

Tempo User Manual

This is a Pedometer watch capable of monitoring your Daily Step data like number of Steps, Distance, Calories, Speed, Pace, and Time. Following are the features of this watch:

- 12H/ 24H format
- Full auto calendar from 2011 to 2099
- Steps range: 0 to 999,999
- Distance range: 0 to 9,999.99 KM/Mi
- Calorie range: 0 to 99,999.9 Kcal
- Duration: 0 to 23Hours:59 min:59 sec
- Walk mode
- Chrono mode
- Daily Data mode
- Data mode- 30 files of daily data
- Daily Alarm
- EL backlight

Push button assignment:

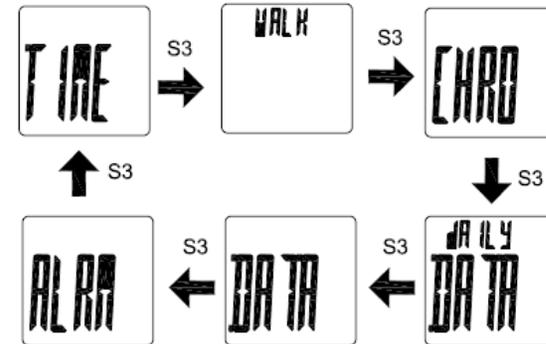


- S1 – Start / Stop / +**
- S2 – Reset / LAP / View / -**
- S3 – Mode**
- S4 – Set / EL**

General Operations

All Modes:

The User can scroll through the various modes of the watch by Pressing S3. The modes are Time mode → Walk mode → Chrono mode → Daily Data mode → Data mode → Alarm mode.



Watch Reset:

WARNING: All data will be lost after reset including time, alarm, and personal information settings.

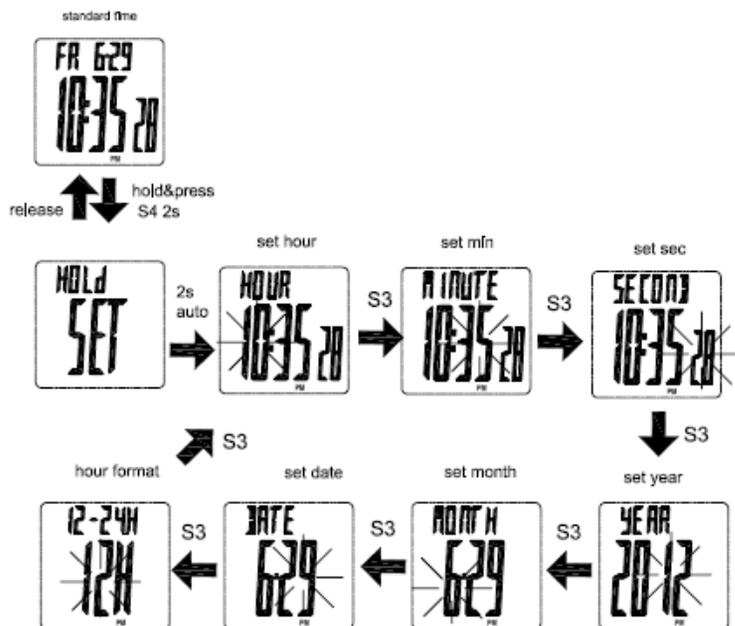
The user can reset the watch by pressing and holding S1, S2, S3, and S4 together. All segments will light on, followed by a beep sound then EL back light ON. Then the software code will be displayed. After reset, the user needs to set again the watch.

TIME mode

- Press S3 from Alarm mode to enter Time mode. The watch will momentarily TIME and then display the current time
- Press S4 to turn ON the EL back light.
- Press S2 to turn ON or OFF the CHIME.
- Time has a full automatic calendar from 2011 to 2099
- While in Data and Alarm mode and no key operation and no key operation in 2 minutes, the watch will automatically return to TIME mode.

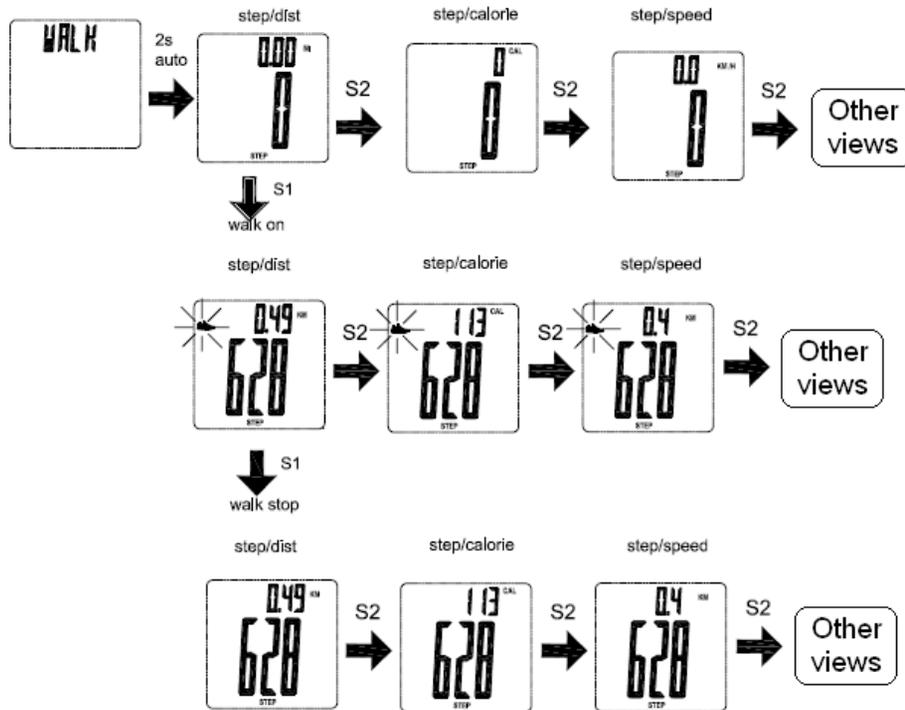
How to set the Time:

- Press & hold S4 for 2 seconds in **Time** mode. The watch will display **HOLD SET** and HOUR digit will start to blink.
- Press S1 or S2 to change the hour digits.
- Press S3 to set the MINUTE digits. Minute digits will start to blink.
- Press S1 or S2 to change the minute digits.
- Press S3 to set the SECONDS. Seconds digits will start to blink.
- Press S1 or S2 to zero the seconds.
- Press S3 to enter & set the YEAR. Year digits will start to blink.
- Press S1 or S2 to change the year digits.
- Press S3 to enter & set the MONTH. Month digits will start to blink.
- Press S1 or S2 to change the month digits.
- Press S3 to enter & set the DATE. Date digits will start to blink.
- Press S1 or S2 to change the date digits.
- Press S3 to enter & set the 12/24H display format. 12 or 24 will start to blink.
- Press S1 or S2 to change.
- Press S3 to enter and go back to HOUR setting.
- Press S4 from any screen above to exit setting mode. The watch will auto exit the setting mode if there is no button operation within 2-3 minutes.



WALK mode

- Press S3 from Time mode to enter WALK mode. The watch will momentarily display WALK and then display the DISTANCE/ STEP screen
- Press S2 to change views. Following are the views as you press S2:
 - Distance / Step
 - Calorie / Step
 - Speed / Step
 - Pace / Step
 - Total Time / Step
 - Target Step/ percent of target.
- Press S1 to turn ON or turn OFF the pedometer. Following are the various displays of the SHOE icon and its meaning:
 - The Shoe icon will blink in all modes while the user is walking.
 - The Shoe icon will stop blinking when the user stops walking.
 - The Shoe icon will disappear after 5 minutes from stopping.
 - The Shoe icon will appear again when the user restarts walking.
 - The Shoe icon is OFF- Step function is OFF.
- When the pedometer is inactive (pedometer is OFF), press and hold S2 to reset all counters except the Target Step/ Percent of Target.
- The values that appear on the screen are the accumulated sum of all previous measurements. These values will remain or continue until the counters are reset.
- If you have set your daily target, the pedometer will notify you in increments of 10%. You will hear a beep sound.
- The watch will produce a continuous beeping sound for 20 seconds when you reach your target number of steps (100% of your target)
- Press any button to stop the beep sound.



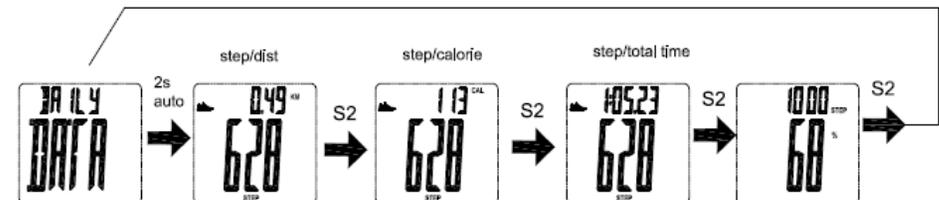
- Press S1/S2 to change the value of stride length. Range is 30 to 213 cm (12-84 IN) default is 73 cm
- Press S3 to enter and set the HEIGHT.
- Press S1/S2 to change the value. Range is 91-241 cm (36" to 95")
- Press S3 to enter and set the WEIGHT.
- Press S1/S2 to change the value. Range is 20 to 227 KG (50 to 500 Lbs)
- Press S3 to enter and go back to Target setting screen.
- Press S4 from any screen above to exit setting mode. The watch will auto exit the setting mode if there is no button operation within 2-3 minutes.

CHRONO mode

- Press S3 from WALK mode to enter CHRONO mode. The watch will momentarily display CHRO and then the reset screen.
- Press S1 to Start.
- Press S2 to take Lap. The watch will display the Lap time for 5 seconds and continue running. You can take up to 100 laps maximum. The watch will display "LAP - -"for lap 100.
- Press S1 to Stop.
- While the chronograph is stopped, Press & hold S2 to reset. The watch will go back to reset screen.
- Chronograph range is from 0 to 99:59:59

Daily Data mode

- Press S3 from CHRONO mode to enter Daily Data mode. The watch will momentarily display DAILY DATA and then display the DISTANCE / STEP screen.
- Press S2 to change the screen. Following are the screens as you press S2:
 - Distance / Step
 - Calorie / Step
 - Total Time / Step
 - Steps/ percentage of target
- The first view when you enter the Daily Data mode is the previous view when you last exit the daily data mode.
- The daily recording will be saved automatically and reset everyday at 12 midnight.



How to set the Pedometer:

- Press & hold S4 for 2 seconds in Walk mode. The watch will display HOLD SET and the Target Step value will start to blink.
- Press S1/S2 to change the value.
 - When the target step value is less than 500, pressing S1 or S2 will increase or decrease the value by 10.
 - When the target step value is between 500 - 1000, pressing S1 or S2 will increase or decrease the value by 50.
 - When the target step value is more than 1,000, pressing S1 or S2 will increase or decrease the value by 100.
- Press S3 to enter and set the UNIT
- Press S1/S2 to change the unit.
- Press S3 to set the GENDER (Male or Female)
- Press S1/S2 to change the gender
- Press S3 to set the AGE
- Press S1/S2 to change the age (7 to 99, default is 25)
- Press S3 to enter and set the Stride length. Measure your stride length and input it into this setting screen. If the unit is KM, the stride length unit is CM. If the UNIT is MILES, the stride length unit is inches.

Data mode

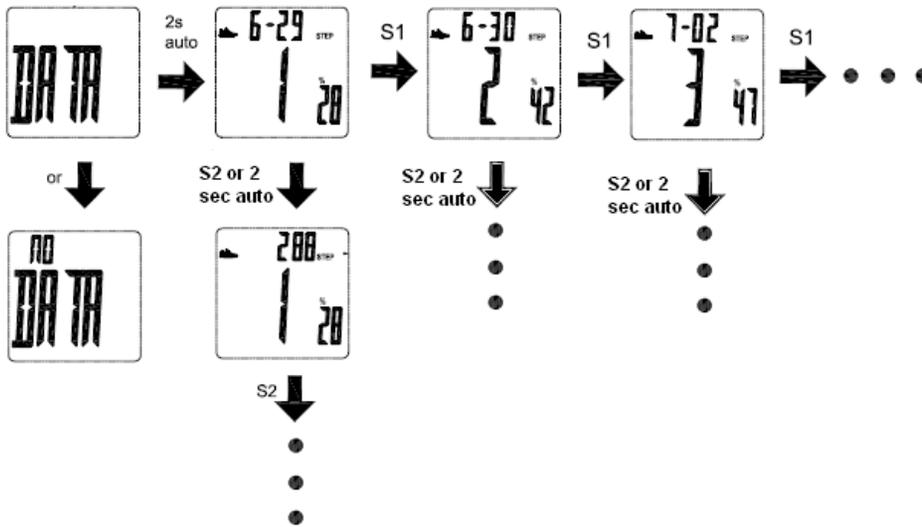
- Press S3 from DAILY DATA mode to enter Data mode. The watch will momentarily display DATA and then display the oldest data file. If there is no data available, it will display NO DATA.
- It will display the date of the latest file first then 2 seconds auto; it will display the STEP screen.
- Press S1 to scroll through the various data files. The watch can save up to 30 daily entries. The oldest file will be automatically deleted in First IN / First Out basis when the memory becomes full.
- Press S2 to cycle through the details of the selected file. Following are the details: Date/ Steps / Distance/ Calories / Time.
- Press and hold S2 for 2 seconds to delete current selected data.
- Press and hold S4 for 2 seconds to delete all data.
- If there is no operation within 2 minutes, the watch will automatically return to Time mode.



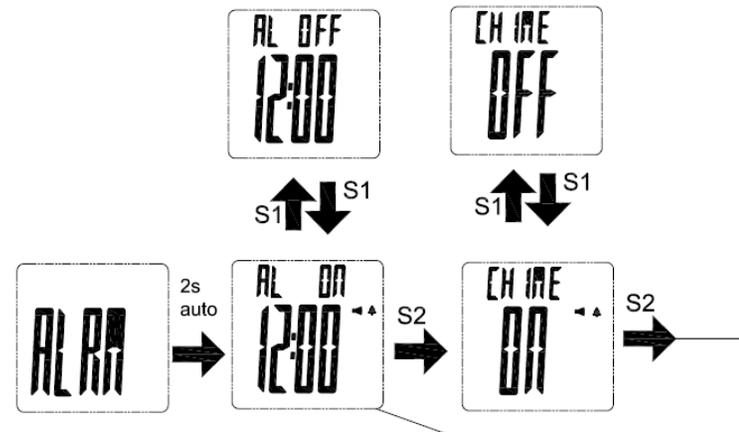
6 – Month
 29 – Date
 1 – File number
 28 – percent of Target

ALARM mode

- Press S3 from DATA mode to enter ALARM mode. The watch will momentarily display ALRM and then display the alarm time.
- Press S1 to turn ON or OFF the alarm or CHIME.
- Press S2 to view the Alarm Time and Chime setting status.
- The alarm icon will appear in ALARM and TIME mode if alarm is ON
- Chime icon will appear in all modes if CHIME is ON.
- Alarm will sound for 20 seconds during alarm time. Press any key to stop the sound.
- While in Alarm mode and no key operation for 2 minutes, the watch will automatically return to Time mode.



Sample Data file number and meaning: 6 – 29 1 28



How to set the ALARM:

- Press & hold S4 to set the alarm. The watch will display HOLD SET and hour digit will start to blink.
- Press S1/S2 to change the hour.
- Press S3 to set the MINUTE.
- Press S1/S2 to change the minute.
- Press S3 to go back to HOUR setting screen.
- Press S4 to exit.

Water Resistance:

This watch is water resistant up to 3 ATM.

Battery Replacement:

If the Display dims or the EL light is dim, the user is recommended to go to authorized service center for correct battery replacement (CR2032).

Key Function Matrix

Main mode	Sub mode	Keys							
		S1		S2		S3		S4	
		Press	Hold	Press	Hold	Press	Hold	Press	Hold
Time		_____	_____	chime on	_____	walk mode	_____	EL	time setting
	Time setting	increase	_____	decrease	_____	next	_____	EL/Exit	_____
walk		start/stop	_____	view	reset	chrono mode	_____	EL	walk setting
	walk setting	increase	_____	decrease	_____	next	_____	EL/Exit	_____
Chrono		start/stop	_____	split	reset	daily data mode	_____	EL	_____
Daily Data		forward view	_____	backward view	_____	data mode	_____	EL	_____
Data		next data	_____	view data details	delete data	Alarm mode	_____	EL	delete all data
Alarm		ON/OFF	_____	select AL, chime	_____	Time mode	_____	EL	alarm setting
	Alarm setting	increase	_____	decrease	_____	next	_____	EL/Exit	_____