TIMEX TW5M60900

Timex TW5M60900 Activity Tracker Watch User Manual

Model: TW5M60900

INTRODUCTION

Thank you for purchasing the Timex TW5M60900 Activity Tracker Watch. This digital quartz watch combines classic Timex reliability with essential activity tracking features. This manual provides detailed instructions to help you set up, operate, maintain, and troubleshoot your new watch, ensuring you get the most out of its functionalities, including time display, date, and basic activity monitoring.

SETUP

1. Initial Power On & Battery Activation

Your watch is powered by a CR2032 battery. If the display is blank upon unboxing, check for a plastic battery saver tab protruding from the side of the watch. Gently pull and remove this tab to activate the battery. The watch display should then illuminate.

2. Setting Time and Date

1. Locate the 'MODE' button (typically on the left side) and the 'SET' or 'ADJUST' button (often on the right side).
2. Press the 'MODE' button repeatedly until the time setting mode is displayed, usually indicated by flashing digits.
3. Use the 'SET' or 'ADJUST' button to change the flashing hour. Press 'MODE' again to advance to minutes, then seconds, and finally the date (month, day, year).
4. Once all settings are correct, press the 'MODE' button one last time to exit the setting mode.

3. Wearing the Watch

For accurate activity tracking, wear the watch snugly on your wrist, about one finger's width above your wrist bone. Ensure it is not too tight to restrict circulation, nor too loose to slide freely.

TIMEX

Image: The black silicone strap with a gold-tone buckle, designed for a secure and comfortable fit on the wrist.

OPERATING INSTRUCTIONS

1. Button Functions

Your Timex TW5M60900 watch typically features multiple buttons for navigation and function control:

- **MODE Button:** Cycles through different display modes (Time, Date, Stopwatch, Alarm, Activity Tracker).
- **SET/ADJUST Button:** Used to enter setting modes and adjust values (e.g., hours, minutes, date).
- **START/STOP Button:** Activates and pauses functions like the stopwatch or timer.
- **LIGHT Button:** Activates the Indiglo backlight for improved visibility in low light conditions.

Image: Side view of the watch, highlighting the gold-tone case and the functional buttons on the side, used for navigating modes and settings.

2. Navigating Display Modes

Press the 'MODE' button to cycle through the available display screens. Common modes include:

- **Time Display:** Shows current time (hours, minutes, seconds) and often the day of the week.
- **Date Display:** Shows month, day, and year.
- **Stopwatch:** For timing events. Use 'START/STOP' to begin/pause and 'RESET' (often a long press of 'SET') to clear.
- **Alarm:** Set daily alarms.
- **Activity Tracker:** Displays your daily activity data.

Image: Front view of the Timex TW5M60900 watch, showcasing its black digital display within a rectangular gold-tone brass case.

ACTIVITY TRACKING FEATURES

The Timex TW5M60900 includes basic activity tracking capabilities to help you monitor your daily movement.

1. Viewing Activity Data

Press the 'MODE' button until you reach the 'ACTIVITY TRACKER' display. This mode typically shows:

- **Steps:** Your total steps taken for the day.
- **Distance:** Estimated distance covered based on your steps.
- **Calories:** Estimated calories burned.

2. Resetting Activity Data

Activity data typically resets automatically at midnight. If you need to manually reset your daily activity, consult the specific instructions for your watch model, usually involving a long press of the 'SET' or 'MODE' button while in the activity tracking display.

Image: The back of the watch, made of stainless steel, clearly engraved with 'TIMEX', 'ACTIVITY TRACKER', 'WATER RESISTANT 30M', and 'CR2032 BATTERY'.

MAINTENANCE

1. Cleaning Your Watch

To maintain the appearance and functionality of your watch:

- Wipe the case and crystal with a soft, damp cloth.
- For the silicone strap, use mild soap and water, then rinse thoroughly and dry.
- Avoid harsh chemicals or abrasive cleaners.

2. Water Resistance

Your watch is marked as 'WATER RESISTANT 30M'. This means it is suitable for splashes, rain, or brief immersion in water. It is **not** recommended for swimming, showering, or diving. Do not operate buttons while the watch is wet.

3. Battery Replacement

The watch uses a CR2032 battery. When the display dims or functions become erratic, it's time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

TROUBLESHOOTING

If you encounter issues with your watch, refer to the following common solutions:

- **Display is Blank or Dim:** Check if the battery saver tab has been removed. If so, the battery may need replacement.

- **Incorrect Time/Date:** Re-enter the time and date setting mode and adjust as per the 'Setup' section.

- **Activity Data Inaccurate:** Ensure the watch is worn snugly on your wrist. Movement patterns can affect accuracy. Try resetting the activity data.

- **Buttons Unresponsive:** Ensure no debris is lodged around the buttons. If the issue persists, a soft reset (removing and reinserting the battery, if accessible, or a factory reset if available) might be necessary. Consult a professional if unsure.

SPECIFICATIONS

Model Number	TW5M60900
Brand	TIMEX
Display Type	Digital
Movement Type	Quartz
Case Material	Brass
Crystal Material	Acrylic
Band Material	Silicone
Clasp Type	Buckle
Case Diameter	40 Millimetres
Case Thickness	10 Millimetres
Water Resistance	30 Meters (Splash Resistant)
Power Source	Battery Powered (CR2032)
Dial Color	Black
Band Color	Black

WARRANTY AND SUPPORT

Your Timex watch is covered by a limited warranty against manufacturing defects. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. For technical support, service, or warranty claims, please visit the official Timex website or contact their customer service department through the contact information provided in your product packaging.