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> [EZON T029 Men's Pedometer Watch User Manual - Waterproof Step Counter with Calories & Stopwatch](#)

## EZON T029

# EZON T029 Men's Pedometer Watch User Manual

Waterproof Step Counter with Calories & Stopwatch

## INTRODUCTION

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This manual provides detailed instructions for the setup, operation, and maintenance of your EZON T029 Men's Pedometer Watch. This non-Bluetooth device is designed for straightforward activity tracking, offering features such as step counting, calorie tracking, a stopwatch, and an EL backlight for enhanced visibility. It is suitable for various daily activities and sports, including swimming, thanks to its 5ATM water resistance.

## PRODUCT OVERVIEW

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Figure 1: Front view of the EZON T029 Pedometer Watch, displaying time and activity data.

The EZON T029 is a robust digital watch equipped with essential fitness tracking capabilities. It features a durable stainless steel bezel, a comfortable TPU strap, and a clear digital display. Key functions include:

- Pedometer (Step Counter)
- Calorie Counter

- Stopwatch with Lap and Split Time
- Alarm and Hourly Chime
- EL Backlight for low-light conditions
- 5ATM Water Resistance (up to 50 meters)
- Time, Date, and Day Display

## SETUP

### 1. Initial Power On / Wake Up

Upon first use or after a period of inactivity, the watch may be in sleep mode to conserve battery. To activate the watch, press all four buttons simultaneously. This action will wake the watch or return it to sleep mode.

### 2. Battery Installation / Replacement

The EZON T029 watch uses a CR2032 button battery. The battery is included and pre-installed. When replacement is needed, follow these steps:



Figure 2: Illustrated guide for replacing the CR2032 battery.

1. Carefully open the back cover of the watch.
2. Remove the old CR2032 battery.
3. Insert a new CR2032 battery with the positive (+) side facing up.
4. Securely close the back cover.

### 3. Setting Time and Date

To adjust the time, date, and other settings:

- **Long press the MODE button (B)** to enter the settings menu.
- Use the other buttons (typically LIGHT (A) and + (D) / - (E)) to adjust values.
- **Press the MODE button (B)** briefly to cycle through different setting parameters (e.g., hours, minutes, year, month, day).
- Once all settings are configured, **long press the MODE button (B)** again or wait for the watch to automatically exit the settings menu.

The watch supports both 12-hour and 24-hour time formats.

## OPERATING INSTRUCTIONS

### Button Functions Overview



Figure 3: Button layout and primary functions of the EZON T029 watch.

- **LIGHT Button (A):**  
**Press:** Turns the EL backlight on/off.  
**Long press:** Enables/disables button lock.
- **MODE Button (B):**  
**Press:** Cycles through current time, day of week, date, and seconds display.  
**Long press:** Enters the main settings menu.
- **C Button:**  
**Press:** Enters the records menu (e.g., step history).
- **D Button (+):**  
**Press:** Enters CHRONO (stopwatch) mode. (Also used for increasing values in settings).
- **E Button (-):**  
**Long press:** Enters pedometer mode. (Also used for decreasing values in settings).

### 1. Pedometer Mode

The watch tracks your steps, distance, and estimated calories burned. To access pedometer data:

- **Long press the E button** to enter pedometer mode.
- The display will show your current step count, distance, and calories.
- The pedometer automatically resets at midnight.

# ACCURATE ACTIVITY TRACKER

Record your steps, distance and calories consumption.  
Help you to track your exercise, and develop a healthy life habit

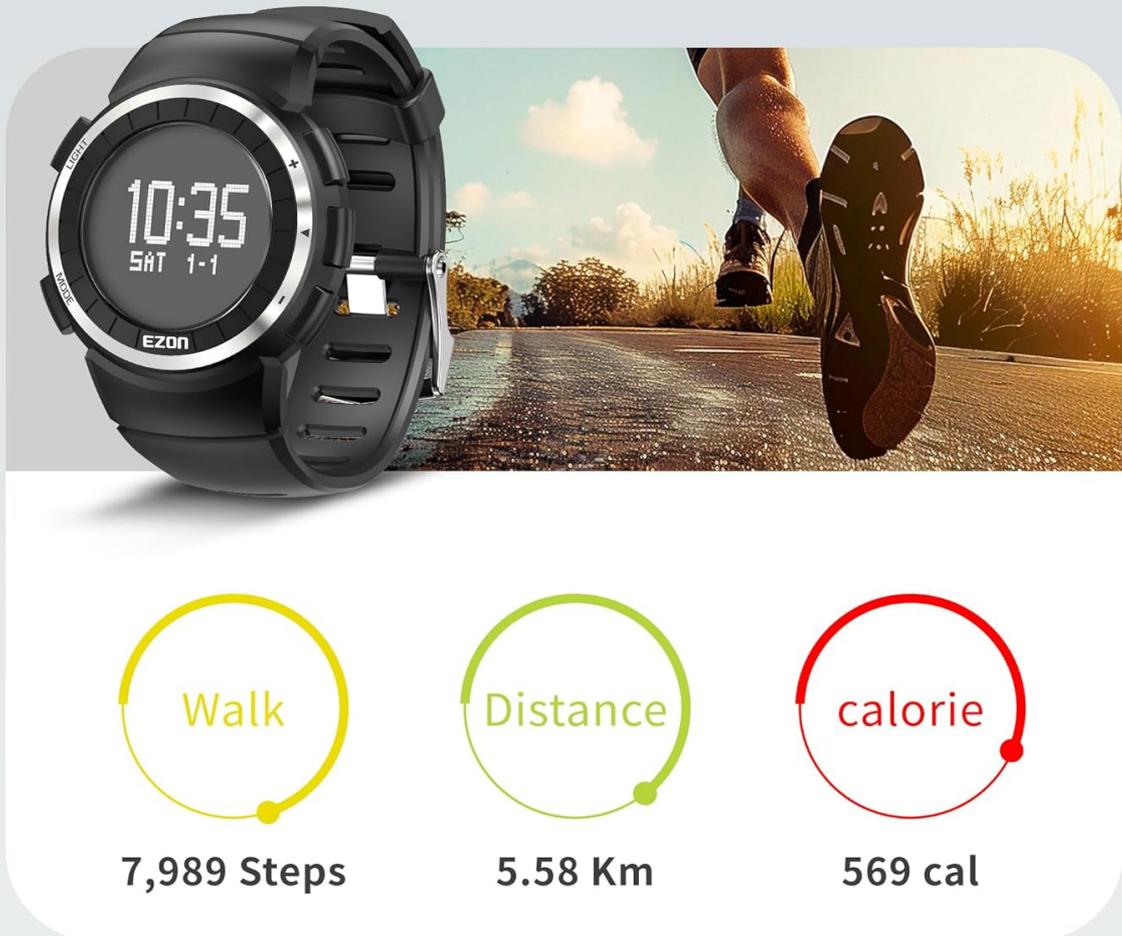


Figure 4: The watch displaying activity tracking data during a run.

## 2. Stopwatch (CHRONO) Mode

The stopwatch function allows for precise timing of activities, including lap and split times.

- **Press the D button** to enter CHRONO mode.
- **Press D again** to start/stop the stopwatch.
- **Press E** to record lap/split times while the stopwatch is running.
- **Long press D** to reset the stopwatch to zero when stopped.

# Professional Chronograph Function for Various Sports

Best & Avg Lap Status, Know Your Performance and Progress



Lap Time



Split Time



30 Lap Memory

Figure 5: The watch in stopwatch mode, useful for tracking performance in sports.

### 3. EL Backlight

For visibility in low-light conditions, the watch features an EL backlight.

- Press the **LIGHT** button (A) to activate the backlight.
- The backlight will remain on for a few seconds before automatically turning off.



Figure 6: The watch display showing normal view versus activated EL backlight for night visibility.

### 4. Alarm and Hourly Chime

The watch includes an alarm function and an optional hourly chime.

- Refer to the settings menu (**long press MODE button B**) to set the alarm time and enable/disable the hourly chime.

## MAINTENANCE

## 1. Cleaning

To maintain the appearance and functionality of your watch:

- Wipe the watch case and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish or seals.

## 2. Water Resistance

The EZON T029 watch is 5ATM water-resistant, suitable for hand washing, rain, and swimming. However, to ensure its longevity:

- Do not press any buttons while the watch is submerged in water.
- Avoid exposing the watch to hot water or steam, as this can compromise the water-resistant seals.
- After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.

# 5ATM Waterproof

Safe for Pool, Rain, and Splashes



Figure 7: The watch is designed to withstand water exposure during activities like swimming.

## 3. Battery Life and Replacement

The watch is powered by a CR2032 button battery, offering approximately 12-16 months of life with regular

pedometer use. Refer to the 'Setup' section for battery replacement instructions when needed.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on or display is blank.	Watch is in sleep mode or battery is depleted.	Press all four buttons simultaneously to wake the watch. If it remains blank, replace the CR2032 battery.
Incorrect time or date displayed.	Time/date not set correctly.	Long press the MODE button (B) to enter the settings menu and adjust the time and date.
Pedometer not tracking steps accurately.	Watch not worn correctly or sensor interference.	Ensure the watch is worn snugly on your wrist. Movement patterns can affect accuracy; ensure consistent arm swing for best results.
Display is dim or difficult to read.	EL backlight not activated or low battery.	Press the LIGHT button (A) to activate the backlight. If the issue persists, consider replacing the battery.
Buttons are unresponsive or stuck.	Button lock is enabled or debris around buttons.	Long press the LIGHT button (A) to disable button lock. Clean around the buttons to remove any obstructions.

## SPECIFICATIONS

Feature	Detail
Model Number	T029
Water Resistance	5ATM (50 meters)
Battery Type	CR2032 Button Battery (included)
Estimated Battery Life	Up to 12-16 months (with pedometer on)
Display Type	Digital with EL Backlight
Screen Size	1.81 Inches (visible screen diagonal: 2" / 5 cm)
Case Material	ABS Case, Stainless Steel Bezel
Strap Material	Breathable TPU
Lens Material	Premium PMMA Lens
Connectivity	Non-Bluetooth

Feature	Detail
Functions	Pedometer, Step Counter, Calorie Counter, Stopwatch, Alarm, Hourly Chime, Countdown Timer, Time, Date, Day
Item Weight	5.6 ounces

## WARRANTY AND SUPPORT

EZON is committed to providing quality products and customer satisfaction. Your EZON T029 Pedometer Watch comes with the following:

- **Lifetime Support:** Assistance for the lifespan of your product.
- **24-Hour Response:** Dedicated customer service for timely inquiries.
- **30-Day Return Policy:** Hassle-free returns within 30 days of purchase.
- **1-Year Free Replacement:** Replacement for manufacturing defects within one year.

For further assistance or to claim warranty services, please contact EZON customer support through the official channels provided at the time of purchase or on the EZON brand website.

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## Related Documents - T029

	<p><a href="#">EZON ML007-1 Heart Rate Monitor Quick Start Guide</a></p> <p>A quick start guide for the EZON ML007-1 Heart Rate Monitor, detailing its features, setup, and usage for sports and leisure activities.</p>
	<p><a href="#">EZON R7 User Guide: Features, Operation, and Specifications</a></p> <p>Comprehensive user guide for the EZON R7 sports watch, covering setup, exercise modes, real-time monitoring, settings, and product specifications. Learn how to use your R7 for various sports and track your health metrics.</p>
	<p><a href="#">Ferritin Antibodies for Research and Diagnostics   FANTIBODY</a></p> <p>FANTIBODY offers high-quality Ferritin (Fer) antibodies, including Fer Antibody-P1 and Fer Antibody-1G9, for research and diagnostic applications like LETIA. Learn about product specifications, storage, and handling.</p>

	<p><a href="#">EZON C009 Pro Heart Rate Monitor User Manual</a></p> <p>Comprehensive guide to the EZON C009 Pro Heart Rate Monitor, covering setup, usage, pairing with apps, maintenance, and troubleshooting. Learn how to accurately track your heart rate during exercise.</p>
	<p><a href="#">Samsung SHS-5230 Fingerprint Digital Door Lock: Features &amp; Specifications</a></p> <p>Discover the Samsung SHS-5230, a smart fingerprint digital door lock offering advanced security, convenient access, and user-friendly features for modern homes. Learn about its specifications and body parts.</p>
	<p><a href="#">USEE Compatibility List: ANT+ Profiles for Cycling and Fitness</a></p> <p>A comprehensive compatibility list detailing ANT+ enabled products for various cycling and fitness profiles, including power, heart rate, shifting, controls, core temperature, foot speed, bike speed, bike cadence, and bike speed &amp; cadence.</p>

Documents - EZON – T029

no relevant documents