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- › [EZON](#) /
- › [EZON T031 GPS Running Watch User Manual](#)

EZON T031

EZON T031 GPS Running Watch User Manual

Model: T031

INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your EZON T031 GPS Running Watch. Please read this manual thoroughly to ensure proper use and to maximize the performance and lifespan of your device. The EZON T031 is designed to accurately track your running and outdoor activity data, offering features such as high-precision GPS, automatic time synchronization, and comprehensive exercise data recording.

1. SETUP

1.1 Initial Charging

Before first use, fully charge your EZON T031 watch. Connect the charging clip to the watch's charging contacts and plug the USB end into a power source. A full charge typically takes 2-3 hours. The watch features a long battery life, offering up to 90 days in standby mode and 6 hours with GPS enabled.

長いバッテリー寿命

頻繁な充電が不要

90 日間スタンバイ

6 時間
GPSオン時

2-3 時間
充電時間



注：電池寿命を延ばすため、通常使用しない場合でも、少なくとも月に一度は充電することをお勧めします。

Image: The EZON T031 watch being charged with its dedicated charging clip. Ensure the contacts align correctly for charging.

1.2 Power On/Off

- **To Power On:** Press and hold the **LIGHT** button for a few seconds until the screen illuminates.
- **To Power Off:** From the time display, press and hold the **SET** button to enter the settings menu. Navigate to the 'Power Off' option and confirm.

1.3 Initial Settings and Personal Information

For accurate fitness tracking, it is essential to input your personal data. Press and hold the **SET** button to access the main menu. Navigate to 'User Profile' or 'Settings' to input the following:

- **Height**
- **Weight**
- **Age**
- **Gender**
- **Units:** Select your preferred units (e.g., Metric or Imperial for distance and weight).

1.4 GPS Acquisition and Time Synchronization

The EZON T031 features advanced GPS technology for precise tracking and automatic time synchronization. For optimal GPS signal acquisition:

- Ensure you are in an open outdoor area with a clear view of the sky.
- Press and hold the **GPS** button for 2-3 seconds to enter GPS mode.
- The watch will begin searching for satellites. A 'cool start' (first time use or after a long period) may take approximately 1 minute. Subsequent 'hot starts' are nearly instantaneous.
- Once GPS is acquired, the watch will automatically synchronize the time based on your location, eliminating the need for manual time adjustments.



Image: The EZON T031 watch receiving a signal from a satellite, illustrating its built-in GPS chip for accurate positioning.

2. OPERATING INSTRUCTIONS

2.1 Button Functions Overview

The EZON T031 features four primary buttons for navigation and control:

EZON

長い電池寿命

頻繁な充電を必要とせず、時計用電池の限界に挑戦



90日間
のバッテリー寿命



6時間
GPSオン時



Image: A detailed diagram highlighting the functions of the LIGHT, SET, GPS, and other buttons on the EZON T031 watch.

- **LIGHT Button (Top Left):** Press to activate the backlight for 5 seconds.
- **SET Button (Bottom Left):** Press to enter/exit settings or confirm selections. Long press to enter the main menu.
- **GPS Button (Top Right):** Long press for 2-3 seconds to enter GPS mode.
- **Up/Down Buttons (Right Side):** Use to navigate through menus or switch between data displays. The top right button also functions as a stopwatch start/stop, and the bottom right button as a data mode entry.

2.2 Activity Tracking (Running/Hiking)

The EZON T031 is designed for standalone operation, meaning you don't need your phone during activities.

電話不要、スタンドアロン操作

シンプルで直感的なデザイン、簡単なセットアップと操作内蔵GPSモジュールにより、携帯電話に頼らずに自由に運動することができます。



Image: A runner wearing the EZON T031 watch, demonstrating its capability for standalone operation without needing a smartphone.

1. **Start GPS:** In an open area, long press the **GPS** button to acquire a satellite signal. Wait for the GPS icon to become solid.
2. **Start Activity:** Once GPS is locked, press the **Up** button (top right) to start recording your activity. The display will show real-time data.
3. **View Data:** During an activity, use the **Up/Down** buttons to cycle through various data screens, including running distance, average pace, calories burned, and total time.
4. **Lap Times:** The watch automatically records lap times. You can view up to 50 laps of data, including duration, steps, distance, and average speed per lap.
5. **Pause/Resume:** Press the **Up** button to pause an activity. Press it again to resume.
6. **End Activity:** Long press the **Up** button to end and save your activity. The watch can store up to 10 workout records.

2.3 Stopwatch Function

The watch supports a stopwatch function with a maximum duration of 99 hours, 59 minutes, and 59 seconds.

- From the time display, press the **Up** button (top right) to enter stopwatch mode.
- Press the **Up** button again to start/pause the stopwatch.

- Press the **Down** button (bottom right) to reset the stopwatch.

2.4 Alarm Function

The multi-function alarm can be set to alert you at specific times.

- Long press the **SET** button to enter the main menu.
- Navigate to 'Alarm' using the **Up/Down** buttons and press **SET** to select.
- Set the desired alarm time. When the alarm triggers, the watch will sound for approximately 20 seconds. Press any button to stop the alarm.

2.5 Backlight Display

The watch features a backlight display for visibility in low-light conditions.



Image: The EZON T031 watch on a wrist, with its backlight activated, making the display clearly visible in a dim environment.

- Press the **LIGHT** button to activate the backlight. It will remain on for 5 seconds.

3. MAINTENANCE

3.1 Cleaning

- Regularly clean your watch with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish and seals.
- Rinse the watch with fresh water after exposure to sweat, saltwater, or chlorine.

3.2 Water Resistance

The EZON T031 is rated 5ATM water resistant, suitable for swimming and showering. However, please observe the following:

- **Do not press any buttons while the watch is submerged in water.** This can compromise the water resistance.
- Avoid exposing the watch to hot water or steam, as this can damage the seals.

3.3 Battery Care

- To prolong battery life, it is recommended to charge the watch at least once a month, even if not in regular use.
- Avoid completely draining the battery frequently.
- Store the watch in a cool, dry place when not in use.

4. TROUBLESHOOTING

Problem	Possible Cause	Solution
GPS signal acquisition is slow or fails.	Poor satellite visibility, first-time use (cool start), or recent travel over long distances.	Move to an open outdoor area with a clear view of the sky. Ensure the watch is in GPS mode. A cool start can take up to 1 minute.
Inaccurate distance or pace data.	Incorrect personal information (height, weight, age, gender) in settings. GPS signal loss during activity.	Verify and update your personal information in the watch settings. Ensure continuous GPS signal during your activity.
Watch does not power on.	Battery is depleted.	Charge the watch fully using the provided charging clip.
Screen is unresponsive or frozen.	Temporary software glitch.	Perform a soft reset by pressing and holding all four buttons simultaneously for 10 seconds, or until the watch restarts. If the issue persists, contact customer support.
Alarm does not sound.	Alarm is not enabled or volume is too low (if applicable).	Check alarm settings to ensure it is enabled and the time is correctly set.

5. SPECIFICATIONS

Feature	Detail
Model Number	T031
Brand	EZON

Feature	Detail
Dimensions	5 x 5 x 1.53 cm
Weight	60 g
Battery	1 Lithium Polymer battery (included)
Water Resistance	5 ATM
GPS	High-precision GPS chip for tracking and time synchronization
Display	Backlight display
Data Storage	Up to 10 workout records, 50 lap times
Country of Origin	China

6. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official EZON website. If you encounter any issues not covered in this manual or require further assistance, please contact EZON customer support through their official channels.