

**Casio GMDB300-1**

# Casio G-Shock GMDB300-1 Step Tracker Digital Watch

Instruction Manual

## 1. INTRODUCTION

This manual provides essential information and instructions for the proper use and maintenance of your Casio G-Shock GMDB300-1 Step Tracker Digital Watch. Please read this manual thoroughly before using the watch to ensure optimal performance and longevity.

The Casio G-Shock GMDB300-1 is designed as a robust sports-oriented timepiece, featuring a step tracker and smartphone connectivity to support an active lifestyle. Its key resin components, including the case, bezel, and band, are crafted from bio-based resin, reflecting a commitment to environmental responsibility.



*Image 1: The Casio G-Shock GMDB300-1 Step Tracker Digital Watch in black with light blue accents.*

## 2. SETUP

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### 2.1 Initial Power-On and Time Setting

Upon first use or after a battery change, the watch may require initial setup. Follow these steps:

1. Ensure the watch is exposed to light to charge the solar battery.
2. Press and hold the **ADJUST** button (top left) until the city code starts flashing.
3. Use the **MODE** (bottom left) and **START** (bottom right) buttons to select your home city code.
4. Press **ADJUST** again to confirm and exit the setting mode. The time will automatically adjust based on the selected city.

### 2.2 Smartphone Link Setup

The GMDB300-1 can be linked with a smartphone for enhanced functionality and data management.

1. Download the official Casio G-SHOCK Connected app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.

3. On the watch, press and hold the **CONNECT** button (middle left) until the Bluetooth icon appears and flashes.
4. Open the G-SHOCK Connected app and follow the on-screen instructions to pair your watch.
5. Once paired, the watch time will synchronize with your smartphone, and tracked data can be managed within the app.

## 3. OPERATING INSTRUCTIONS

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### 3.1 Navigating Modes

Press the **MODE** button (bottom left) to cycle through the different watch modes:

- **Timekeeping Mode:** Displays current time, date, and day of the week.
- **Step Tracker Mode:** Shows daily step count and progress towards goals.
- **Stopwatch Mode:** For measuring elapsed time.
- **Timer Mode:** A countdown timer function.
- **Alarm Mode:** Set and manage daily alarms.
- **World Time Mode:** View times in different time zones.

### 3.2 Step Tracker Function

The built-in accelerometer automatically counts your steps. The watch displays your total daily steps and progress towards a set goal. Detailed activity logs can be viewed via the G-SHOCK Connected app.

- In Step Tracker Mode, press **START** (bottom right) to view daily step data.
- Use the **MODE** and **START** buttons to navigate through different step data views (e.g., daily, weekly, monthly).

### 3.3 Backlight (Illuminator)

Press the **LIGHT** button (bottom center) to illuminate the display for easy reading in low-light conditions. The illumination duration can be configured in the watch settings or via the smartphone app.



*Image 2: A detailed view of the Casio G-Shock GMDB300-1 watch face, highlighting its digital display and various indicators.*

## 4. KEY FEATURES

- **Bio-based Resin Construction:** The watch incorporates bio-based resin in its case, bezel, and band, contributing to reduced environmental impact. This material maintains the renowned G-SHOCK durability and shock resistance.
- **Smartphone Link:** Seamlessly connect your watch to the G-SHOCK Connected app on your smartphone via Bluetooth. This allows for automatic time adjustment, easy watch setting configuration, and management of life log data, including step counts and calorie burn.
- **Step Tracker:** An integrated 3-axis accelerometer accurately counts your steps throughout the day. Set daily step goals and monitor your progress directly on the watch display or through the connected app.
- **200-Meter Water Resistance:** Designed for robust use, the watch is water-resistant up to 200 meters, making it suitable for swimming, snorkeling, and other water activities.

- **Shock Resistance:** True to its G-SHOCK heritage, the GMDB300-1 features a shock-resistant structure that protects against impacts and vibrations, ensuring reliability in demanding environments.



*Image 3: The Casio G-Shock GMDB300-1 watch worn by an individual, showcasing its design and fit.*

## 5. MAINTENANCE

### 5.1 Cleaning Your Watch

To maintain the appearance and functionality of your watch:

- Wipe the watch with a soft, dry cloth to remove dirt and moisture.
- For stubborn dirt, use a soft cloth dampened with water and a mild neutral detergent. Avoid harsh chemicals or solvents.
- After exposure to saltwater, rinse the watch thoroughly with fresh water and dry it completely.

### 5.2 Water Resistance Precautions

While water-resistant, observe the following:

- Do not operate watch buttons while submerged in water.

- Avoid exposing the watch to hot water or steam, as this can damage seals.
- If the watch is exposed to extreme temperature changes, condensation may appear inside the crystal. This should clear up quickly. If it persists, consult an authorized service center.

## 5.3 Battery Charging (Solar Powered)

This watch is equipped with a solar charging system. Ensure regular exposure to light to keep the battery charged. Avoid prolonged storage in dark places.

- Place the watch where its face is exposed to bright light.
- The charging time varies depending on the light intensity.
- Refer to the battery level indicator on the display to monitor charge status.

## 6. TROUBLESHOOTING

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### 6.1 Time is Incorrect

- **Check Home City Setting:** Ensure your home city is correctly set. Incorrect city settings can lead to incorrect time display.
- **Smartphone Link:** Verify that the watch is successfully paired and connected to the G-SHOCK Connected app for automatic time synchronization.
- **Manual Adjustment:** If automatic adjustment fails, manually set the time and date as described in the