 km units
- Calories: 60,000 kcal in 10 kcal units
- Steps: 99,900 steps in 100-step units

You can select the distance and calorie units you want to use.

> **Important!**
>
> - If you used CASIO WATCHES to set Tokyo (TOKYO) as your Home City, the distance unit will be fixed as kilometers (km) and cannot be changed. The measurement unit selection screen will not appear in this case.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.

   Release the button when [SET] stops flashing.

3. Press (A).

   You can use the screen that appears to specify the distance unit.

4. Press (D) to select [km] (kilometers) or [mi] (miles).

Kilometers   Miles
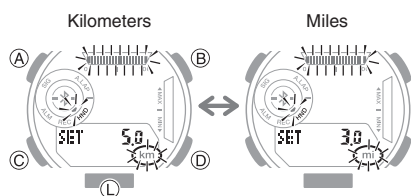
5. Press (C).

   You can use the screen that appears to specify a target distance value.

Target distance value
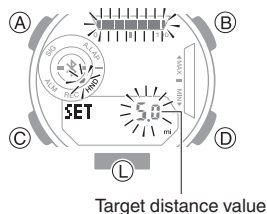
6. Use (B) and (D) to specify a target distance value.

7. Press (C).

   You can use the screen that appears to specify the calorie unit.

8. Use (D) to select [kcal] (kilocalories) or [kJ] (kilojoules).

Kilocalories   Kilojoules
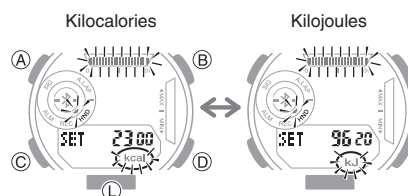
9. Press (C).

   You can use the screen that appears to specify a daily target calorie value.

Target calorie value
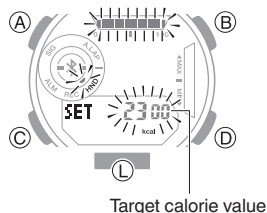
10. Use (B) and (D) to specify a target calorie value .

11. Press (C).

    You can use the screen that appears to specify a daily step count value.
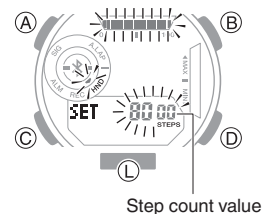
Step count value

12. Use (B) and (D) to specify a daily step count value.

13. Press (A) to complete the setting operation.

> **Note**
>
> - You can exit the setting procedure at any time by pressing (A).
> - You cannot change target value settings using watch or CASIO WATCHES operations while a stopwatch time measurement operation is in progress.
> - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

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Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surface that causes a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 20 seconds or less
- Watch hand movement (by the hand shift function, etc.)
- Performing a watch operation

Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 24 hours.

In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings.

You can also measure distance and pace.

Note

- If a measurement operation continues for 36 hours, it will stop automatically and [F] will flash on the display.
- Whenever you record a lap or split time, the watch creates a record. The record include the following information: Measurement start date and time, the time and pace of each lap or split, and the total distance and total calories burned.
- Up to 45 split time and lap time records can be stored in watch memory. When the stored data of one measurement operation exceeds 44 records, no additional split time or lap time data can be saved. The 45th record is saved when the stopwatch is reset to all zeros after stopping the measurement operation.
- You can use the Recall Mode to view the latest measurement data. Viewing Saved Data
- You can use CASIO WATCHES to view past measurement data.
- If the watch is connected with your phone, ending a measurement operation and performing a reset will cause the measured log data to be sent automatically to CASIO WATCHES. You will not be able to start the next measurement operation until the transfer is complete.
- You cannot use CASIO WATCHES operations to refresh or send all settings while a Stopwatch Mode measurement operation is in progress.

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Split Times and Lap Times

● **Split time**

A split time is the time elapsed from the start, up to any point along the course of an event.

Ⓓ Start
Split 1
Ⓑ
Split 2
Ⓑ
Split 3
Ⓓ Goal
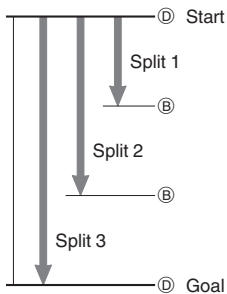
● **Lap time**

A lap time shows the time elapsed during a specific lap around a track, etc.

Ⓓ Start
Lap 1
Ⓑ
Lap 2
Ⓑ
Lap 3
Ⓓ Goal
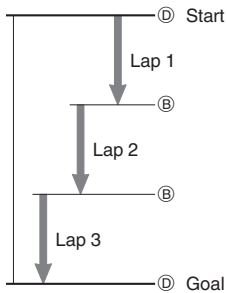
Measuring Elapsed Time

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

2. Use the operations below to measure elapsed time.

   Ⓓ Start
   ↓
   Ⓓ Stop
   ↓
   Ⓓ Resume
   ↓
   Ⓓ Stop

   • Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

   First hour | After first hour
   Seconds | Seconds
   1/100 seconds | Hours, minutes
   Minutes |
   Stopwatch number | Stopwatch number
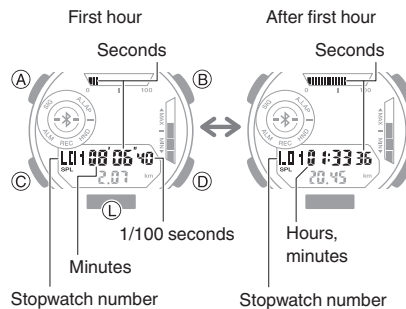
3. Press (B) to reset the stopwatch to all zeros.

Measuring a Split Time

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

2. Press (B) to display [SPL].

3. Use the operations below to measure elapsed time.

   Ⓓ Start
   ↓
   Ⓑ Split *
   ↓
   Ⓓ Stop

   * Each press of (B) displays the elapsed time up to that point (split time). The split time is displayed for about eight seconds, followed by the current elapsed time operation.

   • Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

   First hour | After first hour
   Seconds | Seconds
   1/100 seconds | Hours, minutes
   Minutes |
   Stopwatch number | Stopwatch number

4. Press (B) to reset the stopwatch to all zeros.

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Measuring Lap Times

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

2. Press (B) to display [LAP].

3. Use the operations below to measure elapsed time.

   ⓓ Start
   ⬇
   ⓑ Lap*
   ⬇
   ⓓ Stop

   * Each press of (B) displays the elapsed time (lap time) since the last lap time operation. The lap time is displayed for about eight seconds, followed by the new lap elapsed time operation.

   • Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.

   First hour   After first hour
   Seconds   Seconds

   1/100 seconds   Hours, minutes
   Minutes
   Stopwatch number Stopwatch number
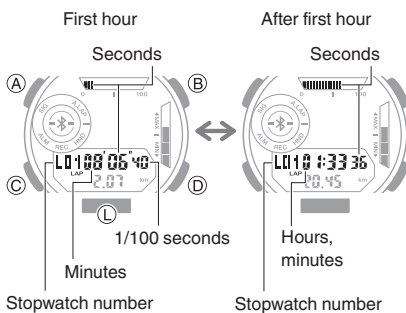
4. Press (B) to reset the stopwatch to all zeros.

Swapping the Measured Distance and Pace

Pressing (A) toggles the display between the measured distance and the pace.

   Measured distance   Current pace
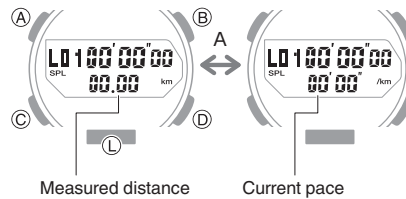
Using Auto Lap Notification

With Auto Lap, you can specify a target lap distance and then measure lap times and split times. An audible tone and display indicator let you know when the preset distance is reached.

Specifying the Auto Lap Distance

1. Enter the Stopwatch Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.

3. Use (D) to specify the distance value.

   • Each press of (D) changes the distance setting in 0.5 km units. You can select a setting from OFF to 10 km. Pressing (D) while the setting is 10 km will cause the setting to return to OFF.
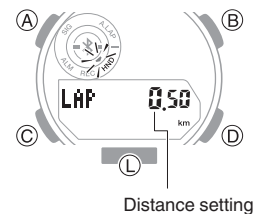
   Distance setting

   • Specifying a distance value will cause [A.LAP] to be displayed in the Stopwatch Mode.

4. Press (A) to complete the setting operation.

> **Note**
>
> • While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Timing with Auto Lap

You can perform the same elapsed time operations as those described in the sections below.

🔍 Measuring Elapsed Time

🔍 Measuring a Split Time

🔍 Measuring Lap Times

Starting an elapsed time operation will cause [A.LAP] to flash on the display.

Every time you reach the specified distance, the following events will occur.

• Recording Lap and Split Times Automatically

• An alarm will sound.

• A confirmation screen will be displayed for about eight seconds.

In addition, Graphic Indicator A shows your progress (%) to the distance you set for the lap.
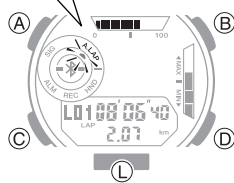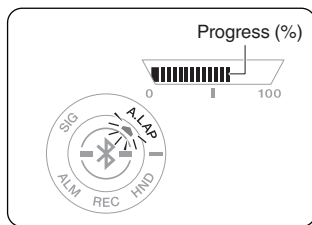
Checking Training Log Data

Viewing Saved Data

You can use the operation below to view split times and lap times.

1. Enter the Recall Mode.
   🔍 Navigating Between Modes

   Along with the total time, the watch also can display total distance, average pace, or total calories.

   • You can navigate between display screens by pressing (A).
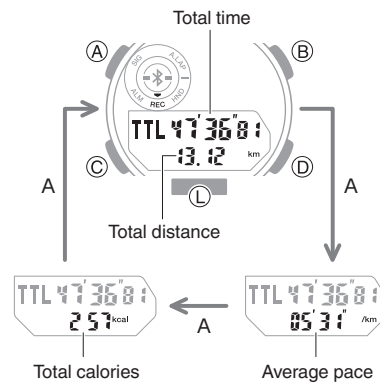
2. Press (D).

   This displays details about the latest training data.

   • You can navigate between display screens by pressing (A).
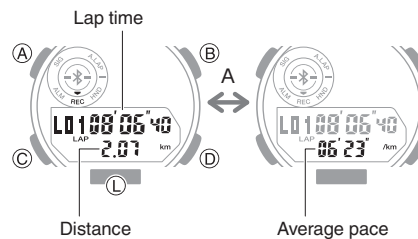
   • Press (B) to toggle the displayed measurement value between lap time and split time.
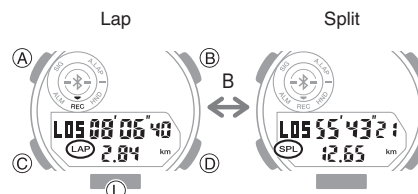
3. Press (D) to navigate through measurement numbers.

   • Each press of (D) goes from [L01] to the next measurement number.
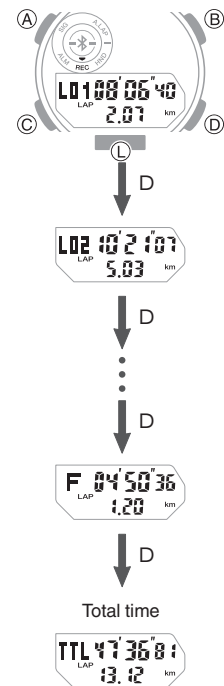
   • Pressing (D) while the final record is displayed will display the total time screen.

> **Note**
>
> • A record of the measured data is created and assigned a number for each measurement operation (from start to stop).
>
> • If the currently displayed training log has not yet been transferred to CASIO WATCHES, Graphic Indicator A will flash.
>
> • Switching between the lap time and split time display in the Recall Mode will also switch the lap/split time display in the Stopwatch Mode.

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Timer

The timer counts down from a start time specified by you. The watch beeps every second for the last five seconds of the countdown.

- The beeper will not sound if battery power is low.

Using CASIO WATCHES to Configure Timer Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set the timer start time.
🔎 Configuring Watch Settings

Setting a Start Time

The start time can be set in 1-second units up to 60 minutes.

1. Enter the Timer Mode.
   🔎 Navigating Between Modes

2. Hold down (A) for at least two seconds.

3. Use (B) and (D) to specify the number of timer repeats.

Number of repeats
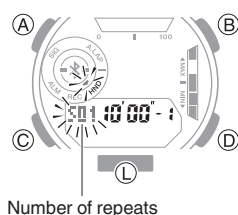
4. Press (C).

5. Use (B) and (D) to display [1].

6. Press (C).
   This causes the minutes digits to flash.

7. Use (B) and (D) to set the timer minutes setting.

Minutes
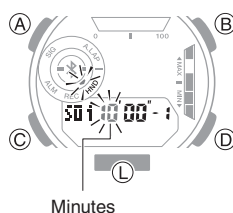
8. Press (C).
   This causes the seconds digits to flash.

9. Use (B) and (D) to change the timer seconds setting.

Seconds
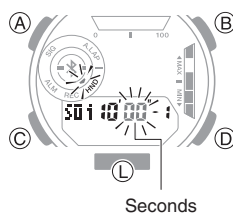
10. Press (A) to complete the setting operation.

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Using the Timer

1. Enter the Timer Mode.
   🔎 Navigating Between Modes

2. A typical operation is shown below.

Ⓓ Start
↓
(Countdown starts)
↓
Ⓓ Pause
↓
Ⓓ Resume
↓
(Time up)
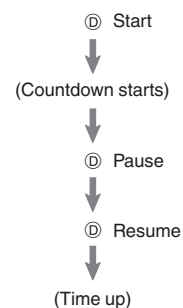
- The watch beeps every second for the last five seconds of the countdown.

- To stop an ongoing countdown operation, while the countdown is paused, press (B). This will reset the timer to its start time.

Measuring Elapsed Time with Auto Start

You can use the procedure below so a timer countdown starts automatically following a five-second pre-count.

1. Enter the Timer Mode.
   🔍 Navigating Between Modes

2. Press (B) to select Auto Start.
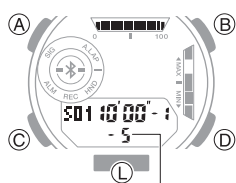
Five countdown seconds remaining

3. A typical operation is shown below.
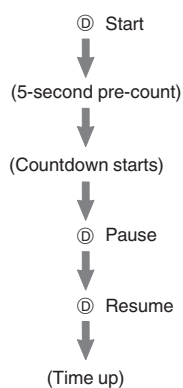
Ⓓ Start
↓
(5-second pre-count)
↓
(Countdown starts)
↓
Ⓓ Pause
↓
Ⓓ Resume
↓
(Time up)

• To stop an ongoing countdown operation, while the countdown is paused, press (B). This will reset the timer to its start time.

Using Programmable Timers for Interval Training

Overview

You can configure settings for multiple timers so they perform different count downs one after the other to create an interval timer. You can use an interval timer to control how much time you spend doing push-ups, squats, or other exercises that make up a fitness workout.

For example, you could configure an interval timer as shown below and have intervals ① through ④ repeat 10 times.

Timer Settings

• Interval 1: 30 seconds
• Interval 2: 20 seconds
• Interval 3: 30 seconds
• Interval 4: 25 seconds
• Sets: 10

Interval Training Workout

① Push-ups: 30 seconds

② Rest: 20 seconds

③ Squats: 30 seconds

④ Rest: 25 seconds

> **Note**
>
> • You can configure up to five different timers to repeat up to 20 times.

Setting Up Programmable Timers

• If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
  🔍 Using the Timer

1. Enter the Timer Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.

3. Use (B) and (D) to specify the number of timer repeats.

4. Press (C).

5. Use (B) and (D) to specify the position of the timer in the sequence.
   • To specify the first position, set [1].

6. Press (C).
   This causes the minutes digits of Timer 1 to flash.

7. Use (B) and (D) to set the timer minutes setting.
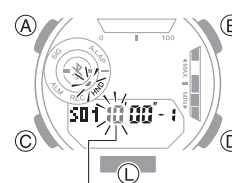
Minutes

8. Press (C).
   This causes the seconds digits of Timer 1 to flash.

9. Use (B) and (D) to change the timer seconds setting.

Seconds
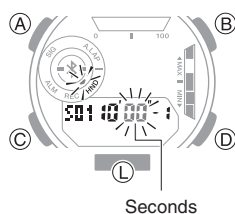
10. Press (C) twice.

This returns to the screen in step 5.

11. Repeat steps 5 through 10 as many times as necessary to configure the settings of other timers.

12. Press (A) to complete the setting operation.

Note

- You can also use CASIO WATCHES to configure programmable timer settings.

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Timing with Programmable Timers

1. Enter the Timer Mode.
   🔎 Navigating Between Modes

2. Press (D) to start the timer countdown.

The watch beeps every second for the last five seconds of the current countdown, and starts the countdown of the next timer when the end is reached.

- To pause an ongoing timer countdown, press (D). You can reset a paused timer countdown to its start time by pressing (B).

- When there is a multiple timer countdown operation in progress, you can terminate the current countdown and start the next countdown by holding down (B) for at least 0.5 seconds.

Checking the On/Off Status of Programmable Timers

In the Timer Mode, you can find out if each of the programmable timers is turned on or off by checking Graphic Indicator B.

The current status of a programmable timer is indicated by whether the indicator segment of the program number is displayed, flashing, or not displayed.

Graphic Indicator B
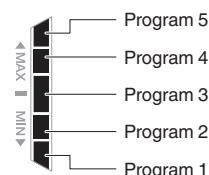
Programmable timer status	Graphic
Not programmed	Not displayed
Programmed	Displayed
Operation in progress/Auto Start	Flashing *
Paused	Flashing
Timer settings being configured	

* Segment disappears when the program is complete.

Example Display

Program 1, 2, 4: Programmed
Program 3, 5: Not programmed
Program 2: Timer countdown operation in progress
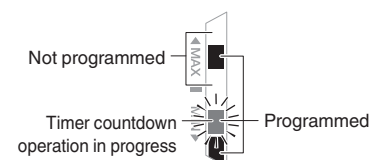
Hand Alignment Adjustment

Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

Using CASIO WATCHES to Adjust Hand Alignment

If the watch is paired with a phone, you can also use CASIO WATCHES to adjust hand alignment.
🔍 Adjusting Hand Alignment

Adjusting Hand Alignment

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least five seconds.
   Release the button when [12:00] starts to flash.

   This enables adjustment of the hour and minute hands.

   After 3.5 seconds   After five seconds
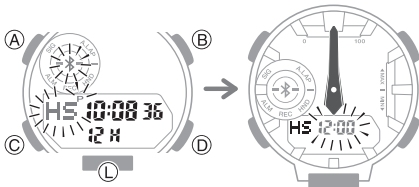
3. If the hour and minute hands are not at 12 o'clock, use (B) and (D) to align them.

4. Press (A) to complete the setting operation.

> **Note**
>
> • During hand alignment adjustment, the watch automatically returns to the Timekeeping Mode after two or three minutes of non-operation.

Other Settings

This section explains other watch settings you can configure.

Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.
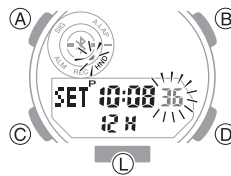
3. Press (C) seven times to display [♪].
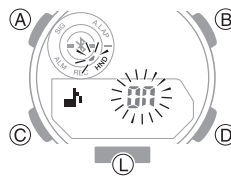
4. Press (D) to toggle the button operation tone between enabled and disabled.

   [On]: Operation tone enabled.

   [OFF]: Operation tone disabled.
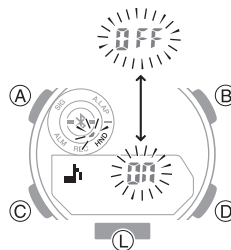
5. Press (A) twice to complete the setting operation.

> **Note**
>
> • While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Checking Your Exercise Intensity

Your watch calculates exercise intensity based on your step count and your height, as registered in your user profile.
Graphic Indicator B shows the calculated exercise intensity as one of five levels.

You can check the exercise intensity in the modes listed below.

• Timekeeping Mode
• Stopwatch Mode
• Dual Time Mode

Graphic Indicator B
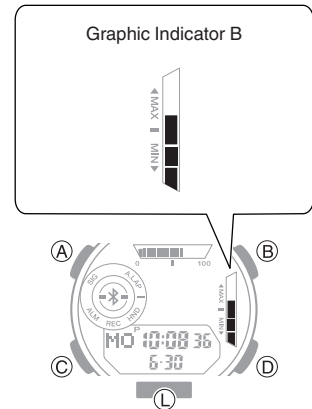
Five Exercise Intensity Level Indications

Exercise Intensity	Graphic Indicator B
1	◀ MAX ‖ MIN ▶
2	◀ MAX ‖ MIN ▶
3	◀ MAX ‖ MIN ▶
4	◀ MAX ‖ MIN ▶
5	◀ MAX ‖ MIN ▶

Five Exercise Intensity Level Meanings

Exercise Intensity	Description	Approximate Speed
1	Slow walking	Walking at slower than 4.5 kph
2	Normal to faster walking	Walking at 4.5 to 6 kph
3	Fast walking or slow running	At least 6 kph walking or 5.1 to 7.7 kph running
4	Normal to faster running	Running at 7.7 to 11.0 kph
5	Fast running	Running at faster than 11 kph

Resetting Watch Settings

This section explains how to return the watch settings and log to their initial factory defaults.

• Note that your current location time and Dual Time settings are not reset.

1. Enter the Timekeeping Mode.
   🔍 Navigating Between Modes

2. Hold down (A) for at least two seconds.
   Release the button when [SET] stops flashing.

   SET 10:08 36
   12 H

3. Hold down (B) for at least five seconds. Release the button when [CLR ALL] stops flashing.

   CLR ALL

> **Note**
>
> • Resetting the watch also deletes information for pairing the watch with a phone, and unpair them.
> • While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
> • Resetting the watch also deletes information for pairing the watch with a phone, and unpair them.

Specifications

Accuracy at normal temperature :

±15 seconds per month when time correction by communication with a phone is not possible.

Timekeeping :

Analog
   Hour, minute (moves every 20 seconds)
Digital
   Hour, minute, second, month, day, day of the week, a.m./p.m. (P)/24-hour time format, full auto calendar (2000 to 2099)
Summer Time

Life Log Measurement Functions :

Distance
   Measuring range: 0.00 to 9999.99 km
   Target Distance Setting
      Distance setting unit: 1 km
      Distance setting range: 1 to 199 km
Calories
   Measuring range: 0 to 999,999 kcal
   Target Calorie Setting
   Calorie setting unit: 10 kcal
   Calorie setting range: 10 to 60,000 kcal
Pedometer
   Step count measurement using a 3-axis accelerometer
   Step count range: 0 to 99,999 steps
   Step indicator
   Daily step goal setting
      Step count setting unit: 100 steps
      Step count setting range: 1,000 to 99,900 steps
   Step count accuracy
      ±3% (According to vibration testing)
   Power Saving
Life Log Reset
   Auto reset at midnight each day
   Manual reset
Life Log Graph
Exercise Intensity Display

Stopwatch/Data Recall :

Measuring unit
   1/100 seconds (first hour); 1 second (after first hour)
Measuring range: 23 hours 59 minutes 59 seconds
Measurement Functions:
   Normal elapsed time, lap/split time measurement, distance/pace display switching, auto/manual lap measurement, auto lap alert, 45-record data memory

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Timer :

Measuring unit: 1 second
Measuring range: 60 minutes
Number of intervals: 1 to 5
Number of auto repeats: 1 to 20
Setting unit: 1 second
Final 5-second countdown, time-up beeper
Auto Start

Dual Time :

Hour, minute, second
Home Time swapping

Alarm :

Time alarms
    Number of alarms: 5
    Setting units: Hours, minutes
    Alarm tone duration: 10 seconds
Hourly time signal: Beep every hour on the hour

Mobile Link :

Function linking by wireless connection with Bluetooth® compatible devices*
    * Operation enhanced by Mobile Link
Auto Time Correction
Simple time setting
    World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
    Watch settings
Phone finder
Distance Calibration
Life Log Data Management
    Management data (calories, steps)
Training log data management
    Management data (time, distance, pace for each lap; total calories burned)
Simple Notification (Tone Alert Only)
    • Notification name or other text does not appear on the watch display.
Notification Linking
Auto Summer Time Switching
    Automatic switching between standard time and summer time
Timer Settings
Alarm Settings
Hand alignment correction
Data Communication Specifications
    Bluetooth®
    Frequency Band: 2400MHz to 2480MHz
    Maximum Transmission: 0 dBm (1 mW)
    Communication range: Up to 2 meters (depends on environment)

Other :

LED backlight (Auto Light, Super Illuminator, afterglow, 1.5 or 3-second selectable illumination duration), operation tone enable/disable, Airplane Mode, User Profile, Hand Shift, low battery alert

Power Supply :

CR2025 x 1
Battery nominal voltage: 3V
Battery life: Approximately 2 years
Conditions
    Bluetooth connection time: 10 hours/day
    Alarm: Once (10 seconds)/day
    Illumination: Once (1.5 seconds)/day
    Display: 24 hours/day
    Life Log Measurement: 12 hours/day
    Stopwatch Measurement: 3 hours/week (1 hour/day, 3 times/week)
    Notification: 20 times/day

Specifications are subject to change without notice.

Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

https://world.casio.com/os_mobile/wat/

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Troubleshooting

I can't pair the watch with a phone.

Q1 I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.
For information about supported phone models, visit the CASIO Website.

https://world.casio.com/os_mobile/wat/

Did you install the CASIO WATCHES phone app on your phone?

The CASIO WATCHES phone app needs to be installed on your phone in order to connect with the watch.
🔍 ① Install the app on your phone.

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

iPhone Users

- "Settings" ➜ "Bluetooth" ➜ On
- "Settings" ➜ "Privacy" ➜ "Bluetooth" ➜ "CASIO WATCHES" ➜ On

Android Users

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use the CASIO WATCHES phone app. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" ➜ "Settings" ➜ "Bluetooth" ➜ "Menu" ➜ "BT Smart settings" ➜ "Disable".

I can't reconnect the watch and phone.

Q1 The watch will not re-connect with the phone after they are disconnected.

Is the CASIO WATCHES phone app running?

The watch cannot re-connect with your phone unless CASIO WATCHES is running on the phone. On your phone's Home Screen, tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.

Have you tried turning your phone off and then back on again?

Turn your phone off and back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.

Q2 I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while your phone is in the Airplane Mode. After disabling the phone's Airplane Mode, go to the phone's Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.

Q3 I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.

Q4 I can't connect after turning off the phone.

Turn your phone off and back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.

Q5 ✳ is not displayed, and the watch is not connected with my phone.

Is a setting operation in progress?

Bluetooth connection is temporarily disabled while any setting operation (time setting, alarm setting, etc.) is in progress. Exit the setting operation to re-connect.

Have you performed some watch operation within the past hour?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Correction is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

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Phone-Watch Connection

Q1   I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn your phone off and back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (D) for at least two seconds.
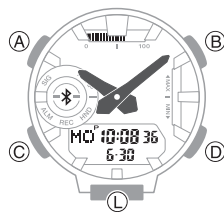
Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
🔍 Using the Watch in a Medical Facility or Aircraft

Has the watch been re-paired with the phone?

Delete the pairing information from the CASIO WATCHES phone app and your phone (iPhone only), and then re-pair them.
🔍 Deleting Pairing Information from the CASIO WATCHES phone app
🔍 iPhone Only
   Deleting the phone's pairing information
🔍 ③ Pair the watch with a phone.

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.
🔍 Deleting Pairing Information from the Watch
🔍 ③ Pair the watch with a phone.

Changing to a Different Phone Model

Q1   Connecting the current watch to another phone.

Delete the pairing information from your watch and then pair it with the phone you want to connect with.
🔍 If you purchase another phone

Auto Time Correction by Bluetooth Connection (Time Correction)

Q1   When does the watch correct its time?

Your watch can connect with a paired phone to adjust its time setting. Auto time correction is performed at the times described below.

• After your phone's time zone or summer time setting is changed
• After 24 hours or more have passed since the last time adjustment using Bluetooth connection
• After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
• After 24 hours or more have passed since you adjusted the current time on the watch

**Q2**   Auto time setting is not correct.

Is ⍗ displayed?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Correction is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Time adjustment using Bluetooth connection is performed once every 24 hours. Auto time correction will be performed when 24 hours or more have elapsed since the last time adjustment operation.

Have 24 hours or more has passed since the last manual time adjustment, city change, or city swapping operation?

Auto time correction is not performed for 24 hours after a manual time adjustment, city change, or city swapping operation. Auto time correction will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
🔍 Using the Watch in a Medical Facility or Aircraft

Q3   The watch does not synchronize its time setting with my phone when I hold down (D) for at least two seconds.

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
🔍 Using the Watch in a Medical Facility or Aircraft

Q4   Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

Life Log Measurement

Q1   Life Log information is not displayed correctly.

Since this watch is a wrist-worn Life Log device, it may detect non-step movements and include them in step and distance values.
🔍 Life Log Measurement

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.
🔍 Measuring Life Log Data

Q2   Distance and step count do not change.

To avoid miscounting of non-walking movements, the step count or distance value is not displayed at the beginning of a walk. It appears only after you have continued walking for about 20 seconds, with the number of steps or distance value you took during the first 20 seconds included in to the total.

Q3   [ERR] appears when counting steps.

[ERR] (error) indicates that sensor operation is disabled because of sensor or internal circuitry malfunction.
If the indicator remains on the display for more than three minutes or if it frequently appears, it could indicate a faulty sensor.

Alarm and Hourly Time Signal

Q1   An alarm does not sound.

The alarm's settings may not be configured. Configure the alarm settings.
🔍 Configuring Alarm Settings

Q2   The hourly time signal does not sound.

The hourly time signal may be disabled. Enable the hourly time signal.
🔍 Enabling the Hourly Time Signal

Battery

Q1   ▭ is flashing on the digital display.

▭ flashes on the display when battery voltage goes low.
Have the battery replaced.

Request battery replacement from a CASIO service center or your original retailer.
🔍 Battery Replacement

Q2   [R] is flashing on the display.

[R] may appear on the display when the watch's battery power is low, or if you use the light or other function a number of times during a short period, which momentarily causes the battery level to go low. If this happens, all watch functions, except for timekeeping, are disabled.
If [R] remains on the display or if it keeps appearing, it may indicate that the battery needs to be replaced.

Request battery replacement from a CASIO service center or your original retailer.

Hand Movement and Indications

Q1   I don't know what mode the watch is in.

You can determine the current mode by checking the watch display. Use (C) to navigate between modes.
🔍 Navigating Between Modes

Q2   All hands are stopped and buttons do not work.

The battery is dead. Request battery replacement from a CASIO service center or your original retailer.
🔍 Battery Replacement

Q3   The hands suddenly start moving at high speed.

This is due to the reason (or one of the reasons) below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- Watch is connected with a phone to correct its time setting.
  🔍 Auto Time Correction

Q4   The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.
🔍 Changing the Home City Summer Time Setting

Q5 The time indicated by the hands is different from the digital time.

Strong magnetism or impact can cause the hands to go out of alignment. Adjust hand alignment.

🔍 Adjusting Hand Alignment

- Check the information below to find out how to align the hands manually.

  🔍 Adjusting Hand Alignment

Other

Q1 I can't find the information I need here.

Visit the website below.

https://world.casio.com/support/

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Precautions

Operating Precautions

● **Water Resistance**

• The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use
5 Atmospheres

Marking on watch front or on back cover	5BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR

Example of Daily Use	
Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

• Do not use your watch for scuba diving or other types of diving that requires air tanks.

• Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.

• Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  – Do not operate the crown or buttons while your watch is submersed in water or wet.
  – Avoid wearing your watch while in the bath.
  – Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  – Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.

• After submersion in seawater, use plain water to rinse all salt and dirt from your watch.

• To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

• A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.

• Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.

• The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

• Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

● **Band**

• Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.

• Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.

• Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

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● **Temperature**

• Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.

• Leaving your watch in an area hotter than +60 °C (140 °F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0 °C (32 °F) and greater than +40 °C (104 °F).

● **Impact**

• Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

● **Magnetism**

• The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.

• Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

● **Electrostatic Charge**

• Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

• Electrostatic charge may cause temporary blotching in blank areas of the LCD.

● **Chemicals**

• Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

● **Storage**

• If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

● **Resin Components**

• Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.

• Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.

• Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.

• If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.

• Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.

• Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.

• Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

● **Leather Band**

• Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.

• Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

CAUTION:
Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

● **Metal Components**

• Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

• Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

● **Bacteria and Odor Resistant Band**

• The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

● **Liquid Crystal Display**

• Display figures may be difficult to read when viewed from an angle.

● **Watch with Data Memory**

• Allowing the battery to go dead, replacing the battery, or having your watch repaired can cause all data in watch memory to be lost. Note that CASIO Computer Co., Ltd. assumes no responsibility for any damages or losses caused by data lost due to malfunction or repair of your watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

● **Watch Sensors**

• A watch sensor is a precision instrument. Never try to take it apart. Never try to insert any objects into the openings of a sensor, and take care to ensure that dirt, dust, or other foreign matter does not get into it. After using your watch where it has been immersed in saltwater, rinse it thoroughly with fresh water.

> Note that CASIO Computer Co., Ltd. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

User Maintenance

● **Caring for Your Watch**

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

• Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.

• For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

• For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.

• Clean water and sweat from a leather band by wiping with a soft cloth.

• Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● **Dangers of Poor Watch Care**

Rust

• Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  – Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.

• Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

• Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

• Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

• Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

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Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.

- Have the battery replaced only with the type specified in the "Specifications". Use of a different battery type can cause malfunction.

- When replacing the battery, also request a check for proper water resistance.

- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

● **Initial Battery**

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.

- The test battery may go dead quicker than the normally rated battery life noted in the "Specifications". Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

● **Low Battery Power**

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.

- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

Mobile Link Precautions

● **Legal Precautions**

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.
  https://world.casio.com/ce/BLE/

- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

● **Precautions when using Mobile Link**

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.

- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.

- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

● **Stopping Radio Wave Emission by This Watch**

The ✳ on the display indicates that the watch is emitting radio waves.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, use the operation below to stop radio wave generation.

- Enter the watch Airplane Mode
  🔍 Using the Watch in a Medical Facility or Aircraft