[Reading the display]

When @ is pressed after operation in each mode, the watch reverts to the TIME display.

[Using thermometer]

The temperature (sensed by a built-in thermistor) is displayed in °F or °C. The watch has two modes: an on-the-wrist mode and an off-the-wrist mode.

**On-the-wrist mode**
This mode should be used when the watch is worn on your wrist.

**Off-the-wrist mode**
This mode should be used when the watch is removed from your wrist. Under water, this mode should be used whether the watch is on or off your wrist.

Temperature measurement
The watch automatically measures the temperature every 2 minutes.

The watch starts measuring temperature when the thermometer mode is selected by pressing @ or when @ is pressed in the thermometer mode. But after the light or the buzzer operates, the measurement stops for a few minutes.

- **Temperature**
  - Under 14°F
  - 14°F to 194°F
  - Over 194°F

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Bar graph</th>
<th>Digital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 14°F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14°F to 194°F</td>
<td>(by flashes)</td>
<td></td>
</tr>
<tr>
<td>Over 194°F</td>
<td>(by flashes)</td>
<td>F (°C)</td>
</tr>
</tbody>
</table>

**Tips**
In on-the-wrist mode, the temperature is indicated by automatically compensating both external and body temperatures and therefore, there will be a slight error in readings under certain conditions (for instance, clothes, body temperature, etc.)

The off-the-wrist mode is recommendable where accuracy is critical.

When a sudden temperature change occurs
- Temperature of the watch itself. To achieve heat balance, the watch requires about 30 minutes.
- Under the water, the watch requires about 4 minutes to achieve heat balance.

**Never use the watch for the following purposes**
- Clinical thermometer
- Under direct sunlight or extremely cold weather
- Temperature control for chemicals
- Water temperature gauge in a water tank for many hours of measurement
- Water temperature gauge in hot water exceeding 102°F (40°C)

[Setting time and date]

1. Press @ in the TIME MODE to set a new time.
2. Press @ on a time signal to correct seconds.
3. Press @ to shift flashing digits. Digit(s) to be changed will flash.

[Using temperature memory]

This watch stores 24 temperature records at hourly intervals and automatically updates hour by hour when the number of data exceeds 24 memories.

**Calling up a specific temperature record**
Press @ or @ in the TEMPERATURE MEMORY MODE to view 24 temperature records.

**Temperature range**
The temperature can be memorized for 30 minutes after the @ button is pressed in the thermometer mode to change between the on-the-wrist mode and the off-the-wrist mode.

[Using stopwatch]

A signal confirms start/stop and split/reset operation. The hour digits can be shown by pressing the @ button.

**Working range**
Total elapsed time display is limited to 23 hours 59 minutes 59.99 seconds, for longer times reset and started again.
[Using world time and temperature]

This watch displays the local time and average high and low temperature of every month of the year for 23 major cities in the world. For details, see the table in the last page.

**Calling up the temperatures of a specific city**
1) Press or  in the WORLD TIME TEMPERATURE MODE to get the city.
2) Keep pressed for quick movement.
3) Press once to shift to the month set mode.
4) Press  to get the month.
5) Press  to keep pressed for quick movement.
6) Press  to complete.

**Setting local time in the world time**
1) Keep pressed for a few seconds to shift to the local time set mode.
2) The hour digits of the local time start flashing.
3) Press once to advance hours one by one.
4) Keep pressed for quick movement.
5) Should minute adjustment be necessary, press  to shift to the minute digits and press  to advance minutes one by one.
6) Press  to adjust for Daylight Saving Time, should this adjustment be necessary. (DST mark “DST” appears.)
7) Press  to complete.

[Using five daily alarms]

Five daily alarms can be used independently. Buzzer sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signals sound every hour on the hour if time signal is set.

**Sound demonstration**
Press and hold  in the DAILY ALARM mode to sound beeper.

**Setting daily alarm time**
1) Press  in the DAILY ALARM mode to choose Alarm No. 1, 2, 3, 4 or 5.
2) Pressing  increments digit. Keep pressed for quick change.
3) Each press of  shifts flashing position.
4) Press  to complete.

**On or off setting of alarm and time signal**
1) Press  to choose alarm No. 1, 2, 3, 4, 5 or time signal set mode.
2) Press  to activate alarm (“” appears) or deactivates (no mark appears).

[Using countdown alarm]

Countdown can be set from 1 second to 24 hours (display shows 0:00:00). Start/stop operation is possible by pressing  and is confirmed by a signal. When display reaches zero, beeper will sound for 10 seconds until any button is pressed.

**Setting countdown time**
1) Press  in the COUNTDOWN ALARM MODE to set a new time.
2) Press  to choose the auto-repeat or repeat function.
3) Pressing  increments digit(s). Keep pressed for quick advance.
4) Press  to shift flashing digit(s).
5) Press  to complete setting.

Display automatically returns to initial countdown timer mode if left unused for a few minutes.

**Auto-repeat function**
Pre-entered time is retrieved and started again when the display reaches zero.

**Repeat function**
Pre-entered time is retrieved after sounding of beeper to confirm that the display has reached zero.