



TIMEX®

HEALTH TRACKER™
FOR WOMEN

WATCH USER GUIDE



STEPS

DISTANCE

CALORIES
BURNED

DIET
DIARY

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Health Tracker™ watch instruction guide

INTRODUCING YOUR TIMEX® HEALTH TRACKER™ WATCH

Two important steps towards staying healthy are eating right and staying active. The Timex® Health Tracker™ watch is a great tool to help you achieve these goals. Its Diet Diary stores information about what you eat, keeping you accountable. Its Walk Sensor automatically records every step you take and then calculates the total distance you cover and how many calories you burn.

Knowing this information is empowering, allowing you to take control of your weight, and seeing the distance build up each day is motivating, encouraging you to walk a little more each week. Take the guesswork out of diet and exercise and start towards a healthier you today, with the Timex® Health Tracker™ watch.

FEATURES

- Time/date (12/24 hour format • MMDD/DDMM date format • two time zones • hourly chime • automatic leap year adjustment)
- Walk sensor (starts automatically • runs in all modes • counts up to 99,999 steps each day • can be turned off to extend battery life)
- Activity (distance • remaining steps or distance to goal • active time • calories burned)
- Diet diary (store up to 30 entries • enter units or calories • remaining units or calories to goal)
- Workout (simple stopwatch operation • total time • distance • pace in minutes/mile or km • pace intensity level EASY, MODERATE, FAST • calories burned)
- Review (store 7 days worth of activities • store 5 workout sessions per day • steps • distance • active time • calories burned • calories or units consumed)
- Goals (distance • step • calories/units • compared to actual results in REVIEW mode)
- Timer (up to 24-hour countdown • set to stop or repeat after countdown)
- Alarms (3 alarms • can be set to sound daily, weekdays only, weekends only, or weekly • 5-minute backup alarm)
- Setup (personal data • metric/imperial units • manual/automatic calibration)
- INDIGLO® night-light with NIGHT MODE® feature

BASIC OPERATION



The walk sensor detects movement through the natural swinging-motion of your arm. For best results, allow the watch-wearing arm to swing freely during walks or runs. The watch will start recording movement after five to ten steps.

GETTING STARTED

SETTING TIME AND DATE

1. In TIME mode, press and hold SET until values to edit flash.
2. Press + or - to select time zone 1 or 2.
3. Press NEXT to set hour. Digits flash.
4. Press + or - to change hour.
5. Press NEXT and + / - to set minutes.
6. Continue pressing NEXT and + / - to set seconds, month, day, year, time format (12-hour/24-hour), and date format (MMDD/DDMM).
7. Press DONE to exit.

TIP: Press START/STOP/RESET/- to display steps, distance, activity time, calories burned, or second time zone on the line above the clock; hold START/STOP/RESET/- to permanently select display screen.

Sensor is turned on automatically when time is set for the first time.

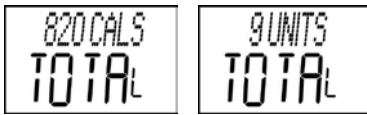
CHOOSING PERSONAL SETTINGS

Personal settings are used to calculate stride length, distance, pace, and calories burned.

1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select PERSONAL SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to set gender.
5. Press NEXT to set height. Digits flash.
6. Press + / - to set your height in feet or meters.
7. Continue pressing NEXT and + / - to set height in inches or centimeters, weight, and age.
8. Press DONE to exit.

CHOOSING DIET DIARY INTAKE UNITS

Diet Diary entries can be entered either in calories or in the units used by various weight-management programs.



1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select SYSTEM SETUP.
3. Press and hold SET until values to edit flash.
4. Press NEXT to select ENERGY.
5. Press + or - to select CALORIES or UNITS.
5. Press DONE to exit.

ACTIVITY MODE

When sensor is on, it counts each step you take automatically and converts them into distance and calories burned. Sensor stops counting steps when you stop moving. You can view daily statistics as they are counted.

Press START/STOP/RESET/- to cycle through view screens:

- Total activity time
- Distance
- Steps
- Steps left (if goal is set; see [SETTING WALK GOAL](#))
- Calories burned

TIP: If you have set step or distance goals in SETUP mode, alert sounds at halfway point and when goal is met. Alert displays how far is left to go and the set goal. See [SETTING WALK GOAL](#).

DIET DIARY MODE

Add Diet Diary entries in either calories or units. Make up to 30 entries each day. At midnight each day, all diet diary entries are stored in REVIEW mode and erased from DIET DIARY.

See [REVIEWING ACTIVITIES](#).

1. Press MODE to select DIET DIARY. Total calories or units display.
2. Press and hold SET until values to edit flash.
3. Press + or - to select entry to edit (IN #).
4. Press NEXT.
5. Press + or - to set first digit of that entry. Digits flash.



6. Continue pressing NEXT and + / - to set remaining digits.
7. Press DONE to exit.

TIPS: To review entries you can press START/STOP/RESET. To modify values, press SET and repeat the process above to edit the intake value. To delete the last entry, hold START/STOP/RESET.

If goals are set in SETUP mode, DIET DIARY mode displays remaining calories or units. See [SETTING DIET GOAL](#).

WORKOUT MODE

Use WORKOUT mode to track workout sessions. Up to 5 workout sessions each day can be stored in REVIEW mode.

USING THE STOPWATCH

1. Press MODE to select WORKOUT.
2. Press START to start timing.
3. While stopwatch is running, press SET/DONE to change the statistic displayed.
4. Press STOP to stop timing.

While stopwatch is stopped, hold STOP to clear. HOLD TO RESET displays. Stopwatch clears and workout data is stored as workout session. After activity data is automatically saved at the end of the day, workout session can be viewed in REVIEW mode. See [REVIEWING WORKOUT SESSIONS](#).

TIP: While stopwatch is running, ⌚ icon displays.

CHOOSING THE STOPWATCH DISPLAY

While stopwatch is running, press SET/DONE to choose data displayed.

Stopwatch can display one of these at a time:

- Time
- Steps and time
- Distance and time
- Intensity (EASY, MODERATE, or FAST) and time
- Calories burned and time
- Intensity and distance
- Intensity and pace (minutes/mile or km)

REVIEW MODE

The Health Tracker™ watch stores up to 7 days of activity, with up to 5 workout sessions for each day. Workout sessions are stored automatically when stopwatch is reset. Each day, the oldest entry is removed and replaced with the new day.

REVIEWING ACTIVITIES

Each day's activity is saved to REVIEW mode at midnight the next day. Up to 7 days of activities are stored in the watch. When an 8th entry is added, the oldest entry is replaced with the newest entry.

1. Entries are displayed from most recent to oldest. Press MODE to select REVIEW.
2. Press START/STOP/RESET/- to choose day to view.
3. Press SET to view the day's activity.
4. If a day had no activity, NO ACTIVITY STORED displays.
5. Press NEXT to view activity data.
6. Activity data displays in this order:
 - Activity time
 - Total steps
 - Distance

Distance difference (if goal has been set; amount daily activity distance exceeds or falls short of goal; see [SETTING WALK GOAL](#))



Diet difference (if goal has been set; amount daily intake exceeds or falls short of goal; see [SETTING DIET GOAL](#))

- Calories
7. Press DONE to exit review mode.

REVIEWING WORKOUT SESSIONS

If there were workout sessions during the day, they will display in REVIEW mode after Calories data.

There are two screens in each workout section that display one after the other.

- First screen displays: Total time of workout session
- Calories burned during workout session

Second screen displays:

- Intensity of workout session (EASY, MODERATE, or FAST)
- Pace of workout session (minutes/mile or km)

TIMER MODE

SETTING THE TIMER

1. Press MODE to select TIMER.
2. Press and hold SET. TIMER SET displays.
3. Press + or - to change hour. Digits flash.
4. Press NEXT and + / - to set minutes.
5. Press NEXT and + / - to set seconds.
6. Press NEXT and +/- to set AT END function to STOP or REPEAT.
7. Press DONE to exit.

TIP: To stop timer after one rep, set AT END function to STOP. To repeat timer every time it runs out, set AT END function to REPEAT. The number of repetitions will be displayed in the top line.

USING THE TIMER

1. Press MODE to select TIMER.
2. Press START to begin counting down. The ⌘ icon appears.
3. Press STOP to stop the timer.
4. While timer is stopped, hold STOP to reset or press START to resume.

TIP: Alert sounds at halfway point and when timer runs out. Press STOP to turn off the alert.

ALARM MODE

SETTING THE ALARM

Health Tracker™ watch has 3 alarms (A1, A2, and A3). You can set the frequency of any of these alarms so they will sound every day, on weekdays only, on weekends only, or on a specific day of the week.

1. Press MODE to select ALARM.
2. Press SET to choose alarm to set (A1, A2, or A3).
3. Hold SET. ALARM # SET displays.
4. Press + or - to change hour. Digits flash.
5. Press NEXT and + / - to change minutes.
6. Continue pressing NEXT and + / - to set AM/PM and frequency (DAILY, WEEKDAYS, WEEKENDS, or specific day of week).
7. Press DONE to exit.

TURNING ALARMS ON AND OFF

1. Press MODE to select ALARM.
2. Press SET to choose alarm to turn on or off (A1, A2, or A3).
3. Press START/STOP/RESET/- to turn alarm on or off. When alarm is on, ⌘ icon displays.

TIPS: When alarm time is reached, alert sounds and night-light flashes. Press any button to silence alarm. Alarm continues for 20 seconds if no button is pressed. Backup alarm sounds after 5 minutes.

SETUP MODE

CHOOSING SYSTEM SETTINGS

1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select SYSTEM SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to set UNITS (IMPERIAL/METRIC).
5. Press NEXT and + / - to set SENSE (ON/OFF).
6. Continue pressing NEXT and + / - to set TRACK (DISTANCE/STEPS/BOTH), ENERGY (CALORIES/UNITS), CHIME (ON/OFF) and BEEP (ON/OFF).
7. Press DONE to exit.

TIP: The activity sensor can be set to track only steps, only distance, or both steps and distance. Only the value(s) tracked will be displayed in Review mode. The default value is BOTH.

CHOOSING PERSONAL SETTINGS

Gender, age, and height are used to calculate stride length. Taller people usually have longer strides. You can customize your stride length from the STRIDE SETUP screen. See [CALIBRATING THE SENSOR MANUALLY](#).

1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select PERSONAL SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to set gender.
5. Press NEXT to set height. Digits flash.
6. Press + / - to set height in feet or meters.
7. Continue pressing NEXT and + / - to set height in inches or centimeters, weight, and age.
8. Press DONE to exit.

SETTING DIET GOAL

1. Daily intake is compared to target set up in this menu. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select GOALS SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to select DIET.
5. Press NEXT.
6. Press + and - to set first digit. Digit flashes.
7. Continue pressing NEXT and + / - to set remaining digits.
8. Press DONE to exit.

SETTING WALK GOAL

Steps taken or distance walked each day are compared to target set up in this menu. See screen below, showing a goal of 10,000 steps.



1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select GOALS SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to select WALK. Press NEXT.
5. Press + / - to select WALK GOAL (DISTANCE/STEPS). Press NEXT.
6. Press + and - to set first digit. Digit flashes.
7. Continue pressing NEXT and + / - to set remaining digits.
8. Press DONE to exit.

TIP: If goal is set to be measured in distance, step equivalent is automatically calculated using personal settings. If goal is set to be measured in steps, distance equivalent is automatically calculated.

CALIBRATING THE SENSOR AUTOMATICALLY

Calibrate the sensor for more accurate pace and distance calculations.

1. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select STRIDE SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to select AUTOMATIC. Press NEXT.
5. Press + and - to select WALK or RUN.
6. Press NEXT and + / - to set thousands digit of CAL. LENGTH (this is the distance to walk or run to calibrate).
7. Continue pressing NEXT and + / - to set remaining digits. Press NEXT when finished.
8. When prompted, hold START.
9. When prompted, walk or run selected distance.
10. When distance is reached, press STOP.

If CALIBRATION OKAY displays, setup is complete. If CALIBRATION FAILED displays, repeat calibration.

TIP: Longer distances make more accurate calibrations than shorter ones. The default distance is the distance of a football field from end zone to end zone (300 ft or 91m).

CALIBRATING THE SENSOR MANUALLY

1. If you know your stride length, you can enter the exact measurement without running automatic calibration. Calibrating the sensor to your precise stride length will result in the most accurate distance calculations from Health Tracker™ watch. Press MODE to select SETUP.
2. Press START/STOP/RESET/- to select STRIDE SETUP.
3. Press and hold SET until values to edit flash.
4. Press + and - to select MANUAL.
5. Press + / - and NEXT to set stride length in feet (meters) and inches (centimeters).
6. Press DONE to save settings and exit.

INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press INDIGLO® button to activate night-light for several seconds.
2. Hold INDIGLO® button for 4 seconds to activate NIGHT-MODE® feature. Beep will sound.
3. In NIGHT-MODE® feature, press any button to activate night-light.
4. Hold INDIGLO® button for 4 seconds to turn off NIGHT-MODE® feature. Beep will sound. NIGHT-MODE® feature automatically turns off after 8 hours.

BATTERY

Battery type is on watch back. Battery life may vary depending on actual usage.

1. Rotate battery hatch counter-clockwise, following OPEN arrow. Remove battery hatch (use a coin if battery hatch is difficult to remove).
2. Rotate plastic cover counter-clockwise until OPEN Δ icon points toward top of watch. Remove plastic cover. Remove battery.
3. Insert new battery.
4. Replace plastic cover. Rotate plastic cover clockwise until CLOSE Δ icon points toward top of watch.
5. Use paper clip to press reset pad in hole.
6. Replace battery hatch. Rotate hatch clockwise, following CLOSE arrow.



TIP: To help preserve battery life, you can turn the activity sensor off in the SYSTEM SETUP menu. Watch will not count steps when sensor is off.

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

WATER RESISTANCE

Watch is water resistant to 50 meters.

Water-Resistance Depth	p.s.i.a. *Water Pressure Below Surface
50m /160ft	86

*pounds per square inch absolute

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

- Watch is water-resistant only as long as lens, push buttons, and case remain intact.
- Watch is not a dive watch and should not be used for diving.
- Rinse watch with fresh water after exposure to salt water.

WARRANTY & SERVICE

Timex International Warranty (U.S. Limited Warranty)

Your Timex® Health Tracker™ watch is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. 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 HEART RATE MONITOR:

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, 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 Repair Coupon or, in the U.S. and Canada only, the completed original 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 ANY 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 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany/Austria, call +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex 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 Repair Mailer for your convenience in obtaining factory service.

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