

TIMEX®

Register your product at
www.timex.com

W-278 401-095002-02 NA



THANK YOU FOR PURCHASING YOUR TIMEX® PEDOMETER.

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.

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

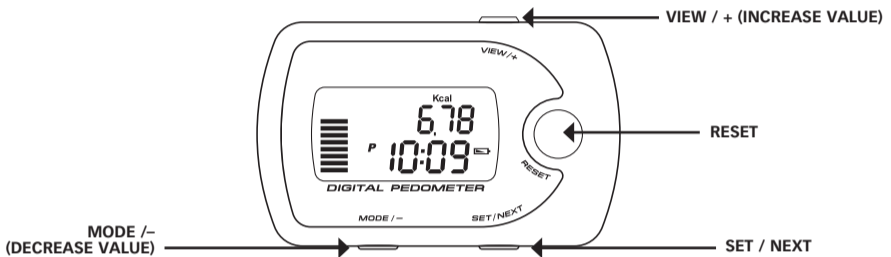
TIMEX® PEDOMETER

Your Timex® Pedometer will track steps, distance, calories and activity time throughout the day – whether you're walking, jogging or running!

Visit www.timex.com for more state-of-the-art Timex technology to help you reach your fitness goals and maintain your healthy lifestyle.

HOW TO CONSERVE YOUR BATTERY

Your pedometer is shipped in Power Save mode in order to conserve battery life. To turn your pedometer on, press any key. To enter back into Power Save mode, hold the VIEW button for 5 seconds. Your pedometer also has a Power Down mode. To enter Power Down mode, press and hold the MODE+SET buttons for 5 seconds. To exit Power Down mode, press and hold any button for 5 seconds. **NOTE: Your current day's Steps, Distance, Activity Time and Calories are reset each time you enter Power Down or Power Save mode.**



HOW TO SET UP YOUR PEDOMETER

1. Press MODE button until TODAY REC appears.
2. Press and hold SET button for 2 seconds. Unit type flashes. Press + or – to change value between Imperial, inches (in) and pounds (lb) or Metric, Centimeters (cm) and kilograms (kg).
3. Press NEXT button and Wt is shown. Press + or – to increase or decrease your current weight. **Hold + or – buttons to scan quickly through values.**
4. Press NEXT button and Ht is shown. Press + or – to increase or decrease your height.
5. Press NEXT button and AGE is shown. Press + or – to increase or decrease your current age.
6. Press NEXT button and GEN is shown. Press + or – to select W (woman) or M (man).
7. Press NEXT button and Str is shown. Your stride is calculated automatically based upon your personal information. However, you can adjust your stride length if you would like. Press + or – to increase or decrease your stride length.
8. Press NEXT button and your BMR is shown that the pedometer calculated based on your personal information. BMR stands for Basal Metabolic Rate and is an estimate of the number of calories you burn throughout the day if at rest.
9. Press NEXT button and your Step Target is shown. Press + or – to increase or decrease your daily step goal.
10. Press NEXT to exit Setting Mode.

HOW TO WEAR YOUR PEDOMETER

Your pedometer features a slim design that fits easily and comfortably into your pocket.

HOW TO USE YOUR PEDOMETER

There are 2 main modes in your pedometer.

TODAY REC Mode: This mode displays your progress for the current day.

1. Press MODE until TODAY REC appears.
2. The top row of numbers shows steps, distance or calories burned. Press VIEW button to scroll through each different measurement.
3. The bottom row of numbers shows your activity time.
4. Wear your pedometer according to the directions above.
5. You can lock the buttons of your pedometer to prevent any unwanted button presses during use. Press and hold MODE button and, while pressing the MODE button also press and hold the RESET for 2 seconds to lock or unlock buttons. LOC or UnLC will flash for 3 seconds. When buttons are currently locked, LOC will again flash for 3 seconds as a reminder if you push any buttons.
6. Begin your activity. The pedometer will begin recording movement after 10 steps. This is done to ensure accuracy (your steps are still recorded).
7. Activity bars appear on the left side of the screen to show your progress towards your daily goal. Every time you finish 10% of your daily goal a new bar will appear. You have reached your goal once you have 10 bars!
8. To reset your pedometer, press and hold the RESET button for 3 seconds.

DAILY TOT Mode: This mode, also known as the Daily Total mode, serves as your activity history log. It is a running total of all your activity until you manually reset while in this mode or replace the battery. The odometer icon **Odo** is displayed while in this mode.

1. Press MODE until DAILY TOT appears.
2. The top row of numbers shows your total steps, distance or calories burned. Press VIEW button to scroll through each different measurement.
3. The bottom row of numbers shows your total activity time.

HOW TO CHANGE THE BATTERY

A low battery icon  appears when the battery is low. You can replace the battery when required. Your pedometer uses a CR2032 battery.

1. Turn the battery hatch counterclockwise, following the OPEN arrow so that the arrow on the battery hatch turns from the circle ○ to the arrow △. Remove battery hatch.
2. Remove battery.
3. Insert new battery.
4. Replace battery hatch. Rotate hatch clockwise until secure and the arrow on the battery hatch turns from the arrow △ back to the circle ○.

Note: Changing the battery resets all your pedometer's data and settings. You will need to re-input your personal information.

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

TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY – PLEASE SEE FRONT OF INSTRUCTION BOOKLET FOR TERMS OF EXTENDED WARRANTY OFFER)

Your TIMEX® product is warranted against manufacturing defects by Timex Group USA, Inc. 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 product 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 PRODUCT:**

- 1) after the warranty period expires;
- 2) if the product 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 product to Timex, one of its affiliates or the Timex retailer where the product was purchased, together with a completed original Product Repair Coupon or, in the U.S. and Canada only, the completed original Product Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your product 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 1-800-448-4639 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/Austria: +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 Product Repair Mailer for your convenience in obtaining factory service.

©2013 Timex Group USA, Inc. TIMEX is a registered trademark of Timex Group USA, Inc. in the US and other countries.