**INTRODUCTION**

Welcome!
Thank you for purchasing a TIMEX® Ironman* Fitness Tracker with INDIGLO® night-light. Together, the watch and fitness POD are a great way to enhance your training experience and help you keep active.
The watch stores 50 laps and incorporates basic speed and distance tracking technology to help you stay on pace or to just keep track of how active you have been.
So, if you are staying active for health reasons, starting a jogging regimen or training for your 10th marathon, this watch will help you along your way.

Please read instructions carefully to understand how to operate your Timex® watch. Your model may not have all of the features described in this booklet.

Register your product at www.timex.com

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WATCH FEATURES

TIME/DATE
- Hours, minutes, and seconds displayed in 12- or 24-hour format
- Day of week and date displayed in MM-DD or DD.MM format
- Second time zone, with independent hours, minutes, date, and format settings
- Optional button beep and hourly chime
- Peek to time of day from any mode by holding MODE button
- Pedometer speed, distance and pace can be shown
- Press and hold START/SPLIT briefly to peek at the second Time Zone. Continue to hold to change to second time zone. Watch will beep to confirm change

CHRONOGRAPH
- 1/100-second resolution up to one hour; one-second resolution up to 100 hours
- 99-lap count
- Pedometer speed, distance and pace can be shown

RECALL
- Storage for 50 laps
- Multiple workout storage with date stamp, average and best lap times as well as total distance, speed, and pace per lap
- Average calories for entire workout

TIMER & INTERVAL TIMER
- Timer settable up to 24 hours
- Five intervals settable up to 24 hours
- Count down and stop or repeat
- 99-rep count
- INDIGLO® night-light flashes during alert
- Intervals can be named with one of six canned messages
- Pedometer speed, distance and pace can be shown

ACTIVITY (PEDOMETER)
- Step counter from 0 to 999,999
- Traveled distance either in miles or kilometers
- Elapsed time during activity
- Calories burned
- Speed calculation based on step count, activity time and stride length
- Walk rate calculation in steps/min
- Weight and stride input
- Settable target step goal
- Units settable to US or Metric

CALIBRATE
- Calibration settings for walking, running and jogging
- Settable stride length, step rate and calibration distance
- Automatic activity detection for accurate calorie and distance calculation

ALARM
- Three daily, weekday, weekend, or weekly alarms
- Five-minute backup alert
- INDIGLO® night-light flashes during alert

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

WATCH MODES

The features of this watch are grouped into modes that are accessible by pressing and releasing the MODE button – each depression of the MODE button takes you to the next mode in the loop. The modes are arranged in the following order:

TIME > CHRONO > RECALL > TIMER > INT TIMER > ACTIVITY > CALIBRATE > ALARM
STARTING THE FITNESS TRACKER SYSTEM

1. To turn on the POD, slide the switch to the ON position.
2. Clip the POD to your waistband or belt. Make sure the POD is on the hip and parallel to the ground. For best results, place the POD on the same side of your body as your watch.
3. To turn the receiver on, press the ON/OFF button on the watch. Make sure you are at least 6 feet away from other Fitness Tracker users.
4. The wave on the ANTENNA icon blinks while the watch looks for the POD.
5. ANTENNA icon is shown steady when the POD and watch are communicating and successfully linked.

NOTE: Though the Fitness Tracker system has a working range of about 3 feet (1 meter) from the POD to the watch, for the most reliable operation, make sure that the watch is as close to the POD as possible when starting the system.

TIPS:
- As a convenience, when entering any timing or activity mode, the watch will automatically start looking for the POD without having to press the ON/OFF button on the watch.
- To turn off the system, press and hold ON/OFF on the watch for 4 seconds. Slide the POD switch to OFF to turn off the POD.
- To increase battery life, make sure you turn the POD and watch receiver off when not in use.
For best results, make sure POD is directly over the hip on the side of your body. Moving the POD closer to the front or rear of your body will decrease accuracy.

From Time of Day, Chrono, Timer or Interval Timer modes, repeatedly press the ON/OFF button to cycle through distance, speed, pace and mode data. Each mode retains its view settings.

**TIME / DATE / HOURLY CHIME**

1. In TIME mode, press and hold SET. Time Zone flashes.
2. Press + or – to select Time Zone 1 or 2.
4. Press + or – to change hour. Scroll through 12 hours to change to AM/PM.
5. Press NEXT and + / – to set minutes.
6. Press NEXT and + / – to set seconds to zero.
7. Continue pattern to set day of week, month, day, 12-hour (AM/PM) or 24-hour military time format, MM-DD or DD.MM date format, turn hourly Chime on/off and turn Beep on/off. If you select Beep on, beep will sound every time you push a button except the INDIGLO® button.
8. Press NEXT to set second Time Zone, following procedure above.
9. Press DONE to exit.
10. While the POD and watch are communicating, press the ON button repeatedly to step through distance, speed, pace and date displays.

**TIPS:**
- While viewing time, press and hold START/SPLIT briefly to peek at second Time Zone.
- Press and hold START/SPLIT for 4 seconds to change Time Zone displayed.
- In other modes, press and hold MODE to view Time, release to return to current mode.

**CHRONOGRAPH**

Watch counts up to 99 laps (100 hours max.) and stores 50 laps.

Lap time is the time for one segment (lap) of an event. Split time is the total time since the start of the event.

<table>
<thead>
<tr>
<th>LAP 1</th>
<th>LAP 2</th>
<th>LAP 3</th>
<th>LAP 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:11 MIN</td>
<td>7:05 MIN</td>
<td>7:08 MIN</td>
<td>7:10 MIN</td>
</tr>
<tr>
<td>7:11 MIN</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPLIT 1</td>
<td>15:01 MIN</td>
<td>SPLIT 2</td>
<td>22:09 MIN</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SPLIT 3</td>
<td>29:39 MIN</td>
</tr>
</tbody>
</table>

**RUN CHRONO:**

1. Press MODE until CHRONO appears.
2. Press START/SPLIT to start Chrono. Chrono continues to run if you exit the mode.
3. Press START/SPLIT to take a split. Lap number is displayed in upper left of display.
4. Display will freeze for 10 seconds. If POD is active, after 5 seconds the average pace and total distance for the lap are shown. Press MODE to release display and see running chronos.
5. Press STOP/RESET to stop or pause Chrono. Press START/SPLIT to resume.
6. When workout is completed, you have two options: Press and hold SET to store workout or press and hold STOP/RESET to clear workout (both reset chrono to 00:00:00).
7. While the POD and watch are communicating, press the ON button repeatedly to step through distance, speed, pace and chronograph displays.

**TIPS:**
- When Chrono is running, ◯ appears in Time display.
When storing a workout, display will indicate available free memory (number of laps remaining to be stored). Each workout stored equals number of laps taken plus one extra lap to store total workout times or MEMORY FULL.

If there is insufficient memory to store entire workout, total time, date, and oldest laps will be stored up to remaining capacity.

To clear the last chronograph workout, hold STOP/RESET while the chrono is reset. To clear all workouts, continue to hold the STOP/RESET button until CLEAR CHRONO MEM is shown and the watch beeps.

CUSTOMIZE DISPLAY FORMAT:
This determines what is shown on top and bottom lines of the display when chrono is running.

1. Press SET.
2. Press + / – to select LAP/SPLIT (Lap in large digits), SPLIT/LAP (Split in large digits), or TOTAL RUN.
3. Press SET to exit.

NOTE: TOTAL RUN format allows you to view total elapsed time and total activity time (total activity time = total elapsed time – time paused during workout).

RECALL
 Recall mode is used to review workouts timed in the chronograph mode. Recall shows the laps taken during a workout, the best lap in the workout and calculates the average lap time for the workout.

If the pedometer is active, recall also shows total distance, average speed, average pace and calories for the workout as well as lap times, lap distance, lap speed and lap pace.

1. Press MODE until RECALL appears.
2. Press + to select workout to review.
3. Press SET to enter lap review.
4. Press + / – to review all statistics for the workout.

5. Press SET to exit lap review.
Statistics that may be reviewed are the following:
Total Time – Total time of the workout
Distance – Total distance of the workout
Average Speed – Average speed achieved for the entire workout
Pace – Average pace achieved for the entire workout
Calories – Total calories burned during the workout
Lap Time – Lap and split time for each lap taken
Lap Distance – Total distance accumulated for the lap
Lap Speed – Average speed of the lap
Lap Pace – Average pace of the lap
Best Lap – The fastest lap in terms of time for the workout
Average Lap – The average lap time for the workout

TIPS:
To delete workout, press and hold STOP/RESET for 3 seconds. Continue to hold for 3 more seconds to delete all workouts.

TIMER
The Timer is used to countdown a fixed event time. The timer can be set to repeat and countdown continuously.

1. Press MODE until TIMER appears.
2. Press SET. Hour digits flash.
3. Press + / – to change hour.
4. Press NEXT and + / – to set minutes.
5. Press NEXT and + / – to set seconds.
6. Press NEXT and + / – to select STOP AT END or REPEAT AT END.
7. Press DONE to confirm and exit.
8. Press START/SPLIT to start Timer. Timer will continue to run if you exit Timer mode.
9. The timer melody chimes when Timer reaches zero or before it starts to countdown again.
10. Press STOP/RESET to stop Timer. Hold STOP/RESET for 2 seconds to reset.
11. While the POD and watch are communicating, press the ON button repeatedly to step through distance, speed, pace and timer displays.

**TIPS:**
- \( \text{X} \) appears in Time display when Timer is running. \( \text{C} \text{X} \) appears when timer is running and set to repeat at end.
- For repeat Timer operation, repetition number appears on top of display.
- Maximum number of repeats is 99.

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### INTERVAL TIMER

Interval timers are timers that count down a series of fixed events. You can set up to 5 interval times along with descriptive names.

1. Press MODE until INT TIMER appears.
2. Press SET. 1 flashes.
3. Press +/– to select interval (1 through 5).
4. Press NEXT. Hour digits flash.
5. Press +/– to change hour.
6. Press NEXT and +/– to set minutes.
7. Press NEXT and +/– to set seconds.
8. Press NEXT and +/– to select interval name (SLOW, MED, FAST, WALK, JOG or RUN).
9. Press NEXT and +/– to select STOP AT END or REPEAT AT END.
10. Press DONE to confirm and exit.
11. Press START/SPLIT to start Timer. Other operations are the same as for TIMER.
12. While the POD and watch are communicating, press the ON button repeatedly to step through distance, speed, pace and interval timer displays.

**TIPS:**
- \( \text{X} \) appears in Time display when Interval Timer is running. \( \text{C} \text{X} \) appears when interval timer is running and set to repeat at end.
- When first countdown is complete, Timer proceeds to the next non-zero interval that is set. INDIGLO® night-light flashes and beep sounds between each interval.
- If you select REPEAT AT END, Timer will countdown all intervals and then repeat entire sequence.
- Take advantage of interval names. Names make type of activity for the interval easy to remember.

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### ACTIVITY

The Activity mode tracks how active you are and sets step goals.

1. Make sure the POD is on and the watch is receiving.
2. Press MODE until ACTIVITY appears.
3. Press + to move through the different statistics

**VIEWING ACTIVITY STATISTICS**
In Activity mode, the available statistical information to view includes the following:
- Steps – Total number of steps taken
- Distance – Total distance traveled (miles or km)
- Activity Time – Total time spent moving
- Calories – Total calories burned
- Speed – Current speed (mph or km/h”)
- Pace – Current pace (hours and minutes per mile or km)
- Steps Left – Total steps remaining from step goal
- Steps per Minute – Average of the last 6 steps

**TIPS:**
- Hold STOP/RESET while in Activity mode to reset Activity statistics.
3. Press ON/OFF to turn on watch receiver if not already on. Wait for steady ANTENNA icon before continuing calibration.
4. Press + to select activity to calibrate.
5. Hold ON/OFF button to start calibration. Wait for START WALK, START JOG or START RUN to display on the watch.
6. Start the current activity. For example, if RUN is selected, start to run.
7. At the end of 100 ft (or 30 meters), press STOP/RESET to complete calibration.
8. If calibration was successful, CALIBRATE OK is shown on watch.

NOTE: CALIBRATE FAILED may be shown when there are too few steps over long period of calibration time or too many steps over short period of calibration time.

TIPS:
• You may manually calibrate the stride length and steps per minute to get better accuracy.
• Additionally, you may get better accuracy by choosing a longer distance for calibration.

MANUAL POD CALIBRATION
Manual POD calibration can be used to get incredibly accurate calibration. Values can be tweaked to achieve a high level of accuracy.

1. Make sure the POD is turned ON.
2. Press MODE until CALIBRATE appears.
3. Press NEXT and + / – to select the activity to calibrate (WALK, JOG or RUN).
4. Press NEXT and + / – to set each of the Steps per Minute digits.
5. Press NEXT and + / – to set the stride length.
6. Press NEXT and + / – to set the calibration length for automatic calibration.
ALARM

Up to three alarms may be set to remind you of upcoming events.

1. Press MODE until ALARM appears.
2. Press START/SPLIT to select alarm 1, 2, or 3.
3. Press SET to set selected alarm.
5. Press NEXT and + / – to set minutes, AM or PM (if primary time display is in 12-hour format), DAILY, WEEKDAYS, WEEKENDS, or day of the week (weekly alarm).
6. Press DONE to confirm and exit.
7. Press STOP/RESET to turn Alarm ON or OFF.

TIPS:
- When Alarm is on, ⌁ appears in Time display.
- When Alarm sounds, INDIGLO® night-light and alarm icon flash and alert sounds. Press any button to silence.
- If no button is pushed, alert will cease after 20 seconds and Backup Alarm will activate after 5 minutes.

POD INFORMATIONAL AND ERROR MESSAGES

Blinking antenna icon ⚔ – The watch is currently searching for the POD when the wave is blinking. Make sure the POD is on and within range of the watch.
Steady antenna icon ⚛ – The watch and the POD are communicating
Steady jogger icon ⚕ – There is no movement detected
Moving jogger icon ⚖ – Movement has been detected by the POD and the data is being transmitted to the watch

NO POD DATA – The POD signal was lost. Make sure the POD is powered on and within range. The watch automatically powers off after 16 hours of continuous use. At that point, the watch receiver must be turned on again by pressing ON/OFF.

INDIGLO® NIGHT-LIGHT / NIGHT-MODE® FEATURE

1. Press INDIGLO® button to activate night-light. INDIGLO® technology illuminates entire watch face at night and in low light conditions.
2. Continue to press up to 3 seconds to maintain illumination.
3. Press and hold INDIGLO® button for 4 seconds to activate NIGHT-MODE® feature.
4. When NIGHT-MODE® feature is activated, push any button to illuminate watch face for 3 seconds.
5. To deactivate NIGHT-MODE® feature, press INDIGLO® button for 4 seconds. Feature will automatically deactivate.

WATER & SHOCK RESISTANCE

If your watch is water-resistant, meter marking or (∞) is indicated.

<table>
<thead>
<tr>
<th>Water-Resistance Depth</th>
<th>p.s.i.a. * Water Pressure Below Surface</th>
</tr>
</thead>
<tbody>
<tr>
<td>30m/98ft</td>
<td>60</td>
</tr>
<tr>
<td>50m/164ft</td>
<td>86</td>
</tr>
<tr>
<td>100m/328ft</td>
<td>160</td>
</tr>
</tbody>
</table>

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or case-
FCC Notice (U.S.) / IC Notice (Canada):
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This Class [B] digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

BATTERIES

CHANGING THE WATCH BATTERY
1. Using a coin, insert the coin into the slot on the battery hatch.
2. Unscrew the battery hatch by turning the coin counterclockwise.
3. Remove plastic frame covering battery.
4. Remove battery from watch.
5. Peel off mylar sticker from old battery and place on new battery.
6. Insert new battery into watch case.
7. Replace plastic frame covering battery.
8. Replace battery hatch.
9. Using a coin, turn the battery hatch clockwise to close.

DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

CHANGING THE POD BATTERY
1. Simultaneously push the button on the case back and slide the cover away from the POD.
2. Remove the old battery and insert a new CR2032 battery into the battery compartment.
3. Reinstall the battery hatch.

back. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.
EXTENDED WARRANTY

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

TIMEX INTERNATIONAL WARRANTY

Your TIMEX® watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty. Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:

1) after the warranty period expires;
2) if the watch was not originally purchased from an authorized Timex retailer;
3) from repair services not performed by Timex;
4) from accidents, tampering or abuse; and
5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US$ 8.00 check or money order in the U.S.; a CAN$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex.

DECLARATION OF CONFORMITY

Manufacturer: Timex Corporation
555 Christian Road
Middlebury, CT USA 06762

declares that the product:

Product Name: Fitness Tracker
Model Number: M597

conforms to the following Product Specifications:

R&TTE: 1999/05/EC
Standards: ETSI EN 300 330-1 - V1.3.1 (EMC) & (ERM)
ETSI EN 300 330-2 - V1.1.1 (EMC) & (ERM)

LVD: 73/23/EEC
Standards: CENELEC EN 60950-1

EMC: 89/336/EEC
Standards: CENELEC EN 55022:1998
CENELEC EN 55024:1998
EN 61000-4-2 - ESD
EN 61000-4-3 - RF Radiated Immunity
EN 61000-4-8 - Magnetics


Agent:
Brian J. Hudson
Director, Test Engineering and Module Development
Date: 01 January, 2007, Middlebury, Connecticut, U.S.A.
retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.

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