

Operation Guide 3557

CASIO®

ENGLISH

You can also find information about operational procedures at the CASIO website.

<https://support.casio.com/global/en/wat/model/3557/>



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Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode.

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Watch Features

- ◆ Pedometer
- ◆ Stopwatch
- ◆ Timer
- ◆ Dual Time
- ◆ Alarm

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<https://support.casio.com/global/en/wat/model/3557/>

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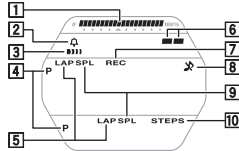
General Guide

This section provides an overview of your watch.

Note

- The illustrations included in this User's Guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

Indicators

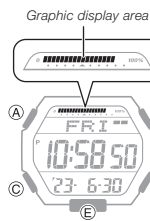


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Number	Description	See
1	Graphic display area operation is linked with operations in each watch mode.	EN-12
2	Displayed while the hourly time signal is enabled.	EN-57
3	Displayed while an alarm is turned on.	EN-54
4	Appears when the displayed time is a p.m. time.	EN-16
5	Displayed while a lap time is displayed.	EN-39
6	Indicate whether or not the step count is being incremented.	EN-23
7	Displayed while the watch is in the Recall Mode.	EN-43
8	Displayed while the button operation tone is disabled.	EN-64
9	Displayed while a split time is displayed.	EN-39
10	Displayed while the step count is displayed.	EN-24

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Graphic Display Area



Graphic display area operation is linked with operations in each watch mode.
 • The graphic display area is blank in the Recall Mode and the Alarm Mode.

Timekeeping Mode

While a step count is displayed, the graphic display area shows your progress towards your daily step target. For other types of display, it changes with the count of the current time's seconds.

Stopwatch Mode

The graphic display area changes with the count of the stopwatch elapsed time seconds.

Timer Mode

The graphic display area is synchronized with the timer countdown seconds.

Dual Time

The graphic display area is synchronized with the Dual Time seconds.

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Configuring Time and Date Settings

The time and date can be adjusted with the procedure below.

Getting Ready

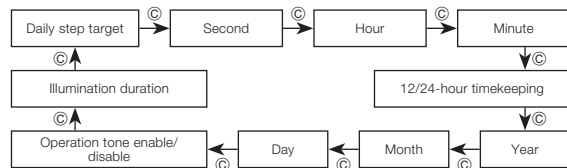
Enter the Timekeeping Mode.

☞ Selecting a Mode...EN-17

Setting the Time/Date



- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.
- Keep pressing (C) until the setting you want to change is flashing.
 • Each press of (C) moves the flashing to the next setting in the sequence shown below.



3. Configure the date and time settings.

- To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
- To change other settings: Use (D) and (E).

4. Repeat steps 2 through 3 to configure date and time settings.

5. Press (A) to exit the setting screen.

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Switching Between 12-hour and 24-hour Timekeeping



- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.
- Press (C) four times until the current setting ([12H] or [24H]) is flashing on the display.
- Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).
- Press (A) to exit the setting screen.



Note

- While 12-hour timekeeping is selected, (P) will be displayed for p.m. times.

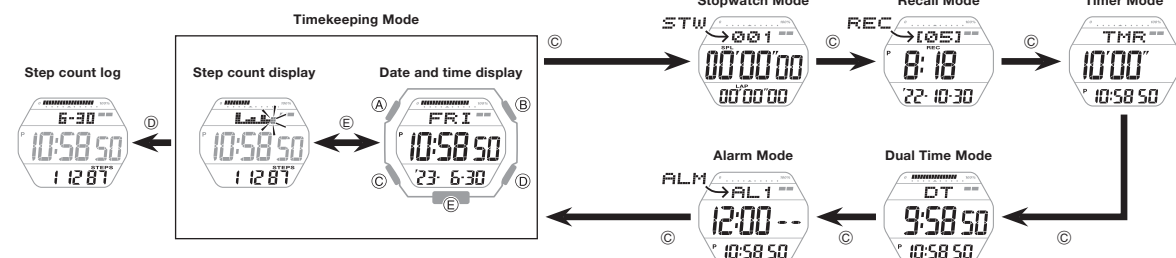
EN-16

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Selecting a Mode

Press (C) to cycle between modes.

- Each press of (E) in the Timekeeping Mode toggles the display between the date and time, and the step count.
- In the Timekeeping Mode, pressing (D) displays the step count log.
- In any mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.



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Pedometer



You can use the pedometer to keep track of your step count while walking, engaging in your normal daily activities, etc.

Counting Steps

If you are wearing the watch correctly, the pedometer will count your steps as you walk or engage in your normal daily activities.

Important!

- Since this watch's pedometer is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

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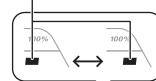
● Getting Ready

To enable the most accurate step count, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain a correct step count.



● Counting Steps

Step indicators



The pedometer will start counting your steps when you start walking. The step indicators show whether or not the step count is being incremented.

Alternating at one-second intervals: Walking (step count being incremented)

Both displayed: Not walking (step count not being incremented)

● To check the step count

☞ Displaying the Step Count...EN-24



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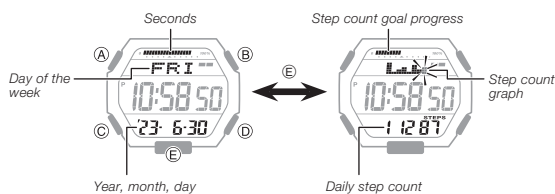
EN-23

Displaying the Step Count

1. Enter the Timekeeping Mode.

☞ Selecting a Mode...EN-17

2. Use (E) to display the step count.



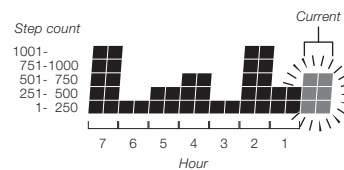
EN-24

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● Interpreting the Step Count Graph

The Step Count Graph shows the number of steps (up to 1,000) you have taken each hour. This lets you easily check your walking pace over the past 7 or 8 hours.

- The Step Count Graph is not displayed while the step count is zero.
- Graph contents are normally updated at the top of each hour.



● Checking Your Progress to Your Daily Step Target

The graphic display area shows your current progress toward achieving a daily step target specified by you.

Example: Daily target of 10,000 steps



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Note

- The step count can show a value up to 999,999 steps. If the step count exceeds 999,999, the maximum value (999,999) remains on the display.
- The step count is not displayed during the first 10 seconds of a walk in order to avoid miscounting of non-walking movements. After you have been walking for about 10 seconds, the count appears, including the steps you took during the previous 10 seconds.
- The step count is reset to zero at midnight each day.
- To save power, step counting stops automatically if you take off the watch (no detectable watch movement) and you do not perform any operation for two or three minutes.
- Graph contents are normally updated at the top of each hour, and when any one of the events below occurs.
 - When accelerometer operation is stopped to save power
 - When counting is not possible due to accelerometer error or insufficient power

Resetting Today's Step Count

1. Enter the Timekeeping Mode.

☞ Selecting a Mode...EN-17

2. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] and the step count stop flashing. This resets the step count.

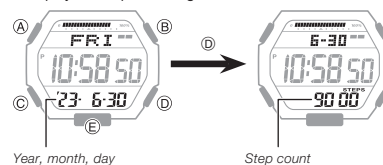


Displaying the Step Count Log

1. Enter the Timekeeping Mode.

☞ Selecting a Mode...EN-17

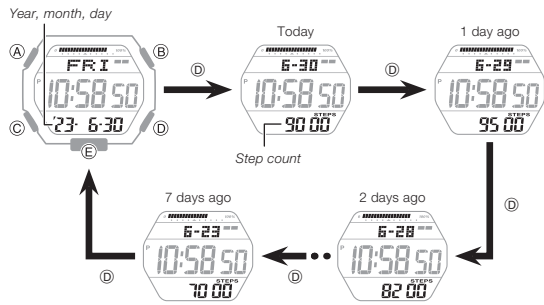
2. Press (D) to display the step count log.



3. Each press of (D) goes back one day.

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EN-30

Note

- The step count log shows step counts for the past seven days.
- If you do not perform any operation for about five seconds after the step count log screen is displayed, the watch will return to the Timekeeping Mode screen automatically.

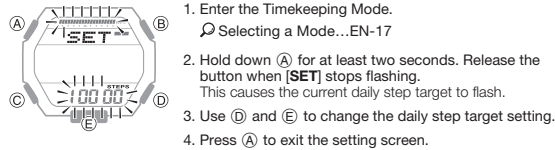
Resetting the Step Count Log

1. Enter the Timekeeping Mode.
 ⌚ Selecting a Mode...EN-17
2. Hold down (D) and (E) at the same time for at least five seconds. Release the buttons when [CLR] and [ALL] stop flashing. This resets the step count log.

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Specifying a Daily Step Target

You can specify a daily step goal within the range of 1,000 to 50,000, in units of 1,000 steps.



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Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surfaces that cause a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 10 seconds or less

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Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 24 hours. In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings.

Note

- Up to 200 split time and lap time records can be stored in watch memory. Performing a lap or split time operation while there are already 200 records in memory will cause the oldest record to be deleted automatically to make room for the new one.
- You can use the Recall Mode to view the latest measurement data.
 ⌚ Viewing Lap/Split Records...EN-43

Getting Ready

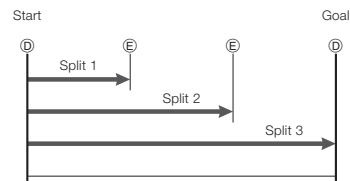
- Enter the Stopwatch Mode.
 ⌚ Selecting a Mode...EN-17

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Split Times and Lap Times

Split time

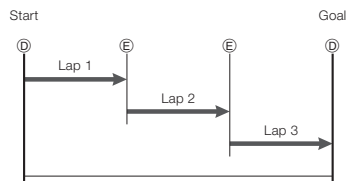
A split time is the time elapsed from the start of an event, up to any point along the course of the event.



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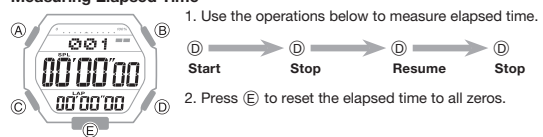
Lap time

A lap time shows the time elapsed during a specific lap around a track, etc.



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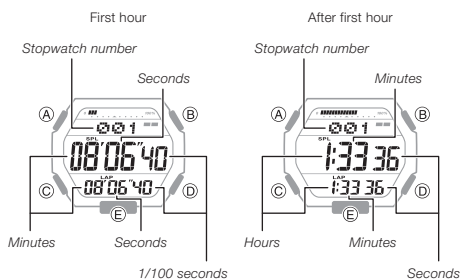
Measuring Elapsed Time



Interpreting Indicated Stopwatch Values

Elapsed time is shown in 1/100-second units for the first hour of an elapsed time measurement session. After the first hour, elapsed time is shown in one-second units.

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Measuring a Split or Lap Time

1. Select the information you want to display.
 ⌚ Swapping the Display Positions of the Split Time and Lap Time...EN-41
2. Use the operations below to measure elapsed time.
 - Each press of (E) displays the time elapsed from the start of the event up to that point (split time) and the elapsed time for a specific segment of the event (lap time).



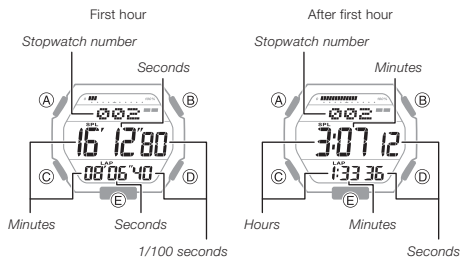
3. Press (E) to reset the stopwatch to all zeros.

Interpreting Indicated Stopwatch Values

Split times and lap times are both displayed at the same time. Lap and split times are displayed in 1/100-second units during the first hour of an elapsed time measurement session. After that they are displayed in 1-second units.

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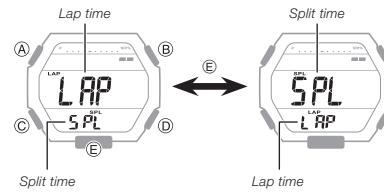
[SPL]: Split time
[LAP]: Lap time



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Swapping the Display Positions of the Split Time and Lap Time

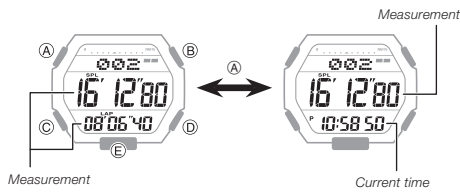
While the stopwatch is reset to all zeros, hold down (E) for at least two seconds to swap the lap and split time display locations.



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Displaying the Current Time During Stopwatch Measurement

Pressing (A) displays the current timekeeping time in the lower display. Pressing (A) again returns to the normal stopwatch display.



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Viewing Measured Time Data

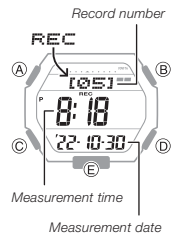
Viewing Lap/Split Records

You can use the operation below to view split times and lap times.

1. Enter the Recall Mode.

☞ Selecting a Mode...EN-17

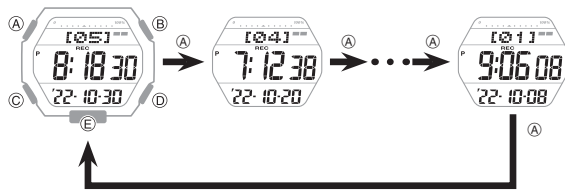
This causes the latest record number and date to appear.



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2. Press (A) to cycle through record numbers.

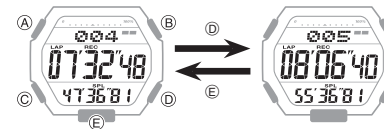
- Each time you press (A), the next older record number appears.



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3. Use (D) and (E) to display the measurement value you want.

[LAP]: Lap time
[SPL]: Split time



Note

- A record of the measured data is created and assigned a number for each measurement operation (from start to stop).

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Deleting a Particular Lap/Split Record

Use the procedure below to delete a selected lap/split record.

1. Enter the Recall Mode.

☞ Selecting a Mode...EN-17

2. Press (A) to display the number of the lap/split record you want to delete.

- Each press of (A) advances to the next lap/split record number.

3. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] stops flashing.

This deletes the displayed lap/split record.

Note

- You cannot delete a lap/split record while a stopwatch elapsed time measurement operation is in progress.

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Deleting All Records

You can use the procedure below to clear all lap/split records in watch memory.

Important!

- This operation cannot be performed while a stopwatch elapsed time measurement operation is in progress.

1. Enter the Recall Mode.

☞ Selecting a Mode...EN-17

2. Hold down (D) and (E) at the same time for at least five seconds. Release the button when [CLR ALL] stops flashing.

[CLR] flashes and then stops flashing to indicate that the displayed lap/split record was deleted. Keeping the buttons depressed will cause [ALL] to flash and then stop flashing to indicate that all lap/split records have been deleted.

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Timer

The timer counts down from a start time specified by you. The watch beeps for 10 seconds when the end of the countdown is reached.

- The beeper is muted in the cases described below.
 - When battery power is low.

● Getting Ready

Enter the Timer Mode.

☞ Selecting a Mode...EN-17

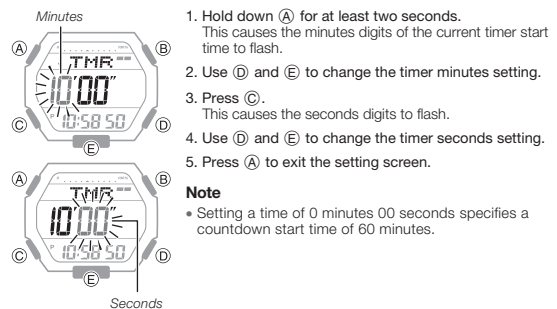
Setting the Timer Start Time

The start time can be set in 1-second units up to 60 minutes.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

☞ Using the Timer...EN-50

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1. Hold down (A) for at least two seconds.

This causes the minutes digits of the current timer start time to flash.

2. Use (D) and (E) to change the timer minutes setting.

3. Press (C).

This causes the seconds digits to flash.

4. Use (D) and (E) to change the timer seconds setting.

5. Press (A) to exit the setting screen.

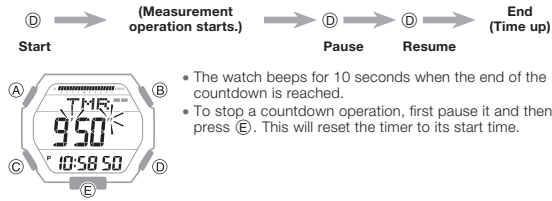
Note

- Setting a time of 0 minutes 00 seconds specifies a countdown start time of 60 minutes.

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Using the Timer

A typical operation is shown below.



Stopping the Timer Beeper

Pressing any button while the timer beeper is sounding stops it.

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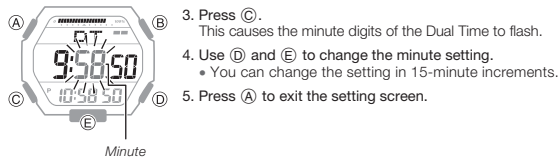
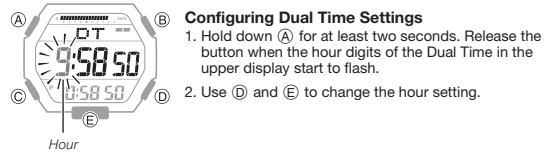
Dual Time

Dual Time lets you set the current time in another time zone in addition your current location time.

Getting Ready

Enter the Dual Time Mode.

Selecting a Mode...EN-17



Swapping Your Current Location Time and Dual Time

1. Enter the Dual Time Mode.

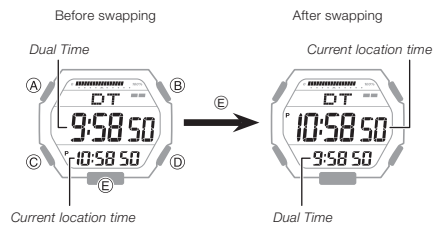
Selecting a Mode...EN-17

2. Hold down (E) for at least two seconds.

This swaps your current location time and Dual Time.

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Note

This function comes in handy when you need to move to another time zone.

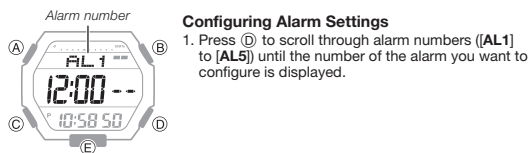
Alarms and Hourly Time Signal

The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

Getting Ready

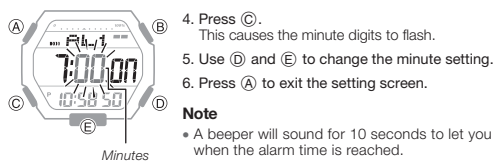
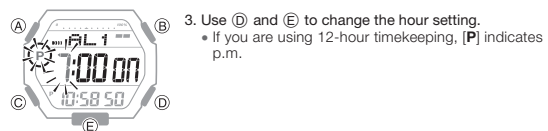
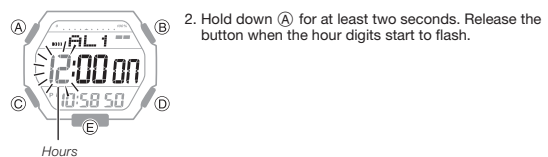
Enter the Alarm Mode.

Selecting a Mode...EN-17



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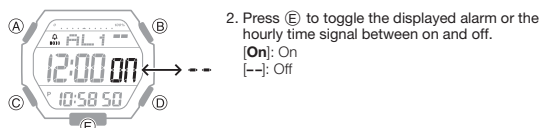
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Enabling/Disabling an Alarm or the Hourly Time Signal

Alarm or hourly time signal

1. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIG]) screens until the one you want to configure is displayed.



Stopping an Alarm

Pressing any button while the beeper is sounding stops it.

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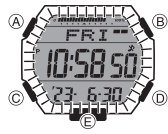
Determining an Alarm's On/Off Status

Hourly time signal

Turning on an alarm or the hourly time signal causes the corresponding indicator to appear on the display. The alarm on indicator is displayed when one or more alarm is turned on.



Illumination Light



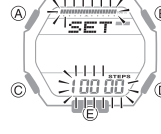
The watch has an LED light that you can turn on for reading in the dark.

Illuminating the Face Manually

Pressing (B) turns on illumination.

- The LED light will turn off automatically if the alarm starts to sound.

Specifying the Illumination Duration

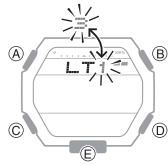


You can select either 1.5 seconds or three seconds as the illumination duration.

- Enter the Timekeeping Mode.
Selecting a Mode...EN-17
- Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.
- Press (C) nine times to display [LT].

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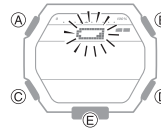


4. Press (D) to toggle between the two illumination duration settings.

- [1]: 1.5-second illumination
- [3]: 3-second illumination

5. Press (A) to exit the setting screen.

Battery Replacement



When battery power goes low, [LT] will start to flash and some functions will become disabled. If [LT] continues to flash, replace the battery.

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Other Settings

Getting Ready

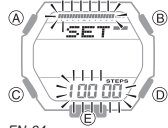
Enter the Timekeeping Mode.

Selecting a Mode...EN-17

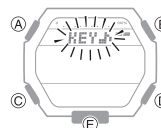
Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

- [A] is displayed while the button operation tone is disabled.



1. Hold down (A) for at least two seconds. Release the button when [SET] stops flashing.



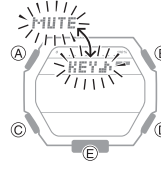
2. Press (C) eight times so [KEY] or [MUTE] is flashing on the display.

3. Press (D) to toggle the button operation tone between enabled and disabled.

[KEY]: Operation tone enabled.

[MUTE]: Operation tone disabled.

4. Press (A) to exit the setting screen.



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Specifications

Accuracy at normal temperature: ±30 seconds per month average

Timekeeping: Hour, minute, second, year, month, day, day of the week, a.m./p.m.
(P)/24-hour timekeeping, full auto calendar (2000 to 2099)

Pedometer:

- Step count measurement using a 3-axis accelerometer
- Step count display range: 0 to 999,999 steps
- Step indicator
- Step count graph
- Step count log
- Step count reset
- Auto zero-reset at midnight each day
- Manual reset

Daily step goal setting

Step count setting unit: 1,000 steps

Step count setting range: 1,000 to 50,000 steps

Step count accuracy

±3% (According to vibration testing)

Power Saving

Stopwatch, Lap/Split Record Recall:

Measuring unit

1/100 seconds (first hour); 1 second (after first hour)

Measuring range: 23 hours 59 minutes 59 seconds

Measurement Functions:

Normal elapsed time; cumulative time; lap/split times;

200-record lap/split memory

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Timer:

Measuring unit: 1 second

Measuring range: 60 minutes

Time setting unit: 1 second

Time setting range: 1 second to 60 minutes

Time up beeper: 10 seconds

Dual Time:

Hour, minute, second

Home Time swapping

Alarm:

Time alarms

Number of alarms: 5

Setting units: Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

Other:

LED light (afterglow, selectable illumination duration (approximately 1.5 seconds or 3 seconds)); operation tone on/off; low battery alert

Power Supply:

CR1620 × 1

Battery life: Approximately 2 years

Conditions

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Step counting: 12 hours/day

Specifications are subject to change without notice.

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Troubleshooting

Pedometer

■ Displayed step count is not correct.

While the watch is on your wrist, the pedometer may detect non-step movements and count them as steps.

🔗 Pedometer...EN-21

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.

🔗 Counting Steps...EN-21

■ The step count does not increase.

The step count is not displayed at the beginning of a walk in order to avoid miscounting of non-walking movements.

It appears only after you have continued walking for about 10 seconds, with the number of steps you took during the first 10 seconds included in to the total.

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■ [ERR] appears when using the pedometer.

[ERR] (error) appearing on the display indicates malfunction of the sensor or internal circuitry, making sensor readings impossible. If the message does not disappear after about three minutes or if it keeps appearing, it may indicate sensor malfunction.

Alarm

■ The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

🔗 Enabling/Disabling an Alarm or the Hourly Time Signal...EN-57

Indicators

■ I don't know what mode the watch is in.

You can determine the current mode by checking the watch display. Use **⊙** to navigate between modes.

🔗 Selecting a Mode...EN-17

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Battery

■ is flashing on the digital display.

This indicates that battery power is getting low.

🔗 Battery Replacement...EN-63

■ "R" is flashing on the digital display.

This happens when battery power is low or after the light or some other function is turned on repeatedly over a short amount of time, which temporarily runs down the battery. All functions other than timekeeping are disabled while **R** is flashing on the display.

If **R** remains on the display or if it keeps appearing, it may indicate that the battery needs to be replaced.

Request battery replacement by your original retailer or authorized CASIO service center.

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