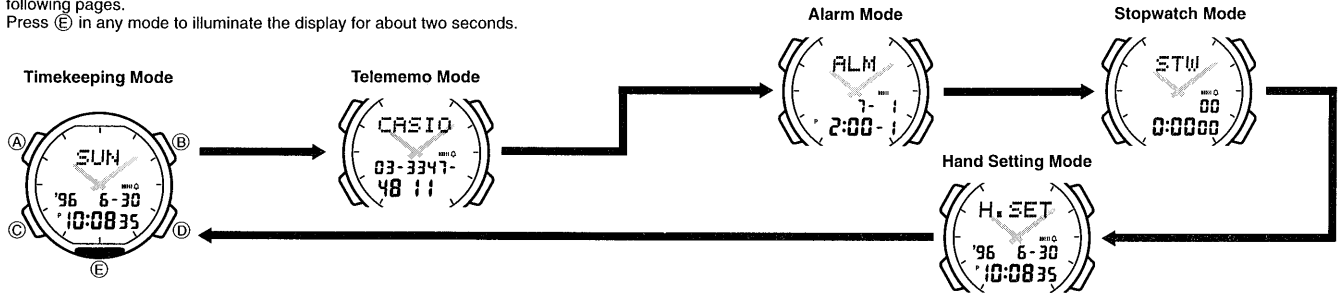


OPERATION CHART:MODULE QW-1337

GENERAL GUIDE

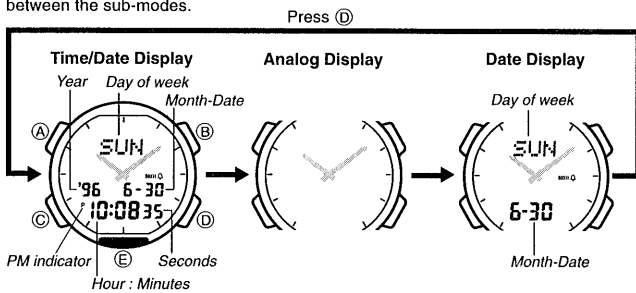
- Press (C) to change from mode to mode. Each mode is explained in detail on the following pages.
- Press (E) in any mode to illuminate the display for about two seconds.

- If the digital display of your watch is continually changing, see "Auto Display Function" for information on how to stop it.



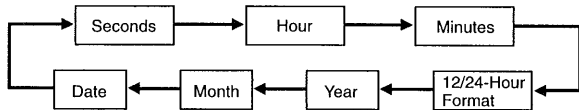
TIMEKEEPING MODE

The Timekeeping Mode is actually made up of three sub-modes. Use (D) to switch between the sub-modes.



To set the digital time and date

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



3. While the seconds digits are selected (flashing), press (D) to reset the seconds to 00. If you press (D) while the seconds count is in the range of 30 to 59, the seconds are 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.
4. While any other digits (besides seconds) are selected (flashing), press (D) to increase the number or (B) to decrease it. While the 12/24-hour setting is selected, press (D) to switch between the two formats.
 - Holding down either button changes the current selection at high speed.
 - When the 12-hour format is selected, the indicator P appears on the display to indicate "p.m." times. There is no indicator for "a.m." times. Selecting the 24-hour format causes the 24 to appear on the display.

5. After you set the time and date, press (A) to return to the Timekeeping Mode.
 - The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.
 - 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.
 - Day of the week is displayed as shown below.

SUN : Sunday	MON : Monday	TUE : Tuesday
WED : Wednesday	THU : Thursday	FRI : Friday
SAT : Saturday		

About the Telememo data display in the Timekeeping Mode

In the Timekeeping Mode, hold down (B) to see the Telememo item that was selected when you last exited the Telememo Mode. The display returns to the Timekeeping Mode when you release (B). For details on the Telememo item, see "Telememo Mode".

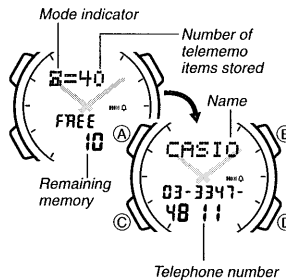
About the backlight

- In any mode, press (E) to illuminate the display for about two seconds.
- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.
 - The backlight automatically stops illuminating whenever an alarm sounds.

TELEMEMO MODE

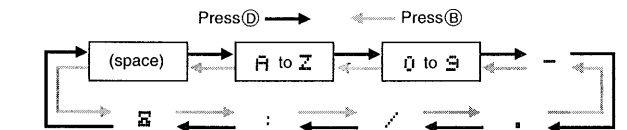
The Telememo Mode lets you store up to 50 pairs of name and telephone number data. Data is automatically sorted based on the characters of the name. You can recall data by scrolling through it on the display.

- See the "Character List" at the back of this manual for details on how the watch sorts data.
- The data item on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.
- If you do not operate any button for a few minutes while in the Telememo Mode, the watch automatically goes back to the Timekeeping Mode.

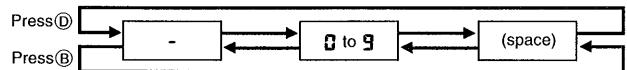


To input new Telememo data

1. In the Telememo Mode, press (B) and (D) at the same time to display the new data display. Data is automatically sorted based on the characters of the name. You can recall data by scrolling through it on the display.
 - The new data display is the one that is blank (contains no name and telephone number).
 - If there is no Telememo data stored in memory yet, the new data display appears as soon as you enter the Telememo Mode.
2. Hold down (A) until the flashing cursor appears in the text area.
3. Use (B) and (D) to change the character at the cursor position in the text area. The character changes in the following sequence.

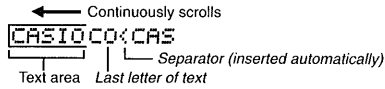


- Holding down either button changes the character at high speed.
4. When the character you want is at the cursor position, press (C) to move the cursor to the right.
 5. Repeat the steps 3 and 4 until your text is complete.
 - You can input up to eight characters in the text area.
 6. After you input a name, use (C) to move the cursor to the number area.
 - The text area can hold up to eight characters. When the cursor is located at the eighth space of the text area, moving the cursor to the right causes it to jump down to the first digit in the number area. When the cursor is at the 12th digit of the number area, moving it to the right causes it to jump back up to the first character of the text area.
 7. Use (B) and (D) to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



- Holding down either button changes the character at high speed.
8. When the character you want is at the cursor position, press (C) to move the cursor to the right.
 9. Repeat steps 7 and 8 until you complete number input.
 - You can input up to 12 digits in the number area.
 10. After inputting your data, press (A) to store it.
 - When you press (A) to store data, the display scrolls through the alphabet from A through Z to indicate that the sort operation is in progress. After the sort operation is complete, the cursor appears in the text area, ready for input a new Telememo data item.

- Input more data (starting from step 3 above) or press (A) again to return to the Telememo Mode (without the cursor).
- The text area of the display can show only five characters at a time, so longer text scrolls continuously from right to left.



- If the message FULL appears in the text area of the display, it means that memory is full. To store more data, you will first have to delete some of the data stored in memory.
- If you do not perform any button operation for a few minutes while the cursor is on the display, the watch automatically returns to the normal Telememo Mode (without the cursor).

To recall Telememo data

- In the Telememo Mode, press (D) to scroll forward through stored data items or (B) to scroll in reverse.
- Holding down either button scrolls through the data at high speed.

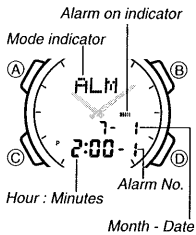
To edit Telememo data items

- In the Telememo Mode, scroll through the data items and display the one you want to edit.
- Hold down (A) until the flashing cursor appears in the text area.
- Use (C) to move the cursor to the character you want to change.
- Use (B) and (D) to change the character.
- For details on inputting characters, see "To input new Telememo data" (steps 3 for name input and 7 for number).
- After making the changes that you want, press (A) to store it and return to the Telememo Mode.

To delete Telememo data

- In the Telememo Mode, scroll through the data items and display the one you want to delete.
- Hold down (A) until the flashing cursor appears in the text area.
- Press (B) and (D) at the same time to delete the data item.
- At this time the cursor appears in the text area, ready for input.
- Input data or press (A) to return to the Telememo Mode.

ALARM MODE



You can set five independent alarms with hour, minutes, month, and date. When the alarm is on, the alarm sounds for 20 seconds at the preset time. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is on, the watch beeps every hour on the hour.

- If you do not operate any button for a few minutes while in the Alarm Mode, the watch automatically goes back to the Timekeeping Mode.

Alarm Types

The types of alarm you get depends on the information you set.

To set a Daily Alarm

Set the hour and minutes for the alarm time. Set - for the month and - - for the date (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set.

To set a Date Alarm

Set the month, date, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

To set a 1-Month Alarm

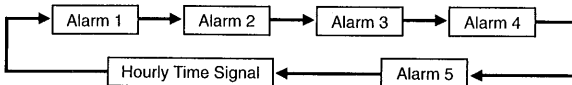
Set the month, hour and minutes for the alarm time. Set - - for the date (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

To set a Monthly Alarm

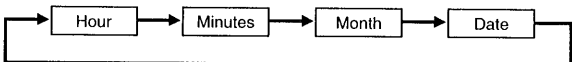
Set the date, hour and minutes for the alarm time. Set - for the month (see step 4 under "To set alarms"). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

To set alarms

- Press (D) while in the Alarm Mode to select Alarm 1 through Alarm 5.



- After you select an alarm, hold down (A) until the hour digits flash on the display. The hour digits flash because they are selected.
- At this time, the alarm is automatically turned on.
- 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.
- To set an alarm that does not include a month (daily alarm, monthly alarm), set - for the month. Press (D) or (B) until the - mark appears (between 12 and 1) while the month digits are flashing.

- To set an alarm that does not include date (daily alarm, 1-month alarm), set - - for the date. Press (D) or (B) until the - - mark appears (between 31 and 1) while the date digits are flashing.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon P.

- After you set the alarm, press (A) to return to the Alarm Mode.

To turn an Alarm and Hourly Time Signal on and off

- In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
- When the alarm or Hourly Time Signal you want to is selected, press (B) to turn it on and off.

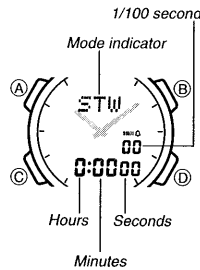
- Indicates alarm is ON.
- Indicates Hourly Time Signal is ON.

- If any alarm is on, the Alarm On Indicator (■■■■) is shown on the display when you change to another mode.

To test the alarm

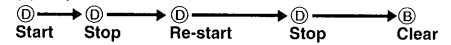
Hold down (D) while in the Alarm Mode to sound the alarm.

STOPWATCH MODE

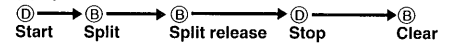


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

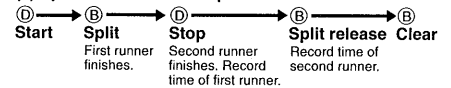
(a) Elapsed time measurement



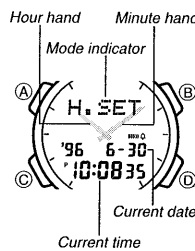
(b) Split time measurement



(c) Split time and 1st-2nd place times



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.

- If you do not operate any button for a few minutes while in the Hand Setting Mode, the watch automatically goes back to the Timekeeping Mode.

To set the analog time

- Hold down (A) while in the Hand Setting Mode until the mode indicator (H. SET) starts to flash on the display.
 - Press (D) to advance the hands of the analog timepiece.
- Holding down (D) advances the hands at high speed.
 - The hands move clockwise only. They cannot move counterclockwise.

- After you set the analog time, press (A) to return to the Hand Setting Mode.

AUTO DISPLAY FUNCTION



The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions (except for backlight) while the Auto Display function is operating.

To turn the Auto Display on

Hold down (C) for about two or three seconds in any mode until the watch beeps.

To turn the Auto Display off

Hold down (C) for about two or three seconds until the watch beeps.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).

Character List

1	(space)	10	I	19	R	28	0	37	S
2	A	11	J	20	S	29	1	38	-
3	E	12	K	21	T	30	2	39	.
4	C	13	L	22	U	31	3	40	/
5	D	14	M	23	V	32	4	41	:
6	E	15	N	24	W	33	5	42	±
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		