



Change the way you think about time

# STENFOL

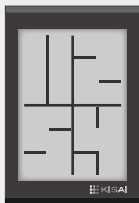
## INSTRUCTION MANUAL



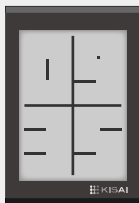
# 1. How to read the time

- This watch uses an LCD “always on” display to show the time.
- You can illuminate the display for a short time with the EL backlight by pressing button A. This function works best at night time.
- The time is displayed digitally in negative space with hours in the upper half of the screen and minutes in the lower half of the screen.

## Examples



12:54

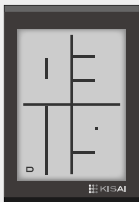


09:35

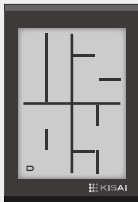
## 2. How to read the date

- Press button B to display the date.
- The date icon indicates that you are in date mode.
- You can illuminate the display for a short time with the EL backlight by pressing button A. This function works best at night time.
- The date is displayed digitally in negative space with the month in the upper half of the screen and date in the lower half of the screen.
- The display will change back to time mode after a short time.

### Examples



March 19th



December 4th

## 3. How to set the date and time

- Press and hold button B for 5 seconds to enter setting mode.  
\*Note after 10 seconds of inactivity setting mode will deactivate

### I. Setting the year

- The year digits will flash when you are in year setting mode.
- The date icon indicates that you are in date setting mode.
- Press button A to increase the year as required.
- Press button B to confirm and move to the month.

### II. Setting the month

- The month digits will flash when you are in month setting mode.
- The date icon indicates that you are in date setting mode.
- Press button A to increase the month as required.
- Press button B to confirm and move to the date.

### III. Setting the date

- The date digits will flash when you are in date setting mode.
- The date icon indicates that you are in date setting mode.
- Press button A to increase the date as required.
- Press button B to confirm and move to the hour.

## IV. Setting the hour

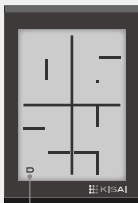
- The hour digits will flash when you are in hour setting mode.
- The PM icon in setting mode indicates that you are setting the time in PM.
- Press button A to increase the hour as required.
- Press button B to confirm and move to the minutes.

## V. Setting the minutes

- The minute digits will flash when you are in minute setting mode.
- Press button A to increase the minutes as required.
- Press button B to confirm and exit setting mode.

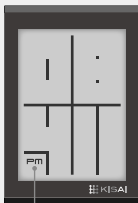
### Examples

June 24th



Date icon

8:41PM



PM icon (for setting only)

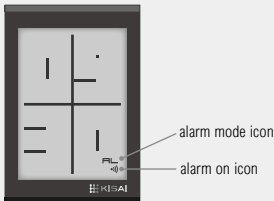
## 4. Checking and setting the alarm

### I. Checking the alarm

- Press button B twice to display the alarm time.
- The alarm mode icon indicates that you are in alarm mode. The alarm on icon indicates that the alarm is on.

\*Note after 10 seconds of inactivity setting mode will deactivate

#### Example



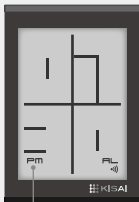
9:30 AM alarm on

(If the alarm time is set to PM you will see the PM icon.)

## II. Setting the alarm

- Press button B twice to display the alarm time and then hold button B for 3 seconds to enter alarm setting mode.  
\*Note after 10 seconds of inactivity setting mode will deactivate
- The alarm mode icon will be displayed.
- Press button A to turn the alarm on or off. The alarm on icon indicates that the alarm is on.
- Press button B to confirm and move to the hours.
- Press button A to increase the hour as required.
- Press button B to confirm and move to the minutes.
- Press button A to increase the minutes as required.
- Press button B to confirm and exit alarm setting mode.

### Example



7:30 PM alarm on

PM icon in alarm setting mode indicates that you are setting the alarm time in PM.



## 5. User information

### I. Battery

- This watch uses a CR2025 replaceable watch battery.
- Battery lifetime will vary depending on use, but is estimated to last for at least one year.
- To maximize battery life you should limit use of the EL backlight.

### II. Warranty

- This watch is covered by a 1 year warranty. This warranty does not cover water damage, accidental damage, neglect or unauthorized repair.

### III. Caution

- This watch is water resistant to 3ATM. Please do not use the watch in the shower, for swimming or for other water related activities.

## SPECIFICATIONS

|                           |                       |
|---------------------------|-----------------------|
| Case Material             | Stainless Steel       |
| Strap Material            | Leather               |
| Case Dimensions           | 33 mm x 47 mm x 10 mm |
| Finish                    | Polished              |
| Maximum Fit<br>Wrist Size | 210mm (approx.)       |
| Weight                    | 50g                   |
| Display                   | LCD with EL backlight |
| Battery                   | CR2025                |
| Water Resistance          | 3ATM                  |

