Display time and date:
1. The watch is in quiescent state, press the button once and the watch will light. It display time now, the upper two numbers show HOURS, and the lower two numbers show MINUTES.
2. The watch is in quiescent state, press the button twice and the watch will light. It display date now, the upper two numbers show MOUTHS, and the lower two numbers show DAYS.

Set time:
1. The watch is in quiescent state, press the button once and the watch will light. It display time now.
2. Hold the button until the upper two numbers (they indicate HOURS) are blinking, then release the button.
3. Press the button to adjust the HOURS. Press the button once and increase one hour.
4. Hold the button until the lower two numbers (they indicate MINUTES) are blinking, then release the button.
5. Press the button to adjust the MINUTES. Press the button once and increase one minute.

Set date:
1. When the time adjustment is completed, you can then set the date when the line.
2. Hold down the button for 6 seconds after the release, the top two characters (that month) flashes, a time to proofread months;
3. The touch buttons, adjust the month, January, each time increasing 4 and then hold down the button for 6 seconds after the release, the lower part of the two characters (that day) flash, a time to proof at
4. The touch buttons, adjusting the day, each time the increase in day;
5. When the completion of adjustment, hold down the button for 3 seconds, the watch automatically exits the setting.