

## Setting the Time and Date

### To set the day

1. Pull the crown out to the first click.
2. Rotate the crown towards you to advance the day setting.
3. Push the crown back in to the normal position.

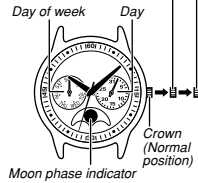
### To set the time and day of the week

1. When the second hand is at 12 o'clock position, pull the crown out to the second click.
  - This will cause the second hand to stop.
2. Rotate the crown to move the analog hands and set the day of the week.
  - Rotating the hands past midnight will cause the day of the week setting to change. Keep rotating until the day of the week is the setting you want.
3. After setting day of the week, rotate the crown to set the analog hands to the current time.
  - Make sure you set the time correctly as AM or PM.
4. Listening for a time signal on the TV or radio, push the crown back in at the top of a minute.

The configuration of your watch may differ somewhat from that shown in the illustration.

Second click (for setting the time and day of the week)

First click (for setting the day and moon phase)



## Moon Phases

The Moon goes through a regular 29.53-day cycle during which it appears to wax and wane due to how the Sun illuminates the Moon and the relative positioning of the Earth, Moon, and Sun. The greater the angular distance between the Moon and the Sun,\* the more of the Moon we see illuminated.

\* The angle to the Moon in relation to the direction at which the Sun is visible from the Earth.

### Moon Phase Indicator

The Moon phase indicator of this watch indicates the current phase of the Moon as shown below.

Moon Phase Indicator				
Moon Age	0	7	15	22
Moon Phase	New Moon	First Quarter (Waxing)	Full Moon	Last Quarter (Waning)

- The Moon phase indicator shows the Moon as viewed at noon from a position in the Northern Hemisphere looking south. Note that at times the image shown by the Moon phase indicator may differ from that of the actual Moon in your area.
- The left-right orientation of the Moon phase is reversed when viewing from the Southern Hemisphere or from a point near the equator.

### Adjusting the Moon phase

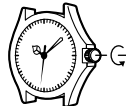
1. Pull the crown out to the first click.
2. Rotate the crown away from you until there is nothing visible in the Moon phase indicator (moon age of 0).
3. Slowly rotate the crown away from you again until the Moon phase indicator shows the correct Moon phase.
  - For details about Moon phases, see "Moon Phase Indicator" above.
4. Push the crown back in to the normal position.

- Avoid setting the day-date between 8:00 p.m. and 1:00 a.m. (If you do, the day-date setting may not change in the following day).

- For watch with the elapsed time bezel  
Rotate the elapsed time bezel to align the mark with the minute hand. After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



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