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**Timex TW5M609009J**

# Timex Activity Tracker Watch Model TW5M609009J User Manual

## 1. PRODUCT OVERVIEW

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This manual provides instructions for the Timex Activity Tracker Watch, Model TW5M609009J. This device features a 40mm metal case, a silicone strap, and a digital display. It includes step and activity tracking, INDIGLO® backlight, and is water resistant up to 30 meters, designed for daily health management.



Image 1.1: Timex Activity Tracker Watch (Model TW5M609009J) with green strap.

## 1.1 What's in the Box

- Timex Activity Tracker Watch (Model TW5M609009J)

## 2. SETUP GUIDE

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### 2.1 Initial Power On

The watch comes with a pre-installed Lithium Metal battery. To activate the watch, press and hold any button for a few seconds until the display illuminates.

### 2.2 Setting Time and Date

To set the time and date:

1. Press and hold the **Upper Left Button** for approximately 4 to 5 seconds to switch between 12-hour and 24-hour formats.
2. Press the **Lower Left Button** to cycle through setting options: hours, minutes, and seconds.
3. Use the **Upper Right Button** to adjust the selected value (e.g., increment hours, minutes).
4. Repeat steps 2 and 3 for setting the date (month, day, year) if available in the cycle.
5. Once all settings are correct, press the **Lower Left Button** again to exit the setting mode.

### 2.3 Bluetooth Pairing

The watch features Bluetooth connectivity for syncing with compatible devices. To pair your watch:

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. On the watch, navigate to the Bluetooth pairing mode (refer to the display for indicators, typically an icon). This may involve pressing and holding a specific button or cycling through modes.
3. On your smartphone, open the Bluetooth settings and search for available devices.
4. Select "Timex Activity Tracker" or a similar name from the list of devices.
5. Confirm the pairing on both devices if prompted.

For optimal functionality, it is recommended to download the official Timex companion application from your device's app store, if available, to manage settings and view activity data.

## 3. OPERATING INSTRUCTIONS

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### 3.1 Basic Navigation

The watch typically features multiple buttons for navigation:

- **Upper Left Button:** Often used for mode selection or backlight activation.
- **Lower Left Button:** Used to cycle through display information or enter setting modes.
- **Upper Right Button:** Used to adjust values in setting modes or activate specific functions.

Refer to the on-screen prompts for specific button functions in different modes.

## analog life

Make time yours.

At Timex, we believe in the beauty of simply great watchmaking. For over 170 years, we've crafted timepieces that do more than tell time. Your Timex is more than a watch; it's a reminder to live intentionally and savor every second.

Image 3.1: Digital display showing time and activity tracking information.

### 3.2 Activity Tracking

The watch automatically tracks your steps and activity throughout the day. The digital display will show your current step count and other activity metrics. To view different activity data, press the **Lower Left Button** to cycle through the available screens.

### 3.3 INDIGLO® Backlight

To illuminate the watch display in low-light conditions, press the **Upper Left Button** briefly. The INDIGLO® backlight will activate for a few seconds.

### 3.4 Water Resistance

This watch is water resistant up to 30 meters (100 feet). This means it is suitable for splashes, rain, and brief immersion in water. It is **not** suitable for swimming, diving, or prolonged water exposure. Do not operate buttons while the watch is wet or submerged.

## 4. CARE AND MAINTENANCE

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### 4.1 Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch case, strap, or display.

### 4.2 Battery Information

The watch uses a Lithium Metal battery. When the battery level is low, a low battery indicator may appear on the display. Battery replacement should be performed by a qualified technician to maintain water resistance and ensure proper function.

### 4.3 Storage

Store your watch in a cool, dry place away from direct sunlight and extreme temperatures. Avoid exposing the watch to strong magnetic fields.

## 5. TROUBLESHOOTING

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### 5.1 Watch Not Turning On

- Ensure the battery is not depleted. If the watch has been stored for a long time, the battery may need replacement.
- Press and hold any button for several seconds to attempt a power cycle.

## 5.2 Inaccurate Step Count

- Ensure the watch is worn securely on your wrist. Loose fitting can affect accuracy.
- Arm movements not associated with walking (e.g., typing, driving) may sometimes be registered as steps.
- Calibrate the activity tracker through the companion app if available.

## 5.3 Bluetooth Connectivity Issues

- Ensure Bluetooth is enabled on both your watch and your smartphone.
- Move the watch closer to your smartphone to ensure it is within Bluetooth range.
- Restart both the watch and your smartphone.
- Forget the device in your smartphone's Bluetooth settings and attempt to re-pair.

## 5.4 Display Not Responding

- Attempt a soft reset by pressing and holding all buttons simultaneously for 10-15 seconds.
- If the issue persists, the battery may be critically low or depleted.

## 6. SPECIFICATIONS

<b>Model Name</b>	Timex Unisex Activity Tracker 40mm Watch - Green Strap Digital Dial Gold-Tone Case
<b>Model Number</b>	TW5M609009J
<b>Brand</b>	Timex
<b>Case Size</b>	40 Millimeters
<b>Strap Length</b>	8 inches
<b>Lens Material</b>	Acrylic
<b>Water Resistance</b>	Up to 30 meters (100 feet)
<b>Special Feature</b>	Activity Tracker
<b>Connectivity Technology</b>	Bluetooth
<b>Battery Type</b>	Lithium Metal (included)
<b>GPS</b>	No GPS
<b>Shape</b>	Octagonal
<b>Operating System</b>	Android (Note: Refers to compatibility, not a full OS on watch)
<b>Item Weight</b>	3.7 ounces (0.11 Kilograms)

## 7. WARRANTY AND SUPPORT

## **7.1 Product Warranty**

Timex products are manufactured to high-quality standards and are warranted against defects in materials and workmanship. Specific warranty terms and duration may vary by region and purchase date. Please retain your proof of purchase for warranty claims.

## **7.2 Customer Support**

For further assistance, troubleshooting, or to inquire about warranty service, please visit the official Timex website or contact their customer support. You can find more information at the [Timex Store on Amazon](#) or the main Timex corporate website.