STOPWATCH RECORDER INSTRUCTIONS

Activate the Stop Watch
1. Press button "A" to activate the stopwatch mode.
2. Press button "B" to begin counting.
3. Press button "B" again to stop counting.
4. Press button "C" to reset to zero.
5. Press button "A" to return to clock mode.

Set Time and Date
1. Starting in clock mode, press button "A" 3 times to access the time set mode.
2. Press button "C" to select the item to change (indicated by flashing).
3. Press button "B" as needed to change the setting.
4. Cycle through the settings using the "C" and "B" buttons.
5. Press button "A" to exit the setup.

Note: This watch uses a 12 or 24 hour cycle. On the display, "A" is a.m., "P" is p.m., and "H" is 24 hour mode. During the setup for Hours, the watch cycles through AM, PM and then through the 24 hour mode.

Set and Activate Alarm
1. Starting in clock mode, press "A" twice to access the alarm set mode.
2. The hour and day of the week will begin flashing. Press button "B" to set the hour.
3. Press button "C" to switch between hours and minutes.
4. Press button "B" to set minutes.
5. Press button "A" to exit the setup.
6. Press button "B" and "C" together to activate or deactivate the alarm.

Note: This symbol: )) in the right corner of the display indicates "alarm on" model.

Record / Play Messages
1. Hold "REC" each time you record a message. You can record up to 20 seconds of messages. Hold the watch approximately 2" from your mouth as you record.
2. Press "PLAY" to play back the recorded messages.
3. Press "REWIND" to return to the first message.

Replace the Batteries (refer to the diagram)
1. Change the watch battery when the display becomes dim or blank.
2. Change the recorder batteries when the messages sound weak or do not play.

Note: To change the batteries, use a small Phillips head screwdriver to remove the back cover of the watch.