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### TIMEX TW5M55700

# Timex TW5M55700 Activity and Step Tracker Watch User Manual

Model: TW5M55700

## INTRODUCTION

This manual provides comprehensive instructions for the Timex TW5M55700 Activity and Step Tracker Watch. Please read this manual carefully to ensure proper use and maintenance of your watch. This watch combines classic timekeeping with modern activity tracking features, including a step counter and the Indiglo night-light function.





**Image 1:** Front view of the Timex TW5M55700 Activity and Step Tracker Watch. The digital display shows the time and a 'Steps' indicator. Buttons labeled 'MODE', 'INDIGLO', 'START', and 'RESET' are visible on the sides of the watch case.

## SETUP

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Before using your Timex TW5M55700 watch, follow these steps for initial setup:

1. **Initial Power On:** The watch should be powered on from the factory. If the display is blank, ensure no plastic tab is obstructing the battery contact.
2. **Setting Time and Date:**
  - Press the **MODE** button repeatedly until you reach the Time Set mode (often indicated by flashing digits).
  - Use the **START** and **RESET** buttons to adjust the hours, minutes, and date. The **MODE** button typically cycles through the settings (hours, minutes, month, day, year).
  - Once all settings are correct, press **MODE** to exit Time Set mode.

3. **Personal Information (if applicable):** While this model primarily focuses on step tracking, some activity trackers allow input of personal data like stride length or weight for more accurate calorie calculations. Refer to the on-screen prompts if available after initial time setting.

## OPERATING INSTRUCTIONS

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Understand the functions of your watch's buttons and display modes.

### Button Functions

- **MODE Button:** Cycles through different display modes (e.g., Time, Step Tracker, Stopwatch, Alarm).
- **INDIGLO Button:** Activates the Indiglo night-light for illumination of the display.
- **START Button:** Used to start/stop functions in certain modes (e.g., stopwatch) or to increment values during setting.
- **RESET Button:** Used to reset functions (e.g., stopwatch) or to decrement values during setting.

### Activity Tracking (Steps)

Your watch is equipped with an integrated step tracker. It automatically counts your steps throughout the day.

1. **Viewing Steps:** Press the **MODE** button until the display shows the 'Steps' indicator and your current step count.
2. **Resetting Steps:** Step counts typically reset automatically at midnight. If you need to manually reset the step counter, navigate to the Step Tracker mode and hold down the **RESET** button for a few seconds until the count clears.

### Indiglo Night-Light

To illuminate the watch display in low-light conditions, press the **INDIGLO** button. The light will remain on for a few seconds.

## MAINTENANCE

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Proper care ensures the longevity and performance of your Timex watch.

### Water Resistance

This watch is water resistant up to 30 meters (3 ATM). This means it is suitable for splashes or brief immersion in water, but not for swimming, showering, or diving. Do not operate buttons while the watch is wet.

### Battery Replacement

The watch uses a CR2032 battery. When the display dims or functions become erratic, it's time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance.



**Image 2:** Detailed view of the watch's stainless steel case back. Engravings clearly indicate 'CR2032 BATTERY' and 'WATER RESISTANT 30M', along with the 'TIMEX' brand and 'ACTIVITY TRACKER' model type.

## Cleaning

Clean your watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the watch case or strap.

## TROUBLESHOOTING

If you encounter issues with your watch, try these common troubleshooting steps:

- **Blank Display:** Check if the battery needs replacement. If recently replaced, ensure it is inserted correctly.
- **Incorrect Time/Date:** Re-enter the Time Set mode and adjust the settings as described in the Setup section.
- **Step Tracker Not Counting:** Ensure you are in the correct mode to view steps. If the issue persists, a battery replacement might be necessary, or a soft reset (if available for your model, often by holding all buttons simultaneously for a few seconds) could resolve it.
- **Indiglo Not Working:** This is often an indication of a low battery. Replace the battery if other functions are also affected.

## SPECIFICATIONS

- **Model Number:** TW5M55700
- **Movement:** Quartz

- **Case Size:** 20MM
- **Water Resistance:** 30 meters (3 ATM)
- **Battery Type:** CR2032
- **Product Dimensions:** 12 x 4 x 1 cm; 36 g
- **Strap Material:** Resin





## WARRANTY AND SUPPORT



Information regarding the product warranty and customer support is not available in the provided data. For detailed warranty terms, service centers, or additional support, please visit the official Timex website or contact Timex customer service directly.

You can often find support information on the official Timex website:[www.timex.com](http://www.timex.com)

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### Related Documents - TW5M55700

	<p><a href="#">Timex Digital Activity Tracker User Manual and Safety Information</a></p> <p>Comprehensive user guide for the Timex Digital Activity Tracker, covering features, operating instructions, battery safety warnings, and warranty information. Learn how to set time, date, alarms, use the stopwatch, and understand battery precautions.</p>
	<p><a href="#">Timex Digital Activity Tracker User Guide</a></p> <p>This user guide provides comprehensive instructions for the Timex Digital Activity Tracker, including safety warnings, features, operating procedures for time, date, alarms, stopwatch, and step counting, as well as battery replacement and warranty information.</p>
	<p><a href="#">Timex IQ+ Move Multi-Time Smartwatch User Guide   Activity &amp; Sleep Tracking</a></p> <p>Explore the Timex IQ+ Move Multi-Time smartwatch user guide. Learn about its classic analog design, Bluetooth connectivity, activity and sleep tracking, multi-time zone display, INDIGLO night-light, and smartphone app synchronization for models like M328.</p>
	<p><a href="#">Timex IQ+ Move Smartwatch User Manual and Guide</a></p> <p>Explore the Timex IQ+ Move M328 smartwatch user manual. Learn about its classic analog design, activity and sleep tracking, Bluetooth connectivity, and features like INDIGLO night-light, alarm, and countdown timer. This guide covers setup, synchronization, battery replacement, water resistance, and warranty information for your Timex fitness tracker.</p>

	<p><a href="#">Timex Metropolitan+ User Guide: Features, Operation, and Specifications</a></p> <p>Comprehensive user guide for the Timex Metropolitan+ watch, detailing its features like activity tracking, INDIGLO night-light, BLE connectivity, smartphone app integration, time setting, water resistance, and warranty information.</p>
	<p><a href="#">Timex Ironman Transit+ Watch User Guide</a></p> <p>Comprehensive user guide for the Timex Ironman Transit+ Watch, detailing its features, functions, and operation. Learn how to use the heart rate monitor, activity tracker, workout modes, chronograph, timer, and alarm.</p>

Documents - TIMEX – TW5M55700

no relevant documents