

# Watch Operation Guide 3568

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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
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#### 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
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#### 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
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#### 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
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#### 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).

## ● 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

- Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction 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 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.

## ● Personal Information Protection Precautions

To protect your personal information, be sure to perform the operation under “Resetting Watch Settings” before transferring ownership of this watch to another party or before disposing of it.

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 in 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.

## 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, enable the Airplane Mode.

 [Using the Watch in a Medical Facility or Aircraft](#)

## Before Getting Started...

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

### Watch Features

- [Phone Linking](#)

You can transfer training data to a Bluetooth® capable phone and manipulate it using applications.

- [Training Function](#)

Use this mode to measure and record distance, elapsed time, pace, and other running and walking data.

- [Training Log](#)

The Training Log can store up to 100 records of data acquired during run timing.

- [World Time](#)

You can display the current time in any one of 38 cities\* around the globe, as well as for UTC (Coordinated Universal Time).

\* Subject to being updated when connected with a phone.

- [Alarm](#)

The watch performs a sound and/or vibration operation when a preset alarm time is reached.

- [Timer](#)

Use the timer to perform a countdown from a start time. The watch performs a sound and/or vibration operation when the countdown reaches zero.

- [Stopwatch](#)

The stopwatch measures up to 99 hours, 59 minutes, 59 seconds of elapsed time in one-second units.

### Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.
- Before using the Training Function, configure your profile settings. This will help you obtain more accurate values. [Creating Your Profile](#)
- Depending on the version of your watch's software, its operations and display contents may differ from those described in this Operation Guide.

## General Guide



### A button

Pressing this button in any mode cycles between displays.

While a setting screen is displayed, pressing this button scrolls available menu items upwards.

### B button

In the Timekeeping Mode, pressing this button enters the Training Mode.

Pressing this button while any mode's setting screen is displayed applies all of the screen's pending settings or changes.

### C button

Hold down this button for at least one second to return to the Timekeeping Mode. Pressing this button while a run timing operation is in progress returns to the run timing screen.

Pressing this button while a setting screen is displayed scrolls available menu items downwards.

### D button

In other modes, pressing this button returns to the Timekeeping Mode.

While configuring settings, pressing this button goes back to the previous screen.

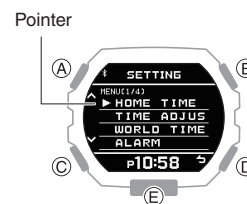
### E button

Press to turn on illumination.

## Creating Your Profile

You can use the procedure in this section to input information and create a profile (height, weight, gender, date of birth, wrist where watch is worn).

1. Enter the Timekeeping Mode. [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [PROFILE].
4. Press (B). This displays the profile item selection screen.



[HEIGHT/WEIGHT]	Height/weight
[SEX]	Gender
[BIRTHDAY]	Date of birth
[WRIST]	Wrist where you wear the watch

5. Use (A) and (C) to select the item you want to input.
6. Press (B).

## 7. Record your height and weight.

- On the profile item selection screen, select [HEIGHT/WEIGHT].
- ① Use (A) and (C) to input your height.
  - ② Press (B).
  - ③ Use (A) and (C) to input your weight.
  - ④ Press (B).
  - ⑤ Use (A) and (C) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the height and weight setting screen.

- ⑥ Press (B) to register your height and weight.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

### Note

- To exit the height and weight setting operation at any point, press (D) and advance to step ⑤.

## 8. Specify your gender.

- On the profile item selection screen, select [SEX].
- ① Use (A) and (C) to move the pointer to [MALE] or [FEMALE].
  - ② Press (B) to register your gender.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

## 9. Specify your date of birth.

- On the profile item selection screen, select [BIRTHDAY].
- ① Use (A) and (C) to specify a year.
  - ② Press (B).
  - ③ Use (A) and (C) to specify a month.
  - ④ Press (B).
  - ⑤ Use (A) and (C) to specify a day.
  - ⑥ Press (B).
  - ⑦ Use (A) and (C) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the date of birth setting screen.

- ⑧ Press (B) to register your date of birth.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

### Note

- To exit the date of birth setting operation at any point, press (D) and advance to step ⑦.

## 10. Specify the wrist where you wear the watch.

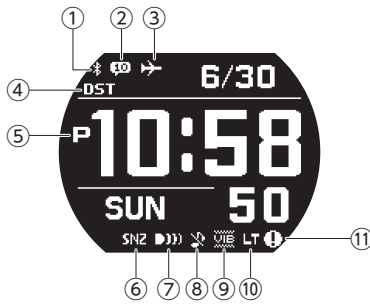
- On the profile item selection screen, select [WRIST].
- ① Use (A) and (C) to move the pointer to [LEFT] or [RIGHT].
  - ② Press (B) to register your wrist setting.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

## 11. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Indicators



- ① Displayed while there is connection between the watch and a phone.
  - While re-connection with your phone is being attempted after loss of the connection, this indicator flashes at one-second intervals.
  - While re-connection with your phone is not being attempted after loss of the connection, this indicator flashes at two-second intervals.
- ② Indicates the number of new phone notifications.
- ③ Displayed while the Airplane Mode is enabled.
- ④ Displayed when the indicated time is summer time.
- ⑤ Displayed during p.m. times while 12-hour timekeeping is being used.
- ⑥ Displayed when the alarm snooze function is enabled.
- ⑦ Displayed when an alarm is enabled.
- ⑧ Displayed while the operation sound or notification sound is disabled.
- ⑨ Displayed while vibration is enabled.
- ⑩ Displayed while Auto Light is enabled.
- ⑪ Displayed when battery voltage is low. Flashes when battery voltage is momentarily low.

## Battery Replacement

appears on the display when battery voltage goes low. Have the battery replaced. Request battery replacement from a CASIO service center or your original retailer.

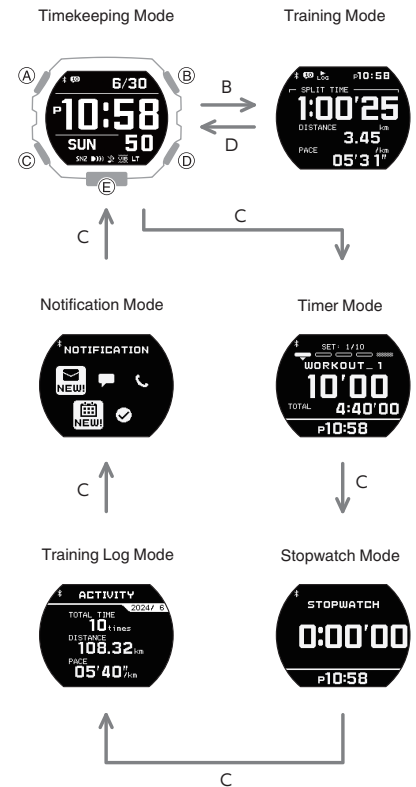


- When there is a momentarily large load on the battery, battery voltage will go low and will flash on the display. All watch button operation is disabled while is flashing.

## Navigating Between Modes

Your watch has the modes shown below.

- You can also return to the Timekeeping Mode directly from any mode besides the Training Mode by holding down (C) for at least one second, or by pressing (D).
- In the Timekeeping Mode, pressing (B) enters the Training Mode.
- To go from the Training Mode to the Timekeeping Mode, first stop training measurement and then press (D).



Use the buttons in the illustration above to navigate between modes.

## Mode Overview

This section provides an overview of the modes of your watch.

### ● Timekeeping Mode

You can use the Timekeeping Mode to check the current time and date, and to view your daily step count, your running distance for a specific month, and other information. You can also use this mode to configure Home City, alarm, and other basic timekeeping settings.



### ● Training Mode

Use this mode to measure and record distance, elapsed time, pace, and other running data.

[Using the Training Function](#)



### ● Timer Mode

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

[Timer](#)



### ● Stopwatch Mode

Use this mode to measure elapsed time.

[Stopwatch](#)



### ● Training Log Mode

Use this mode to view recorded training log data.

[Viewing Training Log Records](#)



### ● Notification Mode

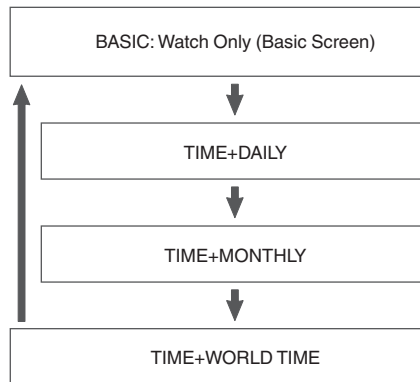
The Notification Mode receives incoming call, mail, and SNS notifications and information.

[Receiving Phone Notifications](#)



## Selecting a Timekeeping Mode Digital Display Format

Each press of (A) in the Timekeeping Mode cycles display contents as shown below. Note that you can display the current time along with one other type of information.



### BASIC: Watch Only (Basic Screen)



### TIME+DAILY: Current Time + Weekly Information

This screen shows the current time, today's step count, and daily step count goal progress.



### TIME+MONTHLY: Current Time + Monthly Information

This screen shows the current time, the current month's running distance, and monthly running distance goal progress. Instead of running distance, you could also specify display of running time. Note that you must use the "CASIO WATCHES" app to specify which item (running distance or running time) should be displayed.

This month's running distance or running time



Monthly goal progress (running distance or running time)

### TIME+WORLD TIME: Current Time + World Time

World Time City



World Time

## Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

### ● To illuminate the face manually

Press (E) to turn on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



### Important!

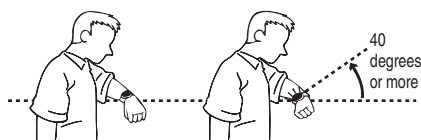
- Frequent use of illumination runs down the battery.

### Note

- Display illumination is disabled when any one of the conditions below exists.
  - While an alarm sound, timer sound, and/or vibration operation is in progress

### ● 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.



### 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.



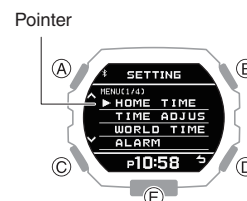
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the 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 sound, timer sound, and/or vibration operation is in progress

### ● Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [LIGHT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [AUTO LIGHT].
6. Press (B).
7. Use (A) and (C) to move the pointer to [OFF] (disabled) or [ON] (enabled).
  - The [LT] indicator is displayed in the Timekeeping Mode while Auto Light is enabled.
8. Press (B) to complete the setting operation.
 

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

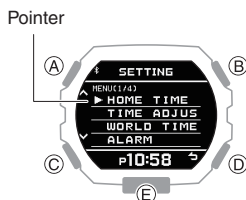
- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## ● 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.

This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [LIGHT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [DURATION].
6. Press (B).
7. Use (A) and (C) to select an illumination duration.

[1.5 SEC.]	1.5-second illumination
[3.0 SEC.]	3-second illumination

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

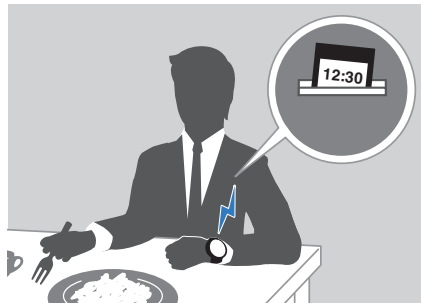
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Useful Features

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

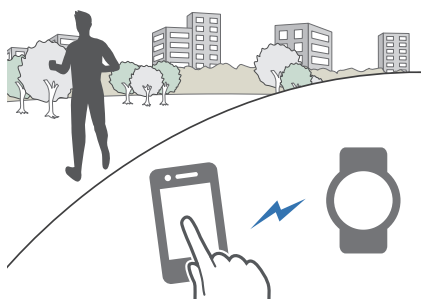
### Auto time correction

- 🔗 [Auto Time Correction](#)



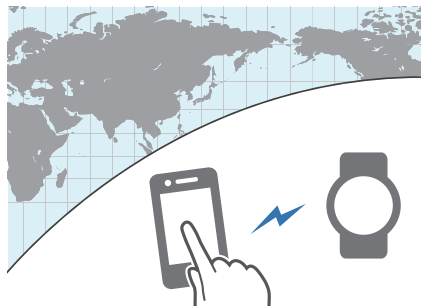
### Data transfer to a phone

- 🔗 [Viewing Training Records](#)
- 🔗 [Viewing Life Log Related Data](#)



### Selection of More Than 300 World Time cities

- 🔗 [Configuring World Time Settings](#)



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.

Also, you can use the CASIO "CASIO WATCHES" app to view training records.

### Note

- For best results with this watch, use of the latest versions of the smartphone app and watch software is recommended.
- 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 required 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 **Turn on location services**

Turn on your phone's location services.

### Note

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

- ③ **Configure Bluetooth settings**

Enable the phone's Bluetooth.

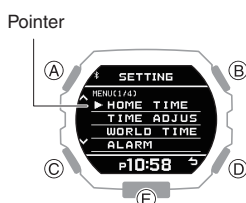
### Note

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

## ● ④ Pair the watch with your phone

Before you can use the watch in combination with a phone, you first need to pair them.

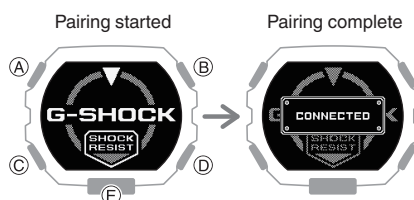
1. Move the phone to be paired with close to (within one meter of) the watch.
2. Tap the "CASIO WATCHES" icon.
3. Tap the **+** of the "My Watch" tab.
4. Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.
5. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
6. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



7. Use (A) and (C) to move the pointer to [PAIRING].
8. Press (B).
9. Use (A) and (C) to move the pointer to [CONNECT].
10. Press (B).

11. When the watch you want to pair with appears, follow the instructions on the display to pair with it.

- If a pairing prompt message appears, perform the operation shown on the phone screen.
- If pairing fails, the watch returns to the state in step 7 of this procedure. Perform the pairing procedure again from the beginning.



- After pairing is complete, use the CASIO WATCHES phone app to register the watch's initial settings and profile settings. Profile settings can also be configured on the watch.  
[Creating Your Profile](#)

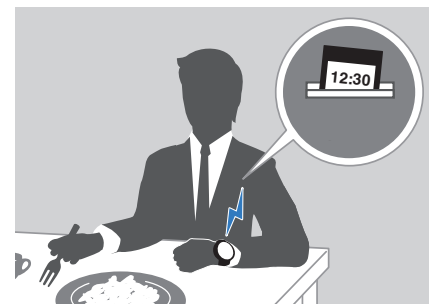
### Note

- 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.
- For information about what to do when pairing is unsuccessful, see the information below.  
[I can't pair the watch with a phone.](#)
- If your watch is already paired with another phone, you won't be able to select [PAIRING] on the screen in step 5. Unpair your watch from the other phone before pairing it with your phone.  
[Unpairing the Watch from a Phone](#)

## 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 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 the last home city change or time adjustment using watch operation
- The watch remains connected with your phone even after time adjustment is complete.
- If time adjustment fails for some reason, [CONNECT FAILED] will appear.
- Watch operation can be performed even while it is connected with your phone.
- 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](#)

## Viewing Training Records

You can use CASIO WATCHES to view the training data below, which is measured by the watch.

- Training log data and lap data
- Training analysis results

### Check the connection

- Make sure that 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.

## Viewing Life Log Related 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 that 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 the CASIO WATCHES phone app to specify a daily step target.
  - 🔗 [Setting Target Values](#)

## Setting Target Values

You can use CASIO WATCHES to specify daily or monthly target values.

### Important!

- Target values cannot be specified using watch operations. Use the CASIO WATCHES phone app to configure settings.

You can specify target values for the items below.

- Daily step count

### Check the connection

- Make sure that 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.

## Specifying the Alert Interval (Target Alert)

You can use CASIO WATCHES to specify alert intervals to keep you informed of your calories burned and elapsed time while training. Then, the watch will perform a sound and/or vibration alert operation whenever an alert interval value is reached while you are training.

### Important!

- Note that you cannot specify the alert interval using watch operations. Use CASIO WATCHES to configure settings.

### Check the connection

- Make sure that 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 “GBD-300” and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## Specifying the Distance for Auto Lap Timing

Before using Auto Lap Timing, you need to use the CASIO WATCHES phone app to specify the Auto Lap Timing distance.

### Important!

- Note that you cannot specify the Auto Lap Timing distance using watch operations. Use CASIO WATCHES to configure settings.

### Check the connection

- Make sure that 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 “GBD-300” and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

## 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 that 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 “GBD-300” 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 that 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.
- 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.

### • To select a World Time City

1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Watch” tab.
3. Select “GBD-300” and tap it.
4. Select the setting you want to change and then perform the operation shown on the screen.

### • Configuring the Summer Time Setting

1. Tap the “CASIO WATCHES” icon.
2. Tap the “My Watch” tab.
3. Select “GBD-300” 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 will switch 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”.
- For information about summer time periods, refer to the “Summer Time Table”.  
[Summer Time Table](#)

## Setting the Alarm

### Check the connection

- Make sure that 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 “GBD-300” and tap it.
4. 📱 Select the setting you want to change and then perform the operation shown on the screen.

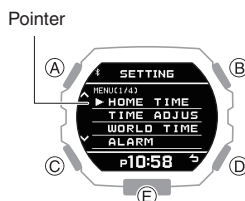
## Phone Finder

You can use phone finder to trigger a tone on a paired phone to make the phone easier to locate. The phone finder tone sounds even if your 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. 🕒 Enter the Timekeeping Mode.
  - 🔗 [Navigating Between Modes](#)
2. 🕒 Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



3. 🕒 Use (A) and (C) to move the pointer to [PHONE FINDER].
4. 🕒 Press (B).
5. 🕒 Use (A) and (C) to move the pointer to [EXECUTE].
6. 🕒 Press (B).
 

This will establish a connection between the watch and phone, and sound the phone's ringtone.

  - It will take a few seconds before the phone tone sounds.
7. 🕒 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

After establishing a connection between the watch and a phone, you can use the CASIO WATCHES phone app to configure watch settings and to view information acquired by the watch.

### Check the connection

- Make sure that 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 “GBD-300” 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 automatically connects with its paired phone.

The symbol is displayed at the top of the watch screen while the watch is connected with a phone. flashes when there is no connection between the watch and a phone.

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

④ [Pair the watch with your phone](#)

### Important!

- If you have problems establishing a connection, it could mean that CASIO WATCHES phone app is not running on your phone. On your phone's home screen, tap the "CASIO WATCHES" icon. Perform the operation shown on the screen to pair with the watch.

### Unpairing the Watch from a Phone

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

### Note

- If there is any pairing information remaining on your phone, delete that information as well.
- The watch cannot be unpaired from a phone while the watch's Airplane Mode is enabled. To unpair from your phone, disable the watch's Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

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

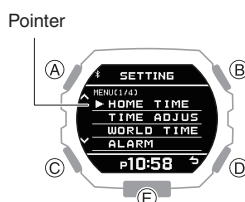
1. Tap the "CASIO WATCHES" icon.
2. Tap the "My Watch" tab.
3. Tap the watch you want to unpair.
4. Tap the "●●●".
5. Perform the operation shown on the phone screen to unpair.

### Note

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

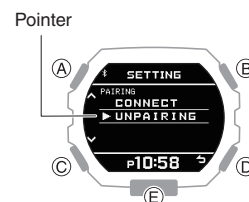
### ● Deleting Pairing Information from the Watch

1. Enter the Timekeeping Mode.  
 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [PAIRING].
4. Press (B).

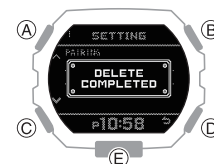
5. Use (A) and (C) to move the pointer to [UNPAIRING].



6. Press (B).
7. Use (A) and (C) to select whether or not you want to delete the pairing information.

[YES]	Deletes pairing information.
[NO]	Does not delete pairing information.

8. Press (B).  
After pairing information deletion is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will reappear.



9. Press (D) to exit the setting screen.

### ● 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](#)

④ [Pair the watch with your phone](#)

## Receiving Phone Notifications

You can use your watch to check the details of incoming calls, mail, and SNS alerts and information that are received by a phone connected to the watch by Bluetooth. The watch can have up to 10 notifications stored in its memory.

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

[Getting Ready](#)

The number of new messages is shown on the Timekeeping Mode display.

New messages



You can use the Notification Mode to check notification types and whether there are any new messages.

New Messages Received



No New Messages



This indicator:	Means this:
	Mail
	SNS
	Incoming calls, missed calls
	Schedule
	Other

- While notification receive is enabled, reception of a notification causes its contents to appear on the display, regardless of the mode (Notification Cut-in).

[Enabling and Disabling Incoming Call Notifications](#)

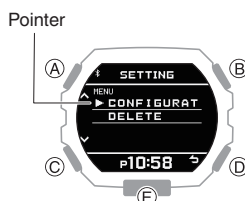
### Note

- The watch automatically returns from the Notification Mode to the Timekeeping Mode if you do not perform any Notification Mode operation for about two or three minutes.

## Enabling and Disabling Incoming Call Notifications

You can enable or disable notification receive as required.

- Enter the Notification Mode.  
[Navigating Between Modes](#)
- Press (B).  
This displays the notification list.
- Hold down (A) for at least two seconds.  
This displays the Notification Mode setting screen.



- Use (A) and (C) to move the pointer to [CONFIGURATION].
- Press (B).
- Use (A) and (C) to select a notification receive ON/OFF setting.

[ON]	Enables receive and notification cut-in display.
[ON (RUN OFF)]	Disables receive during run timing only.
[OFF]	Disables receive and notification cut-in display.

- Notification cut-in displays the contents of a received notification, regardless of the watch mode.
- After about 30 seconds, the display will return to what it was before the notification cut-in appeared.

- Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Notification Mode setting screen will re-appear.

- Press (D) to exit the setting screen.

## Displaying Notification Contents

- Enter the Notification Mode.  
[Navigating Between Modes](#)

- Press (B).

This displays the notification list.

- The notification list can contain up to 10 notifications.
- Addition of a notification to the list when it already contains 10 notifications, will cause the oldest notification in the list to be deleted to make room for the new one.

- Use (A) and (C) to move the pointer to the title of the notification you want to view.

- Press (B).

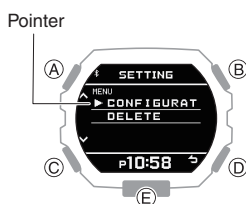
This displays the details of the notification. From 83 to 100 double-width characters are displayed for the body text.

- You can use (A) and (C) to scroll.
- To return to the notification list, press (D).
- To return to the Timekeeping Mode, hold down (C) for at least one second.

## Deleting a Notification

### ● Deleting a Particular Notification

1. Enter the Notification Mode.  
[🔗 Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
3. Use (A) and (C) to move the pointer to the title of the notification you want to delete.
4. Hold down (A) for at least two seconds.  
 This displays the Notification Mode setting screen.

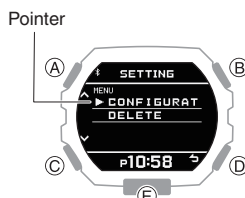


5. Use (A) and (C) to move the pointer to [DELETE].
6. Press (B).
7. Use (A) and (C) to move the pointer to [ONE].
8. Press (B).
9. Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel data deletion, move the pointer to [CANCEL].
10. Press (B).

After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

### ● Deleting All Notifications

1. Enter the Notification Mode.  
[🔗 Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
3. Hold down (A) for at least two seconds.  
 This displays the Notification Mode setting screen.



4. Use (A) and (C) to move the pointer to [DELETE].
5. Press (B).
6. Use (A) and (C) to move the pointer to [ALL].
7. Press (B).
8. Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel data deletion, move the pointer to [CANCEL].
9. Press (B).  
 This displays a confirmation screen.
10. Use (A) and (C) to move the pointer to [YES].
11. Press (B).

After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

## 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.

[🔗 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](#)



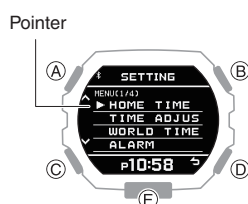
## Using Watch Operations to Correct the Time Setting

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

### ● Setting a Home City

Use the procedure in this section to select a city to use as your Home City.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [HOME TIME].
4. Press (B).
5. Use (A) and (C) to move the pointer to [CITY].
6. Press (B).
7. Use (A) and (C) to move the pointer to the city you want to use as your Home City.
8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

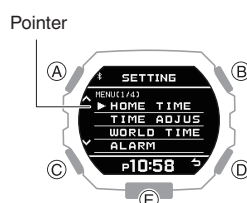
### ● Configuring the Summer Time Setting

If you are in an area that observes summer time, you can also enable or disable summer time.

#### Note

- The initial factory default summer time setting for all cities is [AT (AUTO)]. In many cases, [AT (AUTO)] lets you use the watch without switching manually between summer time and standard time.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



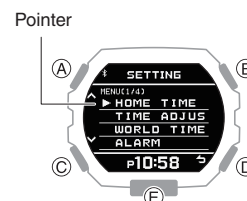
3. Use (A) and (C) to move the pointer to [HOME TIME].
4. Press (B).
5. Use (A) and (C) to move the pointer to [DST].
6. Press (B).
7. Use (A) and (C) to select a summer time setting.

[AUTO]	Auto switching between standard time and summer time
[OFF]	Always standard time
[ON]	Always summer time

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### ● To correct the time manually

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [TIME ADJUSTMENT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [MANUAL].
6. Press (B).  
 This causes a cursor to appear under the hour setting.
7. Use (A) and (C) to change the current time hour setting.
8. Press (B).  
 This moves the cursor to the minute setting.
9. Use (A) and (C) to change the current time minute setting.
10. Press (B).  
 This moves the cursor to the year setting.
11. Use (A) and (C) to change the year setting.
12. Press (B).  
 This moves the cursor to the month setting.
13. Use (A) and (C) to change the month setting.
14. Press (B).  
 This moves the cursor to the day setting.
15. Use (A) and (C) to change the day setting.
16. Press (B).
17. Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the hour setting screen.

18. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.

19. Press (D) twice to exit the setting screen.

### Note

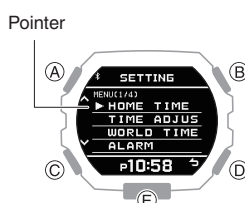
- To exit the current time setting operation at any point, press (D) and advance to step 17.
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

### ● 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.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [TIME ADJUSTMENT].

4. Press (B).

5. Use (A) and (C) to move the pointer to [12/24H].

6. Press (B).

7. Use (A) and (C) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).

8. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.

9. Press (D) twice to exit the setting screen.

- While 12-hour timekeeping is selected, [P] will be displayed for p.m. times.

### Note

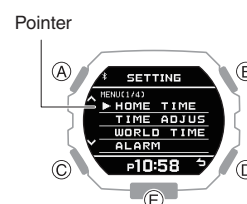
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

### Using the Watch in a Medical Facility or Aircraft

Whenever you are in a hospital, on an aircraft, or in any other location where connection with a phone may cause problems, you can perform the procedure below to disable auto time correction. To re-enable auto time correction, perform the same operation again.

1. Enter the Timekeeping Mode.  
 Navigating Between Modes

2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [AIRPLANE MODE].

4. Press (B).

5. Use (A) and (C) to select an Airplane Mode setting.

[OFF]	Exits Airplane Mode.
[ON]	Enables Airplane Mode.

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

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will re-appear.

7. Press (D) to exit the setting screen.

- is displayed while the watch is in the Airplane Mode.

## World Time

World Time lets you look up the current time in any one of 38 cities around the globe, and UTC (Coordinated Universal Time).



### Using the CASIO WATCHES Phone App 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](#)

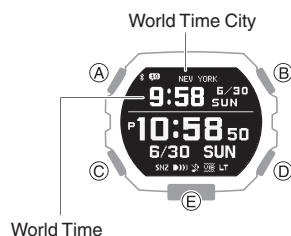
#### Note

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

### Checking World Time

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Use (A) to display the World Time.  
[Selecting a Timekeeping Mode Digital Display Format](#)

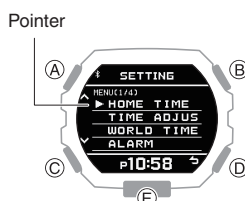
This displays the current World Time City and the current time there.



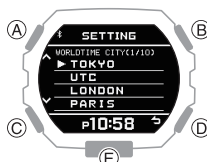
### Specifying a World Time City

Use the procedure in this section to select a World Time city.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [WORLD TIME].
- Press (B).  
This displays the World Time setting screen.
- Use (A) and (C) to move the pointer to [CITY].
- Press (B).  
This displays a menu of World Time Cities.



- Use (A) and (C) to move the pointer to the city you want to use.
- Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.

- Press (D) twice to exit the setting screen.  
This causes the World Time screen show the current time and date in your World Time City.

[Selecting a Timekeeping Mode Digital Display Format](#)



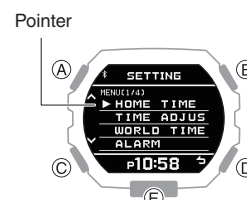
#### Note

- If you select a World Time City with the CASIO WATCHES phone app and then change to a different city with a watch operation, the CASIO WATCHES city information is deleted from the watch.

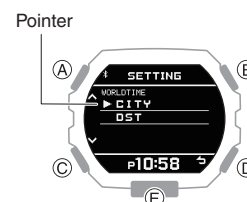
[Configuring World Time Settings](#)

### Configuring the Summer Time Setting

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [WORLD TIME].
- Press (B).  
This displays the World Time setting screen.



- Use (A) and (C) to move the pointer to [DST].
- Press (B).
- Use (A) and (C) to select a summer time setting.

[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.

- Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.

- Press (D) twice to exit the setting screen.

## Note

- The initial factory default summer time setting for all cities is [AT (AUTO)]. In many cases, [AT (AUTO)] lets you use the watch without switching manually between summer time and standard time.
- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.

## Alarm

The watch performs a beep or vibration alert when an alarm time is reached. You can set up to four different alarms.

- The sound and/or vibration alert operations will not be performed while battery power is low.
- When snooze is enabled for an alarm, it sound every five minutes up to seven times.



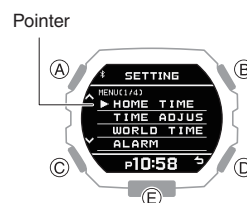
## Using the CASIO WATCHES Phone App to Configure Alarm Settings

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

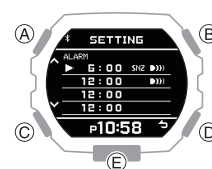
[Setting the Alarm](#)

## Configuring Alarm Settings

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



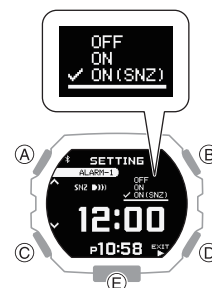
- Use (A) and (C) to move the pointer to [ALARM].
- Press (B).
- Use (A) and (C) to move the pointer to the alarm you want to set.



- Press (B).
- Use (A) and (C) to select an alarm and snooze function ON/OFF setting.

[OFF]	Disables alarm, disables snooze
[ON]	Enables alarm, disables snooze
[ON (SNZ)]	Enables alarm, enables snooze

- The currently selected setting will be indicated by a check mark (✓) to the left.



- Press (B).

9. Use (A) and (C) to set the alarm hour.
10. Press (B).
11. Use (A) and (C) to set the alarm minute.
12. Press (B).
13. Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

14. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.

- Turning on an alarm causes to appear on the display to the right of the time setting. If snooze is enabled, [SNZ] also appears.

15. Press (D) twice to exit the setting screen.

### Note

- To exit the alarm setting operation at any point, press (D) and advance to step 13.
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

### ● To stop a sounding alarm

While an alarm sound and/or vibration operation is being performed, press any button to stop it.

### Note

- When snooze is enabled for an alarm, alarm sound and/or vibration will repeat every five minutes, up to seven times. To stop an alarm's ongoing snooze operation, turn off the alarm.

## Turning Off an Alarm

To stop an alarm sound and/or vibration operation, perform the steps below to turn it off.

- To reactivate an alarm sound and/or vibration operation, turn it back on.

### Note

- An indicators is displayed while any one of the alarms is turned on.
- The alarm indicator is not displayed while all of the alarms are turned off.



1. Enter the Timekeeping Mode.

Navigating Between Modes

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

This displays the Timekeeping Mode setting screen.

Pointer

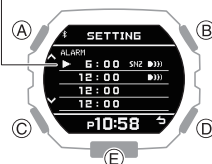


3. Use (A) and (C) to move the pointer to [ALARM].

4. Press (B).

5. Use (A) and (C) to move the pointer to the alarm you want to turn off.

Pointer



6. Press (B).

7. Use (A) and (C) to select [OFF].

8. Press (D).

9. Use (A) and (C) to select whether or not you want to save your current settings.

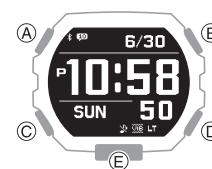
[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

10. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.

11. Press (D) twice to exit the setting screen.

- Turning off all alarms will cause (alarm) to disappear from the display.



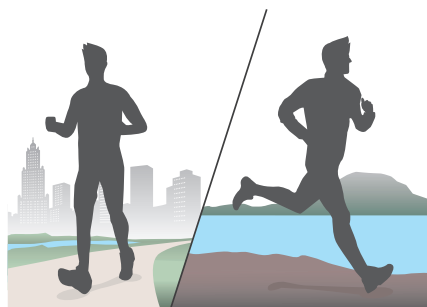
### Note

- If (alarm) is still displayed, it means that at least one of the other alarms is still turned on. To turn off all of the alarms repeat steps 5 through 10 until the (alarm) indicator is no longer displayed.

## Using the Training Function

The Training Mode uses an accelerometer to measure and record distance, elapsed time, pace, and other data while you are running or walking.

You can review recorded data on the watch or with CASIO WATCHES.



## Run Timing

Using the Training Function, start running.

### Starting Run Timing

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)

2. Press (B).

This displays the Training Mode screen.

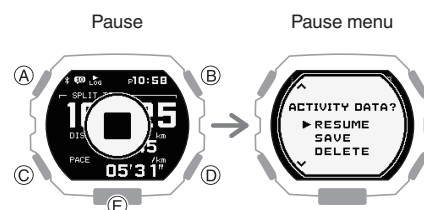


3. Press (B).  
Start run timing.

### Pausing Run Timing

1. While the run timing screen is displayed, press (B).

This pauses run timing and displays the pause menu screen.



2. Use (A) and (C) to select what you want to do with the run timing data you have just measured.

[RESUME]	Resumes timing.
[SAVE]	Saves data.
[DELETE]	Deletes data.

3. Press (B).

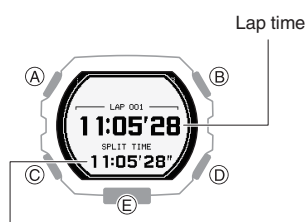
- If you selected the data save option, the run timing result screen will appear. To return to the Timekeeping Mode, press any button besides (E).
- If you select the data delete option, the watch returns to the Timekeeping Mode.

### Measuring Lap Times

1. Start run timing.  
[Starting Run Timing](#)

2. Press (D).

Each press of (D) displays the elapsed time of the current section (lap time) to appear.



Split time, running distance

3. Press (A) or (C) to return to the run timing screen.

- If you do not perform any button operation, the watch will return to the run timing screen automatically after about 10 seconds.

### Note

- You can use CASIO WATCHES to specify whether [SPLIT TIME] or [DISTANCE] is displayed.

## Changing Display Information During Run Timing

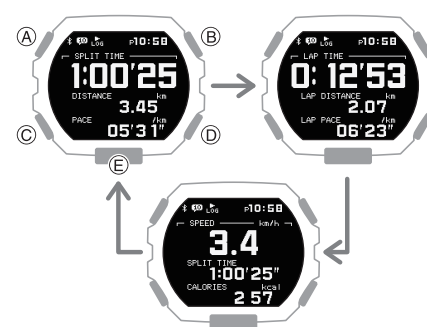
One of three screens can be displayed during run timing (Training Mode), and you can specify the items you want to appear on each screen.

This means you can configure a screen with the items you want to monitor and display that screen while you train.

### Specifying the Screen to be Displayed During Running (RUN FACE)

You can navigate between display screens by pressing (A).

#### Example:



## Setting Up Alerts

You can use CASIO WATCHES to specify alert intervals to keep you informed of your calories burned and elapsed time while training. Then, the watch will perform a sound and/or vibration alert operation whenever an alert interval value is reached while you are training. Use watch operations to enable or disable alerts.

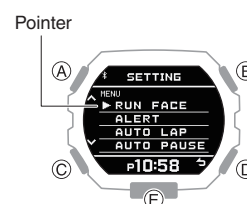
### Specifying the Alert Interval (Target Alert)

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)

2. Press (B).

This displays the Training Mode screen.

3. Hold down (A) for at least two seconds.  
This displays the Training Mode setting screen.



- Use (A) and (C) to move the pointer to [ALERT].
- Press (B).
- Use (A) and (C) to select the item whose setting you want to change.

[CALORIES]	Calories burned
[TIME 1]	Time 1
[TIME 2]	Time 2

- Press (B).
- Use (A) and (C) to select an alert setting.

[OFF]	Disabled
[ON (REPEAT)]	Enabled (repeat)
[ON (1 TIME)]	Enabled (one time)

- While [ON (REPEAT)] is selected, an alert operation is performed whenever an alert interval value is reached.

- Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alert setting screen will re-appear.

- If you want to configure settings for another item, repeat steps 6 through 9.

- Press (D) twice to exit the setting screen.

### Important!

- To specify the alert interval for each item, use CASIO WATCHES. Note that you cannot configure settings using watch operations.

### Note

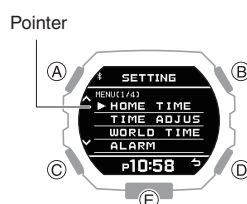
- The watch exits the setting operation automatically after about two or three minutes of non-operation.
- You can also use the CASIO WATCHES phone app to enable or disable alerts.

## Specifying the Distance Unit

### Important!

- When Tokyo (TOKYO) is the Home City, the distance unit is fixed as kilometers (km) and cannot be changed.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [UNIT].
- Press (B).
- Use (A) and (C) to move the pointer to [DISTANCE].
- Press (B).
- Use (A) and (C) to select a distance unit.

[KILOMETER]	Kilometers
[MILE]	Miles

- Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
- Press (D) twice to exit the setting screen.

### Note

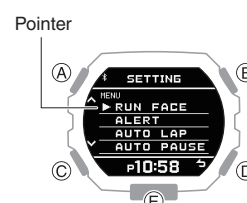
- The watch exits the setting operation automatically after about two or three minutes of non-operation.
- You can also use CASIO WATCHES to change the distance unit.

## Enabling Auto Lap Timing

While Auto Lap Timing is enabled, each time you run the distance you specified with CASIO WATCHES the lap time will be recorded automatically.

[Specifying the Distance for Auto Lap Timing](#)

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Press (B).  
This displays the Training Mode screen.
- Hold down (A) for at least two seconds.  
This displays the Training Mode setting screen.



- Use (A) and (C) to move the pointer to [AUTO LAP].
- Press (B).
- Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
- Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
- Press (D) to exit the setting screen.

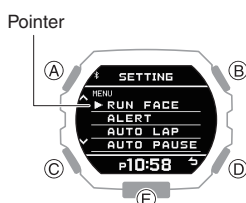
### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.
- You can also use CASIO WATCHES to enable or disable Auto Lap Timing.

## Enabling Auto Pause

While Auto Pause is enabled, timing will pause whenever you stop running.

1. Enter the Timekeeping Mode.  
👉 Navigating Between Modes
2. Press (B).  
 This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
 This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [AUTO PAUSE].
5. Press (B).
6. Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
7. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
8. Press (D) to exit the setting screen.

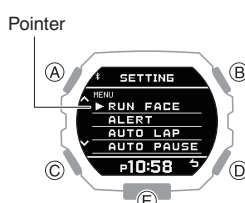
### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.
- You can also use the CASIO WATCHES phone app to enable or disable Auto Pause.

## Specifying the Screen to be Displayed During Running (RUN FACE)

You can customize the items on the three screens can be displayed during run timing (Training Mode).

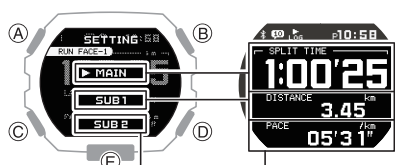
1. Enter the Timekeeping Mode.  
👉 Navigating Between Modes
2. Press (B).  
 This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
 This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [RUN FACE].
5. Press (B).
6. Use (A) and (C) to select the customize screen (RUN FACE-1, RUN FACE-2, RUN FACE-3).



7. Press (B).
8. Use (A) and (C) to select the display area whose contents you want to change.



9. Press (B).

10. Use (A) and (C) to select the item you want to in the currently selected display area.

[SPLIT TIME]	Split time
[DISTANCE]	Running distance
[PACE]	Pace
[LAP TIME]	Lap time
[LAP DISTANCE]	Lap distance
[LAP PACE]	Lap pace
[AVG.PACE]	Average pace
[SPEED]	Speed
[AVG.SPEED]	Average speed
[CALORIES]	Calories burned
[TIME]	Time
[DATE]	Day

- If you want to change the contents of another display area, press (D) and then select the display area you want. Repeat steps 8, 9, and 10 above as required.

11. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the RUN FACE setting screen will re-appear.

12. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.
- You can also use CASIO WATCHES to customize display screen items.

## Settings Configured with the Application

Some Training Function settings can be configured using either watch operations or CASIO WATCHES, while some settings must be configured using CASIO WATCHES.

### Settings that can be configured on the watch or using CASIO WATCHES

- Customization of screens displayed during run timing
- Alert enable/disable
- Distance unit
- Auto Lap Timing enable/disable
- Auto Pause enable/disable

### Settings that can be configured using CASIO WATCHES only

- Auto Lap screen display item: [SPLIT TIME] or [DISTANCE]
- Alert calories burned interval
- Alert time interval
- Auto Lap Timing distance

## Viewing Training Log Records

Your watch stores data (log records) acquired during run timing. There is enough memory to store up to 100 log records.

You can tell how much storage space is available by checking the indicator.

### • During run timing

Indicator:	Meaning:
Displayed	Storage space available
Flashing	Storage space low
Flashing	Storage memory full

### • Not during run timing

Indicator:	Meaning:
None	Storage space available
Displayed	Storage space low
Displayed	Storage memory full

### Training Log Data Accuracy

- Your watch calculates step counts, calories burned, and other information based on data picked up by its built-in sensors. No guarantees are made concerning the statistics and values calculated by this watch, so they should be used as general reference information only.

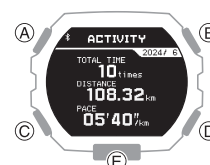
## Viewable Training Log Items

The items below are shown on the Training Log screen.

[DISTANCE]	Running distance
[TIME]	Travel time
[PACE]	Pace
[CALORIES]	Calories burned
[CADENCE]	Cadence

## Viewing Recorded Log Data Records

1. Enter the Training Log Mode.  
 [Navigating Between Modes](#)



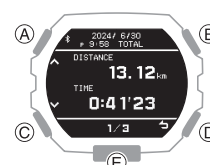
2. Press (B).  
This displays the training log list.



3. Use (A) and (C) to move the pointer to the log data record you want to view.
4. Press (B).  
This displays the selected log data items.



5. Use (A) and (C) to move the pointer to the item whose details you want to view.
6. Press (B).  
This displays details about the selected item.



- You can use (A) and (C) to scroll screen contents.


- Hold down (C) for at least one second to return to the Timekeeping Mode.

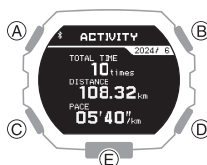
## Note

- Pressing (D) during the above procedure will go back one screen.
- The watch automatically returns from the Training Log Mode to the Timekeeping Mode if you do not perform any Training Log Mode operation for about two or three minutes.

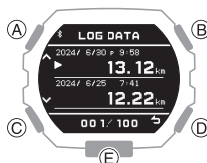
## Deleting Log Data

### ● Deleting a Particular Log Data Record

- Enter the Training Log Mode.  
 Navigating Between Modes




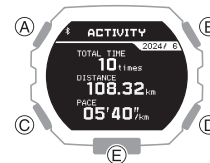
- Press (B).  
This displays the training log list.



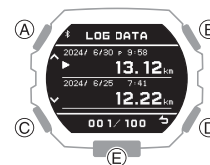
- Use (A) and (C) to move the pointer to the data you want to delete.
- Hold down (A) for at least two seconds.  
This displays a delete menu.
- Use (A) and (C) to move the pointer to [ONE].
- Press (B).
- Use (A) and (C) to move the pointer to [EXECUTE].  
To cancel log data deletion, move the pointer to [CANCEL].
- Press (B).  
After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

### ● Deleting All Log Data Records

- Enter the Training Log Mode.  
 Navigating Between Modes



- Press (B).  
This displays the training log list.



- Hold down (A) for at least two seconds.  
This displays a delete menu.
- Use (A) and (C) to move the pointer to [ALL].
- Press (B).
- Use (A) and (C) to move the pointer to [EXECUTE].  
To cancel log data deletion, move the pointer to [CANCEL].
- Press (B).  
This displays a confirmation screen.
- Use (A) and (C) to move the pointer to [YES].
- Press (B).  
After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

## Timer

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

- The sound and/or vibration alert operations will not be performed while battery power is low.



### Using the CASIO WATCHES Phone App 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.

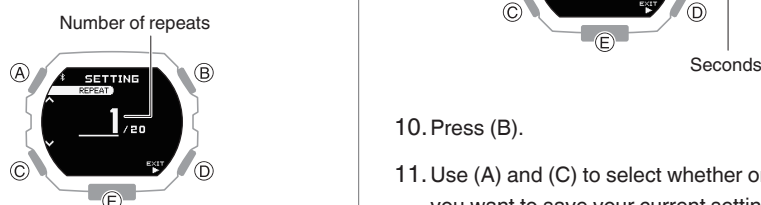
[Configuring Watch Settings](#)

### Setting a Start Time

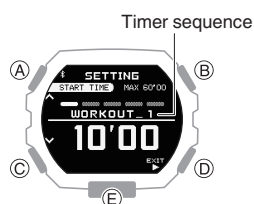
The start time can be set in 1-second units up to 60 minutes.

- Enter the Timer Mode.  
[Navigating Between Modes](#)

- Hold down (A) for at least two seconds.  
This displays the number of timer repeats (1 to 20) setting screen.



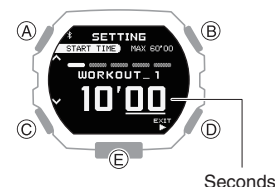
- Use (A) and (C) to specify the number of timer repeats (Auto Repeat).
- Press (B).
- Use (A) and (C) to specify the position of the timer in the sequence.



- Press (B).  
This causes a cursor to appear under the minutes setting.
- Use (A) and (C) to change the minutes setting.



- Press (B).  
This moves the cursor to the seconds setting.
- Use (A) and (C) to change the seconds setting.



- Press (B).
- Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

- Press (B) to complete the setting operation.

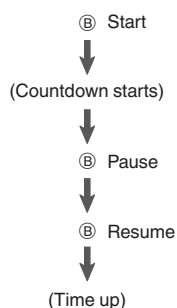
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.

#### Note

- To exit the timer setting operation at any point, press (D) and advance to step 11.
- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Using the Timer

- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Use the operations below to perform a timer operation.



- The watch performs a sound and/or vibration operation for 10 seconds when the end of the countdown is reached.
  - You can reset a paused countdown to its start time, by pressing (D).
- Press any button to stop the sound and/or vibration operation.

## 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 the programmable timer to create a sequence for interval training that alternates jogging with sprinting.

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

### Timer Settings

- [WORKOUT\_1]: 10 minutes 00 seconds
- [WORKOUT\_2]: 4 minutes 00 seconds
- [WORKOUT\_3]: 10 minutes 00 seconds
- [WORKOUT\_4]: 4 minutes 00 seconds
- Sets: 10

### Interval Training Workout

- Jog: 10 minutes 00 seconds
- Run 1 km: 4 minutes 00 seconds
- Jog: 10 minutes 00 seconds
- Run 1 km: 4 minutes 00 seconds

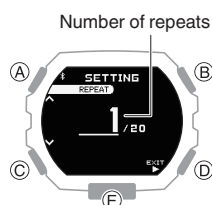
### Note

- You can configure up to five different timers to repeat up to 20 times (Auto Repeat).
- You can use CASIO WATCHES to change a timer name. A name can include a combination of up to 14 alphabetic letters (A to Z), numbers (0 to 9), and symbols. The timers in the examples in this section are giving names like [WORKOUT\_1].

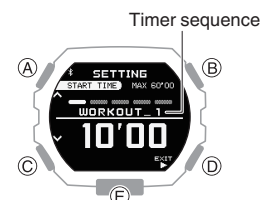
### Setting Up Programmable Timers

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
- [Using the Timer](#)

- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
This displays the number of timer repeats (1 to 20) setting screen.



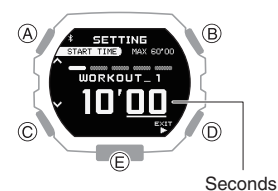
- Use (A) and (C) to specify the number of timer repeats (Auto Repeat).
- Press (B).
- Use (A) and (C) to specify the position of the timer in the sequence.
  - To setup the first timer, setup [WORKOUT\_1].



- Press (B).  
This causes the cursor to appear at the minutes setting of the first timer.
- Use (A) and (C) to change the minutes setting.



- Press (B).  
This causes the cursor to move to the seconds setting of the first timer.
- Use (A) and (C) to change the seconds setting.



- Press (B).
- Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

- Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.

- Repeat steps 2 through 12 as many times as necessary to configure the settings of the other timers.

### Note

- To exit the program setting operation at any point, press (D) and advance to step 11.

## Timing with Programmable Timers

- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Press (B) to start the timer countdown.



- To pause an ongoing timer countdown, press (B). You can reset a paused countdown to its start time, by pressing (D).
- When there is a multiple timer countdown operation in progress, you can immediately terminate the current countdown and start the next countdown by holding down (A) for at least two seconds.

## Stopwatch

The stopwatch can be used to perform 1-second unit elapsed time measurement up to 99 hours, 59 minutes, 59 seconds.

It can also measure split times.



## Measuring Elapsed Time

- Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.

- ⓑ Start
- ↓
- ⓓ Stop
- ↓
- ⓑ Resume
- ↓
- ⓑ Stop



- Press (D) to reset the stopwatch to all zeros.

## Measuring a Split Time

- Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.

- ⓑ Start
- ↓
- ⓓ Split
- ↓
- ⓓ Split release
- ↓
- ⓑ Stop



- Press (D) to reset the stopwatch to all zeros.

## Step Count

You can use your watch to keep track of your step count while walking, engaging in your normal daily activities, etc.



### Counting Steps

If you are wearing the watch correctly, the watch will count your steps as you walk or engage in your normal daily activities.

#### Important!

- Since this watch is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

#### Getting Ready

To enable the most accurate step count, 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.



#### Counting Steps

The pedometer will start counting your steps when you start walking.

#### To check the step count

Display the TIME+DAILY screen.

[Selecting a Timekeeping Mode Digital Display Format](#)

#### Note

- 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 prevent miscounts, the displayed count does not increase for about 10 seconds after you start walking. After you have been walking for about 10 seconds, the correct count appears, including the steps you took during the previous 10 seconds.
- The step count is reset to zero at midnight each day.
- To save power, measurement stops automatically if you take off the watch (no watch movement) and do not perform any operation for two or three minutes.

### 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 10 seconds or less

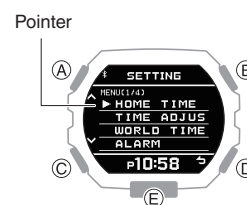
## Other Settings

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.  
This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [BEEP].
4. Press (B).
5. Use (A) and (C) to move the pointer to [OPERATION].
6. Press (B).
7. Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.
  - is displayed in the Timekeeping Mode while the operation tone is disabled.
9. Press (D) twice to exit the setting screen.

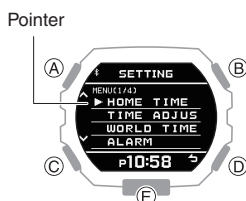
#### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Configuring Notification Sound Settings

You can use the procedure below to enable or disable the notification sound.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [BEEP].
4. Press (B).
5. Use (A) and (C) to move the pointer to [NOTIFICATION].
6. Press (B).
7. Use (A) and (C) to select a notification sound ON/OFF setting.

[ALL ON]	Enables sound for all notifications.
[USER]	Enables sound only for items specified by you.
[ALL OFF]	Disables sound for all notifications.

### Note

- The configuration of [USER] notifications can be changed using CASIO WATCHES.

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.
  - is displayed in the Timekeeping Mode while the notification tone is disabled.
9. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

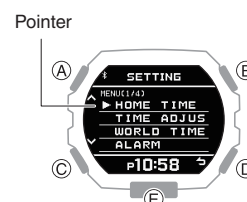
## Configuring Vibration Settings

In addition to operation sounds and notification sounds, your watch also uses vibration for alerts. You can use the procedure below to enable or disable vibration.

- The icon is shown on the Timekeeping Mode display while operation vibration or notification vibration is enabled.

### ● Configuring Operation Vibration Settings

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [VIBRATION].
4. Press (B).
5. Use (A) and (C) to move the pointer to [OPERATION].
6. Press (B).
7. Use (A) and (C) to enable or disable operation vibration.

[ON]	Enables operation vibration.
[OFF]	Disables operation vibration.

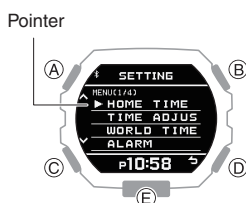
8. Press (B).  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## ● Configuring Notification Vibration Settings

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [VIBRATION].
4. Press (B).
5. Use (A) and (C) to move the pointer to [NOTIFICATION].
6. Press (B).
7. Use (A) and (C) to select a notification vibration ON/OFF setting.

[ALL ON]	Enables vibration for all notifications.
[USER]	Enables vibration only for items specified by you.
[ALL OFF]	Disables vibration for all notifications.

### Note

- The configuration of [USER] notifications can be changed using CASIO WATCHES.

8. Press (B).  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Specifying the Height and Weight Units

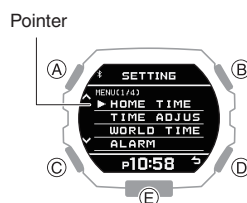
You can specify the units of measurement used for height and weight.

- You can select either centimeters (cm) or feet (ft) as the height unit.
- You can select either kilograms (kg) or pounds (lb) as the weight unit.

### Important!

- When Tokyo (TOKYO) is the Home City, the height unit is fixed as centimeters (cm) and the weight unit is fixed as kilograms (kg), and these settings cannot be changed.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to select the unit setting item.

[HEIGHT]	Height unit
[WEIGHT]	Weight unit

6. Press (B).
7. Use (A) and (C) to select the unit you want.
  - Height

[CENTIMETER]	Centimeters
[FEET]	Feet

- Weight

[KILOGRAM]	Kilograms
[POUND]	Pounds

8. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.

9. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

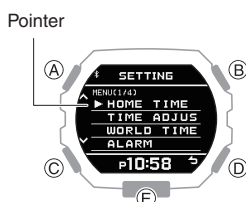
## Specifying the Calorie Display Unit

You can select either calories (cal) or joules (J) as the calories burned unit.

### Important!

- When Tokyo (TOKYO) is the Home City, the unit is fixed as calories (cal) and cannot be changed.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [CALORIES].
6. Press (B).
7. Use (A) and (C) to select the calorie unit you want.

[CALORIE]	Calories
[JOULE]	Joules

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

- The watch exits the setting operation automatically after about two or three minutes of non-operation.

## Screen Off Function

To prevent screen burn in, this function turns off the display when the watch is removed from the wrist and not being used at the time of day specified with CASIO WATCHES.

- Any one of the events below will turn the display back on.
  - Wearing the watch
  - Operating a button
  - Elapse of three hours

### Note

- CASIO WATCHES can be used to specify the screen off trigger time. Note that you cannot configure this setting using watch operations. The initial factory default setting is 2:00 a.m.

## Resetting Watch Settings

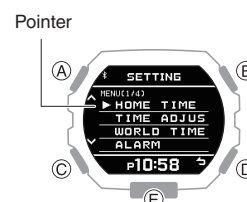
This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Stopwatch
- Timer
- Alarm
- Profile

### Important!

- The watch cannot be reset while its Airplane Mode is enabled.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [RESET ALL SETTINGS].
4. Press (B).
5. Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel the reset operation, move the pointer to [CANCEL].
6. Press (B).
7. Use (A) and (C) to move the pointer to [YES].
  - To stop the reset operation, move the pointer to [NO].
8. Press (B).  
 The watch will return to the Timekeeping Mode after the reset operation is complete. The reset operation is complete when [AC] appears in the lower right corner of the display.
9. Press (A) to clear [AC] from the display.

### Note

- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

## Other Information

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

### City Table

City	City	Offset
UTC	Coordinated Universal Time	0
LONDON	London	0
PARIS	Paris	+1
ATHENS	Athens	+2
JEDDAH	Jeddah	+3
TEHRAN	Tehran	+3.5
DUBAI	Dubai	+4
KABUL	Kabul	+4.5
KARACHI	Karachi	+5
DELHI	Delhi	+5.5
KATHMANDU	Kathmandu	+5.75
DHAKA	Dhaka	+6
YANGON	Yangon	+6.5
BANGKOK	Bangkok	+7
HONG KONG	Hong Kong	+8
EUCLA	Eucla	+8.75
TOKYO	Tokyo	+9
ADELAIDE	Adelaide	+9.5
SYDNEY	Sydney	+10
LORD HOWE ISLAND	Lord Howe Island	+10.5
NOUMEA	Noumea	+11
WELLINGTON	Wellington	+12
CHATHAM ISLAND	Chatham Islands	+12.75
NUKU'ALOFA	Nuku'alofa	+13
KIRITIMATI	Kiritimati	+14
BAKER ISLAND	Baker Island	-12
PAGO PAGO	Pago Pago	-11
HONOLULU	Honolulu	-10
MARQUESAS ISLANDS	Marquesas Islands	-9.5
ANCHORAGE	Anchorage	-9
LOS ANGELES	Los Angeles	-8
DENVER	Denver	-7
CHICAGO	Chicago	-6
NEW YORK	New York	-5
HALIFAX	Halifax	-4
ST. JOHN'S	St. John's	-3.5
RIO DE JANEIRO	Rio de Janeiro	-3
F. DE NORONHA	Fernando de Noronha	-2
PRAIA	Praia	-1

- The information in the above table is current as of July 2023.
- Time zones may change and UTC differentials may become different from those shown in the table above. If this happens, connect the watch with a phone to update the watch with the latest time zone information.

### Summer Time Table

When [AUTO] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

#### Note

- Summer time start and end dates for your current location may be different from those shown below. If this happens, you can have new summer time information for your Home City and World Time City sent to the watch by connecting the watch with a phone. If the watch is not connected with a phone, you can change the summer time setting manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Sydney, Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Lord Howe Island	02:00, first Sunday in October	02:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Chatham Islands	02:45, last Sunday in September	03:45, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
St. John's	02:00, second Sunday in March	02:00, first Sunday in November

- The information in the above table is current as of July 2023.

### Supported Phones

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

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy :

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

### Basic Functions :

Hour, minute, second, month, day, day of the week  
a.m./p.m. (P), 24-hour timekeeping  
Full Auto Calendar (2000 to 2099)

### 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

Data updating

Updating of time zone and summer time rule information

Training function settings

High-accuracy measurement of distance, speed, pace, and other data using a phone's GPS

Alert Customization Settings

Training log data management

Training log data and lap data management

Training analysis results

Notifications

Communication Specifications

Bluetooth®

Frequency band: 2400 MHz to 2480 MHz

Maximum transmission power: 0 dBm (1 mW)

Communication range: Up to 2 meters (depends on environment)

### Training Function :

Distance, speed, pace, and other information calculated using accelerometer measured data

Auto/Manual lap

Auto Pause

Target alert (time, calories burned) enable/disable

Training display customization

### Training log data :

Up to 100 runs, up to 140 lap records per run

Measured time, distance, pace, calories burned

### Step Count :

Step count measurement using a 3-axis accelerometer

Step count display range: 0 to 99,999 steps

Step count reset: Auto reset at midnight each day

Step count accuracy: ±3% (According to vibration testing)

### Stopwatch :

Measuring unit: 1 second

Measuring capacity: 99:59'59" (100 hours)

Split times

### Timer :

Setting unit: 1 second

Measuring unit: 1 second

Maximum setting: 60 minutes

Up to five start times

Auto Repeat

### World Time :

Displays current time in 38 cities (38 time zones)\* and UTC, Auto DST

\* Subject to updates by connection between the watch and a phone.

### Other :

LED backlight (Auto Light, Super Illuminator, afterglow, 1.5 or 3-second selectable illumination duration)

Screen off function

Operation sound enable/disable

Vibration

Airplane Mode

4 alarms (with snooze)

### Power Supply :

CR2032 x 1

Battery nominal voltage: 3V

Battery life: Approximately 2 years

Conditions

Display: 21 hours/day

Step counting: 12 hours/day

Bluetooth Connection Time: 12

hours/day

Notifications (including vibration): 20 times/day

Run Timing: 2 hours/week

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Usage conditions may cause actual battery life to be shorter.

Note

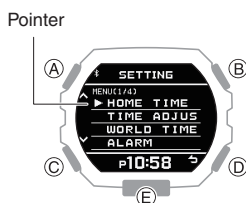
- Battery life is approximately 18 months under the conditions below.
  - Bluetooth Connection Time: 18 hours/day
  - Notifications (including vibration): 50 times/day
  - Run Timing: 4 hours/week
- Battery life is approximately 12 months under the conditions below.
  - Bluetooth Connection Time: 24 hours/day
  - Notifications (including vibration): 150 times/day
  - Run Timing: 7 hours/week

Specifications are subject to change without notice.

## Checking Wireless Compliance Information

1. Enter the Timekeeping Mode.  
🔗 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.

This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [REGULATORY].
4. Press (B).
5. Use (A) and (C) to select the information you want to view.
6. Hold down (C) for at least one second to return to the Timekeeping Mode.

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## Software

Use the URL below to access information about software.

<https://s.casio.jp/w/10405en/>

## 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/](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 required app on your phone.](#)

Did you enable location services?

On your phone, configure the settings below. For details about setting procedures, see your phone documentation.

- Enable your phone's location services.
- Give your phone rights to use the phone app's location information.

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 the CASIO WATCHES phone app is running on the phone. On your phone's home screen, tap the CASIO WATCHES icon. Perform the operation shown on the screen that appears to pair with the watch.

🔗 [④ Pair the watch with your phone](#)

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

Turn your phone off and then back on again, and then tap the CASIO WATCHES icon. Perform the operation shown on the screen to pair with the watch.

🔗 [④ Pair the watch with your phone](#)

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

Connection with the watch is not possible while the phone's Airplane Mode is enabled. Disable your phone's Airplane Mode. On it's home screen, tap the "CASIO WATCHES" icon. Next, perform the operation shown on the screen to pair with the watch.

🔗 [④ Pair the watch with your phone](#)

**Q3** I can't connect while the watch is in the Airplane Mode.

Exit the watch's Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

**Q4** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, turn on Bluetooth. Then on its home screen, tap the "CASIO WATCHES" icon. Next, perform the operation shown on the screen to pair with the watch.

🔗 [④ Pair the watch with your phone](#)

**Q5** I can't connect after turning off the phone.

Turn on your phone. On its home screen, tap the CASIO WATCHES icon. Next, perform the operation shown on the screen to pair with the watch.

🔗 ④ [Pair the watch with your phone](#)

## 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 then back on again, and then tap the CASIO WATCHES icon. Perform the operation shown on the screen to pair with the watch.

🔗 ④ [Pair the watch with your phone](#)

Is the watch in the Airplane Mode?

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?

After deleting the pairing information from the CASIO WATCHES phone app and your phone, re-pair the watch and phone.

🔗 [Deleting Pairing Information from the CASIO WATCHES phone app](#)  
 🔗 [Deleting the phone's pairing information](#)

🔗 ④ [Pair the watch with your 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](#)

🔗 ④ [Pair the watch with your phone](#)

## Changing to a Different Phone Model

**Q1** How do I connect my watch to a different phone?

Pair the watch with the phone.

🔗 [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 correct 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 the last home city change or time adjustment using watch operation

**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?

Note that auto time correction is not performed for 24 hours after you adjust the time setting manually on the watch. Auto time correction will resume after 24 hours.

Have 24 hours or more passed since the last manual time adjustment or city change?

Auto time correction is not performed for 24 hours after a manual time adjustment or city change. 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** 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.

## Step Count

**Q1** Displayed step count is not correct.

While the watch is on your wrist, it may detect non-step movements and count them as steps.

[Counting Steps](#)

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

[Causes of Incorrect Step Count](#)

**Q2** The step count does not increase.

To avoid miscounting of non-walking movements, the step count is not displayed at the beginning of a walk.

It appears only after you have continued walking for about 10 seconds, with the number of steps you took during the first 10 seconds included in to the total.

**Q3** [ERROR] appears when using the pedometer.

[ERROR] (error) is displayed when 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.

Contact a CASIO service center or your original retailer.

## Alarm

**Q1** There is no sound and/or vibration operation performed for alarms.

The alarm's settings may not be configured. Configure the alarm settings.

[Configuring Alarm Settings](#)

## Battery

**Q1** is displayed.

appears 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](#)

## Other

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

Visit the website below.

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