

Fossil ME3029

Fossil Grant ME3029 Automatic Watch User Manual

Model: ME3029

INTRODUCTION

This manual provides detailed instructions for the proper use, setup, and maintenance of your Fossil Grant ME3029 Automatic Watch. Please read this manual thoroughly to ensure optimal performance and longevity of your timepiece. Keep this manual for future reference.

PRODUCT OVERVIEW

The Fossil Grant ME3029 is an automatic self-winding watch featuring a rose gold PVD stainless steel case, a navy leather strap, and a distinctive skeleton dial. It includes three multi-function sub-dials for displaying the date, month, and day of the week. The watch is equipped with a scratch-resistant mineral crystal and a transparent case back, allowing visibility of the automatic movement.



Figure 1: Front view of the Fossil Grant ME3029 Automatic Watch, showcasing the skeleton dial and blue leather band.

Key Features:

- **Automatic Self-Wind Movement:** The watch is powered by the motion of your wrist and does not require a battery.
- **Skeleton Dial:** Offers a view of the intricate internal mechanisms.
- **Multi-Function Sub-Dials:** Displays date, month, and day of the week.
- **Water Resistance:** Water resistant up to 50 meters (165 feet). Suitable for short periods of recreational swimming, but not for diving or snorkeling.
- **Durable Construction:** Rose gold PVD stainless steel case and mineral dial window.
- **Comfortable Strap:** Navy leather band with a buckle closure.

SETUP

Initial Winding and Time Setting:

1. **Manual Winding:** If the watch has stopped, gently rotate the crown (located on the side of the case) clockwise approximately 20-30 times to initiate the movement. This provides an initial power reserve.

2. Setting the Time:

- Pull the crown out to its outermost position.
- Rotate the crown to move the hands clockwise until the desired time is set. Ensure to account for AM/PM if setting the date/day.
- Push the crown back into its normal position to start the watch.

3. Setting Date, Day, and Month:

- The watch features three sub-dials. The exact method for setting these may vary slightly. Generally, these are adjusted using the small pushers located on the side of the watch case, or by rotating the crown in a specific intermediate position.
- **Caution:** Avoid setting the date, day, or month between 9 PM and 3 AM, as this can damage the movement. If adjustment is needed during this period, first set the time outside this range, adjust the calendar functions, then reset the time.
- Refer to the official [Fossil User Guide \(PDF\)](#) for precise instructions on setting the sub-dials for your specific model.

OPERATING INSTRUCTIONS

Automatic Movement:

Your Fossil Grant ME3029 watch is powered by an automatic movement. This means it winds itself using the natural motion of your wrist. When worn regularly (approximately 8-12 hours a day), the watch should maintain sufficient power reserve. If the watch is not worn for an extended period, it may stop. In this case, manually wind it as described in the "Setup" section.

Using the Sub-Dials:

The three sub-dials display the date, day of the week, and month. These are typically adjusted using small pushers on the side of the watch case. Consult the detailed PDF user guide for specific pusher functions.

Water Resistance:

This watch is water resistant to 50 meters (165 feet). This rating means it is suitable for short periods of recreational swimming. It is **not** suitable for bathing, showering, diving, or snorkeling. Always ensure the crown is fully pushed in before any contact with water. Avoid operating the crown or pushers while the watch is wet or submerged.

MAINTENANCE

Cleaning:

Wipe the watch case and crystal with a soft, dry cloth. For the leather strap, avoid excessive moisture and harsh chemicals. If the strap becomes wet, allow it to air dry naturally, away from direct heat or sunlight.

Storage:

When not wearing the watch, store it in a cool, dry place, away from direct sunlight and extreme temperatures. If storing for an extended period, consider a watch winder to keep the automatic movement running and lubricated.

Service:

For any repairs or internal cleaning, it is recommended to contact an authorized Fossil service center or a qualified watchmaker. Attempting to open the watch case yourself may void the warranty and cause damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or is running slow.	Insufficient power reserve.	Manually wind the watch by rotating the crown clockwise 20-30 times. Wear the watch regularly to keep it wound.
Date/Day/Month is incorrect.	Needs adjustment.	Adjust using the crown or pushers. Avoid adjustment between 9 PM and 3 AM. Refer to the PDF user guide for specific instructions.
Condensation inside the crystal.	Exposure to extreme temperature changes or water ingress.	Contact an authorized service center immediately. This indicates a potential seal issue.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact Fossil customer support or an authorized service center.

SPECIFICATIONS

- **Model Number:** ME3029
- **Movement:** Automatic Self-Wind
- **Case Material:** Rose Gold PVD Stainless Steel
- **Case Diameter:** 44 mm
- **Case Thickness:** 15 mm
- **Dial Window Material:** Mineral Crystal
- **Band Material:** Leather (Navy)
- **Band Width:** 22 mm
- **Band Length:** 7.85 inches (approx. 20 cm)
- **Clasp Type:** Buckle
- **Water Resistance:** 50 meters (165 feet)
- **Functions:** Hour, Minute, Second, Date, Day, Month
- **Display Type:** Analog
- **Special Features:** Skeleton Dial, Transparent Case Back

WARRANTY AND SUPPORT

Your Fossil Grant ME3029 Automatic Watch is covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or visit the official Fossil website. For customer support, service inquiries, or to locate an authorized service center, please visit www.fossil.com. An official user guide in PDF format is also available for download: [Fossil User Guide \(PDF\)](#).

PRODUCT VIDEO

Your browser does not support the video tag.

Video 1: A short overview of the Fossil Men's ME3029 Grant Automatic Watch, demonstrating its design and features. This video is provided by the seller.

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