About This Manual

- Depending on the model of your watch, display text appears either as dark figures on a light background, or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Note that the product illustrations in this manual are intended for reference only, and so the actual product may appear somewhat different than depicted by an illustration.

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Before Getting Started...

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

- Number 1: Displayed while a split time is displayed.
- Number 2: Displayed while the hourly time signal is enabled.
- Number 3: Displayed while an alarm is turned on.
- Number 4: Displayed while a lap time is displayed.
- Number 5: Appears when the displayed time is a m. time.
- Number 6: Indicates whether or not the step count is being incremented.
- Number 7: Graphic display area operation is linked with operations in each watch mode.
- Number 8: Displayed while the button operation tone is disabled.
- Number 9: Displayed while the step count is displayed.

Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under “Operating Precautions” and “User Maintenance.”

Be sure to keep all user documentation handy for future reference.

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.
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.

Switching Between 12-hour and 24-hour Timekeeping

2. 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.

   - Day
   - Month
   - Year
   - 12/24-hour timekeeping
   - Operation tone enable/disable
   - Illumination duration
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.

Navigating Between Modes
Press C to cycle between modes.
- Each press of C 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.

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

Getting Ready
Enter the Timekeeping Mode.

Setting the Time/Date
2. 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.
   - Daily step target
   - Recurrence
   - Seconds
   - Hour
   - Minute
   -illumination duration
   - Day
   - Month
   - Year
   - 12/24-hour timekeeping
   - Operation tone enable/disable
   - Illumination duration
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.

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.
Counting Steps

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 Log

1. Enter the Timekeeping Mode.
2. Press \( D \) to display the step count log.
3. Each press of \( D \) goes back one day.

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.
- 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.

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

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.

YES

NO

Displaying the Step Count

1. Enter the Timekeeping Mode.
2. Use \( E \) to display the step count.

Interpreting the Step Count Graph

Resetting Today's Step Count

1. Enter the Timekeeping Mode.
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.
2. Press \( A \) to display the step count log.
3. Each press of \( A \) goes back one day.

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.
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.
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.

<table>
<thead>
<tr>
<th>Split time</th>
<th>Lap time</th>
</tr>
</thead>
<tbody>
<tr>
<td>( SPL )</td>
<td>( LAP )</td>
</tr>
</tbody>
</table>

Measuring a Split or Lap Time

1. Select the information you want to display.
2. Press \( E \) to reset the stopwatch to all zeros.

Measuring Elapsed Time

1. Use the operations below to measure elapsed time.
2. Press \( E \) to reset the elapsed time to all zeros.

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.

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

CAUSES OF INCOMPLETE STEP COUNT

Any of the conditions below may make proper counting impossible.

1. Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
2. Walking on tiles, carpeting, snow, or other surfaces that cause a shuffling gait
3. Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
4. Extremely slow walking or extremely fast running
5. Pushing a shopping cart or baby stroller
6. In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
7. Frequent movement of the hand or arm (clapping, fanning movements, etc.)
8. 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
9. Normal daily non-walking activities (cleaning, etc.)
10. Wearing the watch on your dominant hand
11. Walking for 10 seconds or less
Dual Time

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

Getting Ready
Enter the Dual Time Mode.

Navigating Between Modes…E-12
This causes the latest record number and date to appear.

Configuring Dual Time Settings
1. Hold down (D) for at least two seconds. Release the button when the hour digits of the Dual Time in the upper display start to flash.
2. Use (A) and (D) to change the hour setting.

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.

Navigating Between Modes…E-12
This causes the latest record number and date to appear.

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

3. Hold down (D) and (E) at the same time for at least two seconds. This deletes the displayed lap/split record.

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

Viewing Lap/Split Records
You can use the operation below to view split times and lap times.

1. Enter the Recall Mode.

Navigating Between Modes…E-12
This causes the latest record number and date to appear.

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

3. Hold down (D) and (E) at the same time for at least two seconds. This deletes the displayed lap/split record.

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

Deleting a Particular Lap/Split Record
Use the procedure below to delete a selected lap/split record.

1. Enter the Recall Mode.

Navigating Between Modes…E-12
2. Press (A) to display the number of the lap/split record you want to delete.

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.

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.

Navigating Between Modes…E-12
2. Hold down (D) and (E) at the same time for at least five seconds. Release the buttons 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.

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

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.

Getting Ready
Enter the Timer Mode.

Navigating Between Modes…E-12

Setting the Timer Start Time
The start time can be set in 1-second units up to 60 minutes.

1. Enter the Recall Mode.

Navigating Between Modes…E-12
2. Press (A) to cycle through record numbers.

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

Using the Time
A typical operation is shown below.

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

2. 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
A record of the measured data is created and assigned a number for each measurement operation (from start to stop).

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.

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

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

Using the Timer
A typical operation is shown below.

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

2. 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.

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

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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.

Navigating Between Modes…E-12
2. Hold down (D) and (E) at the same time for at least five seconds. Release the buttons 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.

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

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.

Getting Ready
Enter the Timer Mode.

Navigating Between Modes…E-12

Setting the Timer Start Time
The start time can be set in 1-second units up to 60 minutes.

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

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

Using the Timer
A typical operation is shown below.

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

2. 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
A record of the measured data is created and assigned a number for each measurement operation (from start to stop).
Specifying the Illumination Duration
You can select either 1.5 seconds or three seconds as the illumination duration.
1. Enter the Timekeeping Mode.
3. Press C nine times to display [LT].
[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…E-55

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.

Navigating Between Modes…E-12

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. (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

Timer:
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

Power Supply:
CR1620 x 1 (battery sold separately)
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.

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.

Auto zero-reset...E-19

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

Counting Steps…E-19

■ 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.

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: 1/1000 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

Other:
LED light; illumination duration setting; operation tone on/off; low battery alert
Leaving your watch in an area hotter than +60°C (140°F) for long periods can lead to battery replacement. 

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  - Do not operate the crown or buttons while your watch is submerged in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
- If you are wearing your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- Never allow your watch to remain in an area hotter than +60°C (140°F) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

Temperature
- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

Storage
- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components
- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.

Magnetism
- Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) can cause discoloration of painted components.

Electrostatic Charge
- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

Chemicals
- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicinals, or cosmetics that contain such ingredients. Doing so can cause discoloration or damage to the resin case, resin-band, leather, and other parts.

Leather Band
- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.

Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from it can cause color transfer and discoloration.

Metal Components
- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

Metal Components
- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

Electrostatic Charge
- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

Chemicals
- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicinals, or cosmetics that contain such ingredients. Doing so can cause discoloration or damage to the resin case, resin-band, leather, and other parts.
**Bacteria and Odor Resistant Band**
- The bacteria and odor resistant band protects against odor generated by the decomposition of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

**Liquid Crystal Display**
- Display figures may be difficult to read when viewed from an angle.

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**User Maintenance**

**Caring for Your Watch**
Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.
- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.

**Premature Wear**
- Leaving sweat or water on a resin band or bezel, or storing your watch in an area subject to high moisture can lead to premature wear, cuts, and breaks.

**Skin Irritation**
- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band away from areas subject to high moisture. For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.

**Battery Replacement**
- Leave battery replacement up to your original retailer or authorized CASIO service center.

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**Watch with Data Memory**
- Allowing the battery to go dead, replacing the battery, or having your watch repaired can cause all data in watch memory to be lost. Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damages or losses caused by data lost due to malfunction or repair of your watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

**Watch Sensors**
- A watch sensor is a precision instrument. Never try to take it apart. Never try to insert any objects into the openings of a sensor, and take care to ensure that dirt, dust, or other foreign matter does not get into it. After using your watch where it has been immersed in saltwater, rinse it thoroughly with fresh water.

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**Dangers of Poor Watch Care**

**Rust**
- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
- Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidation layer on the metal surface and the formation of rust.
- Rust can cause sharp edges on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

**Initial Battery**
- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory. The test battery may go dead quicker than the normally rated battery life as noted in the User’s Guide. Use of a different battery type can cause malfunction.
- Have the battery replaced only with the type specified in the User’s Guide. Use of a different battery type can cause malfunction.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

**Low Battery Power**
- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.