



TIMEX 09L095000 Digital Activity Tracker User Guide

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TIMEX

DIGITAL ACTIVITY TRACKER USER GUIDE

Timex Digital Activity Tracker



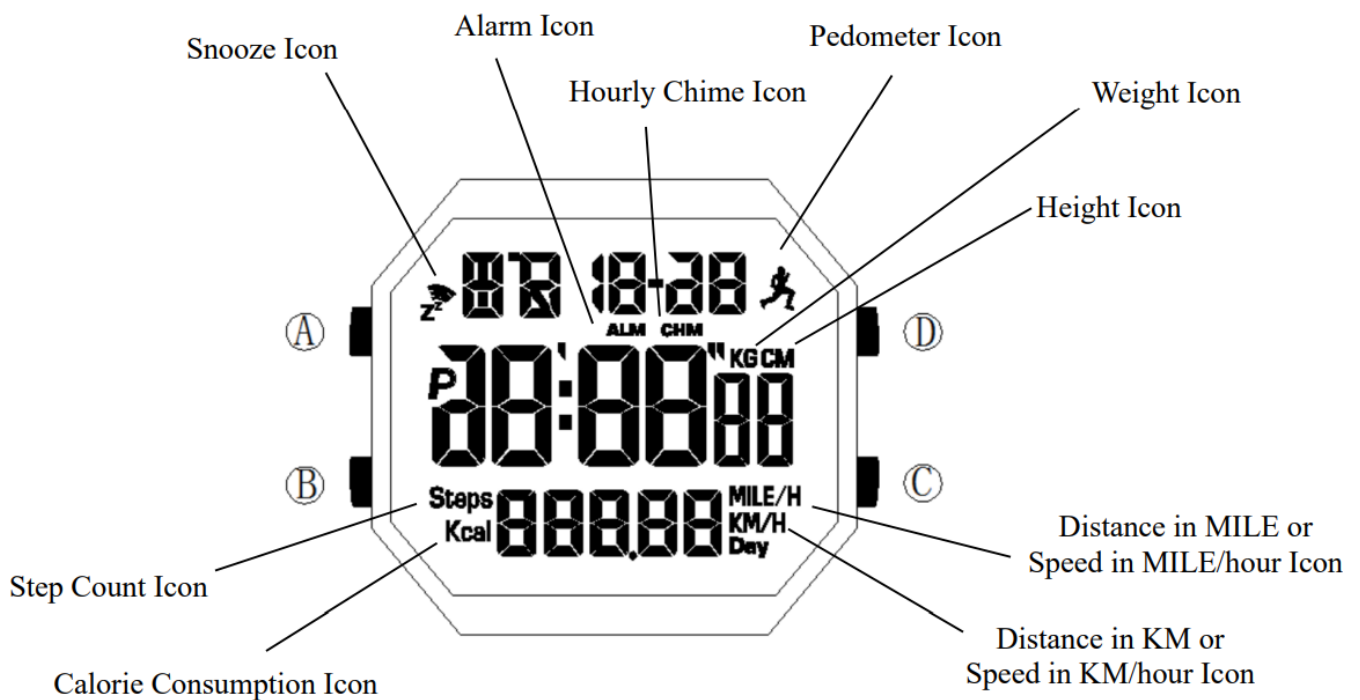
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Features and Functions:

- 17-digit LCD display hour, minute, second, week, month, date and step data
- 12/24 hours system
- Automatic calendar (Year 2000 to 2099)
- Step counting function, which can calculate steps, mileage and calories, and save step counting data for up to 7 days
- 2 Alarms and hourly chime functions
- Stopwatch function (max. range: 23 hours 59 minutes 59 seconds),
- Indiglo backlight
- Lithium battery
- Water Resistant 3AT M

Operating Instructions



Pusher A: Short press to turn on the backlight. Long press for about 3 seconds in some function modes to enter the setting state of the function.

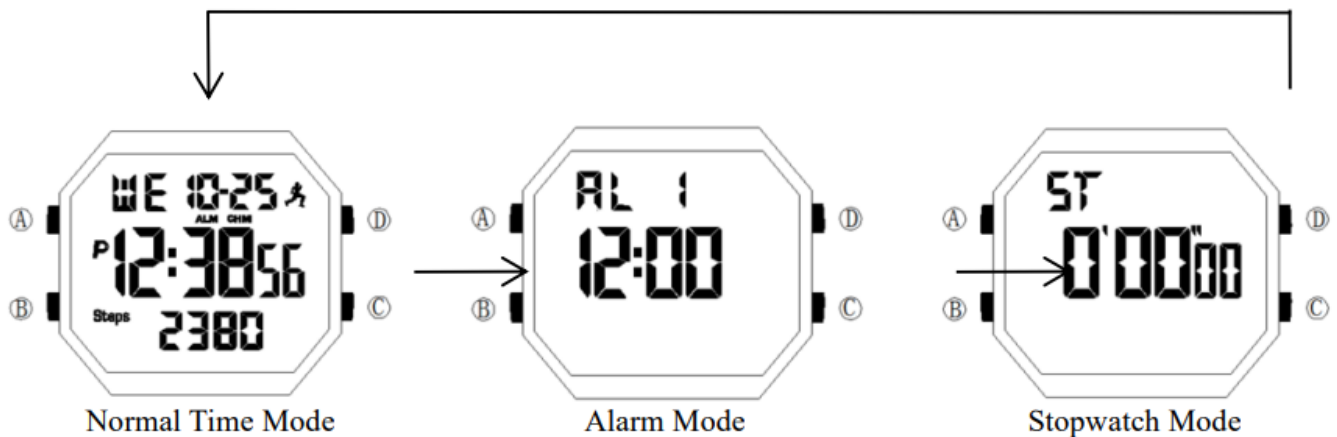
Pusher B: Switch between each basic function modes. In the setting state, press to select the value to be adjusted.

In Normal Time Mode, long press B Pusher for about 3 seconds to delete the current motion data.

Pusher C: In Normal Time Mode, long press for about 3 seconds to turn on or off the step counting.

Pusher D: In Stopwatch Mode, press to start or pause the running seconds. In the setting state, short press to adjust the selected value upward; long press to fast adjust the selected value upward.

Function Modes



1. Press Pusher B once to toggle between Normal Time Mode, Alarm Mode and Stopwatch Mode.

Step Counting Mode

1. In Normal Time Mode, long press C Pusher for 3 seconds to turn on or off Pedometer Icon. When Pedometer Icon is on, step count can be saved. When Step Count Icon is on, it means the bottom line of data is step counts. If there is a rest, the user needs to walk at least 15 steps before step count updates on the display. If the rest is longer than 3 minutes, the watch will go into a power saving status.
2. In Normal Time Mode, press D Pusher once to view steps, calories, distance, speed, the last history data. The current time and date will be kept the same, and shows steps, calories, distance, speed data at the bottom side.
3. During History Mode, press C Pusher to view the step counting data for last 7 days. The top line will display the history date. For the same date, their saved steps, calorie and distance data will be displayed and switching the screen one by one automatically.
4. In Normal Time Mode, long press B Pusher for 3 seconds to delete the current motion data.

Time, Date and Profile Settings

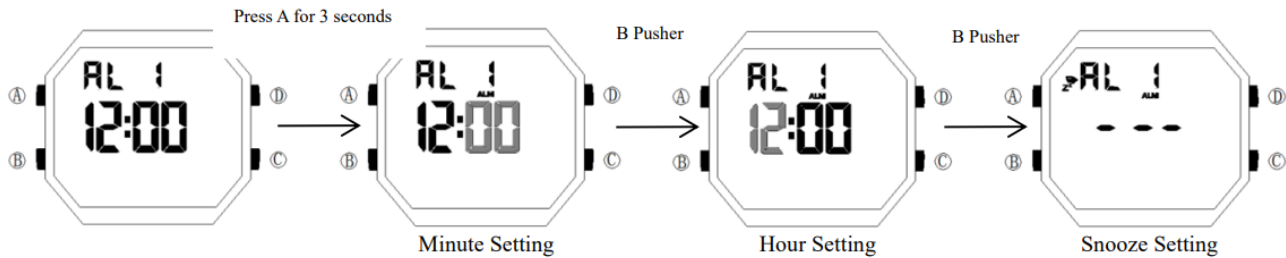
1. Press and hold A Pusher for 3 seconds to set the time and date.
2. After entering the setting state, the value indicating "second" is flashing, and the flashing value indicates that it has been selected.
3. As for the setting of seconds, you cannot set the period to increase or decrease. When seconds are selected, press D Pusher, and the second value will return to zero. When the second value is less than or equal to 30 seconds, the second returns to zero and the minute value remains unchanged. When the second value is greater than or equal to 31 seconds, the second value will return to zero and the score will be increased by "1".
4. In the setting state, press D Pusher, the selected value will be adjusted incrementally, and hold D Pusher can be adjusted rapidly incrementally.

5. In the setting state, press A Pusher or no Pusher operation within 60 seconds, the settings will be confirmed and return to the Normal Time Mode.

Alarm and hourly chime in the Alarm Mode

1. In Normal Time Mode, press B Pusher to enter the Alarm Mode.
2. Press C Pusher once to switch between Alarm 1 and Alarm 2.
3. Press D Pusher once to toggle among Alarm and Hourly Chime is off, Alarm is on, Hourly Chime is on, Alarm and Hourly Chime is on 4 different states.

Setting of Alarm and Snooze



1. Press and hold A Pusher for 3 seconds to enter the Alarm Time Setting.
2. During the setting state, the value indicating “minute” is flashing, and the flashing value indicates that it has been selected.
3. In the setting state, press D Pusher, the selected value will be adjusted incrementally, and hold D Pusher can be adjusted rapidly incrementally.
4. In the setting state, press A Pusher or no Pusher operation within 60 seconds, the settings will be confirmed and return to the Normal Time Mode.
5. When the snooze function is turned on by the current alarm. During the alarm, the snooze function is activated without any Pusher operation. After 5 minutes, the alarm will ring again. The same situation will be repeated five times.

Stopwatch Mode

1. In the Stopwatch Mode, press D Pusher once to start running seconds, and then press D Pusher again to stop running seconds. When the second run stops, press C Pusher to reset the stopwatch to zero.
2. In Stopwatch Mode, press D Pusher to start timing, press C Pusher to enter segmented timing state, and the menu changes from ST to SP. This is a half-way measurement. Then you can record the completion time of the first player, press C Pusher to stop the timing of the second player, press D Pusher to display the timing of the second player, and then press C Pusher to reset the stopwatch.
3. The maximum range of stopwatch is 23 hours 59 minutes 59 seconds. If the stopwatch continues, it will be counting from zero.

Battery replacement

When the display dims or no display, please replace with CR2032 or equivalent battery.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model

number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

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Documents / Resources

	<p>TIMEX 09L095000 Digital Activity Tracker [pdf] User Guide</p> <p>09L095000 Digital Activity Tracker Watch, 09L095000, Digital Activity Tracker Watch, Tracker Watch</p>
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