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Fossil BQ3378

Fossil Women's Modern Courier Chronograph Watch

Model: BQ3378

INTRODUCTION

This manual provides essential information for the proper use and care of your Fossil Women's Modern Courier Stainless Steel Chronograph Dress Quartz Watch. Designed with a sophisticated gold-tone dial, Roman numerals, and a durable stainless steel bracelet, this timepiece combines elegance with functionality.

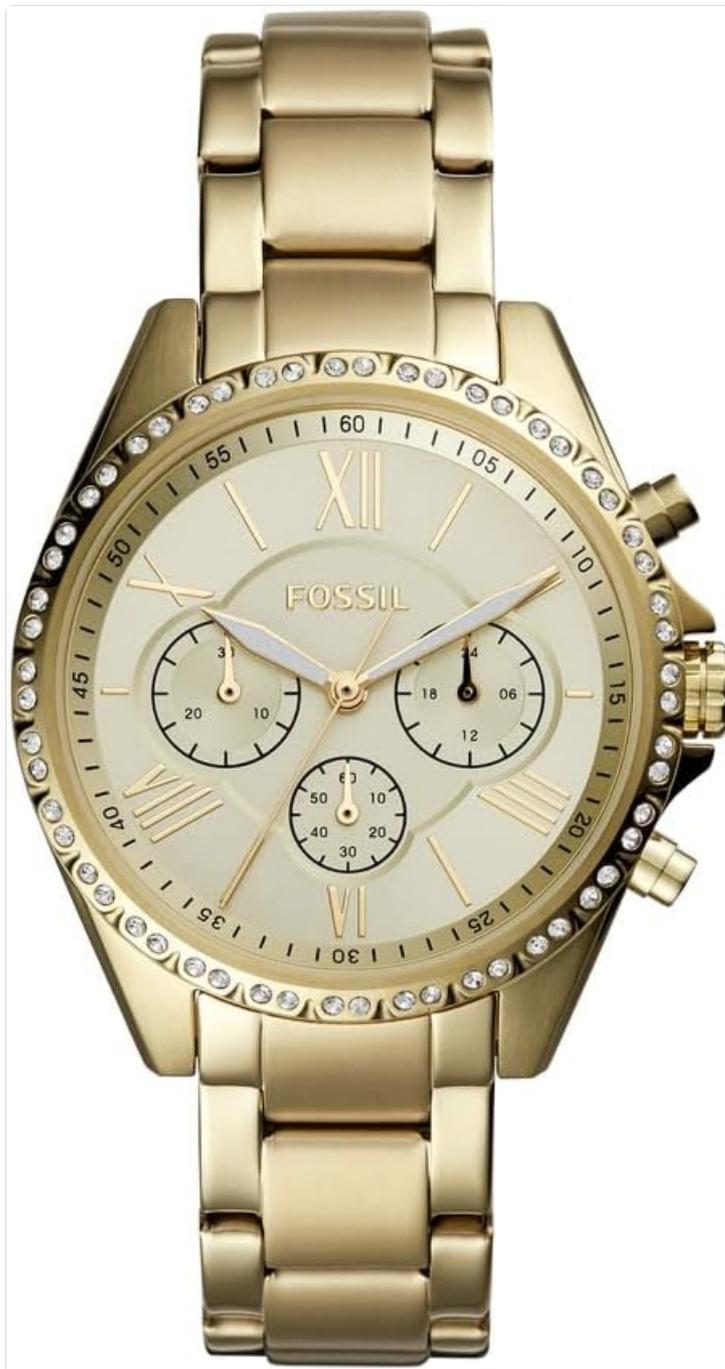


Figure 1: Front view of the Fossil Modern Courier Chronograph Watch.

PRODUCT FEATURES

- **Case Size:** 40mm round stainless steel case.
- **Dial:** Gold-tone dial with Roman numerals and three chronograph subdials.
- **Movement:** Reliable Quartz movement for accurate timekeeping.
- **Crystal:** Durable mineral crystal protects the dial.
- **Band:** 18mm gold-tone stainless steel bracelet with a 2-pusher foldover clasp.
- **Water Resistance:** Water resistant up to 165 feet (50 meters).
- **Interchangeable Bands:** Compatible with all Fossil 18MM bands.

SETUP AND INITIAL USE

Setting the Time

1. Pull the crown (the knob on the side of the watch) out to the furthest position.
2. Rotate the crown clockwise or counter-clockwise to set the hour and minute hands to the correct time.
3. Once the time is set, push the crown back into its original position to start the watch.

Adjusting the Bracelet

The stainless steel bracelet may require adjustment to fit your wrist comfortably. This typically involves removing or adding links. It is recommended to have this procedure performed by a professional jeweler or a Fossil store to prevent damage to the watch or bracelet.



Figure 2: Side view illustrating the crown and chronograph pushers.

OPERATING INSTRUCTIONS

Using the Chronograph Function

Your Modern Courier watch features a chronograph, which functions as a stopwatch. The three subdials measure different units of time when the chronograph is activated.

1. **Start/Stop:** Press the top pusher (button) to start the chronograph. Press it again to stop it.
2. **Reset:** While the chronograph is stopped, press the bottom pusher to reset all chronograph hands back to their zero positions.

Water Resistance

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

MAINTENANCE AND CARE

- **Cleaning:** Wipe the watch case and bracelet regularly with a soft, dry cloth to remove dirt and oils. For the stainless steel bracelet, a slightly damp cloth can be used, followed by a dry cloth.
- **Avoid Chemicals:** Do not expose your watch to harsh chemicals, solvents, or detergents, as these can damage the case, crystal, or bracelet.
- **Temperature Extremes:** Avoid exposing the watch to extreme temperatures, both hot and cold, as this can affect the battery life and movement accuracy.
- **Battery Replacement:** The watch is powered by a product-specific battery (included). When the watch stops running, it indicates the battery needs replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.
- **Storage:** When not in use, store your watch in a cool, dry place, away from direct sunlight and strong magnetic fields.

TROUBLESHOOTING

Watch Not Running

- **Check Crown:** Ensure the crown is fully pushed in. If it is pulled out, the watch will not run.
- **Battery:** The battery may be depleted. Refer to the "Battery Replacement" section under Maintenance and Care.

Chronograph Hands Not Resetting to Zero

- Ensure the chronograph is stopped before pressing the reset pusher. If the issue persists, a professional adjustment may be required.

SPECIFICATIONS

Feature	Detail
Model Number	BQ3378

Case Dimensions	40mm diameter
Band Width	18mm
Material	Stainless Steel (gold-tone plated)
Movement	Quartz Chronograph
Water Resistance	5 ATM (50 meters / 165 feet)
Battery	1 Product Specific battery (included)
Product Dimensions	9.84 x 1.18 x 0.39 inches
Item Weight	8.8 ounces

WARRANTY AND SUPPORT

For information regarding warranty coverage, please refer to the official Fossil warranty documentation provided with your purchase or visit the official Fossil website. Fossil offers various support services to ensure the longevity and performance of your watch.

Complimentary Engraving Service

Fossil provides complimentary engraving services for your watch at participating U.S. and Canadian full-priced and outlet Fossil stores. This service allows for personalization of your timepiece. Please note that this service may not be applicable to all accessories.

Additional Resources

A general User Guide (PDF) is available for download from the product's Amazon page for further details on watch care and functionality. You can access it [here](#).

