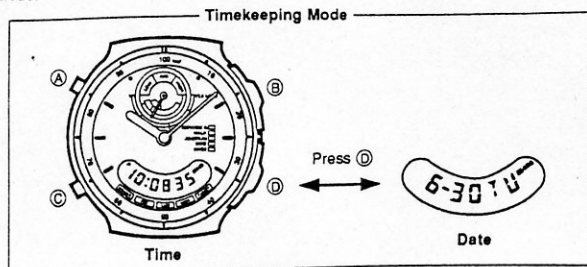


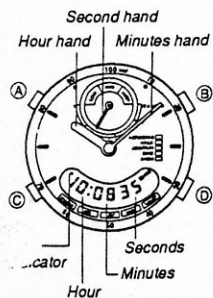
OPERATION CHART: MODULE QW-730

GENERAL GUIDE

- Press **(C)** to change from mode to mode. Each mode is explained in detail on the following pages.
- After you perform an operation in any mode, pressing **(C)** returns to the Timekeeping Mode.



TIMEKEEPING MODE

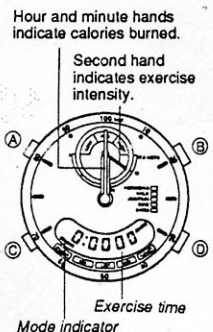


Note
When you use the following procedure to change the date, any calorie data stored in memory is deleted. Be sure to use the Calorie Data Recall Mode to recall any important data and write it down before performing the following procedure.

To set the digital time and date

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
 - Press **(C)** to change the selection in the following sequence.
-
- While the seconds digits are selected (flashing), press **(B)** or **(D)** to reset the seconds to "00". If you press **(B)** or **(D)** while the seconds count is in the range of 30 to 59, it is reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 - While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the number or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
 - While the 12/24-hour setting is selected, press **(D)** or **(B)** to switch between the two formats.
 - After you set the time, format, and date, press **(A)** to return to the Timekeeping Mode.
- When you use the above procedure to set the time on the digital display, the hands of the analog timepiece normally adjust according to your setting. If, for any reason, the analog time does not match the digital time, use the procedure described under HAND SETTING MODE to match the analog setting with the digital display. If the digital time and analog time settings do not match, other functions of the watch will not operate correctly.
 - The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 1990 to December 31, 2029.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

FITNESS MODE



The Fitness Mode calculates and displays the number of calories you burn when exercising and stores the measured data in memory.

- When you enter the Fitness Mode from another mode, the hour, minute, and second hand move on the watch face. Note that you cannot set your basic data or level of exertion while the hands are moving.

Important!

- This watch measures calories burned during exercise, and not calories measured at rest.
- The number of calories burned are calculated by the watch in accordance with the basic data you preset, as well as the intensity and duration of the exercise. This value is indicated by the analog hands of the watch. Because of this, be sure to correctly set your basic data and the intensity of the exercise before you start. The duration of the exercise is automatically measured by the watch.

- The actual number of calories burned differs from individual-to-individual (because of differences in levels of fitness, etc.). This watch calculates its values based on general trends, and so the data it produces should be regarded as approximations only.

About the Basic Data

Basic data consists of a target calorie value, as well as your current weight, age, and sex.

• Target Calorie Value

This watch is designed to sound an alarm for five seconds when you reach your target calorie value. You can set this value in increments of 1 Kcal, in the range of 0 Kcal to 5,000 Kcal.

• Weight

You can set your current weight in kilograms or pounds. You can set this value in increments of 1 kg/1 lb, in the range of 30 Kg to 159 Kg, or 67 pounds to 325 pounds. Those lighter than 30 Kg (or 67 pounds) should use the minimum setting, while those heavier than 159 Kg (or 325 pounds) should use the maximum setting.

• Age

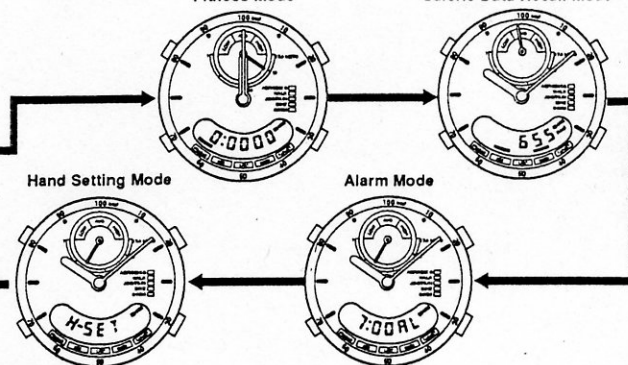
You can set the age value in 1-year increments, in the range of 15 to 90 years. Those younger than 15 years old should use the minimum setting, while those older than 90 should use the maximum setting.

• Sex

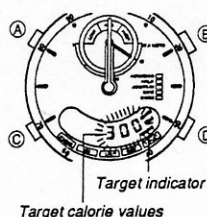
Set this item to male (MALE) or female (FEMALE).

Fitness Mode

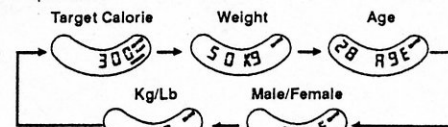
Calorie Data Recall Mode



To input basic data



- While in the Fitness Mode, hold down **(A)** until the target calorie value starts to flash on the display. The digits flash because they are selected.
- Press **(C)** to change the selection in the following sequence.



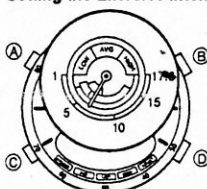
- While any item (Target Calorie, Weight, Age) is selected (flashing), press **(D)** to increase the value or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
- Use **(C)** and while the MALE/FEMALE setting is selected (flashing), press **(B)** or **(D)** to switch between male (MALE) and female (FEMALE).
- Use **(C)** and while the Kg/Lb setting is selected (flashing), hold down **(B)** or **(D)** to switch between kilograms (Kg) and pounds (Lb).
- After you input your basic data, press **(A)** to return to the Fitness Mode.

About Intensity Levels

The number of calories burned by exercise sessions of the same duration will differ in accordance with the intensity of the exercise. If you want the watch to provide a reasonably accurate calculation of calories burned, you must give it information about the intensity of the exercise you will be performing. The following table provides some guidelines for the value you should set for the intensity.

Exercise	Intensity Value
Walking (normal pace)	2.7
Walking (high-pace)	3.9
Cycling (10 km/h or 6.2 mph)	3.8
Dancing (Aerobic)	4.3
Jogging (120 m/min or 0.075 mile/min)	6.0
Jogging (160 m/min or 0.1 mile/min)	8.5
Jogging (200 m/min or 0.13 mile/min)	11.0
Swimming (long distance)	7.6
Swimming (crawl)	17.6

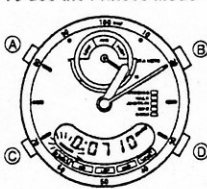
Setting the Exercise Intensity.



- The current exercise intensity is indicated by the watch's second hand.
- You can set an intensity value in the range of 1 through 17.6.
- If the seconds indicated by the analog second hand and the value shown on the digital display are different, your exercise intensity may be set incorrectly. Correct the setting using the procedures described under Hand Setting Mode.

In the Fitness Mode, each press of **(B)** causes the second hand to move clockwise. Holding down **(B)** changes the setting at high speed.

To use the Fitness Mode



Important!

- For best results, start the calorie measurement operation right when you start exercising and stop operation immediately after you finish exercising. If you allow operation to continue while you are not exercising, the watch will calculate too many calories burned for the actual amount of time you exercised.
- Calorie measurement continues even if you switch to another mode.
- You cannot change the settings of the basic data, exercise intensity, or time (analog or digital) while a calorie measurement operation is in progress. Switch off the calorie measurement operation before making these settings.

- In the Fitness Mode, press **(D)** to start measurement of calories burned.
- The Mode Indicator "—" flashes on the display while a calorie measurement operation is in progress.
- In the illustration shown here, the calories consumed value is 120 kcal (hour hand on 10, minute hand on 20), and the exercise time is 7 minutes 10 seconds (shown on the digital display).

- To stop the measurement, press (A).
- You can resume the measurement operation by pressing (A) again.

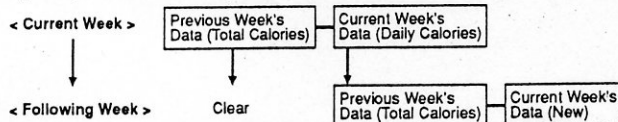


- To clear the displayed data and store it into the memory, hold down (A) until the number of calories burned value in the digital display starts to flash.

- The Calories display and the "—" indicator above "REC" flash for about five seconds, and then clear from the display.

About the Memory

Up to two weeks (one week is Monday through Sunday) of calorie data can be stored in memory: the data for the week that includes the current date (as indicated in the Timekeeping Mode) and the data for the previous week. The week changes at midnight each Monday.

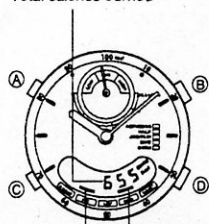


Note that you can also manually delete any individual measurement for the current week (but you cannot delete the total calorie value for the current week and previous week). For details, see "To manually delete a data item".

- When the duration of your exercise exceeds 24 hours, the message "Error" appears on the digital display. In this case, the number of calories burned is not stored in memory.
- Calorie measurements are stored in memory for the day that the measurement was performed. Even if you take multiple measurements throughout a single day, the total value for that day is stored in memory.
- When the day changes while a measurement is in progress, the data is stored in memory for the day that the measurement started.
- Use the Calorie Data Recall Mode described in the next section to recall memory data.

CALORIE DATA RECALL MODE

Total calories burned



Indicates total calories burned for the current week *

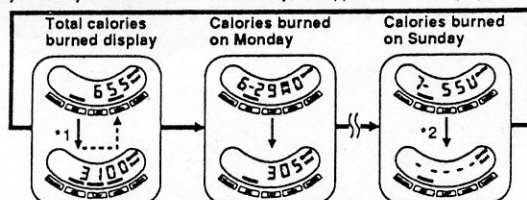
Use the Calorie Data Recall Mode to recall measured calorie values from memory. Recalled data is expressed as values on the digital display. The second hand evaluates the amount of exercise you have done, based on the number of calories burned. For details, see "About the Evaluation Indicator".

- * When you enter the Calorie Data Recall Mode, the display shows the total number of calories burned for the current week (from Monday to the current day). The current week is determined by the Timekeeping Mode setting.

To recall data from memory

Each press of (A) in the Calorie Recall Mode sequentially displays the calorie values stored from Monday through Sunday of the current week.

- If you do not press any button for about 10 seconds, the display automatically returns to the total number of calories burned for the current week.
- When the exercise time exceeds 24 hours, the number of calories burned is not stored in memory. When you recall the data for that day, "E" appears on the display.



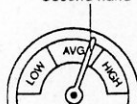
- *1 Holding down (A) while the total calories for the current week is shown on the display switches to the total number of calories for the previous week (indicated by "—" appearing above "LAST").
- *2 If there is no calories data stored, the message shows "-----".

To manually delete a data item

- In the Calorie Data Recall Mode, scroll through the data items and display the one you want to delete.
- Hold down (A) until the calorie display changes to "-----".
- When you delete data, the total number of calories burned value is reduced by the corresponding amount.
- You cannot delete the total number of calories burned value that appears first in the Calorie Data Recall Mode.

About the Evaluation Indicator

Second hand



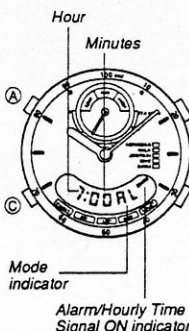
The evaluation indicator helps you see at a glance whether the number of calories burned are low, average or high. You can use this information to pace your exercise for good health and weight control. This indicator also evaluates data that you recall from memory.

1-week

Second hand	Evaluation	Male	Female
LOW	Low	Average less than 200 kcal/day	Average less than 100 kcal/day
AVG	Average	Average 200 to 300 kcal/day	Average 100 to 200 kcal/day
HIGH	High	Average more than 300 kcal/day	Average more than 200 kcal/day

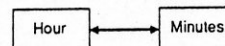
ALARM MODE

When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.



To set the alarm time

- Hold down (A) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are selected.
- Press (C) to change the selection in the following sequence.

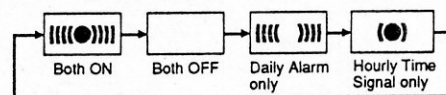


- Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correct morning or afternoon.
- After you set the alarm time, press (A) to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.

To switch the Daily Alarm and Hourly Time Signal on and off

Press (A) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

(Alarm/Hourly Time Signal ON Indicator)



About the alarm

There are two different alarm sounds to choose from.

To test the alarm

Hold down (B) while in the Alarm Mode to sound the alarm.

To change the alarm sound

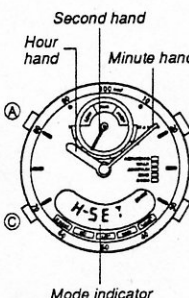
- In the Alarm Mode, hold down (B) to sound the alarm.
- While the alarm is sounding (because you are holding down (B)), press (C) to change the alarm.

HAND SETTING MODE

When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting.

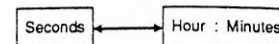
Important

Note that if the digital time and analog time are not exactly the same, the watch may not operate correctly in other modes.



To set the analog time

- Hold down (A) while in the Hand Setting Mode until the seconds digits start to flash on the display.
- Press (C) to change the flashing digits in the following sequence.



- In the Hand Setting Mode, digits flash on the display only to indicate what setting is being made for the analog timepiece. The following steps change the hands of the analog timepiece without changing the flashing digits of the display.
- Press (D) to advance the hands of the analog timepiece for the selection or (B) to make them move back. Holding down either button advances the analog setting at high speed.
- After you set the analog time, press (A) to return to the Hand Setting Mode.

1-day table

Second hand	Evaluation	Male	Female
LOW	Low	Less than 200 kcal	Less than 100 kcal
AVG	Average	200 to 300 kcal	100 to 200 kcal
HIGH	High	More than 300 kcal	More than 200 kcal

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