



**STEADFAST WATCHES**

# GUIDE TO USING THE SFT-155 WATCH



# GETTING TO KNOW THE SFT-155



Areas designated with **gold** or white text indicate the section of the watch that will be adjusted.



# HOW TO ADJUST TIME - PART 1

## STEP 1

1. Press the A button to display the time.
2. Press the A button again for approximately 2 seconds, the **display area** will begin to flash.
3. Press the C button to choose your city. For example, NY is New York City.

## STEP 2

1. Press the B button, it will flash between ON and OFF for daylight savings time.
2. Press the C button to choose your preferred time. For military time, choose 24H and for standard time, choose 12H.

## STEP 3

1. Press the B button.
2. The **seconds section** will begin to flash.
3. Use the C button to increase and the E button to decrease until the **seconds section** is correct.



# HOW TO ADJUST TIME - PART 2

## STEP 4

1. Press the **B** button.
2. The hours section will be begin to flash.
3. Use the **C** button to increase and the **E** button to decrease until the hours section is correct.

## STEP 5

1. Press the **B** button.
2. The **minutes** section will begin to flash.
3. Use the **C** button to increase and the **E** button to decrease until the **minutes** section is correct. The same steps you used to adjust the hour section.



# HOW TO ADJUST YEAR, MONTH AND DATE

## STEP 6: YEAR

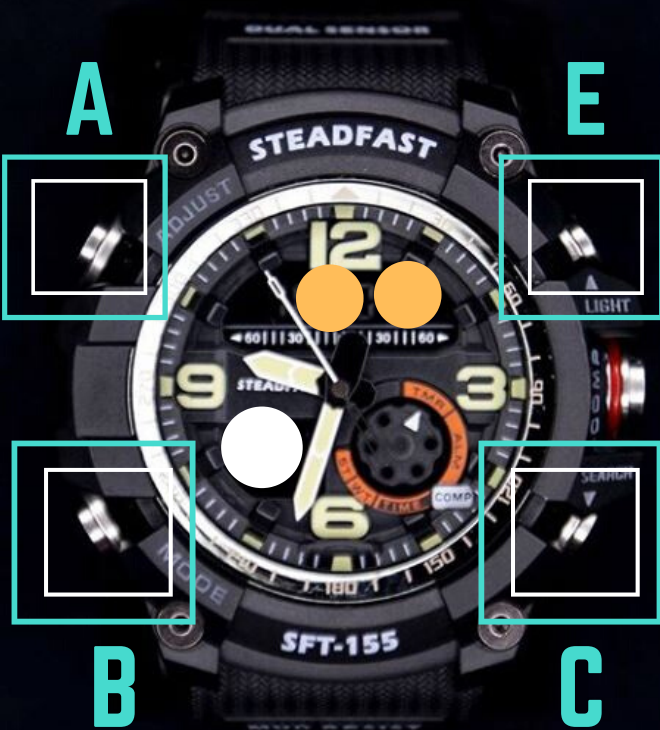
1. Press the **B** button.
2. The year section will begin to flash.
3. Use the **C** button to increase and the **E** button to decrease until the year section is correct.

## STEP 7: MONTH

1. Press the **B** button.
2. The **month** section will begin to flash.
3. Use the **C** button to increase and the **E** button to decrease until the **month** section is correct.

## STEP 8: DATE

1. Press the **B** button.
2. The **date** section will begin to flash.
3. Use the **C** button to increase and the **E** button to decrease the **date** section is correct.



Please note there is no need to adjust the day of the week as the watch will automatically adjust based on your input. The year will not appear in the time display.



# HOW TO ADJUST STOP WATCH AND ALARM

## STOP WATCH

1. Press the B button, until OH appears in the display area.
2. Use the C button to start, pause and stop the stop watch time.
3. Press the A button to reset the stop watch.

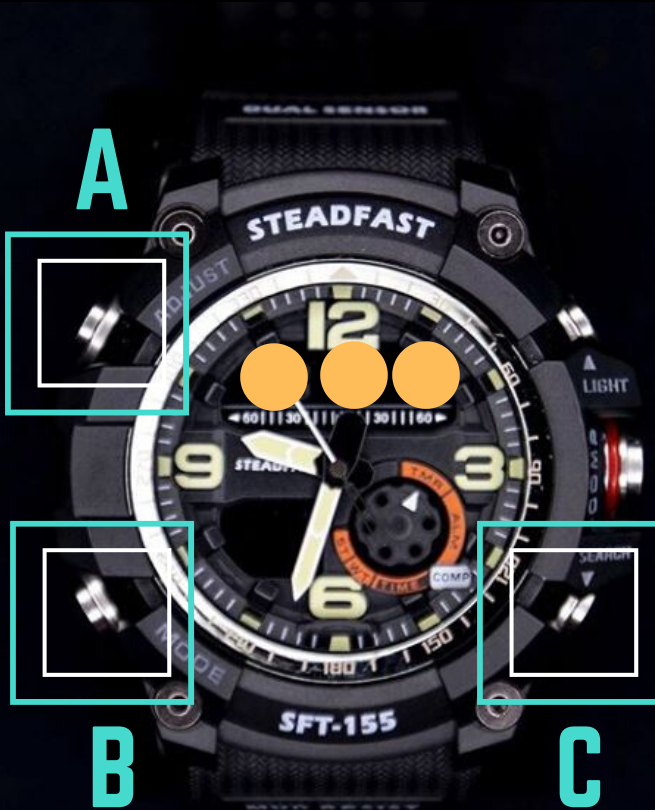
## ALARM

1. Press the B button, until the arrow is pointed in the direction as shown in the photo.
2. Press the A button for approximately two seconds, then the **hour section** will be begin to flash.
3. Use the C button to increase and the E button to decrease until the hour section is correct.
4. Repeat steps 2 and 3 to adjust the **minutes section**.
5. Press the A button to choose between off and on.



# HOW TO ADJUST COUNTDOWN CLOCK

## COUNTDOWN CLOCK



1. Press the B button, until the arrow is pointed in the direction as shown in the photo.
2. Hold the A button down for approximately 2 seconds until the **minutes section** begins to flash.
3. Use the C button to increase and the E button to decrease until the **countdown clock** is your preferred time is displayed.
4. Once the time is correct, use the C button to start and stop your countdown clock.
5. Pressing the A button will reset the countdown clock.

Please note one hour is the maximum time and the countdown clock can only be adjusted by the minute.



# HOW TO ADJUST SOUND AND BACK LIGHT

## SOUND

1. Press the **B** button.
2. The sound section will be begin to flash.
3. Press the **C** button to choose between Key or Mute. This will determine whether your watch makes noise while moving between features.

## BACK LIGHT

1. Press the **B** button.
2. The back light section will begin to flash.
3. Press the **C** button to choose between LT1 for 1.5 seconds or LT3 for 3 seconds.
4. Press the **A** button to exit.





# HOW TO ADJUST COMPASS

## COMPASS

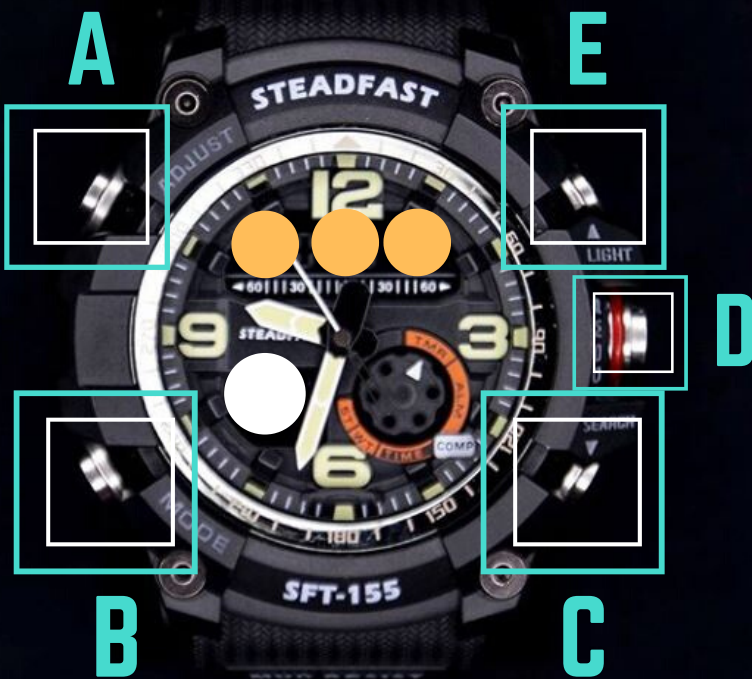


1. Press the D button
2. Press the A button for approximately 2 seconds.
3. An arrow will begin to flash pointing up in the display area.
4. Press the D button, the arrow will stop flashing and the display area will now show OK.
5. An arrow will begin to flash pointing downward in the display area.
6. Press the D button, the arrow will stop flashing and the display area will now show OK. You have now reset your compass.



# HOW TO ADJUST TEMPERATURE

## TEMPERATURE



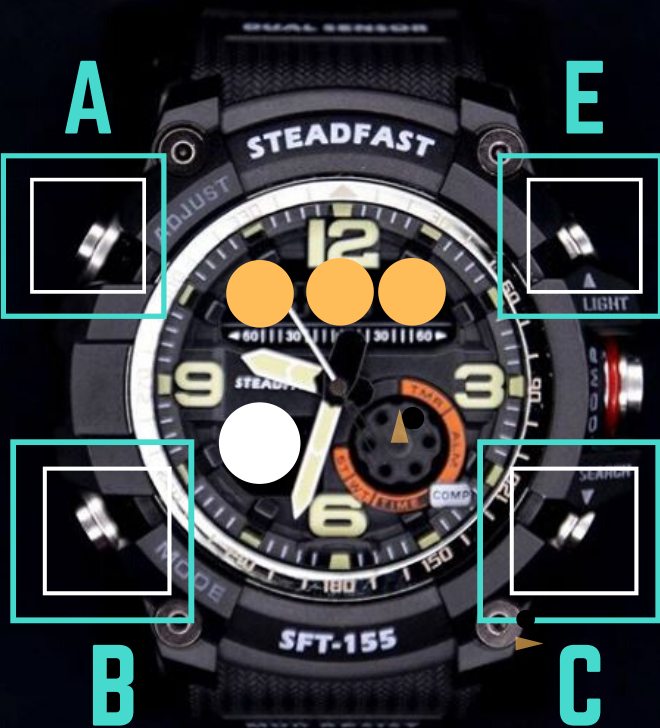
1. Press the B button for approximately 2 seconds.
2. Press the C button.
3. Press the A Button for approximately 2 seconds. Your watch will now show your **temperature**.
4. Press the B button.
5. Press the C button to choose between Celsius and Fahrenheit.

We recommend taking your own temperature to ensure the calibration is correct. If the temperature on the watch is not correct, use the C button to increase and E button to decrease to reach your correct temperature.

Please note this feature measures your own body temperature, not the temperature outside.



# HOW TO ADJUST POINTER RE-CALIBRATION



Please note you should only perform this adjustment if your pointer on the dial or the sub-dial does not match or is incorrect.

## POINTER CALIBRATION

1. Press the B button until the **date/time** section is displayed.
2. Press the A button for approximately 5 seconds until you hear two beeps.
3. H.SET will appear in the display area and **00** will flash in the **time** section. Use the C and E buttons to adjust the seconds dial until it points towards the 12:00.
4. Press the B button to allow the automatic calibration to align the hour, minute and seconds hands to 12:00. If this is not correct, use the C and E buttons to adjust the hour and minute hands to align to 12:00 manually.
5. Once aligned, **000** will flash in the **time** section. (H.SET will still appear in the display area.)
6. Press the B button, **Sub** will flash in the time section, to indicate you are now calibrating the sub-dial. Use the C and E buttons so the arrow is pointing due north (like in the display photo).
7. Press the A button. The re-calibration is now complete.

