

Contents

Before Getting Started...

General Guide

Creating Your Profile

Indicators

Navigating Between Modes

Mode Overview

Selecting a Timekeeping Mode Digital Display Format

Charging the Watch

Solar Charging

Charging with the Charger Cable

Checking the Charge Level

Charging Time Guidelines

Power Saving Function

Viewing the Face in the Dark

Useful Features

Time Adjustment

GPS Time Adjustment

Overview

Appropriate Signal Reception Location

Acquiring GPS Location Information Manually

Acquiring GPS Time Information Manually

Receiving Time Information Automatically

Leap Second Reception

Signal Reception Precautions

Using GPS Outside Your Country

Using Watch Operations to Adjust the Time Setting

Using the Watch in a Medical Facility or Aircraft

Using Mobile Link with a Mobile Phone

Getting Ready

Auto Time Adjustment

Viewing Training Records

Viewing Life Log Related Data

Setting Target Values

Creating a Training Plan

Specifying Checkpoints Along a Running Course (Altitude Navigation)

Specifying the Alert Interval (Target Alert)

Specifying the Distance for Auto Lap Timing

Setting Up Programmable Timers

Configuring World Time Settings

Setting the Alarm

Phone Finder

Configuring Watch Settings

Connection

Connecting with a Phone

Unpairing

If you purchase another phone

Measuring Your Heart Rate

Using Heart Rate Measurement

Starting Heart-rate Training

Heart Rate Measurement Precautions

Precautions When Putting on the Watch

Using the Training Function

Run Timing

Changing Display Information During Run Timing

Changing the GPS Receive Interval

Checking the Altitude Differential Between Your Current Location and a Checkpoint

Setting Up Alerts

Displaying Your Actual Running Distance

Specifying the Distance Unit

Enabling Auto Run Timing (Auto Run Detection)

Enabling Auto Lap Timing

Enabling Auto Pause

Specifying the Screen to be Displayed During Running (RUN FACE)

Settings Configured with the Application

Run Timing Precautions

Viewing Training Log Records

Viewable Training Log Items

Viewing Recorded Log Data Records

Deleting a Particular Log Data Record

Deleting All Log Data Records

Viewing Your Training Performance Condition

Checking Your Training Status

Checking Your VO2MAX

Checking Your Recovery Time

Training Status Display Precautions

Receiving Phone Notifications

Enabling and Disabling Incoming Call Notifications

Displaying Notification Contents

Deleting a Particular Notification

Deleting All Notifications

Digital Compass

Taking a Compass Reading

Calibrating the Compass

- Calibrating Compass Readings

- Setting Up for True North Readings (Magnetic Declination Calibration)

Magnetic North and True North

Digital Compass Reading Precautions

Altitude Measurement

Checking the Current Altitude

Setting a Reference Altitude and Taking Relative Altitude Readings

Calibrating Altitude Readings

Setting Up the Auto Measurement Interval

Changing Displayed Information

Specifying the Altitude Measurement Unit

Altitude Reading Precautions

Barometric Pressure and Temperature Measurement

Checking the Current Barometric Pressure and Temperature

Barometric Pressure Change Indications

Calibrating Barometric Pressure Readings

Calibrating Temperature Readings

Changing Displayed Information

Specifying the Barometric Pressure Unit

Specifying the Temperature Unit

Barometric Pressure and Temperature Reading Precautions

Timer

Setting the Timer Start Time

Using the Timer

Using the Programmable Timer for Interval Training

- Overview

- Configuring Programmable Timer Settings

- Using a Programmable Timer

Stopwatch

Measuring Elapsed Time

Measuring a Split Time

World Time

Checking World Time

World Time City Setting

Configuring the Summer Time Setting

Alarms

Configuring Alarm Settings

Turning Off an Alarm

Pedometer

Counting Steps

Causes of Incorrect Step Count

Other Settings

Button Operation Sound Setting

Configuring Notification Sound Settings

Configuring Vibration Settings

Specifying the Height and Weight Units

Specifying the Calorie Display Unit

Resetting Watch Settings

Other Information

City Table

Summer Time Table

Fitness Categories

Supported Phones

Specifications

Checking Wireless Compliance Information

Mobile Link Precautions

Copyrights and Registered Copyrights

Troubleshooting

Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

● What you can do with this watch

- Acquisition of accurate time and location information by receiving GPS signals and connecting with a phone
- Measurement and recording of running and other data
 - Auto run detection
 - Auto lap
 - Auto pause
 - Training log data recording
- Heart rate measurement
- Measurement of calories burned
- Step count
- Measurement of direction, altitude, barometric pressure, and temperature
- Transfer of data to your phone for viewing with the app

Important!

- This watch is not a special-purpose measuring instrument. Measurement function readings are intended for general reference only.
- Whenever using the Digital Compass of this watch for serious trekking, mountain climbing, or other activities, be sure to always take along another compass to confirm readings. If the readings produced by the Digital Compass of this watch are different from those of the other compass, perform 3-point calibration or figure 8 calibration of the watch compass to correct direction measurement.
 - Compass readings and calibration will not be possible if the watch is in the vicinity of a permanent magnet (magnetic accessory, etc.), metal objects, high-voltage wires, aerial wires, or electrical household appliances (TV, computer, cellphone, etc.)
- The watch's Altimeter Mode calculates and displays relative altitude based on barometric pressure readings produced by its pressure sensor. Because of this, altitude values displayed by the watch may be different from your actual elevation and/or sea level elevation indicated for the area where you are located. Regular calibration in accordance with the local altitude (elevation) indications is recommended.

[🔗 Digital Compass](#)

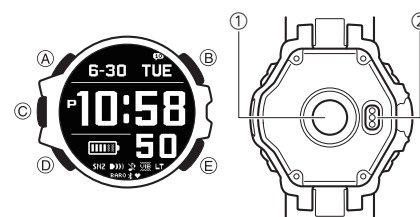
[🔗 Altimeter Measurement](#)

Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.
- For more accurate display values, create your profile before using heart rate measurement or the Training Function.

[🔗 Creating Your Profile](#)

General Guide



A button

Pressing this button in any mode cycles between displays.

While a setting screen is displayed, pressing this button scrolls available menu items upwards.

B button

Press to turn on illumination.

C button

In the Timekeeping Mode, pressing this button enters the Training Mode.

Pressing this button while any mode's setting screen is displayed applies all of the screen's pending settings or changes.

D button

Hold down this button for at least one second to return to the Timekeeping Mode. Pressing this button while a run timing operation is in progress returns to the run timing screen.

Pressing this button while a setting screen is displayed scrolls available menu items downwards.

E button

In other modes, pressing this button returns to the Timekeeping Mode.

While configuring settings, pressing this button goes back to the previous screen.

① Optical sensor (heart rate detection)

Detects your pulse for heart rate measurement.

② Charging terminal

Plug in the charger cable here to connect to a device with a USB terminal for charging.

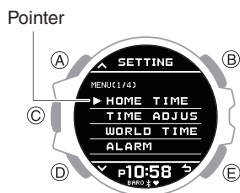
[🔗 Charging with the Charger Cable](#)

Creating Your Profile

You can use the procedure in this section to input information and create a profile (height, weight, gender, date of birth, wrist where watch is worn). You need to create a profile before you can display information in the Training Status Mode. Creation of a profile is also recommended to enable calculation of more accurate heart rate zones.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)

- Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [PROFILE].
- Press (C).
 This displays the profile item selection screen.



[HEIGHT/WEIGHT]	Height/weight
[SEX]	Gender
[BIRTHDAY]	Date of birth
[WRIST]	Wrist where you wear the watch

- Use (A) and (D) to select the item you want to input.
- Press (C).

- Record your height and weight.
 - On the profile item selection screen, select [HEIGHT/WEIGHT].
 - Use (A) and (D) to input your height.
 - Press (C).
 - Use (A) and (D) to input your weight.
 - Press (C).
 - Use (A) and (D) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the height and weight setting screen.

- Press (C) to register your height and weight.
 After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

Note

- To exit the height and weight setting operation at any point, press (E) and advance to step ⑤.

- Specify your gender.
 - On the profile item selection screen, select [SEX].
 - Use (A) and (D) to move the pointer to [MALE] or [FEMALE].
 - Press (C) to register your gender.
 After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

- Specify your date of birth.
 - On the profile item selection screen, select [BIRTHDAY].
 - Use (A) and (D) to specify a year.
 - Press (C).
 - Use (A) and (D) to specify a month.
 - Press (C).
 - Use (A) and (D) to specify a day.
 - Press (C).
 - Use (A) and (D) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the date of birth setting screen.

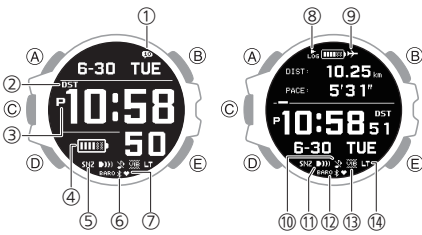
- Press (C) to register your date of birth.
 After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

Note

- To exit the date of birth setting operation at any point, press (E) and advance to step ⑦.

- Specify the wrist where you wear the watch.
 - On the profile item selection screen, select [WRIST].
 - Use (A) and (D) to move the pointer to [LEFT] or [RIGHT].
 - Press (C) to register your wrist setting.
 After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.
- Press (E) twice to exit the setting screen.

Indicators

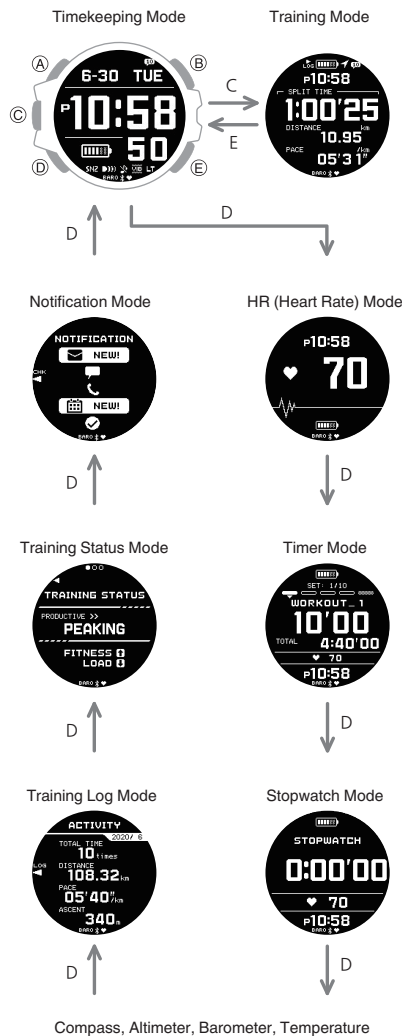


- ① Indicates the number of new phone notifications.
- ② Displayed when the indicated time is summer time.
- ③ Displayed during p.m. times while 12-hour timekeeping is being used.
- ④ Shows the current battery level.
- ⑤ Displayed when the alarm snooze function is enabled.
- ⑥ Displayed while there is connection between the watch and a phone.
 - While re-connection with your phone is being attempted after loss of the connection, this indicator flashes at one-second intervals.
 - While re-connection with your phone is not being attempted after loss of the connection, this indicator flashes at two-second intervals.
- ⑦ Displayed while heart rate measurement is in progress.
- ⑧ Shows the running data measurement status and remaining log storage space.
- ⑨ Airplane Mode/GPS icon
 - : Displayed while the Airplane Mode is enabled.
 - : Indicates GPS receive is in progress.
- ⑩ Displayed while the operation sound or notification sound is disabled.
- ⑪ Displayed when an alarm is enabled.
- ⑫ Displayed while barometric pressure trend information is enabled.
- ⑬ Displayed while vibration is enabled.
- ⑭ Displayed while Auto Light is enabled.

Navigating Between Modes

Your watch has the modes shown below.

- You can also return to the Timekeeping Mode directly from any mode besides the Training Mode by holding down (D) for at least one second, or by pressing (E).
- In the Timekeeping Mode, pressing (C) enters the Training Mode.
- To go from the Training Mode to the Timekeeping Mode, first stop training measurement and then press (E).



Use the buttons in the illustration above to navigate between modes.

Mode Overview

This section provides an overview of the modes of your watch.

● Timekeeping Mode

You can use the Timekeeping Mode to check the current time and date, and to view your daily step count, your running distance for a specific month, your training status, and other information. You can also use this mode to configure Home City, alarm, and other basic timekeeping settings.



● Training Mode

Use this mode to measure and record distance, elapsed time, pace, and other running data.

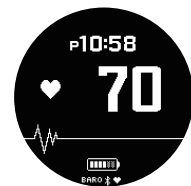
[Using the Training Function](#)



● HR (Heart Rate) Mode

This mode shows your current heart rate.

[Measuring Your Heart Rate](#)



● Timer Mode

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

[Timer](#)



● Stopwatch Mode

Use this mode to measure elapsed time.

[Stopwatch](#)



● Digital Compass Mode

Use this mode to find north, and to take direction and bearing angle readings.

[Digital Compass](#)



● Altimeter Mode

Use this mode to take an altitude reading for your current location.

[Altitude Measurement](#)



● Barometer/Temperature Mode

Use this mode to take barometric pressure and temperature readings for your current location.

[Barometric Pressure and Temperature Measurement](#)



● Training Log Mode

Use this mode to view recorded training log data.

[Viewing Training Log Records](#)



● Training Status Mode

Use this mode to check your training status.

[Viewing Your Training Performance Condition](#)



● Notification Mode

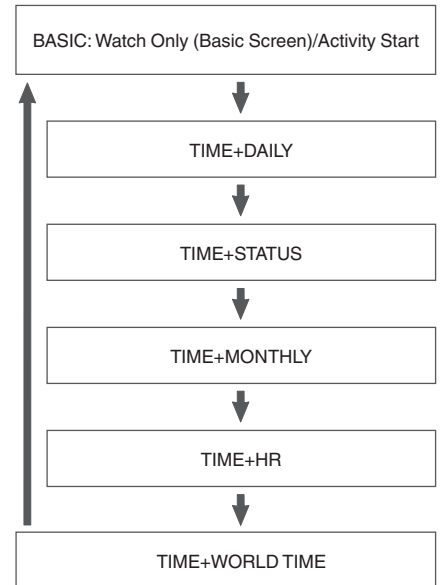
The Notification Mode receives incoming call, mail, and SNS notifications and information.

[Receiving Phone Notifications](#)

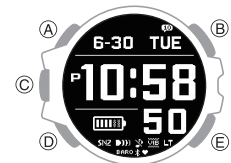


Selecting a Timekeeping Mode Digital Display Format

Each press of (A) in the Timekeeping Mode cycles display contents as shown below. Note that you can display the current time along with one other type of information.



BASIC: Watch Only (Basic Screen)



Activity Start

Starting a run or some other activity causes the BASIC screen to change as shown below.

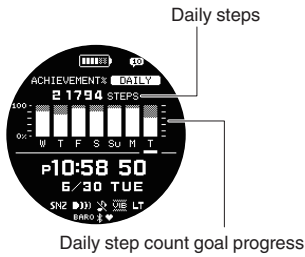


Note

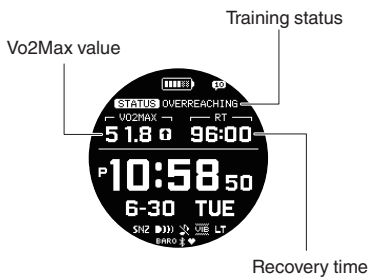
- Regardless of what screen is currently displayed, starting an activity causes the Activity Start screen to appear (Auto Run Detection). If the displayed screen is not changed while Auto Run Timing is being performed, the display will always return to the BASIC screen after the Auto Run Timing (Auto Run Detection) operation is ended.

TIME+DAILY: Current Time + Weekly Information

This screen shows the current time and your weekly step count.

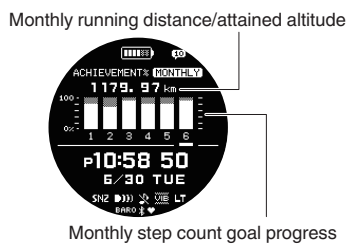


TIME+STATUS: Current Time + Training Status

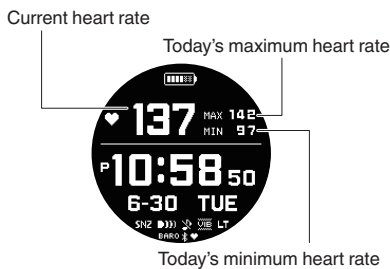


TIME+MONTHLY: Current Time + Monthly Information

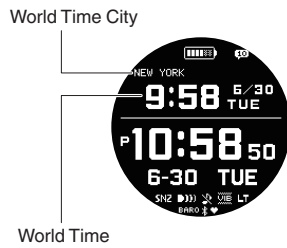
This screen shows the current time and your running distance during the currently selected month. Instead of running distance, you could also specify display of running time or attained altitude. Note that you must use the CASIO "G-SHOCK MOVE" app to change what data (running distance, running time, altitude attained) should be displayed.



TIME+HR: Current Time + Heart Rate



TIME+WORLD TIME: Current Time + World Time



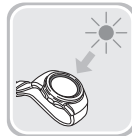
Charging the Watch

Solar Charging

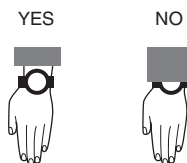
Power generated by the solar panel powers watch operations and also is used to charge a rechargeable (secondary) battery. The solar panel is integrated into the LCD of the watch, and power for charging is generated whenever the face is exposed to light.

● Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its LCD (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the LCD is blocked only partially.



Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods

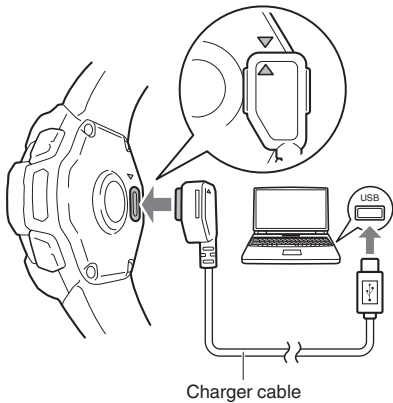
Charging with the Charger Cable

Charging with the charger cable is faster than solar charging.

Important!

- Use only the supplied charger cable for charging.
- A device with a USB port (Type-A) can also be used for charging.
- Your watch can be charged from a device with a USB2.0 or higher USB port.
- Note that no guarantees are made concerning the suitability of all types of USB ports for charging. If charging is not possible for some reason, disconnection from the USB port is recommended.
- Place the charger on a desk or other stable surface, making sure there is plenty of open space around it. Charging with the charger and watch in a bag or some other enclosed space can cause overheating of the watch.
- Should water or any other liquid get onto the watch or charger cable during charging, immediately unplug the charger cable from the power source.
- Perform charging in an environment where ambient temperature is between 5°C and 35°C (41°F and 95°F).

● Charging the Watch



- Align the down arrow (▽) mark on the watch with the up arrow mark (△) of the connector.

- Turn on your computer or other device with a USB port (power source), and connect the charger cable to it.
- Connect the charger cable to the watch.
 - This starts charging and causes ⚡ to flash on the watch display.
 - ⚡ disappears from the display when a full charge is achieved.



● Charging from a Non-computer Device's USB Port

You can charge using power from a USB port (Type A) that meets the conditions below.

- Voltage: 5 V
- Current: 0.5 A min.

● Precautions When Charging

- Avoid charging while the battery level indicator is showing . To obtain longer chargeable battery life, charge only when the battery level indicator is showing or lower.
- Note that any of the conditions below can hasten battery deterioration.
 - Frequent charging while the battery is fully or near fully charged
 - Connecting and disconnecting the charger cable multiple times during a single day even though the battery is fully charged
- Do not attempt charging at high ambient temperatures of 35°C or greater. The watch becomes hot during charging, which can cause charging to stop automatically. High ambient temperature may result in a less than full charge.
- Operation on a custom computer or a computer that has been modified from its original configuration is not guaranteed.
- Make sure that the charger cable connector is oriented correctly when you plug it into the watch.
- The watch may become warm during charging. This is normal and does not indicate malfunction.

Note

- Starting from a blank display, it takes about 2.5 hours to achieve a full charge.
- Charging time depends on ambient temperature and other factors.

| Checking the Charge Level

You can check the watch's current charge level in all modes, except those below.

- Training Log Mode
- Training Status Mode
- Notification Mode

Level	Indicator	Usable Functions
HIGH		
MID		All
LOW		All functions except those that use GPS
		All functions except those that use GPS, HR (heart rate)
CHG	<ul style="list-style-type: none"> Normally (not charging): Blank display During USB charging (charging in progress): [CHARGING BATTERY] only displayed 	

- The display goes blank when the battery goes dead.

Important!

- Charge the watch as soon as possible after the battery indicator becomes or lower. Leaving the watch without charging for a number of months will result in over-discharge, and may make future charging impossible. If this happens, contact your original retailer.
- If the battery is dead and the watch display is blank, use the charger cable to charge the watch.

Charging Time Guidelines

Charging each day for the approximate times shown in this section should be enough to maintain a charge of or higher.

Except for GPS and HR (heart rate), all watch functions are operational at a charge level of .

Checking the Charge Level

Note

- Actual charging time depends on the local charging environment.

Solar Charging

Charging Times Required for 1 Day of Operation

Light Level (Lux)	Approximate Charging Time
50,000	9 minutes
10,000	42 minutes
5,000	83 minutes
500	14 hours

Note

- Charging is performed even with exposure to indoor fluorescent lighting (500 lux). The watch will be able to maintain a charge of or higher if it is exposed to indoor fluorescent lighting for eight hours a day, in addition to light near a window on a sunny day (10,000 lux) for two hours a week.

Times Required to Achieve Next Charge Level

- Sunny day, outdoors (50,000 lux)

LOW → MID	3 hours
MID → HIGH	26 hours

- Sunny day, near a window (10,000 lux)

LOW → MID	15 hours
MID → HIGH	131 hours

- Overcast day, near a window (5,000 lux)

LOW → MID	31 hours
MID → HIGH	270 hours

Charging with the Charger Cable

Times Required to Achieve Next Charge Level

CHG → LOW	7 minutes
LOW → MID	5 minutes
MID → HIGH	42 minutes

Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, the watch will enter Level 2 power saving. The display of the watch goes blank when the watch is in power saving.

Power Saving Level 1 :

Basic timekeeping functions are operational.

Power Saving Level 2 :

All functions disabled.

Recovering from Power Saving

Use one of the operations below to exit power saving.

- Press any button.
- Move the watch to a bright location.
- Angle the watch towards your face.

Note

- The watch will enter the power saving state only while it is in one of the modes below.
 - Timekeeping Mode
 - Stopwatch Mode (reset to all zeros)
 - Timer Mode (timer start time displayed)
- Certain conditions may keep the watch from entering the power saving state.
- Note that the watch also may enter power saving if its face is blocked from light by your sleeve while you are wearing it.

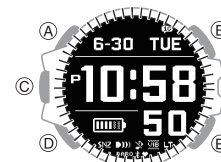
Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

To illuminate the face manually

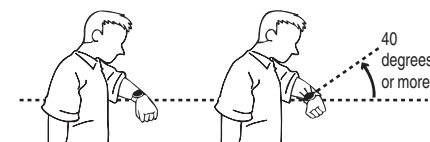
Press (B) to turn on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



Using Auto Light

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



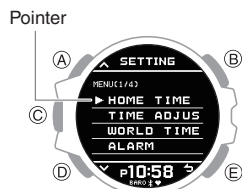
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

Note

- Auto Light is disabled when any one of the conditions below exists.
 - While an alarm sound, timer sound, and/or vibration operation is in progress
- If Auto Light is enabled, face illumination may be delayed if you angle the watch towards your face while a compass, altitude, barometric pressure, or temperature reading operation is being performed.

Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.

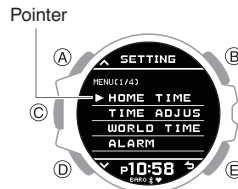


3. Use (A) and (D) to move the pointer to [LIGHT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [AUTO LIGHT].
6. Press (C).
7. Use (A) and (D) to move the pointer to [OFF] (disabled) or [ON] (enabled).
 - The [LT] indicator is displayed in the Timekeeping Mode while Auto Light is enabled.
8. Press (C) to complete the setting operation.
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
9. Press (E) twice to exit the setting screen.

Specifying the Illumination Duration

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

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [LIGHT].
 4. Press (C).
 5. Use (A) and (D) to move the pointer to [DURATION].
 6. Press (C).
 7. Use (A) and (D) to select an illumination duration.
- | | |
|------------|-------------------------|
| [1.5 SEC.] | 1.5-second illumination |
| [3.0 SEC.] | 3-second illumination |
8. Press (C) to complete the setting operation.
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
 9. Press (E) twice to exit the setting screen.

Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

Auto time adjustment

- [Auto Time Adjustment](#)



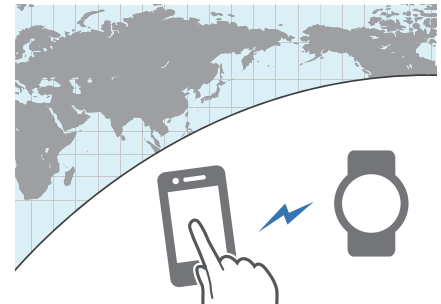
Data transfer to a phone

- [Viewing Training Records](#)
- [Viewing Life Log Related Data](#)



Selection of More Than 300 World Time cities

- [Configuring World Time Settings](#)



In addition, a number of other watch settings can be configured using your phone.

To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.

- [Getting Ready](#)

- Your phone needs to have the CASIO "G-SHOCK MOVE" app installed to pair with the watch.

Time Adjustment

Your watch can receive GPS signals and connect with a phone to obtain information that it uses to adjust its date and time setting.

Important!

- Enable the Airplane Mode whenever you are inside an aircraft or in any other area where radio wave reception and phone use is prohibited or restricted.
- 🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Are you in a location where a GPS signal can be received?

Time adjustment using GPS signal reception is recommended.

🔗 [GPS Time Adjustment](#)



Do you use a phone?

Your watch can connect with a phone to obtain information that it uses to adjust its time setting.

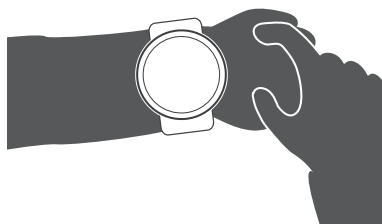
🔗 [Auto Time Adjustment](#)



Other than the above.

If your watch cannot receive GPS signals and cannot connect with your phone for some reason, you can adjust time settings by performing manual operations on the watch.

🔗 [Using Watch Operations to Adjust the Time Setting](#)



GPS Time Adjustment

Overview

The watch's time and day settings can be configured in accordance with your current time zone by receiving a GPS signal.

- GPS signal location information: Used to update time zone, time, and day settings.
- GPS signal time information: Used to update time and day settings.

Important!

- Before receiving GPS time information, be sure to set your time zone.
- GPS signals are not received by the watch while it is paired with a phone.

Appropriate Signal Reception Location

GPS signal reception is possible outdoors where the sky is visible and not blocked by buildings, trees, or other objects.



Note

- In areas where reception is poor, keep the watch LCD pointed upwards and do not move the watch.
- When the watch is set up for auto receive, take care to avoid covering its LCD with the sleeve of your clothing.
- GPS signal reception is not possible in the areas described below.
 - Where the sky is not visible
 - Indoors (Reception may be possible near a window.)
 - Near wireless communication equipment or other devices that generate magnetism.
- You may experience GPS signal reception problems in the areas described below.
 - Where the view of the sky above is narrow
 - Near trees or buildings
 - Near a train station, airport, or other congested areas

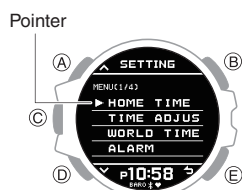
Acquiring GPS Location Information Manually

You can use a button operation to acquire GPS location information and adjust your time zone, time, and day settings in accordance with your current location.

Note

- GPS signal reception requires large amounts of power. Perform it only when necessary.

1. Move to a location appropriate for signal reception and point the LCD of the watch straight up at the sky.
2. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
3. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



4. Use (A) and (D) to move the pointer to [TIME ADJUSTMENT].
5. Press (C).
6. Use (A) and (D) to move the pointer to [AUTO].
7. Press (C).
8. Use (A) and (D) to move the pointer to [TIME+POSITION (GPS)].

9. Press (C).

This starts location information acquisition.

- The acquired information will appear on the watch display when location acquisition is successful.



- [RECEIVING FAILED] will appear on the display if location information acquisition fails for some reason.

10. Press (C) to complete the setting operation.

- If the receive operation fails, pressing (C) will return to the screen in step 6. Press (E) twice to return to the Timekeeping Mode.

Note

- Receive normally takes anywhere from about 40 to 80 seconds.
- It can take as long as 13 minutes when leap second information is included.
- You may experience location information acquisition problems when you are in the vicinity of a city borderline. The watch's time and day will not be indicated correctly if the time zone setting is not right for your location. If this happens, move to a location near the center of the city you want to set as your Home City and acquire location information again. Or you can perform a time information receive operation to adjust time and day settings after configuring Home City and summer time settings manually.

[Acquiring GPS Time Information Manually](#)

[Setting a Home Time City](#)

[Configuring the Summer Time Setting](#)

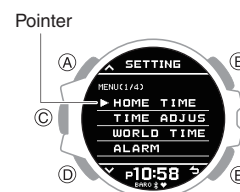
Acquiring GPS Time Information Manually

You can use a button operation on the watch to receive GPS signal time information. When the receive operation is successful, the watch's Home City (time zone), day, and time settings will be adjusted accordingly.

Note

- GPS signal reception requires large amounts of power. Perform it only when necessary.

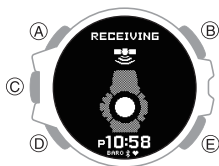
1. Move to a location appropriate for signal reception and point the LCD of the watch straight up at the sky.
2. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
3. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



4. Use (A) and (D) to move the pointer to [TIME ADJUSTMENT].
5. Press (C).
6. Use (A) and (D) to move the pointer to [AUTO].
7. Press (C).
8. Use (A) and (D) to move the pointer to [TIME (GPS)].

9. Press (C).

This starts time information acquisition.



- The acquired information will appear on the watch display when time acquisition is successful.



- [RECEIVING FAILED] will appear if time information acquisition fails for some reason.

10. Press (C) to complete the setting operation.

- If the receive operation fails, pressing (C) will return to the screen in step 6. Press (E) twice to return to the Timekeeping Mode.

Note

- Receive normally takes anywhere from about 10 to 65 seconds.
- It can take as long as 13 minutes when leap second information is included.

Receiving Time Information Automatically

When the conditions below are satisfied, the watch will automatically receive time information from a GPS signal. If any time information receive operation is successful, the watch will no longer attempt to receive a signal for the rest of the day.

- Watch is in the Timekeeping Mode.
- Current time is between 6:00 a.m. and 10:00 p.m.
- Light (near a window on a clear day) continually shining on the LCD of the watch for about one to two minutes.

Important!

- Auto GPS signal receive is disabled while the watch is paired with a phone for auto time adjustment.

Note

- The time information receive operation normally takes anywhere from about 10 to 65 seconds.
- The receive operation can take as long as 13 minutes when leap second information is included.

Leap Second Reception

GPS signal reception each year on June 1 or later and on December 1 or later also receives leap second information.

Note

- It can take as long as 13 minutes to complete the leap second information receive operation.
- The leap second information receive operation is repeated until information receipt is complete.
- Once the leap second information receive operation is complete, the watch will not make any attempt to receive it again until the following June 1 or December 1.
- When connecting with a phone to adjust the watch date and time settings, leap seconds will also be received along with the time information. If this happens, leap seconds may not be received when receiving a GPS signal.
- The first GPS signal receive operation after the watch's current time and/or date setting has been changed manually will include receipt of leap second information.

Signal Reception Precautions

- When the watch is unable to adjust its time in accordance with a GPS signal for some reason, average timekeeping accuracy is within ± 15 seconds per month.
- Note that an internal decoding process the watch performs after it receives a GPS signal may cause the time setting to be slightly off (by less than one second).
- GPS signal reception is not possible under the conditions described below.
 - While the battery indicator is **LOW** or lower
 - In any mode besides the Timekeeping Mode
 - During power saving
 - While the watch is connected with a phone and data communication is in progress
- If the receive operation is successful, the time and day settings will be adjusted automatically in accordance with the Home City (time zone) and summer time settings. Summer time will not be applied correctly in the cases described below.
 - When the summer time start date and time, end date and time, or other rules are changed by authorities
 - When location information is received, but it is not location information for your actual location (For example, when you are near a borderline of a city and the acquired location information is for a neighboring city, etc.)

Using GPS Outside Your Country

Some countries or geographic areas put legal restrictions on the use of GPS, on the collection and logging of location information, etc. Your watch has built-in GPS functionality, so before embarking on international travel to a country or area outside of the country where you purchased your watch, you should check with the embassy of the countries you plan to visit, your travel agency, or some other reliable source of information to find out if there are any prohibitions or restrictions on bringing in devices with GPS functionality, or on the logging of location information, etc.

Using Watch Operations to Adjust the Time Setting

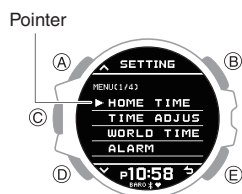
You can use the procedure below to adjust the watch's date and time settings manually when GPS signal reception or communication with a phone is not possible for some reason.

● Setting a Home Time City

Use the procedure in this section to select a city to use as your Home City.

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)

2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [HOME TIME].
4. Press (C).
5. Use (A) and (D) to move the pointer to [CITY].
6. Press (C).
7. Use (A) and (D) to move the pointer to the city you want to use as your Home City.
8. Press (C) to complete the setting operation.
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.
9. Press (E) twice to exit the setting screen.

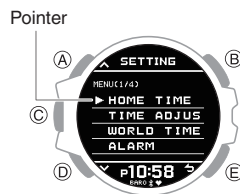
● Configuring the Summer Time Setting

If you are in an area that observes summer time, you can also enable or disable summer time.

Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, [AUTO] lets you use the watch without switching manually between summer time and standard time.
- In the cases described below, receiving location information by GPS will cause [AUTO] to be automatically selected for the summer time setting.
 - When the time zone of the current receive operation is different from the watch's time zone setting prior to the receive operation.
 - When the time zone is unchanged, but the acquired location information is for a geographic area with different summer time rules (start date, end date)

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [HOME TIME].
4. Press (C).
5. Use (A) and (D) to move the pointer to [DST].
6. Press (C).
7. Use (A) and (D) to select a summer time setting.

[AUTO]	Auto switching between standard time and summer time
[OFF]	Always standard time
[ON]	Always summer time

8. Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.

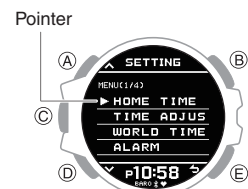
9. Press (E) twice to exit the setting screen.

● Manual Time Adjustment

You can use the procedure below to adjust the watch's time and day settings manually when GPS signal reception or communication with a phone is not possible for some reason.

1. Enter the Timekeeping Mode.
[🔍 Navigating Between Modes](#)

2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [TIME ADJUSTMENT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [MANUAL].
6. Press (C).
 This causes a cursor to appear under the hour setting.
7. Use (A) and (D) to change the current time hour setting.
8. Press (C).
 This moves the cursor to the minute setting.
9. Use (A) and (D) to change the current time minute setting.
10. Press (C).
 This moves the cursor to the year setting.
11. Use (A) and (D) to change the year setting.
12. Press (C).
 This moves the cursor to the month setting.
13. Use (A) and (D) to change the month setting.

14. Press (C).
This moves the cursor to the day setting.
15. Use (A) and (D) to change the day setting.
16. Press (C).
17. Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the hour setting screen.

18. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.
19. Press (E) twice to exit the setting screen.

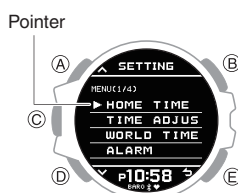
Note

- To exit the current time setting operation at any point, press (E) and advance to step 17.

● Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.

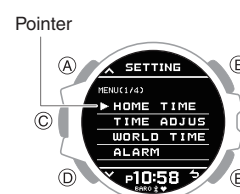


3. Use (A) and (D) to move the pointer to [TIME ADJUSTMENT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [12/24H].
6. Press (C).
7. Use (A) and (D) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.
9. Press (E) twice to exit the setting screen.
 - While 12-hour timekeeping is selected, [P] will be displayed for p.m. times.

Using the Watch in a Medical Facility or Aircraft


When you are in a hospital, on an aircraft, or in any other location where radio signals may cause problems, you can perform the procedure below to enter the watch's Airplane Mode, which disables auto GPS signal receive and connection with a phone. To re-enable auto time adjustment, perform the same operation again.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [AIRPLANE MODE].
4. Press (C).
5. Use (A) and (D) to select an Airplane Mode setting.

[OFF]	Exits Airplane Mode.
[ON]	Enables Airplane Mode.

6. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will re-appear.
7. Press (E) to exit the setting screen.
 -  is displayed while the watch is in the Airplane Mode.

Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

Also, you can use the CASIO "G-SHOCK MOVE" app to view training records and create training plans.

Note

- This function is available only while G-SHOCK MOVE is running on the phone.
- This section describes watch and phone operations.
- 🕒 : Watch operation
- 📱 : Phone operation

Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

● ① Install the required app on your phone.

In Google Play or the App Store, search for the CASIO "G-SHOCK MOVE" app and install it on your phone.

● ② Configure Bluetooth settings.

Enable the phone's Bluetooth.

Note

- For details about setting procedures, see your phone documentation.

● ③ Pair the watch with a phone.

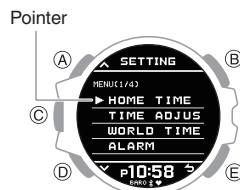
Before you can use the watch in combination with a phone, you first need to pair them.

1. 📱 Tap the "G-SHOCK MOVE" icon.
2. 🕒 Follow the instructions on the display to advance to the initial setup screen.

This will display a message telling you to connect with the watch.

- If your phone is already paired with another watch

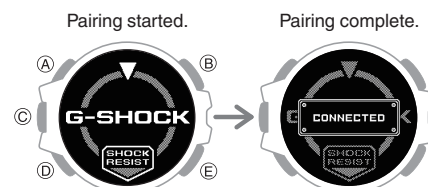
- ① 📱 On the menu bar, tap "More".
 - ② 📱 Tap "Watch".
 - ③ 📱 Tap "Manage".
 - ④ 📱 Perform the operation shown on the screen to prepare to add a new watch.
3. 🕒 Enter the Timekeeping Mode.
🔗 [Navigating Between Modes](#)
 4. 🕒 Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



5. 🕒 Use (A) and (D) to move the pointer to [PAIRING].
6. 🕒 Press (C).
7. 🕒 Use (A) and (D) to move the pointer to [CONNECT].
8. 🕒 Press (C).
9. Move the phone to be paired with close to (within one meter of) the watch.

10. 📱 When the watch you want to pair with appears, follow the instructions on the display to pair with it.

- If a pairing prompt message appears, perform the operation shown on the phone screen.
- If pairing fails for some reason, the watch will return to the state in step 5 of this procedure. Perform the pairing procedure again from the beginning.



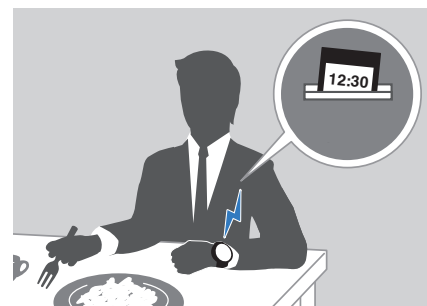
Note

- The first time you start up G-SHOCK MOVE, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

Auto Time Adjustment

Your watch can connect with your phone to adjust the watch's time setting.

If you leave your watch in the Timekeeping Mode, it will perform the adjustment operation automatically as you go about your daily life, without any operation required by you.



Important!



- The watch may not be able to perform auto time adjustment under the conditions described below.
 - While the watch is too far away from its paired phone
 - While communication is not possible due to radio interference, etc.
 - While the phone is updating its system
 - While G-SHOCK MOVE is not running on the phone





Note

- If there is a World Time City specified with G-SHOCK MOVE, its time will also be adjusted automatically.
- Auto time adjustment is performed at the times described below.
 - After your phone's time zone or summer time setting is changed
 - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
 - After 24 hours or more have passed since the last home city change or time adjustment using watch operation
- The watch remains connected with your phone even after time adjustment is complete.
- If time adjustment fails for some reason, [CONNECT FAILED] will appear.
- Watch operation can be performed even while it is connected with your phone.
- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
 - [Using the Watch in a Medical Facility or Aircraft](#)

Viewing Training Records



You can use G-SHOCK MOVE to view the training data below, which is measured by the watch.




- Training log data and lap data
- Training analysis results
- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
 - [Connecting with a Phone](#)

1.  Tap the "G-SHOCK MOVE" icon.
2.  On the menu bar, tap "Activity".
3.  Tap "History".
4.  Perform the operation shown on the screen.

Viewing Life Log Related Data

G-SHOCK MOVE can be used to view the information below, which is measured by the watch.

- Daily, weekly, or monthly number of steps and calories burned
- Daily, weekly, or monthly heart rate while [ON (ALWAYS)] is selected for Heart Rate Measurement
 - [Using Heart Rate Measurement](#)
- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
 - [Connecting with a Phone](#)

1.  Tap the "G-SHOCK MOVE" icon.
2.  On the menu bar, tap "Home".
3.  Use the "Life Log" widget to view the data.

Note

- You can also use G-SHOCK MOVE to specify a daily step target.
 - [Setting Target Values](#)



Setting Target Values





You can use G-SHOCK MOVE to specify daily or monthly target values.

Important!

- Target values cannot be specified using watch operations. Use G-SHOCK MOVE to configure settings.

You can specify target values for the items below.



- Daily step count
- Monthly running distance
- Monthly running time
- Monthly attained altitude
- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
 - [Connecting with a Phone](#)





1.  Tap the "G-SHOCK MOVE" icon.
2.  On the menu bar, tap "More".
3.  Tap "User".
4.  Select the target you want to specify and then perform the operation shown on the phone screen.

Creating a Training Plan

You can use G-SHOCK MOVE to create a personalized training plan to suit your objectives, fitness level, training conditions and other factors

You can create a daily training plan to maintain or increase your athletic performance, or one with a specific target date or time.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
 - [Connecting with a Phone](#)

1.  Tap the "G-SHOCK MOVE" icon.
2.  On the menu bar, tap "Activity".
3.  Tap "Plan".
4.  Perform the operation shown on the screen.

Specifying Checkpoints Along a Running Course (Altitude Navigation)

You can use G-SHOCK MOVE to specify checkpoints along a running course. You can use the watch to check the altitude differential between a checkpoint and your current location.

[Checking the Altitude Differential Between Your Current Location and a Checkpoint](#)

Important!

- Note that you cannot specify checkpoints using watch operations. Use G-SHOCK MOVE to configure settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
 - If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)
- Tap the “G-SHOCK MOVE” icon.
 - On the menu bar, tap “More”.
 - Tap “Watch”.
 - Select your preferred watch.
 - Select the setting you want to change and then perform the operation shown on the screen.

Specifying the Alert Interval (Target Alert)

You can use G-SHOCK MOVE to specify alert intervals for calories burned, time, and altitude. Then the watch will perform a sound and/or vibration alert operation whenever an alert interval value is reached while you are running.

Important!

- Note that you cannot specify the alert interval using watch operations. Use G-SHOCK MOVE to configure settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
 - If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)
- Tap the “G-SHOCK MOVE” icon.
 - On the menu bar, tap “More”.
 - Tap “Watch”.
 - Select your preferred watch.
 - Select the setting you want to change and then perform the operation shown on the screen.

Specifying the Distance for Auto Lap Timing

Before using Auto Lap Timing, you need to use G-SHOCK MOVE to specify the Auto Lap Timing distance.

Important!

- Note that you cannot specify the Auto Lap Timing distance using watch operations. Use G-SHOCK MOVE to configure settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.

- If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

- Tap the “G-SHOCK MOVE” icon.
- On the menu bar, tap “More”.
- Tap “Watch”.
- Select your preferred watch.
- Select the setting you want to change and then perform the operation shown on the screen.

Setting Up Programmable Timers



You can use G-SHOCK MOVE to configure programmable timer settings and create a group of multiple timers.

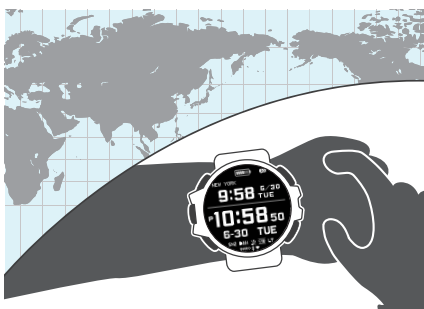
- For information about programmable timers, refer to the information at the link below. [Overview](#)
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below. [Connecting with a Phone](#)

- Tap the “G-SHOCK MOVE” icon.
- On the menu bar, tap “More”.
- Tap “Watch”.
- Select your preferred watch.
- Select the setting you want to change and then perform the operation shown on the screen.

Configuring World Time Settings

Specifying a World Time City with G-SHOCK MOVE causes the watch's World Time City to change accordingly. Settings can be configured to perform auto summer time switching for the World Time City.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
[Connecting with a Phone](#)



Note

- G-SHOCK MOVE World Time lets you select from among approximately 300 cities as the World Time City.

● Selecting a World Time City

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

Note

- You can use G-SHOCK MOVE to configure settings for user cities that are not included in the watch's built-in World Time Cities. You must use G-SHOCK MOVE to select a user city as your World Time City.



● Configuring the Summer Time Setting

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.
 - "Auto"
The watch switches between standard time and summer time automatically.
 - "OFF"
The watch always indicates standard time.
 - "ON"
The watch always indicates summer time.

Note

- While the summer time setting is "Auto", the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".
- For information about summer time periods, refer to the "Summer Time Table".
[Summer Time Table](#)

Setting the Alarm

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
[Connecting with a Phone](#)

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

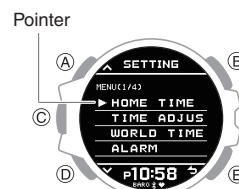
Phone Finder

You can use phone finder to trigger a sound on the paired phone to help you find it. The sound operation is performed even if your phone is in vibrate mode.

Important!

- Phone finder will not sound the tone unless G-SHOCK MOVE is running on the phone.
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [PHONE FINDER].

4. Press (C).

5. Use (A) and (D) to move the pointer to [EXECUTE].

6. Press (C).

This will establish a connection between the watch and phone, and sound the phone's ringtone.

- It will take a few seconds before the phone tone sounds.

7. Press any button to stop the sound.

- You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.


Note


- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

Configuring Watch Settings

After establishing a connection between the watch and a phone, you can use G-SHOCK MOVE to configure watch settings and to view information acquired by the watch.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.

- If  is not displayed, refer to the information at the link below.

[Connecting with a Phone](#)

1. Tap the "G-SHOCK MOVE" icon.

2. On the menu bar, tap "More".

3. Tap "Watch".

4. Select your preferred watch.

5. Select the setting you want to change and then perform the operation shown on the screen.

Connection

Connecting with a Phone

Your watch can connect with a phone that is paired with it.

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

[Pair the watch with a phone.](#)

Important!

- If you have problems establishing a connection, it could mean that G-SHOCK MOVE is not running on your phone. On your phone's home screen, tap the "G-SHOCK MOVE" icon. Perform the operation shown on the screen to pair with the watch.

Unpairing

Unpairing the watch from a phone requires both G-SHOCK MOVE and watch operations.

Note

- If you are using an iPhone, also delete the pairing information stored on the phone.

Deleting Pairing Information from G-SHOCK MOVE

1. If the watch is connected with a phone, enable the watch's Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

2. Tap the "G-SHOCK MOVE" icon.

3. On the menu bar, tap "More".

4. Tap "Watch".

5. Tap "Manage".

6. Tap the watch you want to unpair.

7. Perform the operation shown on the screen.

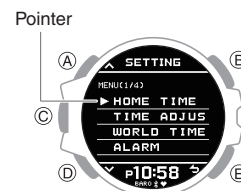
Deleting Pairing Information from the Watch

1. Enter the Timekeeping Mode.

[Navigating Between Modes](#)

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

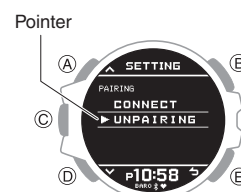
This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [PAIRING].

4. Press (C).

5. Use (A) and (D) to move the pointer to [UNPAIRING].



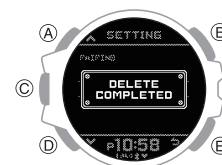
6. Press (C).

7. Use (A) and (D) to select whether or not you want to delete the pairing information.

[YES]	Deletes pairing information.
[NO]	Does not delete pairing information.

8. Press (C).

After pairing information deletion is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will reappear.



9. Press (E) to exit the setting screen.

iPhone Only

Deleting the phone's pairing information

For details about setting procedures, see your phone documentation.

"Settings" → "Bluetooth" → Cancel the watch's device registration.

If you purchase another phone

Note

- Before pairing with the new phone, delete the old phone's pairing information from the watch.
 - 🔗 [Deleting Pairing Information from the Watch](#)

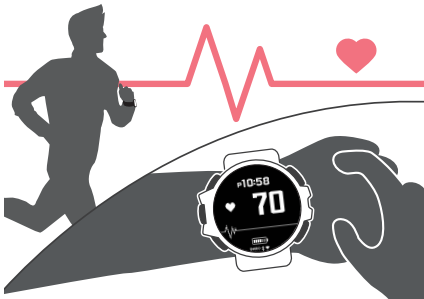
You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

🔗 ③ [Pair the watch with a phone.](#)

Measuring Your Heart Rate

While wearing the watch on your wrist, you can use it to perform approximate measurement of your heart rate.

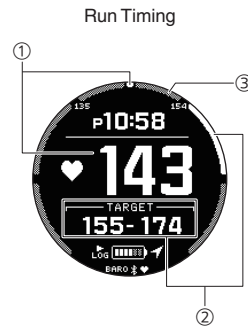
You can use heart rate measurements to monitor your daily health and to make your training more effective.



Important!

- Be sure to affix the watch to your wrist before starting a heart rate measurement operation. Starting a measurement operation and then affixing the watch to your wrist may make correct measurement impossible.

You can check your current heart rate by entering the HR (Heart Rate) Mode. The watch display will show the information shown below during run timing.



- ① Current heart rate
- ② Target heart rate zone
The target zone is displayed in white.
- ③ Current heart rate zone
Shows your current heart rate zone.

For details about heart rate zones, refer to the information at the link below.

🔗 [Starting Heart-rate Training](#)

Using Heart Rate Measurement

Even if you exit the HR (Heart Rate) Mode while a heart rate measurement operation is in progress, the watch will continue to display your current heart rate.

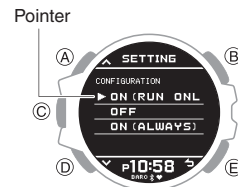
In the HR (Heart Rate) Mode, you can view heart rate data on a graph.

- For more accurate display values, create your profile before using heart rate measurement.
 - 🔗 [Creating Your Profile](#)

● Enabling and Disabling Heart Rate Measurement

While heart rate measurement is enabled, the watch displays your current heart rate.

1. Enter the HR (Heart Rate) Mode.
 - 🔗 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the heart rate measurement enable/disable screen.



3. Use (A) and (D) to select an ON/OFF setting.

[ON (RUN ONLY)]	Enables heart rate measurement while running.
[OFF]	Disables heart rate measurement.
[ON (ALWAYS)]	Enables constant heart rate measurement.

4. Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the normal HR (Heart Rate) mode screen or HR (Heart Rate) Mode setting screen will re-appear.

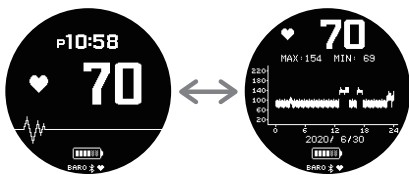
Note

- If the current heart rate measurement setting is [ON (ALWAYS)], your heart rate will be displayed in all modes except for the Training Log Mode, Training Status Mode, and Notification Mode.
 - 🔗 [Viewing Life Log Related Data](#)
- Even if the current heart rate measurement setting is [OFF], your current heart rate is displayed in the HR (Heart Rate) Mode.

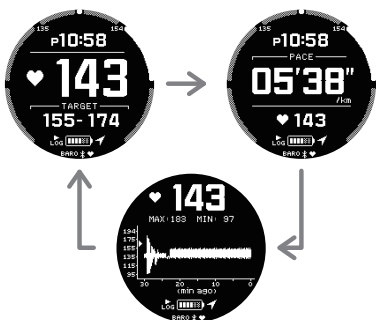
● Switching Between Heart Rate Data Display Screens

Each press of (A) in the HR (Heart Rate) Mode toggles between the screens shown below.

Normal



Run Timing



- The Heart Rate Graph shows data for up to 30 minutes or for up to 24 hours.
- Each reading plotted along the horizontal axis shows the range between the maximum and minimum measured values during a 15-second or 12-minute interval.

Starting Heart-rate Training

With heart-rate training, you measure your heart rate and then use the resulting value as a benchmark for training. You can monitor your heart rate levels and keep your exercise intensity in line with your training goals, which contributes to more efficient training, improved cardiopulmonary function, and better health.

● Specifying a Target Heart Rate Zone

Specify a target heart rate zone that matches your training objectives.

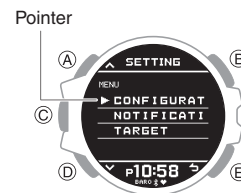
Your heart rate changes in accordance with your exercise intensity. The five heart rate zones of your watch, which are numbered from 1 to 5, are determined based on percentages of your maximum heart rate. The greater the zone number, the higher the exercise intensity level.

- Zone 1 (50 to 60%*): Warm up
Used for warm up at the beginning of an exercise session and cool down at the end.
- Zone 2 (61 to 70%*): Fat burning
Promotes metabolism and burns fat. Better than more rigorous training for increasing physical ability.
Breathing is comfortable, which is good for prolonged training. Start of perspiration.
- Zone 3 (71 to 80%*): Aerobic training
Improves basic endurance and athletic performance.
Breathing is easy, light perspiration.
- Zone 4 (81 to 90%*): Anaerobic training
Improves endurance exercise performance and basal metabolism.
Breathing is heavier, increased perspiration.
- Zone 5 (91 to 100%*): Maximum effort
Improves athletic performance and instantaneous power.
The physical load is high, so this zone should be maintained for short periods.
Recommended for occasional training or for athletes who train daily.

* Percent of maximum heart rate

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Press (C).
This displays the GPS signal receive start screen.
3. Press (D) to enter the HR (Heart Rate) Mode.

4. Hold down (A) for at least two seconds.
This displays the HR (Heart Rate) Mode setting screen.

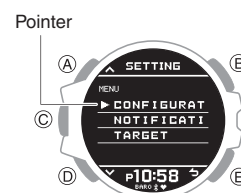


5. Use (A) and (D) to move the pointer to [TARGET].
6. Press (C).
7. Use (A) and (D) to move the pointer to the heart rate zone you want to specify as your target.
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the HR (Heart Rate) mode setting screen will re-appear.
9. Press (E) to exit the setting screen.

● Setting Up the Heart Rate Zone Alert

If you engage in heart-rate training while the heart rate zone alert is enabled, the watch will perform a sound and/or vibration operation to let you know when your current heart rate is ± 5 bpm or greater outside of the zone currently specified as your target. If you do not re-enter the target zone after the alert, an out-of-zone alert operation will be performed at one-minute intervals.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Press (C).
This displays the GPS signal receive start screen.
3. Press (D) to enter the HR (Heart Rate) Mode.
4. Hold down (A) for at least two seconds.
This displays the HR (Heart Rate) Mode setting screen.




5. Use (A) and (D) to move the pointer to [NOTIFICATION].
6. Press (C).
7. Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the HR (Heart Rate) mode setting screen will re-appear.
9. Press (E) to exit the setting screen.

Heart Rate Measurement Precautions

Heart Rate Measurement Functions

- The back cover of the watch has a built-in sensor that detects your pulse. This is used to calculate and display an approximate heart rate value. The factors below can cause error in the displayed heart rate value.
 - How the watch is affixed to the wrist
 - Individual wrist characteristics and condition
 - Training type and/or intensity
 - Sweat, dirt, and/or other foreign matter around the sensor

All of this means that heart rate values displayed by the watch are approximate, and no guarantees are made concerning their accuracy.

- The heart rate measurement function of this watch is intended for recreational purposes, and should not be used in any way for medical purposes.
- Heart rate measurement is automatically disabled when the battery level indicator shows  or lower.

Wrist Heart Rate Measurement Sleep (Power Saving)

Regardless of whether or not you are wearing the watch, the heart rate measurement sensor will automatically stop measurement and enter a sleep state if you do not move for a certain amount of time.

If heart rate measurement does not start when you strap the watch onto your wrist, it will start when you move your wrist.

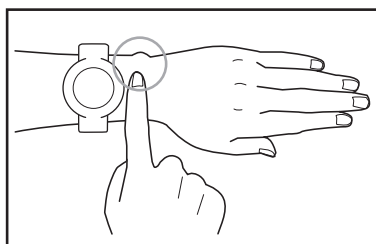
Precautions When Putting on the Watch

Correctly wearing the watch on your wrist is essential to obtain more accurate heart rate measurements. Position the watch on your wrist as described below.

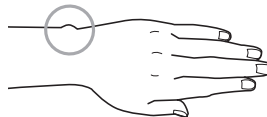
1. With the watch fastened loosely on your wrist, place at least one finger to the right of the pressure sensor on the right side of the watch* (Figure ①).

* If you wear the watch on your right wrist, place your finger(s) to the left of the (C) button (left side of the watch).

Figure ①



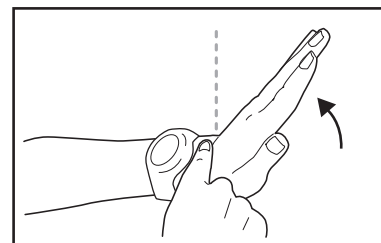
- If the watch covers the protruding bone of your wrist (your ulna, which is circled in the nearby figure), keep adding fingers until it doesn't anymore.



- The location and shape of this bone differ from person to person.

2. Position the watch so there is at least one finger width between it and your wrist joint when you bend your hand back (Figure ②).

Figure ②



3. After you determine the best wrist position for the watch, tighten the band securely enough to keep the watch from sliding on your wrist.

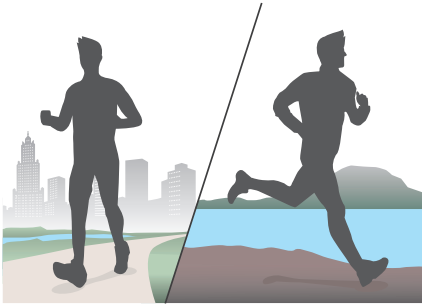
Important!

- A band that is snugly tightened for heart rate measurement can make it difficult for air to pass under the band and cause you to sweat, which can lead to skin irritation. After you are finished measuring your heart rate, loosen the band enough so you can insert a finger between it and your wrist.

Using the Training Function

The Training Function uses GPS and an accelerometer to measure and record distance, elapsed time, pace, and other data while you are running or walking.

You can review recorded data on the watch or with G-SHOCK MOVE.



Run Timing

Using the Training Function, start running.

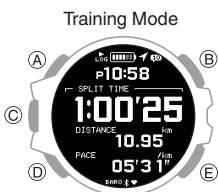
Starting Run Timing

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Press (C).

This causes the watch to start a GPS signal receive operation.



The Training Mode screen will appear automatically after GPS signal reception is complete.



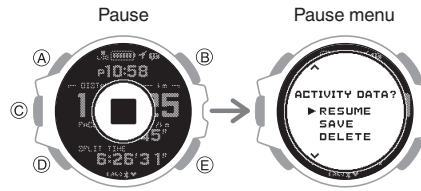
- Press (C).
Start run timing.

Note

- The screen shown in step 2 of the above procedure will not appear if the Airplane Mode is enabled or if the GPS setting is off.

Pausing Run Timing

- While the run timing screen is displayed, press (C).
This pauses run timing and displays the pause menu screen.



- Use (A) and (D) to select what you want to do with the run timing data you have just measured.

[RESUME]	Resumes timing.
[SAVE]	Saves data.
[DELETE]	Deletes data.

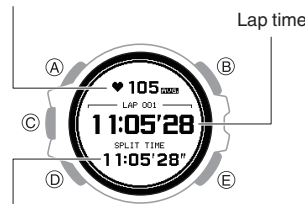
- Press (C).
 - If you select the data save option, the run timing result screen will appear. Pressing any button returns to the Timekeeping Mode.
 - If you select the data delete option, the watch returns to the Timekeeping Mode.

Measuring Lap Times

- Start run timing.
[Starting Run Timing](#)
- Press (E).

Each press of (E) displays the elapsed time of the current section or lap (lap time) to appear.

Heart rate (average, maximum)



Split time, lap distance

- Press (A) or (D) to return to the run timing screen.
 - If you do not perform any button operation, the watch will return to the run timing screen automatically after about 10 seconds.

Note

- You can change the lap time display using G-SHOCK MOVE. Each of the screens displays the items below.
 - Heart rate [AVG] (average), lap time, [SPLIT TIME] (split time)
 - Heart rate [MAX] (maximum), lap time, [DISTANCE] (lap distance)

Changing Display Information During Run Timing

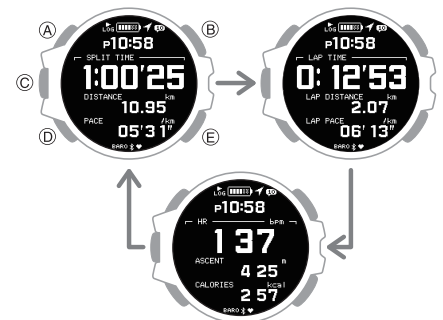
One of three screens can be displayed during run timing (Training Mode), and you can specify the items you want to appear on each screen.

This means you can configure a screen with the items you want to monitor and display that screen while you train.

[Specifying the Screen to be Displayed During Running \(RUN FACE\)](#)

You can navigate between display screens by pressing (A).

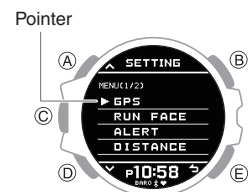
Example:



Changing the GPS Receive Interval

Use the procedure below to specify the interval for receiving GPS signals to acquire location information while running.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Press (C).
This displays the GPS signal receive start screen.
- Press (A) or (D).
This displays the Training Mode screen.
- Hold down (A) for at least two seconds.
This displays the Training Mode setting screen.



5. Use (A) and (D) to move the pointer to [GPS].
6. Press (C).
7. Use (A) and (D) to move the pointer to [USING GPS].
8. Press (C).
9. Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
10. Press (C).

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the GPS setting screen will re-appear.

11. Use (A) and (D) to move the pointer to [INTERVAL].

This option is for specifying the location information acquisition interval by GPS signal reception.

12. Press (C).

13. Use (A) and (D) to select a GPS receive interval.

[NORMAL]	Acquires location info every second.
[LONG]	Acquires location info every minute.

14. Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the GPS setting screen will re-appear.

15. Press (E) twice to exit the setting screen.

Note

- You can also change the GPS receive interval using G-SHOCK MOVE.

Checking the Altitude Differential Between Your Current Location and a Checkpoint

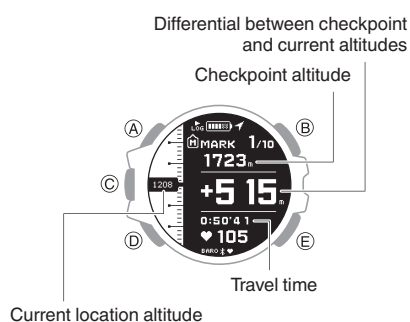
You can use G-SHOCK MOVE during run timing to check the altitude differential between a checkpoint and your current location.

- You can specify up to 10 checkpoints.

1. Enter the Training Mode.
[Navigating Between Modes](#)

2. Press (D) three times.

This displays the altimeter navigation screen.



- A pointer (🏠) to the right of the scale along the left of the screen also indicates the altitude differential between the checkpoint and current altitude. The appearance of the pointer changes as described below.

This pointer:	Means this:
	Altitude differential of +100m (Or: +100ft) or more
	Altitude differential within -100 to 100m (-100 to 100ft)
	Altitude differential of -100m (Or: -100ft) or more

Each press of (A) switches the checkpoint display.

Important!

- You can use G-SHOCK MOVE to specify checkpoints along a running course. Note that you cannot configure settings using watch operations.

Setting Up Alerts

You can specify calories burned, elapsed time, and altitude target values for training. Then, the watch will perform a sound and/or vibration operation whenever a target value is reached while you are training.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)

2. Press (C).

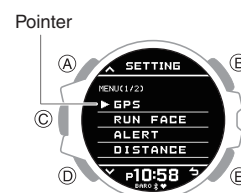
This displays the GPS signal receive start screen.

3. Press (A) or (D).

This displays the Training Mode screen.

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

This displays the Training Mode setting screen.



5. Use (A) and (D) to move the pointer to [ALERT].

6. Press (C).

7. Use (A) and (D) to select the item whose setting you want to change.

[CALORIES]	Calories burned
[TIME 1]	Time 1
[TIME 2]	Time 2
[ALTITUDE]	Altitude

8. Press (C).

9. Use (A) and (D) to select an alert setting.

[OFF]	Disabled
[ON (REPEAT)]	Enabled (repeat)
[ON (1 TIME)]	Enabled (one time)

- While [ON (REPEAT)] is selected, an alert operation is performed whenever a target value is reached.

10. Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alert setting screen will re-appear.

- If you want to configure settings for another item, repeat steps 7 through 10.

11. Press (E) twice to exit the setting screen.

Important!

- To specify the alert interval for each item, use G-SHOCK MOVE. Note that you cannot configure settings using watch operations.

Note

- You can also use G-SHOCK MOVE to enable or disable alerts.

Displaying Your Actual Running Distance

You can select either of two distance display types: horizontal distance (straight-line distance) or surface distance (actual distance).

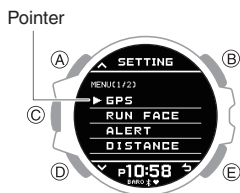
The surface distance display is calculated by taking horizontal travel as well as vertical movement into consideration.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)

- Press (C).
This displays the GPS signal receive start screen.

- Press (A) or (D).
This displays the Training Mode screen.

- Hold down (A) for at least two seconds.
This displays the Training Mode setting screen.



- Use (A) and (D) to move the pointer to [DISTANCE].
- Press (C).
- Use (A) and (D) to move the pointer to [3D DISTANCE].
- Press (C).
- Use (A) and (D) to select a setting.

[OFF]	Displays horizontal distance.
[ON]	Displays surface distance.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the distance display setting screen will re-appear.
- Press (E) twice to exit the setting screen.

Note

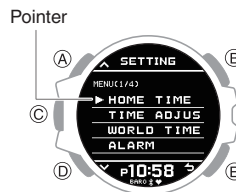
- You can also use G-SHOCK MOVE to change the distance display type.

Specifying the Distance Unit

Important!

- When Tokyo (TOKYO) is the Home City, the distance unit is fixed as kilometers (km) and cannot be changed.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [UNIT].
- Press (C).
- Use (A) and (D) to move the pointer to [DISTANCE].
- Press (C).
- Use (A) and (D) to select a distance unit.

[KILOMETER]	Kilometers
[MILE]	Miles

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
- Press (E) twice to exit the setting screen.

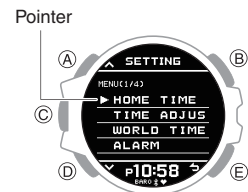
Note

- You can also use G-SHOCK MOVE to change the distance unit.

Enabling Auto Run Timing (Auto Run Detection)

Starting to run while Auto Run Timing (auto run detection) is enabled will cause run timing to start automatically.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [AUTO RUN DETECTION].
- Press (C).
- Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will re-appear.
- Press (E) to exit the setting screen.

Note

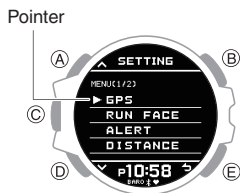
- You can also use G-SHOCK MOVE to enable or disable Auto Run Timing (auto run detection).

Enabling Auto Lap Timing

While Auto Lap Timing is enabled, each time you run the distance you specified with G-SHOCK MOVE the lap time will be recorded automatically.

⌚ Specifying the Distance for Auto Lap Timing

1. Enter the Timekeeping Mode.
⌚ Navigating Between Modes
2. Press (C).
This displays the GPS signal receive start screen.
3. Press (A) or (D).
This displays the Training Mode screen.
4. Hold down (A) for at least two seconds.
This displays the Training Mode setting screen.



5. Use (A) and (D) to move the pointer to [AUTO LAP].
6. Press (C).
7. Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
9. Press (E) to exit the setting screen.

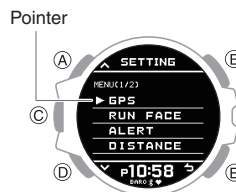
Note

- If GPS is being used for Auto Lap measurement, the Auto Lap measurement timing may be somewhat different from the distance setting.
- You can also use G-SHOCK MOVE to enable or disable Auto Lap Timing.

Enabling Auto Pause

While Auto Pause is enabled, timing will pause whenever you stop running.

1. Enter the Timekeeping Mode.
⌚ Navigating Between Modes
2. Press (C).
This displays the GPS signal receive start screen.
3. Press (A) or (D).
This displays the Training Mode screen.
4. Hold down (A) for at least two seconds.
This displays the Training Mode setting screen.



5. Use (A) and (D) to move the pointer to [AUTO PAUSE].
6. Press (C).
7. Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
9. Press (E) to exit the setting screen.

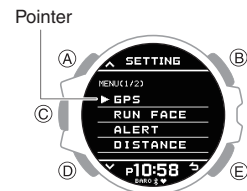
Note

- You can also use G-SHOCK MOVE to enable or disable Auto Pause.

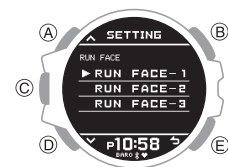
Specifying the Screen to be Displayed During Running (RUN FACE)

You can customize the items on the three screens can be displayed during run timing (Training Mode).

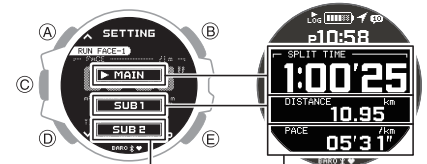
1. Enter the Timekeeping Mode.
⌚ Navigating Between Modes
2. Press (C).
This displays the GPS signal receive start screen.
3. Press (A) or (D).
This displays the Training Mode screen.
4. Hold down (A) for at least two seconds.
This displays the Training Mode setting screen.



5. Use (A) and (D) to move the pointer to [RUN FACE].
6. Press (C).
7. Use (A) and (D) to select the customize screen (RUN FACE).



8. Press (C).
9. Use (A) and (D) to select the display area whose contents you want to change.



10. Press (C).

11. Use (A) and (D) to select the item you want to in the currently selected display area.

[SPLIT TIME]	Split time
[DISTANCE]	Running distance
[PACE]	Pace
[LAP TIME]	Lap time
[LAP DISTANCE]	Lap distance
[LAP PACE]	Lap pace
[AVG.PACE]	Average pace
[SPEED]	Speed
[AVG.SPEED]	Average speed
[CALORIES]*	Calories burned
[HR]	Heart rate
[AVG.HR]	Average heart rate
[GRADE]	Grade
[ALTITUDE]	Altitude
[ASCENT]	Total ascent
[DESCENT]	Total descent
[ASC PACE]	Ascent pace
[DSC PACE]	Descent pace
[TIME]	Time
[DATE]	Day

* While heart rate measurement is enabled, calories burned are calculated based on your heart rate and shown on the display.

- If you want to change the contents of another display area, press (E) and then select the display area you want. Repeat steps 9, 10, and 11 above as required.

12. Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the RUN FACE setting screen will re-appear.

13. Press (E) twice to exit the setting screen.

Note

- You can also use G-SHOCK MOVE to customize display screen items.

Settings Configured with the Application

Some Training Function settings can be configured using either watch operations or G-SHOCK MOVE, while some settings must be configured using G-SHOCK MOVE.

Settings that can be configured on the watch or using G-SHOCK MOVE

- Customization of screens displayed during run timing
- GPS enable/disable
- GPS receive interval
- Alert enable/disable
- Distance display type (horizontal, surface)
- Distance unit
- Auto Lap Timing enable/disable
- Auto Pause enable/disable

Settings that can be configured using G-SHOCK MOVE only

- Auto Lap display screen:
[AVG](Average Heart Rate) +[SPLIT TIME] (Split Time) or [MAX](Maximum Heart Rate) +[DISTANCE](Lap Distance)
- Altitude checkpoints
- Alert calories burned interval
- Alert time interval
- Alert altitude interval
- Auto Lap Timing distance

Run Timing Precautions

- After using the Training Function, use the charger cable to charge the watch.
[Charging with the Charger Cable](#)

Viewing Training Log Records

Your watch stores data (log records) acquired during run timing. There is enough memory to store up to 100 log records.

You can tell how much storage space is available by checking the indicator.

● During run timing

Indicator:	Meaning:
Displayed	Storage space available
Flashing	Storage space low
Flashing	Storage memory full

● Not during run timing

Indicator:	Meaning:
None	Storage space available
Displayed	Storage space low
Displayed	Storage memory full

Training Log Data Accuracy

- Training log values are calculated based on step count, calories burned, heart rate, VO2MAX, and other data picked up by the watch's sensors. No guarantees are made concerning the statistics and values calculated by this watch, so they should be used as general reference information only.

Viewable Training Log Items

The items below are shown on the Training Log screen.

[DISTANCE]	Running distance
[TIME]	Travel time
[PACE]	Pace
[CALORIES]	Calories burned
[CADENCE]	Cadence
[ASCENT]	Total ascent
[DESCENT]	Total descent
[AVG.HR]	Average heart rate
[MAX.HR]	Maximum heart rate
[AEROBIC TE]	Aerobic training effect value*
[ANAEROBIC TE]	Anaerobic training effect value*

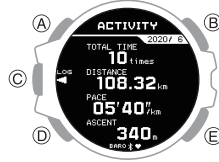
* Training effect quantifies training productivity, which allows you to find the training activity that suits your needs.

● Interpreting training effect values

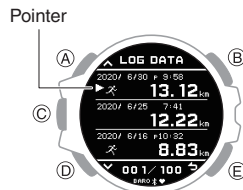
Value	Means this:
0.0 - 0.9	No effect on fitness
1.0 - 1.9	Improves endurance, training for more than one hour contributes to health maintenance. Suitable for recovery from hard training.
2.0 - 2.9	Effective for maintaining cardio function and for attaining basic physical fitness.
3.0 - 3.9	Effective for maintaining cardiopulmonary function and as the basis of a training plan.
4.0 - 4.9	Training that suddenly raises cardiopulmonary function.
5.0	Overloads the body.

Viewing Recorded Log Data Records

- Enter the Training Log Mode.
 Navigating Between Modes



- Press (C).
This displays the training log list.



- Use (A) and (D) to move the pointer to the log data record you want to view.
- Press (C).
This displays the selected log data items.



- Use (A) and (D) to move the pointer to the item whose details you want to view.
- Press (C).
This displays details about the selected item.



- You can use (A) and (D) to scroll screen contents.

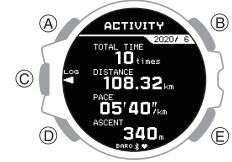
- Hold down (D) for at least one second to return to the Timekeeping Mode.

Note

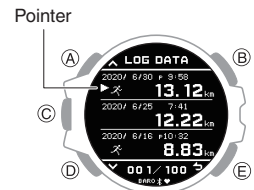
- Pressing (E) during the above procedure will go back one screen.

Deleting a Particular Log Data Record

- Enter the Training Log Mode.
 Navigating Between Modes



- Press (C).
This displays the training log list.

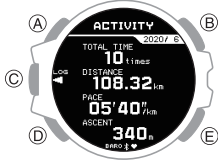


- Use (A) and (D) to move the pointer to the data you want to delete.
- Hold down (A) for at least two seconds.
This displays a delete menu.
- Use (A) and (D) to move the pointer to [ONE].
- Press (C).
- Use (A) and (D) to move the pointer to [EXECUTE].
To cancel log data deletion, move the pointer to [CANCEL].
- Press (C).

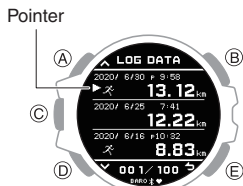
After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

Deleting All Log Data Records

1. Enter the Training Log Mode.
[🔍 Navigating Between Modes](#)



2. Press (C).
 This displays the training log list.



3. Hold down (A) for at least two seconds.
 This displays a delete menu.
4. Use (A) and (D) to move the pointer to [ALL].
5. Press (C).
6. Use (A) and (D) to move the pointer to [EXECUTE].
 To cancel log data deletion, move the pointer to [CANCEL].
7. Press (C).
 This displays a confirmation screen.
8. Use (A) and (D) to move the pointer to [YES] or [NO].
9. Press (C).

After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

Viewing Your Training Performance Condition

You can use your watch to measure your heart rate, running speed, and altitude, and display your training status.

Important!

- To measure your training status, you need to measure your heart rate and create your profile.
[🔍 Using Heart Rate Measurement](#)
[🔍 Creating Your Profile](#)

Note

- You can check your training status even after entering the Timekeeping Mode.
[🔍 Selecting a Timekeeping Mode](#)
[🔍 Digital Display Format](#)

Checking Your Training Status

Training status evaluates the training effect. It shows how your training affects your fitness level and performance. You can use training status information to improve your fitness level.

1. Enter the Training Status Mode.
[🔍 Navigating Between Modes](#)
 - Entering the Training Status Mode displays the Training Status screen.



① Training status

[NO STATUS]	Data is required for runs (of at least 10 minutes) that update VO2MAX at least twice a week.
[DETRAINING]	Training at a load that is less than recommended has continued for one week, which is affecting your fitness level. Correct by increasing your training load.

[RECOVERY]	Lighten your training load to recover. This is necessary when engaging in hard training. Increase your training load after you feel you have recovered.
[MAINTAINING]	Training load suitable for maintaining your fitness level. For better effect, try other types of training or increasing the training volume.
[PRODUCTIVE]	Maintain this status. The training load is either laying a foundation for fitness or leading in the right direction. To maintain this status, schedule recovery time between training.
[PEAKING]	This is the ideal condition. By lessening the training load, you can recover and compensate for previous training. Since this peak status can be maintained only for short periods, your training plan should take the next training session into consideration.
[OVERREACHING]	This status has a high training load, which is counterproductive. Rest is required. Create recovery time by including low-load training.
[UNPRODUCTIVE]	The training level is good, but the fitness level decreases. Physical recovery is difficult. Take care to avoid stress, to maintain good nutrition, and to monitor your overall health.

② FITNESS LEVEL *1

(No symbol)	No effect
	Decrease
	Maintain
	Increase

*1 Indicates training productivity based on long-term changes in VO2MAX.

③ TRAINING LOAD *2

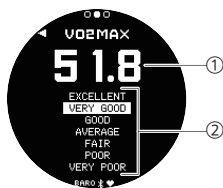
(No symbol)	No effect
	Decrease
	No change
	Increase

*2 Indicates training productivity based on long-term training load.

Checking Your VO2MAX

VO2MAX is your actual fitness level. A greater VO2MAX value is said to indicate better cardiopulmonary capacity and greater endurance. It comes in handy when creating future training plans.

- Enter the Training Status Mode.
[Navigating Between Modes](#)
- Press (A).
This displays the VO2MAX screen.



① VO2MAX value

② Fitness category

[EXCELLENT]	Excellent
[VERY GOOD]	Very high
[GOOD]	High
[AVERAGE]	Normal
[FAIR]	Rather low
[POOR]	Low
[VERY POOR]	Very low

- The applicable category is indicated by white highlighting.
- You can also check age-specific reference values.
[Fitness Categories](#)

Checking Your Recovery Time

Recovery time is the appropriate rest period needed to recover, which increases the training effect.

The maximum recovery time period is four days (96 hours).

- Enter the Training Status Mode.
[Navigating Between Modes](#)
- Press (A) twice.
This displays the recovery time screen.



- Recovery time is reduced every at intervals of 30 minutes.

Training Status Display Precautions

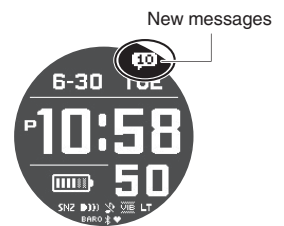
- To measure your VO2MAX, you will need to input correct profile information (height, weight, gender, etc.) and then run for at least 10 minutes outdoors.
- Note that the factors below can cause fluctuation of the measured VO2MAX value.
 - Running course (hills, etc.)
 - Non-running training
 - Environment (temperature, humidity, elevation, etc.)
- To display a training status, you need to enable heart rate measurement, and go on a VO2MAX update run (of at least 10 minutes) at least twice a week and store the resulting data.

Receiving Phone Notifications

You can use your watch to check the details of incoming calls, mail, and SNS alerts and information that are received by a phone connected to the watch by Bluetooth. The watch can have up to 10 notifications stored in its memory.

- To receive notifications from your phone, you need to pair the watch with it.
[Getting Ready](#)

The number of new messages is shown on the Timekeeping Mode display.



You can use the Notification Mode to check notification types and whether there are any new messages.

New Messages Received



No New Messages



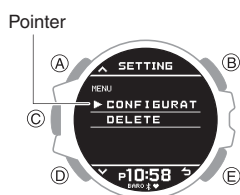
This indicator:	Means this:
	Mail
	SNS
	Incoming calls, missed calls
	Schedule
	Other

- While notification receive is enabled, reception of a notification causes its contents to appear on the display, regardless of the mode (Notification Cut-in).
[Enabling and Disabling Incoming Call Notifications](#)

Enabling and Disabling Incoming Call Notifications

You can enable or disable notification receive as required.

1. Enter the Notification Mode.
[Navigating Between Modes](#)
2. Press (C).
 This displays the notification list.
3. Hold down (A) for at least two seconds.
 This displays the Notification Mode setting screen.



4. Use (A) and (D) to move the pointer to [CONFIGURATION].
5. Press (C).
6. Use (A) and (D) to select a notification receive ON/OFF setting.

[ON]	Enables receive and notification cut-in display.
[ON (RUN OFF)]	Disables receive during run timing only.
[OFF]	Disables receive and notification cut-in display.

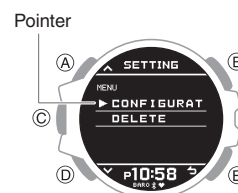
- Notification cut-in displays the contents of a received notification, regardless of the watch mode.
 - After about 30 seconds, the display will return to what it was before the notification cut-in appeared.
7. Press (C) to complete the setting operation.
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Notification Mode setting screen will re-appear.
 8. Press (E) to exit the setting screen.

Displaying Notification Contents

1. Enter the Notification Mode.
[Navigating Between Modes](#)
2. Press (C).
 This displays the notification list.
 - The notification list can contain up to 10 notifications.
 - Addition of a notification to the list when it already contains 10 notifications, will cause the oldest notification in the list to be deleted to make room for the new one.
3. Use (A) and (D) to move the pointer to the title of the notification you want to view.
4. Press (C).
 This displays the details of the notification. From 83 to 100 double-width characters are displayed for the body text.
 - You can use (A) and (D) to scroll.
 - To return to the notification list, press (E).
 - To return to the Timekeeping Mode, hold down (D) for at least one second.

Deleting a Particular Notification

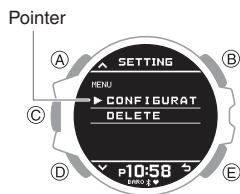
1. Enter the Notification Mode.
[Navigating Between Modes](#)
2. Press (C).
 This displays the notification list.
3. Use (A) and (D) to move the pointer to the title of the notification you want to delete.
4. Hold down (A) for at least two seconds.
 This displays the Notification Mode setting screen.



5. Use (A) and (D) to move the pointer to [DELETE].
6. Press (C).
7. Use (A) and (D) to move the pointer to [ONE].
 - To cancel data deletion, move the pointer to [CANCEL].
10. Press (C).
 After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

Deleting All Notifications

1. Enter the Notification Mode.
[🔗 Navigating Between Modes](#)
2. Press (C).
This displays the notification list.
3. Hold down (A) for at least two seconds.
This displays the Notification Mode setting screen.



4. Use (A) and (D) to move the pointer to [DELETE].
5. Press (C).
6. Use (A) and (D) to move the pointer to [ALL].
7. Press (C).
8. Use (A) and (D) to move the pointer to [EXECUTE].
 - To cancel data deletion, move the pointer to [CANCEL].
9. Press (C).
This displays a confirmation screen.
10. Use (A) and (D) to move the pointer to [YES] or [NO].
11. Press (C).

After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

Digital Compass

You can use the Digital Compass Mode to determine the direction of north, and to check your bearing to a destination.



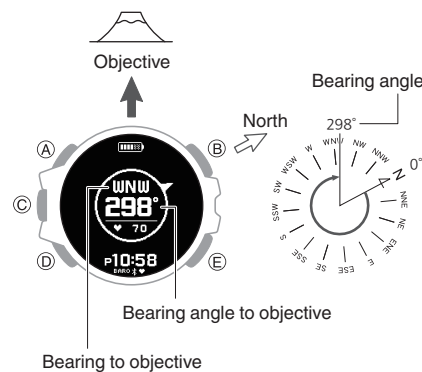
Important!

- Check the information at the link below to find out how to ensure correct readings.
[🔗 Calibrating Compass Readings](#)
[🔗 Digital Compass Reading Precautions](#)

Taking a Compass Reading

1. Enter the Compass Mode.
[🔗 Navigating Between Modes](#)
 - Entering the Compass Mode starts compass readings.
2. Keeping the watch level, point 12 o'clock in the direction of your desired objective.
 - North is indicated by ▲. The bearing and bearing angle to your objective will also appear on the display.
 - To retrigger the compass operation, press (C).

Interpreting Bearing Readings



Directions: N (North), E (East), W (West), S (South)

Note

- Normally the Compass Mode indicates magnetic north. You can also configure settings to indicate true north.
[🔗 Setting Up for True North Readings \(Magnetic Declination Calibration\)](#)
[🔗 Magnetic North and True North](#)
- After the initial reading is displayed, the watch will continue to take readings about every 0.5 seconds for about the next 60 seconds. The watch will return to the Timekeeping Mode automatically about 60 seconds after you start a direction reading operation.

● Aligning a Map with Actual Surroundings (Setting a Map)

Setting a map means to align the map so the directions indicated on it are aligned with the actual directions of your location. Once you set a map, you can more easily get a grasp of the relationship between map markings and actual geographic contours. To set a map with this watch, align north on the map with the north indication of the watch. Once you set the map, you can compare your bearing on the map with your surroundings, which will help you determine your current location and destination.

- Note that map reading skills and experience are required to determine your current location and destination on a map.

Calibrating the Compass

Calibrating Compass Readings

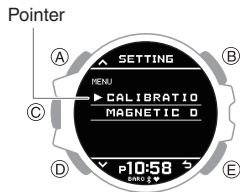
Perform 3-point or figure 8 calibration whenever you notice the watch's compass readings are different from those of another compass, or before setting out on a climb or trek.

- Note that accurate compass readings and/or calibration will not be possible in an area where strong magnetism is present.
[🔗 Digital Compass Reading Precautions](#)

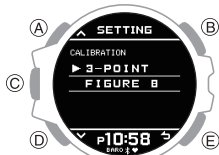
3-Point Calibration

1. Enter the Compass Mode.
[Navigating Between Modes](#)

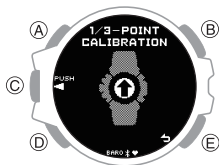
2. Hold down (A) for at least two seconds.
 This displays the Digital Compass Mode setting screen.



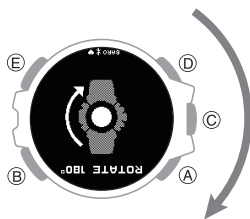
3. Use (A) and (D) to move the pointer to [CALIBRATION].
4. Press (C).
5. Use (A) and (D) to move the pointer to [3-POINT].



6. Press (C).
 This displays the 3-point calibration screen.



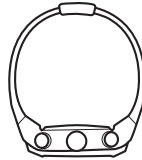
7. While keeping the watch horizontal, press (C).
 This starts calibration of the first point, which causes [PLEASE WAIT] to appear on the display. [ROTATE 180°] will appear when calibration is successful.
8. Keeping the LCD of the watch pointing upwards, rotate it 180 degrees. Be as exact as possible.



9. While keeping the watch horizontal, press (C).

This starts calibration of the second point, which causes [PLEASE WAIT] to appear on the display. [TURN OVER] will appear when calibration is successful.

10. Turn the watch over so the LCD is pointing at the ground.



Ground

11. While keeping the watch horizontal, press (C).

This starts calibration of the third point, which causes [PLEASE WAIT] to appear on the display. [SUCCESSFUL] will appear when calibration is successful. A few seconds later, the watch will return to the Digital Compass screen.

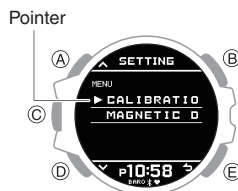
Note

- If the calibration operation fails, the message [FAILED RETRY?] will appear. To retry calibration, press (C). To stop a calibration operation, press (E).
- Pressing (E) during the above procedure will return to the calibration method selection screen.

Figure 8 calibration

1. Enter the Compass Mode.
[Navigating Between Modes](#)

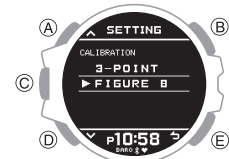
2. Hold down (A) for at least two seconds.
 This displays the Digital Compass Mode setting screen.



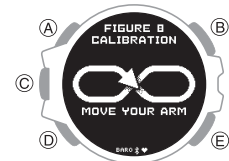
3. Use (A) and (D) to move the pointer to [CALIBRATION].

4. Press (C).

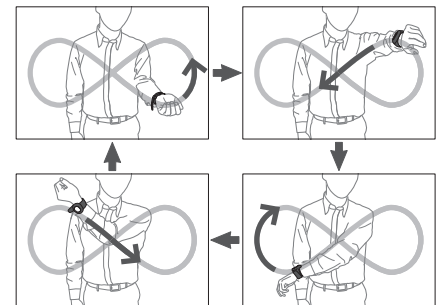
5. Use (A) and (D) to move the pointer to [FIGURE 8].



6. Press (C).
 This displays the figure 8 calibration screen.



When the screen shown above appears, move your arm in a figure 8 pattern as shown in the illustrations below.



- Allow your wrist to twist.
- Keep your arm as far as possible from your body as you move it.
- [SUCCESSFUL] will appear when calibration is successful. A few seconds later, the watch will return to the Digital Compass screen.

Note

- If the calibration operation fails, the message [FAILED RETRY?] will appear. To retry calibration, press (C). To stop a calibration operation, press (E).
- Pressing (E) during the above procedure will return to the calibration method selection screen.

Setting Up for True North Readings (Magnetic Declination Calibration)

If you want the watch to indicate true north instead of magnetic north, you need to specify your current location's magnetic declination direction (east or west) and declination angle.

Magnetic North and True North

- The magnetic declination angle value can be set in 1° (degree) units only. Use a value that is closest to the angle you want to set.
Example: For an angle of 7.4°, set 7°.
Example: For an angle of 7°40' (7 degrees, 40 minutes), set 8°.

Note

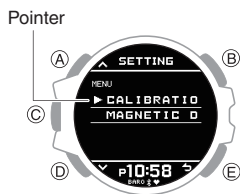
- Magnetic declination angles (east or west) and angle degree values for specific locations can be found on geographic maps, mountain climbing maps, and other maps that include contour lines.

- Enter the Compass Mode.

Navigating Between Modes

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

This displays the Digital Compass Mode setting screen.

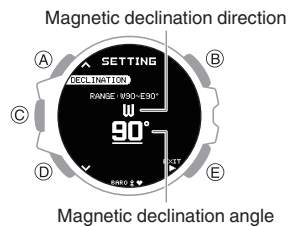


- Use (A) and (D) to move the pointer to [MAGNETIC DECLINATION].
- Press (C).

- Use (A) (East) and (D) (West) to change the magnetic declination direction and angle.

Setting range: 90° west to 90° east

[0° (OFF)]	Magnetic north
[E]	Magnetic north east of true north (East declination)
[W]	Magnetic north west of true north (West declination)



- To stop the setting operation, press (E) and advance to step 7.

- Press (C).

- Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	This returns to the magnetic declination angle calibration screen.

- Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Digital Compass Mode setting screen will reappear.

- Press (E) to exit the setting screen.

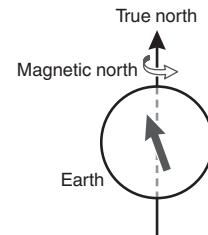
Magnetic North and True North

There are actually two types of north: magnetic north and true north.

Magnetic north: North indicated by the needle of a compass

True north: Direction to the North Pole

As shown in the illustration below, magnetic north and true north are not the same.



Note

- The north indicated on commercially available maps is normally true north.

Digital Compass Reading Precautions

Location During Use

Taking readings near sources of strong magnetism can cause reading error. Keep the watch away from the following types of items.

Permanent magnets (magnetic accessories, etc.), metal objects, high-voltage wires, aerial wires, electrical household appliances (TVs, computers, cellphones, etc.)

- Note that correct direction readings are not possible indoors, especially inside of reinforced concrete structures.
- Accurate direction readings are not possible in motor vehicles, on boats, on aircraft, etc.

Storage Location

Exposure of the watch to magnetism can affect the accuracy of digital compass readings. Keep the watch away from the types of items below.

Permanent magnets (magnetic accessories, etc.), metal objects, electrical household appliances (TVs, computers, cellphones, etc.)

Altitude Measurement

The watch takes altitude readings and displays results based on air pressure measurements taken by a built-in pressure sensor.



Important!

- The altitude readings displayed by the watch are relative values that are calculated based on barometric pressure measured by the watch's pressure sensor. This means that barometric pressure changes due to weather can cause altitude readings taken at the same location to be different. Also note that the value displayed by the watch may be different from the actual elevation and/or sea level elevation indicated for the area where you are located. When using the watch's altimeter while mountain climbing, it is recommended that you regularly calibrate its readings in accordance with local altitude (elevation) indications.
 - 🔗 [Calibrating Altitude Readings](#)
- The altitude correction value you specify and/or barometric pressure changes may cause a negative value to be displayed.
- Check the information at the link below to find out about how to minimize differences between readings produced by the watch, and values provided by local altitude (elevation) indications.
 - 🔗 [Altitude Reading Precautions](#)

Checking the Current Altitude

1. Enter the Altimeter Mode.
 - 🔗 [Navigating Between Modes](#)
 - 🔗 [Changing Displayed Information](#)



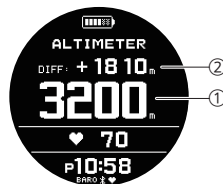
Entering the Altitude Mode will start altitude measurement and display the altitude at your current location.

- The watch takes altitude readings every second for about the first three minutes. After that, it takes readings according to the watch's auto measurement interval setting.
 - 🔗 [Setting Up the Auto Measurement Interval](#)
- To retrigger measurement, press (C).
- Press (E) to return to the Timekeeping Mode.

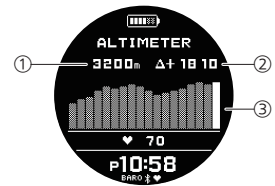
Note

- Measurement range: -10,000 m to 10,000 m (-32,800 to 32,800 feet) (Measurement unit: 1 meter (5 feet))
Note that calibrating altitude readings will cause a change in the measurement range.
- [----] will appear for the measured value if it is outside the allowable range.

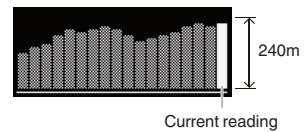
Value Screen



Graph Screen



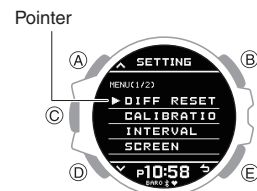
- ① Current location altitude
- ② Differential between reference altitude and current altitude
- ③ Altitude graph



Setting a Reference Altitude and Taking Relative Altitude Readings

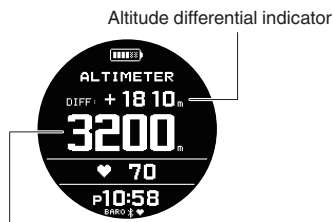
You can use the procedure below to display the differential between a reference altitude and another altitude. This makes it easy to measure the altitude differential between two points while climbing or trekking.

1. Use the contour lines on your map to determine the altitude differential between your current location and your destination.
2. Take an altitude reading of your current location.
 - 🔗 [Checking the Current Altitude](#)
3. Hold down (A) for at least two seconds. This displays the Altimeter Mode setting screen.



4. Use (A) and (D) to move the pointer to [DIFF RESET].
5. Use (C) to set your current location's altitude as the reference altitude. This makes the altitude differential ± 0 m (± 0 feet).

- While comparing the difference between the altitude you found on the map and the altitude differential displayed by the watch, advance towards your destination.



- When the altitude differential you found on the map is the same as that displayed by the watch, it means you are close to your destination.

Note

- [-----] will appear on the display when a reading is outside the allowable altitude measurement range ($\pm 3,000$ m ($\pm 9,840$ feet)), or if a measurement error occurs.

Calibrating Altitude Readings

To minimize the difference between locally indicated and measured values, you should update the reference altitude value before setting off on and during treks or any other activities where you take altitude readings.

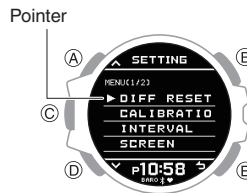
Also, you can ensure accurate measurements by checking a map local altitude indications or some other source for your current location's altitude, and regularly calibrating watch readings with the latest information while mountain climbing.

Note

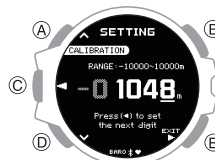
- You can find out the altitude at your current location from signs, maps, on the Internet, etc.
- Differences between actual altitude and watch readings can be caused by the factors below.
 - Changes in barometric pressure
 - Changes in temperature caused by variations in barometric pressure and by elevation
- Though altitude readings can be taken without calibration, doing so may produce readings that are very different from indications by altitude markers, etc.

- Enter the Altimeter Mode.
 - [Navigating Between Modes](#)

- Hold down (A) for at least two seconds. This displays the Altimeter Mode setting screen.



- Use (A) and (D) to move the pointer to [CALIBRATION].
- Press (C).
- Use (A) and (D) to move the pointer to [MANUAL].
 - To return the altitude setting to its initial factory default value, select [OFFSET OFF].
- Press (C).
- Repeat the steps below to input the altitude in your current location.
 - Use (A) and (D) to change the underlined value or symbol. To specify a negative value, display the minus (-) sign.
 - Use (C) to move between digits.



- To stop the setting operation, press (E) and advance to step 9.
- After all the values are the way you want, press (C).
 - Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	This returns to the altitude manual calibration screen.

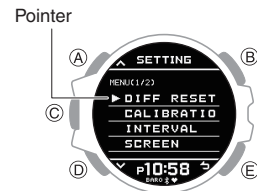
- Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Altimeter Mode setting screen will re-appear.
- Press (E) to exit the setting screen.

Setting Up the Auto Measurement Interval

You can select an auto measurement interval of either five seconds or two minutes.

- Enter the Altimeter Mode.
 - [Navigating Between Modes](#)
- Hold down (A) for at least two seconds. This displays the Altimeter Mode setting screen.



- Use (A) and (D) to move the pointer to [INTERVAL].
- Press (C).
- Use (A) and (D) to select an auto measurement interval.

[2 MINUTES]	Readings taken every second for the first three minutes, and then every two minutes for about the next 12 hours.
[5 SECONDS]	Readings taken every second for the first three minutes, and then every five seconds for about one hour.

- Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Altimeter Mode setting screen will re-appear.
- Press (E) to exit the setting screen.

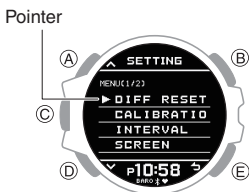
Note

- The watch will automatically return to the Timekeeping Mode if you do not perform any operation in the Altimeter Mode for about one hour while [5 SECONDS] is selected as the measurement interval or for about 12 hours while [2 MINUTES] is selected.

Changing Displayed Information

You can use the procedure below to display an altitude graph in the Altimeter Mode.

- Enter the Altimeter Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Altimeter Mode setting screen.



- Use (A) and (D) to move the pointer to [SCREEN].
- Press (C).
- Use (A) and (D) to select a display type.

[VALUE]	Display the latest measurement values only.
[GRAPH]	Display measurement values and an altitude graph.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Altimeter Mode setting screen will re-appear.
- Press (E) to exit the setting screen.

Specifying the Altitude Measurement Unit

You can select either meters (m) or feet (ft) as the Altimeter Mode display unit.

Important!

- When Tokyo (TOKYO) is the Home City, the altitude unit is fixed as meters (m) and cannot be changed.

- Enter the Timekeeping Mode or Altimeter Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the mode setting screen.



- Use (A) and (D) to move the pointer to [UNIT].
- Press (C).
- If you started from the Timekeeping Mode in step 1, use (A) and (D) to move the pointer to [ALTIMETER].
If you started from the Altimeter Mode in step 1, advance to step 7.
- Press (C).
- Use (A) and (D) to select an altitude unit.

[METER]	Meters
[FEET]	Feet

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the mode setting screen will re-appear.
- If you started from the Timekeeping Mode, press (E) twice to exit the setting screen.
If you started from the Altimeter Mode in step 1, press (E) to exit the setting screen.

Altitude Reading Precautions

Effects of Temperature

When taking altitude readings, take the steps below to keep the watch at as stable a temperature as possible. Changes in temperature can affect altitude readings.

- Take readings with the watch on your wrist.
- Take readings in an area where temperature is stable.

Altitude Readings

- Do not use this watch while skydiving, hang gliding, paragliding, gyrocopter flying, glider flying, or engaged in other activities where altitude changes suddenly.
- Altitude readings produced by this watch are not intended for special-purpose or industrial level use.
- In an aircraft, the watch measures the in-cabin pressurized air pressure, so readings will not match altitudes announced by the crew.

Altitude Readings (Relative Altitude)

This watch uses International Standard Atmosphere (ISA) relative altitude data defined by the International Civil Aviation Organization (ICAO). Barometric pressure generally becomes lower as altitude increases.

Correct measurement may not be possible under the conditions below.

- During unstable atmospheric conditions
- During sudden temperature changes
- After the watch has been subjected to strong impact

Measured Altitude Value Adjustment Using GPS Signal Data

If you perform a GPS signal receive operation before you start running, the received correction information will be used for automatic correction of altitude measurement values. Note, however, that this also may result in some difference between the measured value and the actual altitude.

Also note that the measured altitude value adjustment operation using GPS signal data may take a few minutes. The adjustment operation may take even longer, depending on your current environment. Regular manual adjustment of the measured altitude value using locally available information is recommended. The watch will not use GPS signal data to adjust measured altitude values for one hour after you adjust the measured altitude value manually.

Barometric Pressure and Temperature Measurement

You can use the watch to take barometric pressure and temperature readings for your current location.



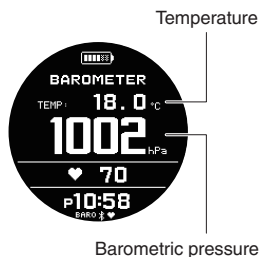
Important!

- Check the information at the link below to find out how to ensure correct readings.
 - 🔗 [Barometric Pressure and Temperature Reading Precautions](#)

Checking the Current Barometric Pressure and Temperature

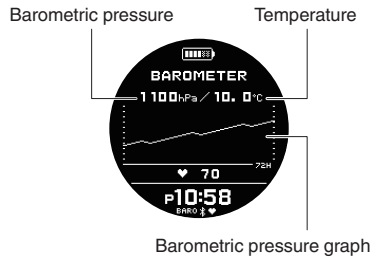
1. Enter the Barometer/Temperature Mode.
 - 🔗 [Navigating Between Modes](#)
 Entering the Barometer/Temperature Mode starts measurement and displays the current barometric pressure and temperature.
 - After you enter the Barometer/Temperature Mode, the watch takes readings about every five seconds for three minutes. After that, a measurement is taken about every two minutes.

Value Screen



Barometric Pressure Graph Screen

The graph shows barometric readings taken every two hours. You can use the graph to view changes in barometric pressure over the past 72 hours, which can be used to predict upcoming weather.



A trend like this:	Means this:
	Rising barometric pressure, which indicates that upcoming weather probably will be fair.
	Falling barometric pressure, which indicates that upcoming weather probably will be bad.

Note

- To retrigger measurement, press (C).
- The watch will automatically return to the Timekeeping Mode if you do not perform any operation in the Barometer/Temperature Mode for about one hour.
- Measurement ranges are shown below. [- - -] will appear for the measured value if it is outside the allowable range.
 - Barometric pressure measurement: 260 hPa to 1,100 hPa (7.65 inHg to 32.45 inHg)
 - Thermometer measurement: -10.0°C to 60.0°C (14.0°F to 140.0°F)
- Large changes in barometric pressure and/or temperature can cause past data readings to be plotted outside of the visible area of the graph. Though plots are not visible, the data is still maintained in watch memory.

Barometric Pressure Change Indications

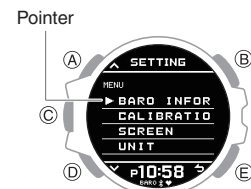
Whenever the watch detects a significant change in air pressure readings (due to sudden altitude change, or to the passage of a low pressure or high pressure area), it will perform a sound and/or vibration operation and display a flashing arrow to let you know. The arrow that appears shows the direction of the pressure change. These alerts are called "Barometric Pressure Change Indications".

This indicator:	Means this:
	Sudden drop in pressure
	Sudden rise in pressure
	Sustained rise in pressure, shifting to a fall
	Sustained fall in pressure, shifting to a rise

Important!

- To ensure correct barometric pressure change indicator operation, enable it in a location where the altitude is constant (such as a lodge, camp area, or on the ocean).
- A change in altitude causes a change in air pressure. Because of this, correct readings are impossible. Do not take readings while ascending or descending a mountain, etc.

1. Enter the Barometer/Temperature Mode.
 - 🔗 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Barometer/Temperature Mode setting screen.



- Use (A) and (D) to move the pointer to [BARO INFORMATION].
- Press (C).
- Use (A) and (D) to select a barometric pressure change indicator setting.

[ON]	Enables the barometric pressure change indicator.
[OFF]	Disables the barometric pressure change indicator.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Barometer/Temperature Mode setting screen will re-appear.
- Press (E) to exit the setting screen.

Note

- If the barometric change indicator is enabled, readings are taken every two minutes even while the watch is not in the Barometer/Temperature Mode.
- The barometric pressure change indicator becomes disabled automatically 24 hours after it is enabled.
- Power Saving is disabled while barometric pressure trend information is enabled.
[Power Saving Function](#)
- The barometric pressure change indicator will become disabled automatically when the battery becomes [CHG] or lower.

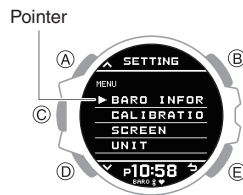
Calibrating Barometric Pressure Readings

The watch's pressure sensor is adjusted at the factory and normally does not require calibration. However, you can calibrate the displayed value if you notice major errors in readings.

Important!

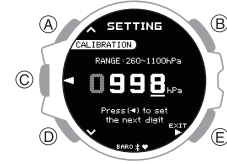
- The watch will not be able to produce correct barometric pressure readings if you make a mistake during the calibration procedure. Check to make sure that the value you use for calibration produces correct pressure readings.

- Enter the Barometer/Temperature Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Barometer/Temperature Mode setting screen.



- Use (A) and (D) to move the pointer to [CALIBRATION].
- Press (C).
- Use (A) and (D) to move the pointer to [BAROMETER].
- Press (C).
- Use (A) and (D) to move the pointer to [MANUAL].
 - Selecting [OFFSET OFF] returns barometric pressure calibration to its factory default state.
- Press (C).

- Repeat the steps below to change the value.
 - Use (A) and (D) to change the underlined value.
 - Use (C) to move the underlining to the value you want to change.



- To stop the setting operation, press (E) and advance to step 11.
- After all the values are the way you want, press (C).
 - Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Return to the barometric pressure manual calibration screen.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the calibration method selection screen will re-appear.
- Press (E) twice to exit the setting screen.

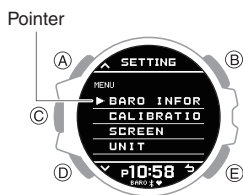
Calibrating Temperature Readings

The watch's temperature sensor is adjusted at the factory and normally does not require calibration. However, you can calibrate the displayed value if you notice major errors in readings.

Important!

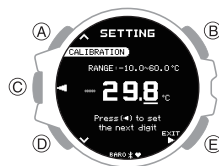
- Check to make sure that the value you use for calibration produces correct temperature readings.
- Before calibrating the temperature reading, remove the watch from your wrist and leave it in the area where you plan to measure temperature for about 20 or 30 minutes to allow the case temperature to become the same as the air temperature.

1. Enter the Barometer/Temperature Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Barometer/Temperature Mode setting screen.



3. Use (A) and (D) to move the pointer to [CALIBRATION].
4. Press (C).
5. Use (A) and (D) to move the pointer to [THERMOMETER].
6. Press (C).

7. Use (A) and (D) to move the pointer to [MANUAL].
 - Selecting [OFFSET OFF] returns barometric pressure calibration to its factory default state.
8. Press (C).
9. Repeat the steps below to change the value.
 - Use (A) and (D) to change the underlined value or symbol. To specify a sub-zero value, display the minus (-) sign.
 - Use (C) to move the underlining to the value you want to change.



- To stop the setting operation, press (E) and advance to step 11.
10. After all the values are the way you want, press (C).
 11. Use (A) and (D) to select whether or not you want to save your current settings.

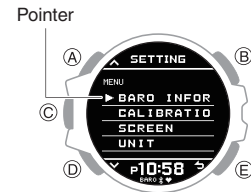
[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Return to the temperature manual calibration screen.

12. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the calibration method selection screen will re-appear.
13. Press (E) twice to exit the setting screen.

Changing Displayed Information

You can use the procedure below to display a barometric pressure graph in the Barometer/Temperature Mode.

1. Enter the Barometer/Temperature Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Barometer/Temperature Mode setting screen.



3. Use (A) and (D) to move the pointer to [SCREEN].
4. Press (C).
5. Use (A) and (D) to select a display type.

[VALUE]	Displays the latest measurement value only.
[GRAPH]	Displays a measurement value and a barometric pressure graph.

6. Press (C) to complete the setting operation.
This returns to the Barometer/Temperature Mode setting screen.
7. Press (E) to exit the setting screen.

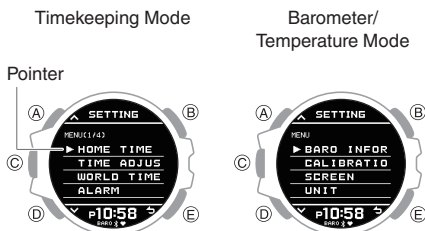
Specifying the Barometric Pressure Unit

You can specify either hectopascals (hPa) or inches of mercury (inHg) as the display unit for barometric pressure values.

Important!

- When Tokyo (TOKYO) is the Home City, the altitude unit is fixed as hectopascals (hPa) and cannot be changed.

1. Enter the Timekeeping Mode or Barometer/Temperature Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the mode setting screen.



3. Use (A) and (D) to move the pointer to [UNIT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [BAROMETER].
6. Press (C).
7. Use (A) and (D) to select a barometric pressure unit.

[HECTOPASCAL]	Hectopascals (hPa)
[INCH OF MERCURY]	Inches of mercury (inHg)

8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the measurement unit setting screen will reappear.
9. Press (E) twice to exit the setting screen.

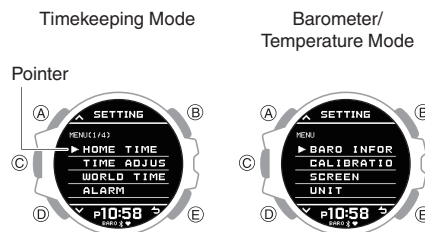
Specifying the Temperature Unit

You can select either Celsius (°C) or Fahrenheit (°F) as the temperature display unit.

Important!

- When Tokyo (TOKYO) is the Home City, the unit is fixed as Celsius (°C) and cannot be changed.

1. Enter the Timekeeping Mode or Barometer/Temperature Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the mode setting screen.



3. Use (A) and (D) to move the pointer to [UNIT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [THERMOMETER].
6. Press (C).
7. Use (A) and (D) to select a temperature unit.

[CELSIUS]	Celsius (°C)
[FAHRENHEIT]	Fahrenheit (°F)

8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the measurement unit setting screen will reappear.
9. Press (E) twice to exit the setting screen.

Barometric Pressure and Temperature Reading Precautions

● Barometric Pressure Reading Precautions

- The barometric pressure graph produced by this watch can be used to obtain an idea of upcoming weather conditions. However, this watch should not be used in place of precision instruments required for official weather prediction and reporting.
- Pressure sensor readings can be affected by sudden changes in temperature. Because of this, there may be some error in the readings produced by the watch.

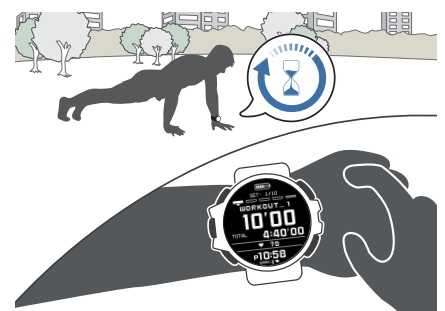
● Temperature Reading Precautions

Body temperature, direct sunlight, and humidity all have an effect on temperature readings. To help ensure more accurate temperature readings, remove the watch from your wrist, wipe it dry of any moisture, and place it in a well-ventilated location not exposed to direct sunlight. You should be able to take temperature readings after about 20 to 30 minutes.

Timer

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

- The watch will not perform a sound and/or vibration notification operation while the battery level indicator shows **LOW** or lower.

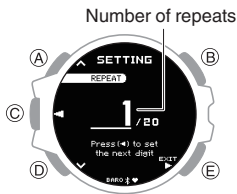


Setting the Timer Start Time

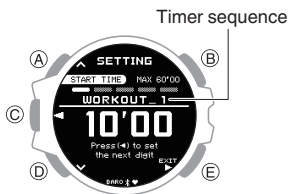
The start time can be set in 1-second units up to 60 minutes.

1. Enter the Timer Mode.
[Navigating Between Modes](#)

2. Hold down (A) for at least two seconds.
This displays the number of timer repeats (1 to 20) setting screen.



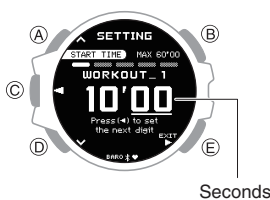
3. Use (A) and (D) to specify the number of timer repeats (Auto Repeat).
4. Press (C).
5. Use (A) and (D) to specify the position of the timer in the sequence.



6. Press (C).
This moves the cursor to the minutes setting.
7. Use (A) and (D) to change the minutes setting.



8. Press (C).
This moves the cursor to the seconds setting.
9. Use (A) and (D) to change the seconds setting.



10. Press (C).
11. Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

12. Press (C) to complete the setting operation.

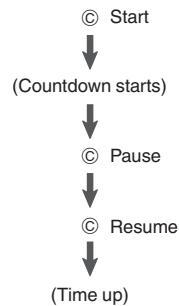
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.

Note

- To exit the timer setting operation at any point, press (E) and advance to step 11.

Using the Timer

1. Enter the Timer Mode.
[Navigating Between Modes](#)
2. Use the operations below to perform a timer operation.



- The watch performs a sound and/or vibration operation for 10 seconds when the end of the countdown is reached.
 - You can reset a paused countdown to its start time, by pressing (E).
3. Press any button to stop the sound and/or vibration operation.

Using the Programmable Timer for Interval Training

Overview

You can configure settings for multiple timers so they perform different count downs one after the other to create an interval timer. You can use the programmable timer to create a sequence for interval training that alternates jogging with sprinting.

For example, you could configure an interval timer as shown below and have intervals ① through ④ repeat 10 times.

Timer Settings

- [WORKOUT_1]: 10 minutes 00 seconds
- [WORKOUT_2]: 4 minutes 00 seconds
- [WORKOUT_3]: 10 minutes 00 seconds
- [WORKOUT_4]: 4 minutes 00 seconds
- Sets: 10

Interval Training Workout

- ① Jog: 10 minutes 00 seconds
- ② Sprint 1 km: 4 minutes 00 seconds
- ③ Jog: 10 minutes 00 seconds
- ④ Sprint 1 km: 4 minutes 00 seconds

Note

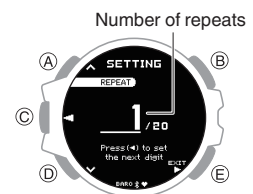
- You can configure up to five different timers to repeat up to 20 times (Auto Repeat).

Configuring Programmable Timer Settings

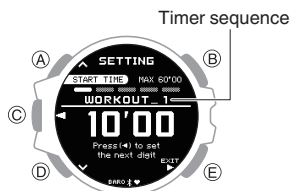
- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

[Using the Timer](#)

1. Enter the Timer Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the number of timer repeats (1 to 20) setting screen.



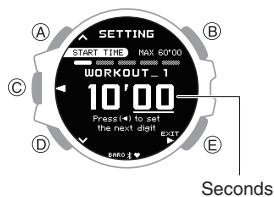
- Use (A) and (D) to specify the number of timer repeats (Auto Repeat).
- Press (C).
- Use (A) and (D) to specify the position of the timer in the sequence.
 - To setup the first timer, setup [WORKOUT_1].



- Press (C).
This causes the cursor to appear at the minutes setting of the first timer.
- Use (A) and (D) to change the minutes setting.



- Press (C).
This causes the cursor to move to the seconds setting of the first timer.
- Use (A) and (D) to change the seconds setting.



- Press (C).
- Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

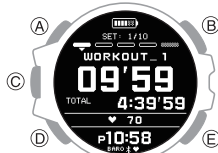
- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.
- Repeat steps 2 through 12 as many times as necessary to configure the settings of the other timers.

Note

- To exit the program setting operation at any point, press (E) and advance to step 11.
- You can use G-SHOCK MOVE to change [WORKOUT_1] and other timer names to something else. A timer name can include a combination of up to 14 alphabetic letters (A to Z), numbers (0 to 9), and symbols.

Using a Programmable Timer

- Enter the Timer Mode.
[Navigating Between Modes](#)
- Press (C) to start the timer countdown.



- To pause an ongoing timer countdown, press (C). You can reset a paused countdown to its start time, by pressing (E).
- When there is a multiple timer countdown operation in progress, you can immediately terminate the current countdown and start the next countdown by holding down (A) for at least two seconds.

Stopwatch

The stopwatch can be used to perform 1-second unit elapsed time measurement up to 99 hours, 59 minutes, 59 seconds. It can also measure split times.



Measuring Elapsed Time

- Enter the Stopwatch Mode.
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.

- ⓐ Start
- ↓
- ⓐ Stop
- ↓
- ⓐ Resume
- ↓
- ⓐ Stop



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

Measuring a Split Time

- Enter the Stopwatch Mode.
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.

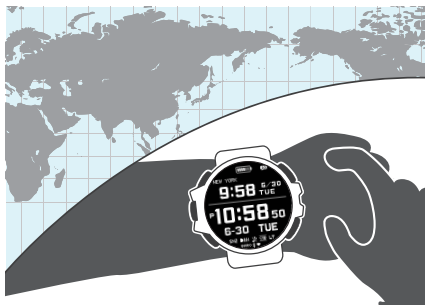
- ⓐ Start
- ↓
- ⓔ Split
- ↓
- ⓔ Split release
- ↓
- ⓐ Stop



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

World Time

World Time lets you look up the current time in any one of 38 cities around the globe, and UTC (Universal Coordinated Time).



Note

- World Time cities that can be selected only by using G-SHOCK MOVE cannot be selected using watch operations.
[Configuring World Time Settings](#)

Checking World Time

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Use (A) to display the World Time.
[Selecting a Timekeeping Mode Digital Display Format](#)

This displays to the current World Time City and the current time there.

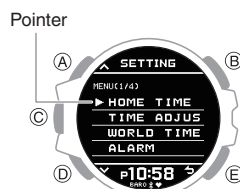


World Time City Setting

Use the procedure in this section to select a World Time city.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.

This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [WORLD TIME].

- Press (C).

This displays the World Time setting screen.

- Use (A) and (D) to move the pointer to [CITY].

- Press (C).

This displays a menu of World Time Cities.



- Use (A) and (D) to move the pointer to the city you want to use.

- Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.

- Press (E) twice to exit the setting screen.

This will display the current time and date in the selected city.



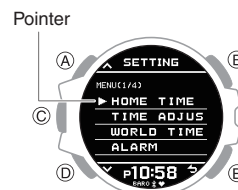
Note

- If you currently have a World Time City that is selectable with G-SHOCK MOVE only and then use watch operation to change to a different city, the G-SHOCK MOVE city information will be deleted from the watch.
[Configuring World Time Settings](#)

Configuring the Summer Time Setting

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.

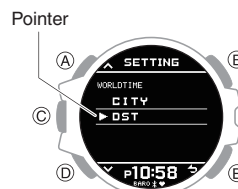
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [WORLD TIME].

- Press (C).

This displays the World Time setting screen.



- Use (A) and (D) to move the pointer to [DST].
- Press (C).
- Use (A) and (D) to select a summer time setting.

[AUTO]	The watch switches between standard time and summer time automatically.
[OFF]	The watch always indicates standard time.
[ON]	The watch always indicates summer time.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.
- Press (E) twice to exit the setting screen.

Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, [AUTO] lets you use the watch without switching manually between summer time and standard time.
- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.

Alarms

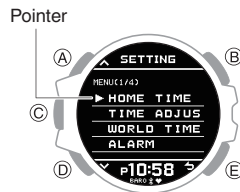
The watch performs a sound and/or vibration operation when an alarm time is reached. You can set up to four different alarms.

- Sound and/or vibration operations are not performed in the cases below.
 - While the battery indicator is [CHG] or lower
 - When watch is at Level 2 power saving [Power Saving Function](#)
- When snooze is enabled for an alarm, it will sound every five minutes up to seven times.

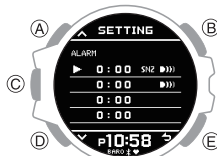


Configuring Alarm Settings

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



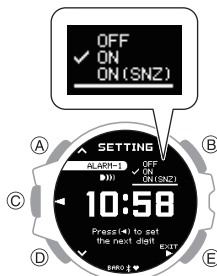
- Use (A) and (D) to move the pointer to [ALARM].
- Press (C).
- Use (A) and (D) to move the pointer to the alarm you want to set.



- Press (C).
- Use (A) and (D) to select an alarm and snooze function ON/OFF setting.

[OFF]	Disables alarms, disables snooze.
[ON]	Enables alarms, disables snooze.
[ON (SNZ)]	Enables alarms, enables snooze.

- The currently selected setting will be indicated by a check mark (✓) to the left.



- Press (C).
- Use (A) and (D) to set the alarm hour.
- Press (C).
- Use (A) and (D) to set the alarm minute.
- Press (C).
- Use (A) and (D) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.
 - Turning on an alarm causes to appear on the display to the right of the time setting. If snooze is enabled, [SNZ] also appears.
- Press (E) twice to exit the setting screen.

Note

- To exit the alarm setting operation at any point, press (E) and advance to step 13.

● To stop a sounding alarm

While an alarm sound and/or vibration operation is being performed, press any button to stop it.

Note

- When snooze is enabled for an alarm, alarm sound and/or vibration will repeat every five minutes, up to seven times. To stop an alarm's ongoing snooze operation, turn off the alarm.

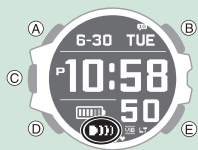
Turning Off an Alarm

To stop an alarm sound and/or vibration operation, perform the steps below to turn it off.

- To reactivate an alarm sound and/or vibration operation, turn it back on.

Note

- An indicators is displayed while any one of the alarms is turned on.
- The alarm indicator is not displayed while all of the alarms are turned off.

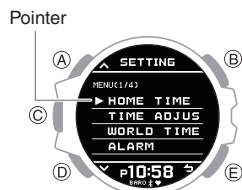


- Enter the Timekeeping Mode.

[Navigating Between Modes](#)

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

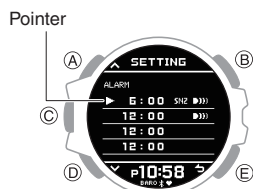
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [ALARM].

- Press (C).

- Use (A) and (D) to move the pointer to the alarm you want to turn off.



- Press (C).
- Use (A) and (D) to select [OFF].
- Press (E).
- Use (A) and (D) to select whether or not you want to save your current settings.

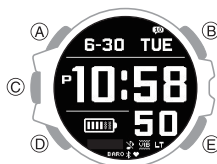
[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

- Press (C) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.

- Press (E) twice to exit the setting screen.

- Turning off all alarms will cause (alarm) to disappear from the display.

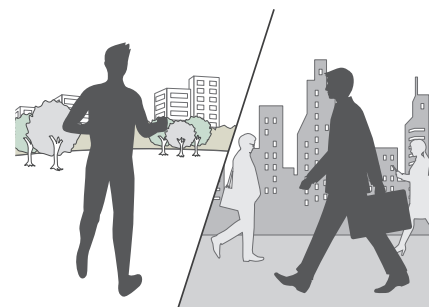


Note

- If (alarm) is still displayed, it means that at least one of the other alarms is still turned on. To turn off all of the alarms repeat steps 5 through 10 until the (alarm) indicator is no longer displayed.

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.

● 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 correct measurement.



● Counting Steps

The pedometer will start counting your steps when you start walking.

● To check the step count

Display the TIME+DAILY screen.

🔍 [Selecting a Timekeeping Mode Digital Display Format](#)

Note

- The step count can show a value up to 99,999 steps. If the step count exceeds 99,999, the maximum value (99,999) remains on the display.
- To prevent miscounts, the displayed count does not increase for about 10 seconds after you start walking. After you have been walking for about 10 seconds, the correct 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, measurement stops automatically if you take off the watch (no watch movement) and do not perform any operation for two or three minutes.

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 surface that causes 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

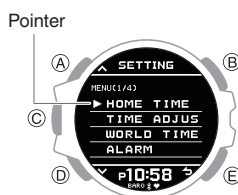
Other Settings

This section explains other watch settings you can configure.

Button Operation Sound Setting

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

1. Enter the Timekeeping Mode.
🔍 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.

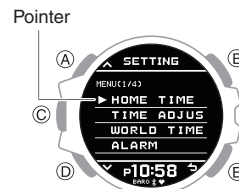


3. Use (A) and (D) to move the pointer to [BEEP].
4. Press (C).
5. Use (A) and (D) to move the pointer to [OPERATION].
6. Press (C).
7. Use (A) and (D) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.
 - is displayed in the Timekeeping Mode while the operation tone is disabled.
9. Press (E) twice to exit the setting screen.

Configuring Notification Sound Settings

You can use the procedure below to enable or disable the notification sound.

1. Enter the Timekeeping Mode.
🔍 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [BEEP].
4. Press (C).
5. Use (A) and (D) to move the pointer to [NOTIFICATION].
6. Press (C).
7. Use (A) and (D) to select a notification sound ON/OFF setting.


[ALL ON]	Enables sound for all notifications.
[USER]	Enables sound only for items specified by you.
[ALL OFF]	Disables sound for all notifications.

Note

- The configuration of [USER] notifications can be changed using G-SHOCK MOVE.
8. Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.
 - is displayed in the Timekeeping Mode while the notification tone is disabled.
 9. Press (E) twice to exit the setting screen.

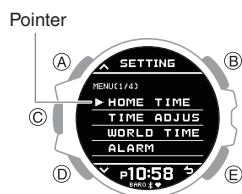
Configuring Vibration Settings

In addition to operation sounds and notification sounds, your watch also uses vibration for alerts. You can use the procedure below to enable or disable vibration.

- The  icon is shown on the Timekeeping Mode display while operation vibration or notification vibration is enabled.

Configuring Operation Vibration Settings

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



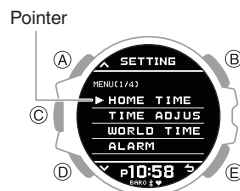
- Use (A) and (D) to move the pointer to [VIBRATION].
- Press (C).
- Use (A) and (D) to move the pointer to [OPERATION].
- Press (C).
- Use (A) and (D) to enable or disable operation vibration.

[ON]	Enables operation vibration.
[OFF]	Disables operation vibration.

- Press (C).
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
- Press (E) twice to exit the setting screen.

Configuring Notification Vibration Settings

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [VIBRATION].
- Press (C).
- Use (A) and (D) to move the pointer to [NOTIFICATION].
- Press (C).
- Use (A) and (D) to select a notification vibration ON/OFF setting.

[ALL ON]	Enables vibration for all notifications.
[USER]	Enables vibration only for items specified by you.
[ALL OFF]	Disables vibration for all notifications.

Note

- The configuration of [USER] notifications can be changed using G-SHOCK MOVE.

- Press (C).
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
- Press (E) twice to exit the setting screen.

Specifying the Height and Weight Units

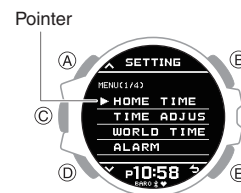
You can specify the units of measurement used for height and weight.

- You can select either centimeters (cm) or feet (ft) as the height unit.
- You can select either kilograms (kg) or pounds (lb) as the weight unit.

Important!

- When Tokyo (TOKYO) is the Home City, the height unit is fixed as centimeters (cm) and the weight unit is fixed as kilograms (kg), and these settings cannot be changed.

- Enter the Timekeeping Mode.
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.
This displays the Timekeeping Mode setting screen.



- Use (A) and (D) to move the pointer to [UNIT].
- Press (C).
- Use (A) and (D) to select the unit setting item.

[HEIGHT]	Height unit
[WEIGHT]	Weight unit

- Press (C).
- Use (A) and (D) to select the unit you want.
 - Height

[CENTIMETER]	Centimeters
[FEET]	Feet

- Weight

[KILOGRAM]	Kilograms
[POUND]	Pounds

- Press (C) to complete the setting operation.
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
- Press (E) twice to exit the setting screen.

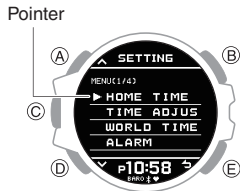
Specifying the Calorie Display Unit

You can select either calories (cal) or joules (J) as the calories burned unit.

Important!

- When Tokyo (TOKYO) is the Home City, the unit is fixed as calories (cal) and cannot be changed.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [UNIT].
4. Press (C).
5. Use (A) and (D) to move the pointer to [CALORIES].
6. Press (C).
7. Use (A) and (D) to select the calorie unit you want.

[CALORIE]	Calories
[JULE]	Joules

8. Press (C) to complete the setting operation.
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
9. Press (E) twice to exit the setting screen.

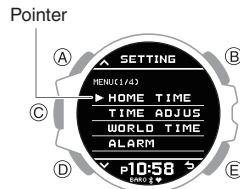
Resetting Watch Settings

This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Digital Compass*
- Altimeter*
- Barometer*
- Thermometer*
- Stopwatch
- Timer
- Alarm
- Profile

* Calibration values are not reset.

1. Enter the Timekeeping Mode.
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [RESET ALL SETTINGS].
4. Press (C).
5. Use (A) and (D) to move the pointer to [EXECUTE].
 - To cancel the reset operation, move the pointer to [CANCEL].
6. Press (C).
7. Use (A) and (D) to move the pointer to [YES].
 - To stop the reset operation, move the pointer to [NO].
8. Press (C).
 After the reset operation is complete, [COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will re-appear.
9. Press (E) to exit the setting screen.

Note

- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

City Table

City	Offset
UTC	Coordinated Universal Time 0
LONDON	London 0
PARIS	Paris +1
ATHENS	Athens +2
JEDDAH	Jeddah +3
TEHRAN	Tehran +3.5
DUBAI	Dubai +4
KABUL	Kabul +4.5
KARACHI	Karachi +5
DELHI	Delhi +5.5
KATHMANDU	Kathmandu +5.75
DHAKA	Dhaka +6
YANGON	Yangon +6.5
BANGKOK	Bangkok +7
HONG KONG	Hong Kong +8
EUCLA	Eucla +8.75
TOKYO	Tokyo +9
ADELAIDE	Adelaide +9.5
SYDNEY	Sydney +10
LORD HOWE ISLAND	Lord Howe Island +10.5
NOUMEA	Noumea +11
WELLINGTON	Wellington +12
CHATHAM ISLANDS	Chatham Islands +12.75
NUKU'ALOFA	Nuku'alofa +13
KIRITIMATI	Kiritimati +14
BAKER ISLAND	Baker Island -12
PAGO PAGO	Pago Pago -11
HONOLULU	Honolulu -10
MARQUESAS ISLANDS	Marquesas Islands -9.5
ANCHORAGE	Anchorage -9
LOS ANGELES	Los Angeles -8
DENVER	Denver -7
CHICAGO	Chicago -6
NEW YORK	New York -5
HALIFAX	Halifax -4
ST. JOHN'S	St. John's -3.5
RIO DE JANEIRO	Rio de Janeiro -3
F. DE NORONHA	Fernando de Noronha -2
PRAIA	Praia -1

- The information in the above table is current as of January 2020.
- Time zones may change and UTC differentials may become different from those shown in the table above. If this happens, connect the watch with a phone to update the watch with the latest time zone information.

Summer Time Table

When [AUTO] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

Note

- Summer time start and end dates for your current location may be different from those shown below. If this happens, you can have new summer time information for your Home City and World Time city sent to the watch by connecting the watch with a phone. If the watch is not connected with a phone, you can change the summer time setting manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Tehran	00:00, March 22 or 21	00:00, September 22 or 21
Sydney, Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Lord Howe Island	02:00, first Sunday in October	02:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Chatham Islands	02:45, last Sunday in September	03:45, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
St. John's	02:00, second Sunday in March	02:00, first Sunday in November

- The information in the above table is current as of January 2020.

Fitness Categories

Men

Age	Category	Evaluation
24 or below	VERY POOR	<32
	POOR	32-37
	FAIR	38-43
	AVERAGE	44-50
	GOOD	51-56
	VERY GOOD	57-62
25-29	EXCELLENT	>62
	VERY POOR	<31
	POOR	31-35
	FAIR	36-42
	AVERAGE	43-48
	GOOD	49-53
30-34	VERY GOOD	54-59
	EXCELLENT	>59
	VERY POOR	<29
	POOR	29-34
	FAIR	35-40
	AVERAGE	41-45
35-39	GOOD	46-51
	VERY GOOD	52-56
	EXCELLENT	>56
	VERY POOR	<28
	POOR	28-32
	FAIR	33-38
40-44	AVERAGE	39-43
	GOOD	44-48
	VERY GOOD	49-54
	EXCELLENT	>54
	VERY POOR	<26
	POOR	26-31
45-49	FAIR	32-35
	AVERAGE	36-41
	GOOD	42-46
	VERY GOOD	47-51
	EXCELLENT	>51
	VERY POOR	<25
50-54	POOR	25-29
	FAIR	30-34
	AVERAGE	35-39
	GOOD	40-43
	VERY GOOD	44-48
	EXCELLENT	>48
55-59	VERY POOR	<24
	POOR	24-27
	FAIR	28-32
	AVERAGE	33-36
	GOOD	37-41
	VERY GOOD	42-46
	EXCELLENT	>46
	VERY POOR	<22
	POOR	22-26
	FAIR	27-30
	AVERAGE	31-34
	GOOD	35-39
	VERY GOOD	40-43
	EXCELLENT	>43

60 or above	VERY POOR	<21
	POOR	21-24
	FAIR	25-28
	AVERAGE	29-32
	GOOD	33-36
	VERY GOOD	37-40
	EXCELLENT	>40

Women

Age	Category	Evaluation
24 or below	VERY POOR	<27
	POOR	27-31
	FAIR	32-36
	AVERAGE	37-41
	GOOD	42-46
	VERY GOOD	47-51
	EXCELLENT	>51
25-29	VERY POOR	<26
	POOR	26-30
	FAIR	31-35
	AVERAGE	36-40
	GOOD	41-44
	VERY GOOD	45-49
	EXCELLENT	>49
30-34	VERY POOR	<25
	POOR	25-29
	FAIR	30-33
	AVERAGE	34-37
	GOOD	38-42
	VERY GOOD	43-46
	EXCELLENT	>46
35-39	VERY POOR	<24
	POOR	24-27
	FAIR	28-31
	AVERAGE	32-35
	GOOD	36-40
	VERY GOOD	41-44
	EXCELLENT	>44
40-44	VERY POOR	<22
	POOR	22-25
	FAIR	26-29
	AVERAGE	30-33
	GOOD	34-37
	VERY GOOD	38-41
	EXCELLENT	>41
45-49	VERY POOR	<21
	POOR	21-23
	FAIR	24-27
	AVERAGE	28-31
	GOOD	32-35
	VERY GOOD	36-38
	EXCELLENT	>38
50-54	VERY POOR	<19
	POOR	19-22
	FAIR	23-25
	AVERAGE	26-29
	GOOD	30-32
	VERY GOOD	33-36
	EXCELLENT	>36

55-59	VERY POOR	<18
	POOR	18-20
	FAIR	21-23
	AVERAGE	24-27
	GOOD	28-30
	VERY GOOD	31-33
	EXCELLENT	>33
60 or above	VERY POOR	<16
	POOR	16-18
	FAIR	19-21
	AVERAGE	22-24
	GOOD	25-27
	VERY GOOD	28-30
	EXCELLENT	>30

Source:

Shvartz E Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med;61:3-11 1990 Shvartz E, Reibold RC.

Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

https://world.casio.com/os_mobile/wat/

Specifications

Accuracy :

±15 seconds per month average when time adjustment by communication with a phone is not possible.

Basic Functions :

Hour, minute, second, month, day, day of the week
a.m./p.m. (P), 24-hour timekeeping
Full Auto Calendar (2000 to 2099)

Positioning :

GPS, GLONASS, QZSS

Mobile Link :

Function linking by wireless connection with Bluetooth® compatible devices*

* Operation enhanced by Mobile Link
Auto Time Adjustment
Simple time setting
World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
Watch settings
Phone finder
Data updating
Updating of time zone and summer time rule information
Training plan creation

Training function settings

Target alerts
Altimeter navigation settings
Training log data management
Training log data and lap data management
Training analysis results
Notifications
Communication Specifications
Bluetooth®
Frequency band: 2400MHz to 2480MHz
Maximum transmission power: 0 dBm (1 mW)
Communication range: Up to 2 meters (depends on environment)

Training Function :

Distance, speed, pace, and other information calculated using GPS and accelerometer data
Auto/Manual lap
Auto Pause
Auto Run Timing start
Target alert setting (time, altitude, calories) enable/disable
Training display customization

Training Analysis :

Training status
Fitness level trend
Training load trend
VO2MAX
Recovery time

Training log data :

Up to 100 runs, up to 140 lap records per run
Elapsed time, distance, pace, calories burned, heart rate, maximum heart rate, aerobic training effect, anaerobic training effect

Digital Compass :

Measurement range: 0° to 359°
16-direction display
60-second continuous measurement
Auto level correction
Bearing calibration (3-point calibration, figure 8 calibration)
Magnetic declination correction

Barometric Pressure Measurement :

Measurement range: 260 to 1,100 hPa (or 7.65 to 32.45 inHg)
Display range: 260 to 1,100 hPa (or 7.65 to 32.45 inHg)
Measurement unit: 1 hPa (or 0.05 inHg)
Auto measurement interval: 2 hours
Calibration
Barometric pressure graph
Barometric Pressure Change Indicator

Temperature Measurement :

Measuring range: -10.0 °C to 60.0 °C (or 14.0 °F to 140.0 °F)
 Display range: -10.0 °C to 60.0 °C (or 14.0 °F to 140.0 °F)
 Measuring unit: 0.1 °C (or 0.2 °F)
 Calibration

Altimeter :

Measuring range: -700 to 10,000 m (or -2,300 to 32,800 ft.)
 Display range: -10,000 m to 10,000 m (or -32,800 to 32,800 ft.)
 Measuring unit: 1 m (or 5 ft.)
 Measuring interval: 2 minutes/5 seconds
 Reference altitude setting
 Altitude differential measurement: -3,000 to +3,000m (or -9,840 to 9,840 ft.)
 Altitude graph

Wrist heart rate measurement :

Maximum Measurement Value: 220 bpm
 Heart rate
 Daily target heart rate
 Graphic heart rate zones
 Heart rate graph
 Maximum/minimum heart rate

Sensor Accuracy :

Direction
 Measurement accuracy: Within ±10°
 Assured accuracy temperature range: -10°C to 60°C (14°F to 140°F)
 Temperature
 Measurement accuracy: Within ±2.0°C
 Guaranteed accuracy temperature range: -10°C to 60°C
 Pressure
 Measurement accuracy: ±3 hPa
 (Altimeter measurement accuracy: Within ±75 meters)
 Guaranteed accuracy temperature range: -10°C to 60°C

Step Count :

Step count measurement using a 3-axis accelerometer
 Step count display range: 0 to 99,999 steps
 Step count reset: Auto reset at midnight each day
 Step count accuracy: ±3% (According to vibration testing)

Stopwatch :

Measuring unit: 1 second
 Measuring capacity: 99:59'59" (100 hours)
 Split times

Countdown Timer :

Setting unit: 1 second
 Measuring unit: 1 second
 Maximum setting: 60 minutes
 Up to five start times
 Auto Repeat

World Time :

Displays current time in 38 cities (38 time zones)* and UTC, Auto DST
 * Subject to updates by connection between the watch and a phone.

Other :

Power Saving
 LED backlight (Full Auto Light, Super Illuminator, afterglow, 1.5 or 3-second selectable illumination duration)
 Charge Level Indication
 Operation sound enable/disable
 Vibration
 Airplane Mode
 4 alarms (with snooze)

Power Supply :

Lithium-ion battery

Approximate Battery Life :

Timekeeping Mode: Approximately 12 months*
 Timekeeping Mode, Wrist heart rate measurement: Approximately 66 hours*
 * With Power Saving and Heart Rate Measurement Sleep used.
 Training Mode (GPS continuous measurement), Wrist heart rate measurement: Approximately 14 hours
 Training Mode (GPS intermittent measurement), Wrist heart rate measurement: Approximately 18 hours
 Other Conditions
 Step counting: 12 hours/day
 Bluetooth Connection Time: 12 hours/day
 Notifications (including vibration): 20 times/day
 Alarm: Once (10 seconds)/day
 Illumination: Once (1.5 seconds)/day

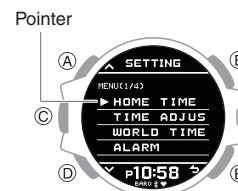
Accessories :

Charger cable
 When unpackaging, check to make sure everything is included. If something is missing, contact your original retailer.

Specifications are subject to change without notice.

Checking Wireless Compliance Information

1. Enter the Timekeeping Mode.
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (D) to move the pointer to [REGULATORY].
4. Press (C).
5. Use (A) and (D) to select the information you want to view.
6. Hold down (D) for at least one second to return to the Timekeeping Mode.

Mobile Link Precautions

● Legal Precautions

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.
<https://world.casio.com/ce/BLE/>
- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

● Stopping Radio Wave Emission by This Watch

The watch is emitting radio waves while is on the display or while GPS is in use.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, enable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

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Troubleshooting

Charging with the Charger Cable

Q1 The watch won't charge with the charger cable.

Is the end of the charger cable with the special watch connector securely inserted into watch charger terminal?

Charging may fail if there is space between the terminals.

[Precautions When Charging](#)

Did you leave the watch attached to the charger cable after charging was complete?

Charging stops automatically after the watch becomes fully charged. If you want to charge again, unplug the charger cable from the watch and then re-attach it.

Is charging still impossible after checking the above points?

Check to make sure that the USB device or power source is functioning normally.

Q2 Charging stops before it is complete.

Charging may stop if some temporary abnormality occurs. Unplug the charger cable from the watch and check for abnormalities. If there is nothing wrong, try charging again. If the above does not eliminate the problem, contact your original retailer or a CASIO service center.

Signal Reception (GPS)

Q1 The watch cannot perform a GPS signal receive operation.

Is the watch's battery charged?

GPS signal reception is not possible while the battery indicator is or lower.

Charge the watch.

[Charging the Watch](#)

Is the watch's Airplane Mode enabled?

GPS signal reception is not possible while the watch's Airplane Mode is enabled.

Disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

After checking the above, the watch still cannot perform a GPS signal receive operation.

GPS signal reception is not possible under the conditions described below.

- During power saving

Q2 The watch is not receiving time information.

The watch will not perform auto GPS signal receive while there is a connection between it and a phone. If you want to receive GPS signals in this case, perform manual receive.

[Acquiring GPS Time Information Manually](#)
[Auto Time Adjustment](#)

Q3 A screen showing that a receive operation is in progress has been on the display for a long time.

The watch may be receiving leap second information.

[Leap Second Reception](#)

Q4 The GPS signal receive operation always fails.

Is the watch in a location that is appropriate for signal reception?

Check your surroundings and move the watch to a location where GPS signal reception is better.

↪ [Appropriate Signal Reception Location](#)

Is the LCD of the watch pointed straight up at the sky?

Minimize movement of the watch while the receive operation is in progress. When the watch is set up for auto receive, take care to avoid covering its LCD with the sleeve of your clothing.

Q5 Signal reception should have been successful, but the watch's time and/or day is wrong.

Is your Home City (time zone) setting correct for your location?

Change your Home City (time zone) setting so it correctly indicates your location.

↪ [Acquiring GPS Location Information Manually](#)

↪ [Setting a Home Time City](#)

After checking the above, the time and/or day settings is still wrong.

Adjust time and day settings manually.

I can't pair the watch with a phone.

Q1 I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch. For information about supported phone models, visit the CASIO Website.

↪ https://world.casio.com/os_mobile/wat/

Did you install G-SHOCK MOVE on your phone?

G-SHOCK MOVE needs to be installed on your phone in order to connect with the watch.

↪ [① Install the required app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

iPhone Users

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "G-SHOCK MOVE" → On

Android Users

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use G-SHOCK MOVE. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

I can't reconnect the watch and phone.

Q1 The watch will not re-connect with the phone after they are disconnected.

Is G-SHOCK MOVE running?

The watch cannot re-connect with your phone unless G-SHOCK MOVE is running on the phone. On your phone's home screen, tap the G-SHOCK MOVE icon. Perform the operation shown on the screen that appears to pair with the watch.

↪ [③ Pair the watch with a phone.](#)

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the G-SHOCK MOVE icon. Perform the operation shown on the screen to pair with the watch.

↪ [③ Pair the watch with a phone.](#)

Q2 I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone's Airplane Mode is enabled. Disable your phone's Airplane Mode. On its home screen, tap the "G-SHOCK MOVE" icon. Next, perform the operation shown on the screen to pair with the watch.

↪ [③ Pair the watch with a phone.](#)

Q3 I can't connect while the watch is in the Airplane Mode.

Exit the watch's Airplane Mode.

↪ [Using the Watch in a Medical Facility or Aircraft](#)

Q4 I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, turn on Bluetooth. Then on its home screen, tap the "G-SHOCK MOVE" icon. Next, perform the operation shown on the screen to pair with the watch.

↪ [③ Pair the watch with a phone.](#)

Q5 I can't connect after turning off the phone.

Turn on your phone. On its home screen, tap the G-SHOCK MOVE icon. Next, perform the operation shown on the screen to pair with the watch.

↪ [③ Pair the watch with a phone.](#)

Phone-Watch Connection

Q1 I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the G-SHOCK MOVE icon. Perform the operation shown on the screen to pair with the watch.

🔗 [③ Pair the watch with a phone.](#)

Is the watch in the Airplane Mode?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Has the watch been re-paired with the phone?

Delete the pairing information from G-SHOCK MOVE and your phone (iPhone only), and then re-pair them.

🔗 [Deleting Pairing Information from G-SHOCK MOVE](#)

🔗 [iPhone Only
Deleting the phone's pairing information](#)

🔗 [③ Pair the watch with a phone.](#)

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.

🔗 [Deleting Pairing Information from the Watch](#)

🔗 [③ Pair the watch with a phone.](#)

Changing to a Different Phone Model

Q1 How do I connect my watch to a different phone?

Pair the watch with the phone.

🔗 [If you purchase another phone](#)

Auto Time Adjustment by Bluetooth Connection (Time Adjustment)

Q1 When does the watch adjust its time?

Your watch can connect with a paired phone to adjust its time setting. Auto time adjustment is performed at the times described below.

- After your phone's time zone or summer time setting is changed
- After 24 hours or more have passed since the last time adjustment using Bluetooth connection
- After 24 hours or more have passed since the last home city change or time adjustment using watch operation

Also, GPS signal auto receive will be performed if there has been no auto time adjustment based on connection between the watch and phone for more than one day.

Q2 Auto time setting is not correct.

Is ✂ displayed?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Adjustment is disabled while there is no connection. To reconnect, press any watch button.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Note that auto time adjustment is not performed for 24 hours after you adjust the time setting manually on the watch. Auto time adjustment will resume after 24 hours.

Have 24 hours or more passed since the last manual time adjustment or city change?

Auto time adjustment is not performed for 24 hours after a manual time adjustment or city change. Auto time adjustment will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Q3 Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

Heart Rate Measurement

Q1 [ERROR] is displayed during measurement.

There may be a problem with the sensor. Try taking another measurement. If [ERROR] keeps appearing after multiple measurement attempts, contact a CASIO service center or your original retailer.

Altitude Measurement

Q1 Readings produce different results at the same location.
Watch readings are different from altitude information available from other sources.
Correct altitude readings are not possible.

Relative altitude is calculated based on changes in barometric pressure measured by the watch's pressure sensor. This means that barometric pressure changes can cause readings taken at the same location to be different. Also note that the value displayed by the watch may be different from the actual elevation and/or sea level elevation indicated for the area where you are located. When using the watch's altimeter while mountain climbing, it is recommended that you regularly calibrate its readings in accordance with local altitude (elevation) indications.

[Calibrating Altitude Readings](#)

Q2 [----] appears on the display following altitude differential measurement.

[----] appears when the altitude differential is outside the allowable measuring range ($\pm 3,000$ m ($\pm 9,840$ feet)). If [ERROR] appears on the display, there may be a problem with the sensor.

[Setting a Reference Altitude and Taking Relative Altitude Readings](#)

Q3 [ERROR] is displayed during measurement.

There may be a problem with the sensor. Try taking another measurement. If [ERROR] keeps appearing after multiple measurement attempts, contact a CASIO service center or your original retailer.

Digital Compass

Q1 The symbol \triangle is shown on the display.

Abnormal magnetism has been detected. Move away from any potential source of strong magnetism and try taking a reading again.

If \triangle appears again, it could mean that the watch body has become magnetized. Move away from any potential source of strong magnetism, perform direction calibration, and then try taking a reading again.

[Calibrating the Compass](#)

[Digital Compass Reading Precautions](#)

Q2 [ERROR] is displayed during measurement.

There is a problem with the sensor or there may be a source strong magnetic force nearby. Move away from any potential source of strong magnetism and try taking a reading again. If [ERROR] keeps appearing after multiple measurement attempts, contact a CASIO service center or your original retailer.

[Digital Compass Reading Precautions](#)

Q3 [ERROR] appears on the display following direction calibration.

If [- -] is followed by [ERROR] on the display, it could mean there is something wrong with the sensor.

- If [ERROR] disappears after about one second, try calibrating again.
- If [ERROR] keeps appearing after multiple attempts, contact a CASIO service center or your original retailer.

Q4 Direction information indicated by the watch is different from that indicated by a backup compass.

Move away from any potential source of strong magnetism, perform bidirectional calibration, and then try taking a reading again.

[Calibrating the Compass](#)

[Digital Compass Reading Precautions](#)

Q5 Readings at the same location produce different results.
Cannot take readings indoors.

Move away from any potential source of strong magnetism and try taking a reading again.

[Digital Compass Reading Precautions](#)

Barometric Pressure Measurement

Q1 [ERROR] is displayed during measurement.

There may be a problem with the sensor. Try taking another measurement. If [ERROR] keeps appearing after multiple measurement attempts, contact a CASIO service center or your original retailer.

Temperature Measurement

Q1 [ERROR] is displayed during measurement.

There may be a problem with the sensor. Try taking another measurement. If [ERROR] keeps appearing after multiple measurement attempts, contact a CASIO service center or your original retailer.

Pedometer

Q1 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.

[Counting Steps](#)

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

[Causes of Incorrect Step Count](#)

Q2 The step count does not increase.

To avoid miscounting of non-walking movements, the step count is not displayed at the beginning of a walk.

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.

Q3 [ERROR] appears when using the pedometer.

[ERROR] (error) is displayed when sensor operation is disabled because of sensor or internal circuitry malfunction.

If the indicator remains on the display for more than three minutes or if it frequently appears, it could indicate a faulty sensor.

Contact a CASIO service center or your original retailer.

Alarms

Q1 There is no sound and/or vibration operation performed for alarms.

Is the watch's battery charged?

Charge the watch until the battery is sufficiently recharged.

[Charging the Watch](#)

Is alarm sound and/or vibration enabled?

Enable the alarm.

[Turning Off an Alarm](#)