Thank you for your purchase of this Citizen watch.
Before using the watch, read this instruction manual carefully to ensure correct use. After reading the manual, store it in a safe place for future reference.
Be sure to visit the Citizen website at https://www.citizenwatch-global.com/ . Some models may be equipped with enhanced features functions such as slide rules and tachymeters. You can also see how to use such features and functions, which is not covered with the instruction manual, in the web site.
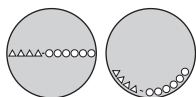
To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back.
The first 4 characters of the case number represent the movement number of the watch.
In the example, "△ △ △ △" is the movement number.

Engraving position example

△△△△-○○○○○○

△△△△-○○○○○○○

The engraving position may differ depending on watch model.

Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, page 9) and understand the meaning of the following symbols:

■ Safety advisories are categorized and depicted in this manual as follows:

⚠ DANGER	Highly likely to cause death or serious injury
⚠ WARNING	Can cause serious injury or death
⚠ CAUTION	Can or will cause minor or moderate injury or damage

■ Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

🚫	Warning (caution) symbol followed by prohibited matters.
⚠	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Features

Connection with a smartphone through the dedicated app
Time and calendar are synchronized with those on the smartphone. To get the dedicated app, access a download site of apps for your smartphone.
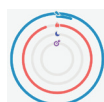
Built-in activity monitor
The watch records your activity and you can see its data on the dedicated app.

User-configurable buttons
You can assign three of the functions below to the buttons of the watch as you want by setting it on the dedicated app.
• Taking a picture
• Indicating the second timezone (local time)
• Indicating notifications
• Indicating the date
• Searching the smartphone
• Play/pause music
• Turning up the volume
• Turning down the volume
• Recording the progress of activity achievement
• Indicating estimated arrival/travel time

CONTENTS

Before using this watch

Connection with the smartphone

Use the dedicated app to connect the watch with your smartphone.
Download an app compatible with your smartphone from an app store.
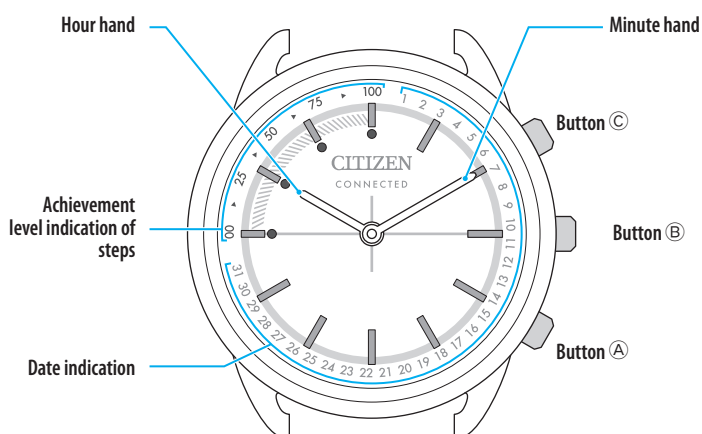
CITIZEN CONNECTED

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.
Consult an authorized service center.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

Component identification

Hour hand

Minute hand

Button Ⓒ

Button Ⓑ

Achievement level indication of steps

Button Ⓐ

Date indication

- The illustrations in this instruction manual may differ from the actual appearance of your watch.

Before connecting with a smartphone

This watch communicates with smartphones through Bluetooth Low Energy power-saving communication technology.
You must install the dedicated app "CITIZEN CONNECTED" on your smartphone. After installing it, start it, make an account and execute pairing between the phone and the watch to connect them.
The flow of connection is as follows.

- An e-mail address which can be used for e-mail reception is required for making an account.
- You do not have to execute sign-in and/or pairing every time you connect the watch and the smartphone.

* The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.
* Android is a registered trade mark of Google Inc.
* iOS is a name of an operating system of Apple Inc. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

```
Install the dedicated app
        ↓
   Start up the app
        ↓
      Sign in
  (Account making)
        ↓
      Pairing
        ↓
     Connection
      ↓    ↑
   Disconnection
```

Requirements for connection

Android	Android OS 5.0 or later
iPhone	iOS 10.0 or later
Bluetooth	Bluetooth smart/4.2 Low Energy

You can see information about compatible smartphones at the link below.
https://citizenwatch-global.com/support/yf10/index.html

Actual screens and/or indication of the dedicated app may differ from those on this manual depending on your usage conditions and/or changes of specifications at update of the app.
In that case, follow instructions on the actual screen of the app.
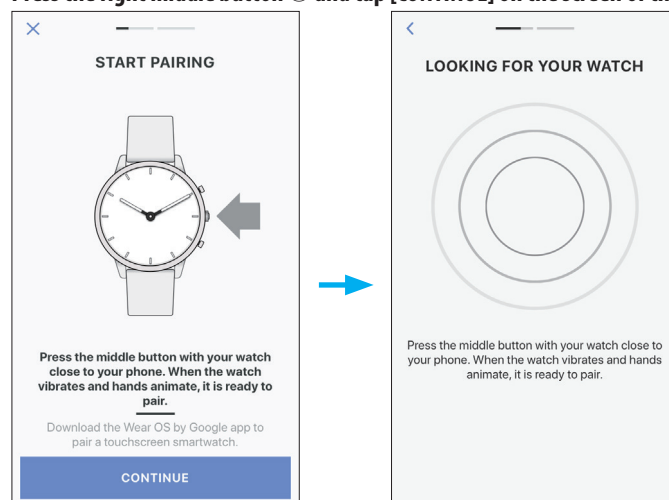
Execute pairing with the smartphone

Execute pairing at first when connecting the watch and your smartphone.
- Unique pairing information is saved on the watch and smartphone as pairing is executed.
- Make an account at the startup of the dedicated app. An e-mail address which can be used for e-mail reception is required for making an account.
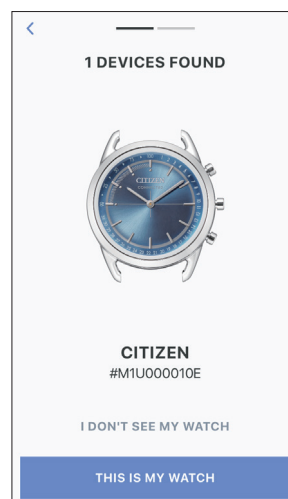- Keep the mail address and password for the account in case they are required.

Executing pairing

- For pairing, you have to operate both the watch and the smartphone.
- Turn on Bluetooth and function(s) related with location information on your smartphone.

1 **Download the dedicated app "CITIZEN CONNECTED" at an app site and install it.**

2 **Start the dedicated app.**
- Keep the app screen displayed until pairing is finished.

3 **Make an account.**
- Sign in if you had logged out without executing pairing after making an account before.
- Once signed in, the status is kept regardless whether the app is activated or deactivated.

4 **Press the right middle button Ⓑ and tap [CONTINUE] on the screen of the app.**

START PAIRING

Press the middle button with your watch close to your phone. When the watch vibrates and hands animate, it is ready to pair.

Download the Wear OS by Google app to pair a touchscreen smartwatch.

CONTINUE

LOOKING FOR YOUR WATCH

Press the middle button with your watch close to your phone. When the watch vibrates and hands animate, it is ready to pair.

5 **Tap [THIS IS MY WATCH].**

1 DEVICES FOUND

CITIZEN
#M1U000010E

I DON'T SEE MY WATCH

THIS IS MY WATCH

- The watch displayed on the screen may look different from the actual one you use.
- Tap [I DON'T SEE MY WATCH] when not only its color but whole appearance looks different from yours.
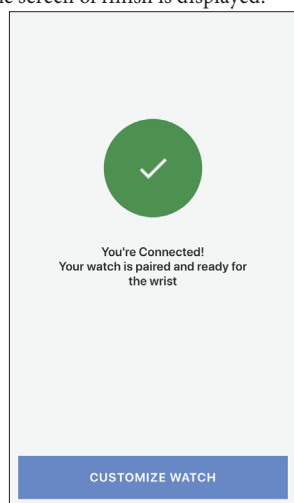- When update of the watch has started, wait until it is finished.

6 **Within the time limit, press and hold the right middle button Ⓑ on the watch.**
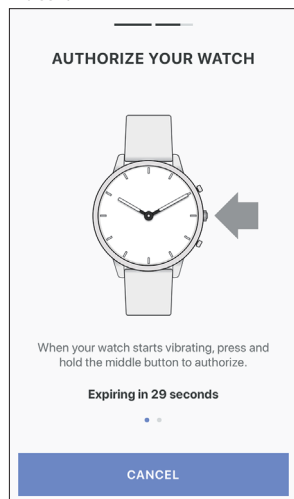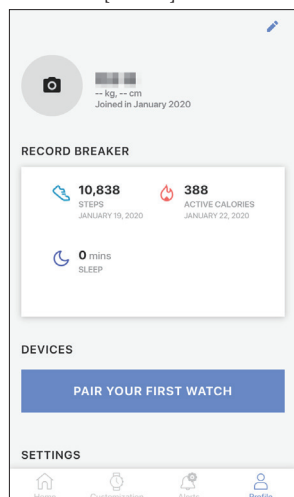

Pairing starts.

■ When pairing finished successfully

The screen of finish is displayed.

■ To start pairing on the screen of the app

When pairing was canceled, tap the [PAIR YOUR WATCH] button or [+ ADD] button on the [Profile] screen of the app.


About synchronization

Once paired, the watch and the smartphone are connected and synchronize their data automatically start as the dedicated app is started or displayed.
• All the hands of the watch turn fully around when synchronization starts.
• It may take a certain period of time for data synchronization.
• Some operations of the app such as change of settings are accompanied with data synchronization.

Swiping down the [Home] screen also starts data synchronization.
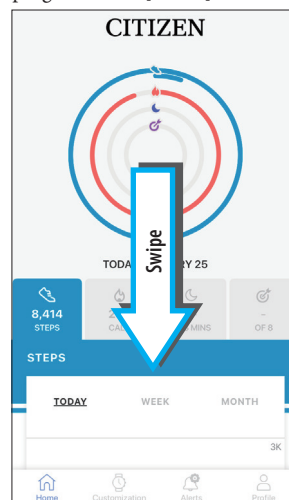
Time reception

This watch receives time information from your smartphone at every connection and adjusts the time and calendar automatically.

The activity monitor

This watch is equipped with the activity monitor for measuring and recording your activity. When you achieve the activity goal you set on the app, the watch vibrates to notify achievement. In addition, you can check the history of your activity on the dedicated app.
• Activity data recorded in the watch is transferred to the dedicated app when the watch and the smartphone are connected to synchronize data and it is stored in the app.
• The watch keeps up to about 40-day data of activity.

The screen of the dedicated app

The dedicated app has the following four different screens. Tap the four icons at the bottom of the display to switch the screens.

[Home] screen

It is the screen for indicating the data of the activity monitor on the watch. There are the four sub menus on it: [STEPS] [ACTIVE CALORIES] [SLEEP] [GOAL TRACKING].
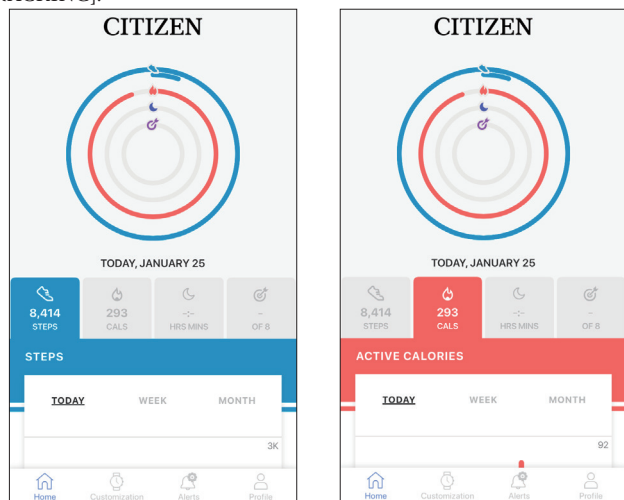
- Activity amount is indicated by percentage where the target value set is supposed 100 %. One whole circle means 100 % on a circle graph. For bar graphs, the 100 % line is indicated in the graph field.
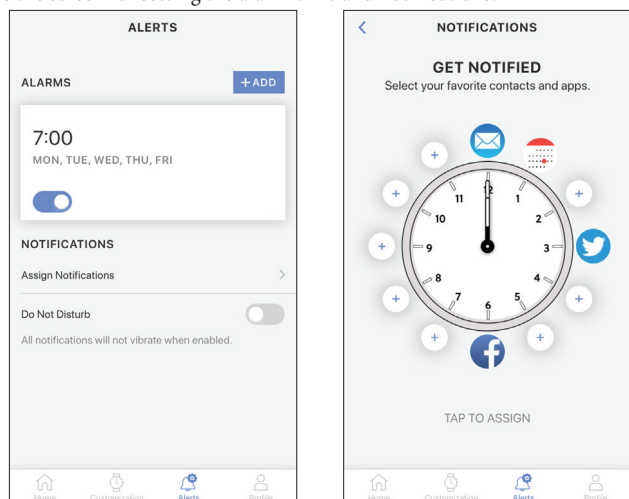- The target value can be changed at [Set Goals] on the [Profile] screen.

[Customization] screen

It is the screen for assigning functions to the buttons of the watch, setting music when searching the smartphone, setting the area of the local time, etc.
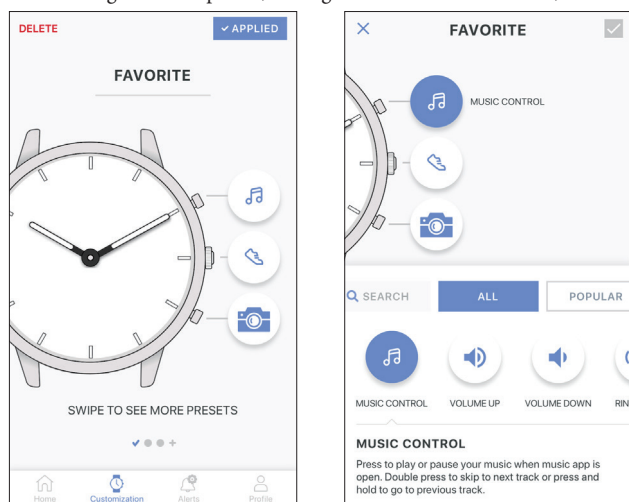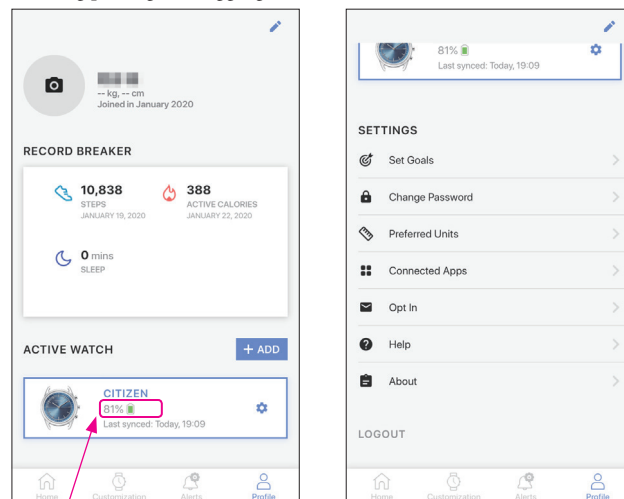
[Alerts] screen

It is the screen for setting the alarm time and notifications.

[Profile] screen

It is the screen for setting the account, adding watches, referring to the help and changing other settings.
- You can check battery remaining of the watch.
- Canceling pairing and logging out are also executed on the screen.
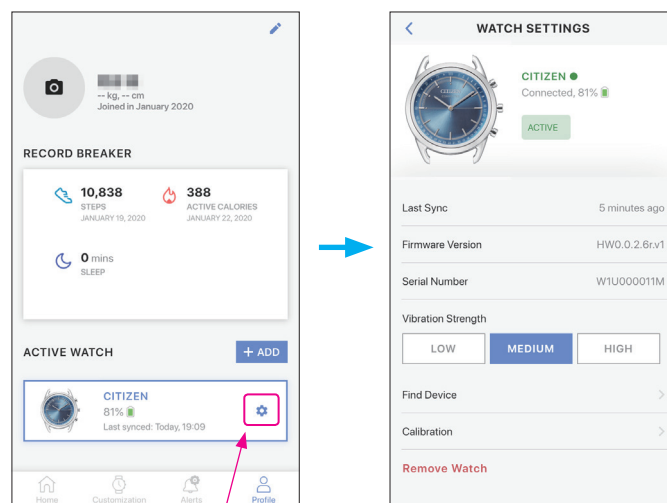
Battery remaining of the watch

Checking the status of the watch connected

1 Start the dedicated app.
The watch and the smartphone are connected.
- If you have not signed in, sign in.
- If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the icon on the right of the image of the watch connected on the [Profile] screen.

Tap the icon.

The [WATCH SETTINGS] screen is opened.

Last Sync	The time of the last synchronization of data on the watch and the smartphone is indicated.
Firmware Version	The current firmware version of the watch is indicated.
Serial Number	The serial number of the watch is indicated.
Vibration Strength	You can choose strength of vibration of the alarm and notification here.
Find Device	Use this to search the watch. A rough-location of the last synchronization with the watch can be shown on the map.
Calibration	Check and correct the reference position of the hands.
Remove Watch	Cancel pairing with watches.

- Permission for access to the positional information of your smartphone is needed to indicate the position of the watch on the map of smartphone using [Find Device].
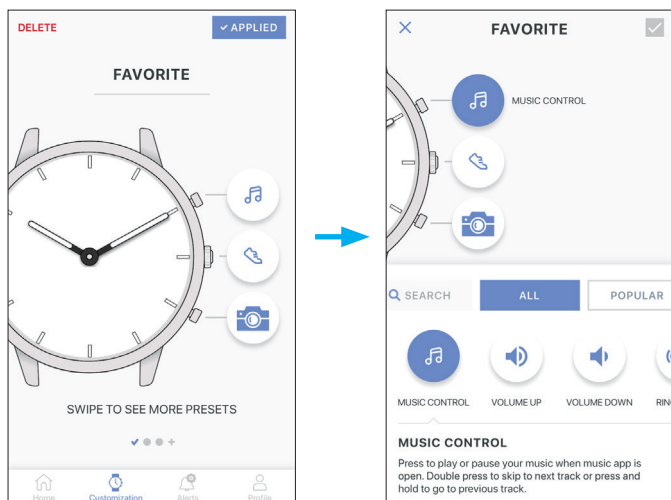
Assigning functions to the buttons of the watch

1 Start the dedicated app.
The watch and the smartphone are connected.
• If you have not signed in, sign in.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the button which you want to assign a function on the [Customization] screen.

The list of buttons is indicated.
• The example above shows when button Ⓒ is tapped.

3 Tap the function you want to assign on the bottom of the screen.
You can choose one from the functions below.

MUSIC CONTROL	🎵	You can control music playback through the watch while using the music app: can command play/pause/go previous/go next. Play/pause: Press and release the button once. Go back to the previous tune: Press and hold the button during playback. Go forward to the next tune: Press and release the button twice during playback.
VOLUME UP	🔊	Pressing the button turns up the volume.
VOLUME DOWN	🔉	Pressing the button turns down the volume.
RING PHONE	📳	Pressing the button makes the smartphone emitting sound. You can set the sound you like.
TAKE A PHOTO	📷	Pressing the button while using the photo app takes a picture.
DATE	31	Pressing the button indicates the current date with the hour and minute hands.
STEPS	👟	Pressing the button indicates the current achievement level of steps with the hour and minute hands.
GOAL TRACKING	🎯	The watch records when you pressed the button and number of times you pressed it.
SECOND TIMEZONE	🌐	Pressing the button indicates the second timezone on the watch. Set an area you want to indicate when assigning the function.
NOTIFICATIONS	🔔	Pressing the button indicates the last indication received with the hour and minute hands.
COMMUTE TIME	🏢	Pressing the button indicates the estimated time of arrival/travel.

• You can look for functions you want or make the list shorter by using [SEARCH], [ALL], [POPULAR], [ACTIVITY] and [SCHEDULE].

4 Tap the check box on the upper right of the screen to finish the procedure.

The selected function is assigned to the button.
• Tap [X] on the left to cancel setting.

Using the buttons as a set

It is convenient to make function sets for the buttons for various purposes and switch the sets to fit to scenes.
• The dedicated app has the three sets below in advance: [FAVORITE], [TRAVEL] and [FITNESS].
• You can remove sets as well as make new ones.

■ **Switching the set**

1 Start the dedicated app.
The watch and the smartphone are connected.
• If you have not signed in, sign in.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Swipe the screen aside on the [Customization] screen.

[APPLIED] is indicated when the currently selected set is displayed.
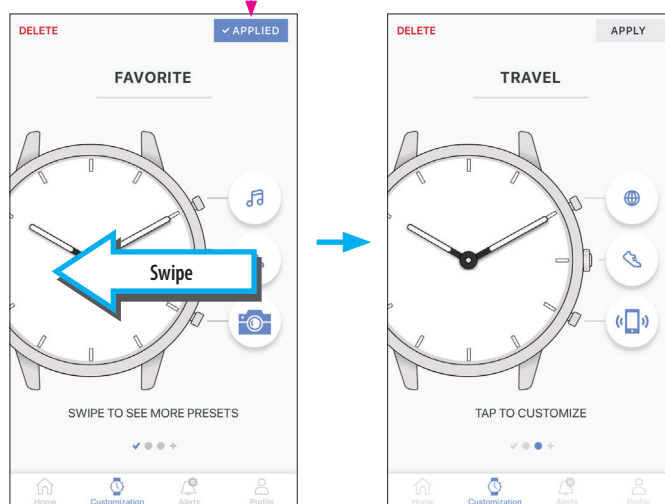
• The example above is when switching the set from [FAVORITE] to [TRAVEL].

3 Tap the [APPLY] button on the upper right of the screen to finish the procedure.

■ **Removing the set**

Tap [DELETE] on the upper left of the screen to remove the set displayed on the screen.

■ **Making a new set**

Swipe the screen to the right end and tap the [+ CREATE] button.

Indication of the achievement level of steps

When you assign "STEPS" to a button of your watch, the hour and minute hands indicate the current achievement level of steps by pressing the button.

- The example above shows 75 % achievement level of steps.
- The achievement level of steps is indicated by the proportion of the measured steps to those set as the goal.
- The achievement level is reset at 0:00 every day and the indication returns to 0 %.
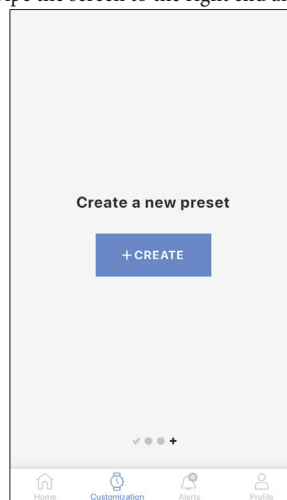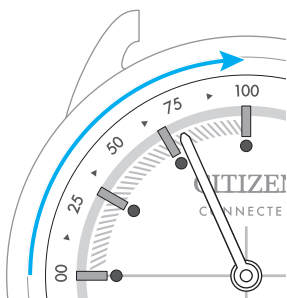
Setting alarm

1 Start the dedicated app.
The watch and the smartphone are connected.
  • If you have not signed in, sign in.
  • If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the [+ ADD] button on [ALARMS] of the [Alerts] screen.
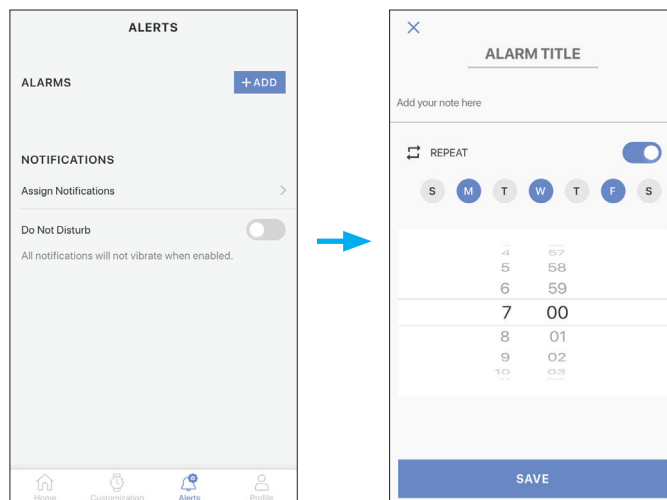
  • Days of week appear when you turn on the [REPEAT] switch on the screen. Tap days of week on which you want to use alarm repeatedly.
  On the example above, Monday, Wednesday and Friday are selected.

3 Set the alarm time and tap the [SAVE] button on the bottom of the screen to finish the procedure.
The alarm time newly set is indicated in the activated status.
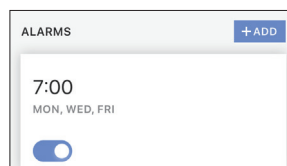
■ When alarm time comes
The hour and minute hands jitter and the watch vibrates.
- Press any button to stop alarm.

■ Turning on/off the alarm
Turn on/off the switch of the alarm time on [ALARMS] of the [Alerts] screen.

■ Changing alarm setting
Tap the alarm time on [ALARMS] of the [Alerts] screen and change the time setting.

Tap here when removing the setting.

Setting notification

The watch shows notifications by moving the minute and hour hands to the positions previously set corresponding to types of notifications. The watch vibrates when telling a notification.

• You can control strength of the vibration and deactivate it.
• Number of vibration times affects battery life of the watch.

1 Start the dedicated app.
The watch and the smartphone are connected.
  • If you have not signed in, sign in.
  • If synchronization of the watch and the smartphone starts, wait until it is finished.

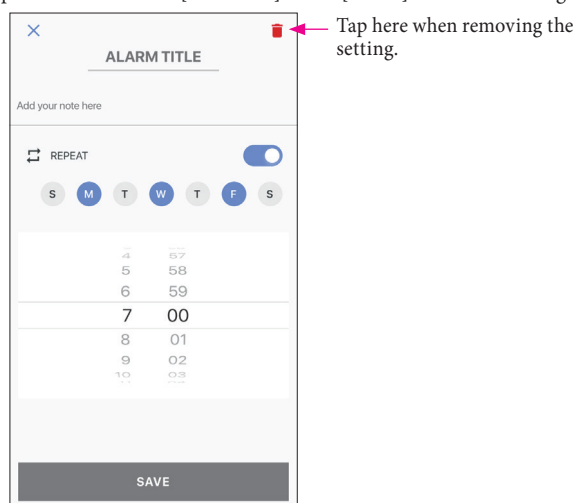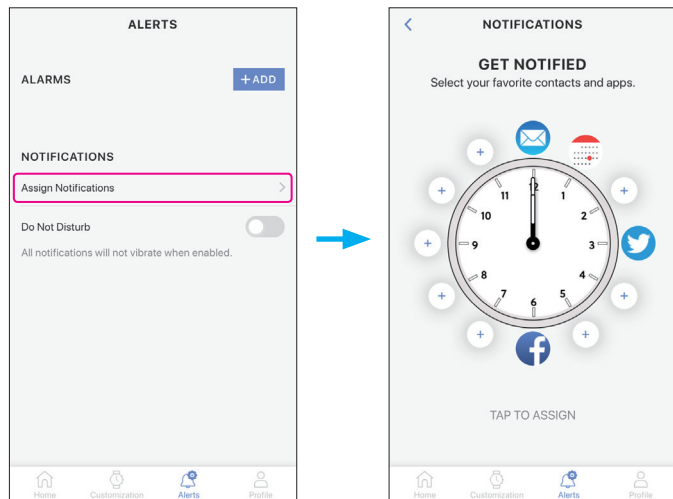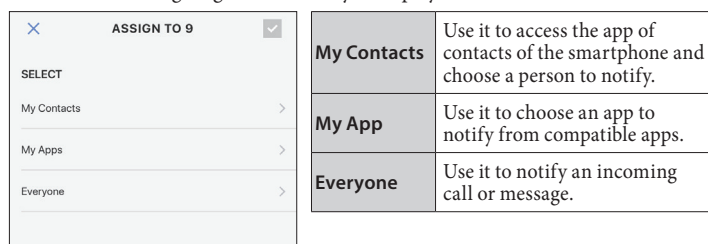**2 Tap [Assign notifications] on [NOTIFICATIONS] of the [Alerts] screen.**

3 Tap a position of notification.
The screen for assigning what to notify is displayed.

My Contacts	Use it to access the app of contacts of the smartphone and choose a person to notify.
My App	Use it to choose an app to notify from compatible apps.
Everyone	Use it to notify an incoming call or message.

  • The example above shows when the 9 o'clock is selected for the position of notification.
  • Permission is required to access the contacts app. The notification cannot be set without the permission.

4 Tap the check box on the upper right of the screen to finish the procedure.

  • Tap [X] on the left to cancel setting.

■ Changing vibration strength setting
You can change vibration strength by [Vibration Strength] on [WATCH SETTINGS] of the [Profile] screen.

■ To stop notification
Turn on the switch of [Do Not Disturb] on the [Alerts] screen.

Checking and correcting the reference position

Check and adjust the reference position through the dedicated app.

If the time or calendar is not shown correctly even after connecting with the smartphone, check whether the reference position is correct.
• If the hands and indication do not reflect the correct reference position, the time and calendar will not be indicated accurately.

1 Start the dedicated app.
The watch and the smartphone are connected.
  • If you have not signed in, sign in.
  • If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the icon on the right of the image of the watch connected on the [Profile] screen.
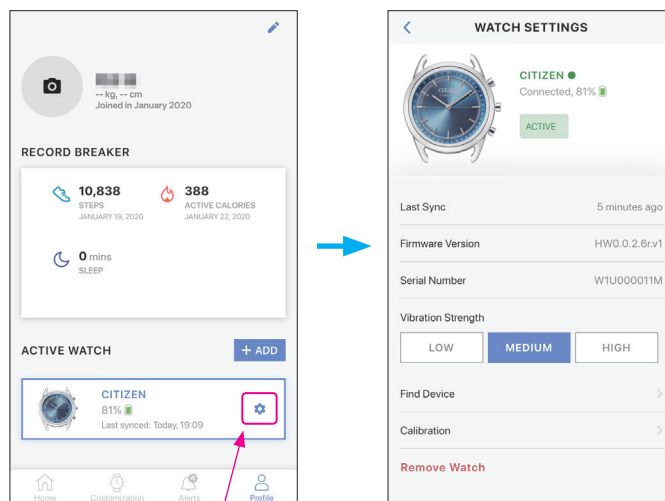
Tap the icon.

The [WATCH SETTINGS] screen is opened.

3 Tap [Calibration].
The reference position of the hour hand becomes adjustable.
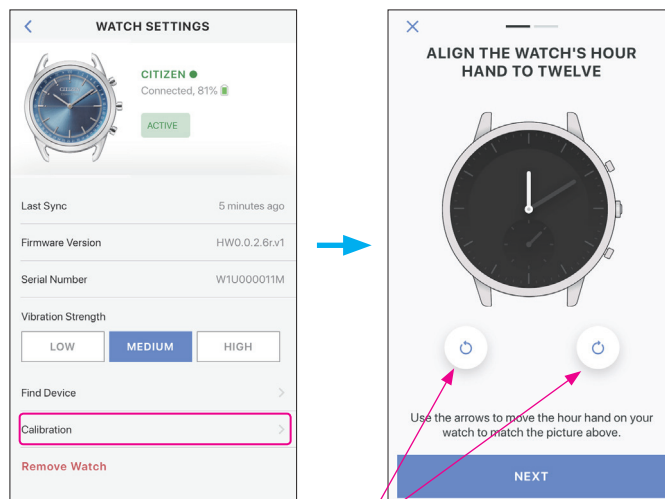
Use the buttons to move the hand of the watch.
Tap the [NEXT] button after finishing the adjustment.

4 Adjust the reference position of the minute hand through the same steps.
  • Tap the [DONE] button to finish the procedure.

Battery replacement

This watch tells you battery replacement period when battery voltage becomes low by stopping all the hands at the 6 o'clock position.

- The indication is canceled by pressing button but early replacement of the battery is recommended.
- You can check battery remaining of the watch on the [Profile] screen of the dedicated app.

■ When replacing the battery

1 Turn the case back of the watch counterclockwise using a coin or something similar.

Case back

- Turn it so as that the ▲ mark on the case back is aligned with the △ mark on the case.
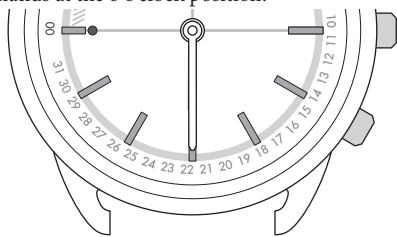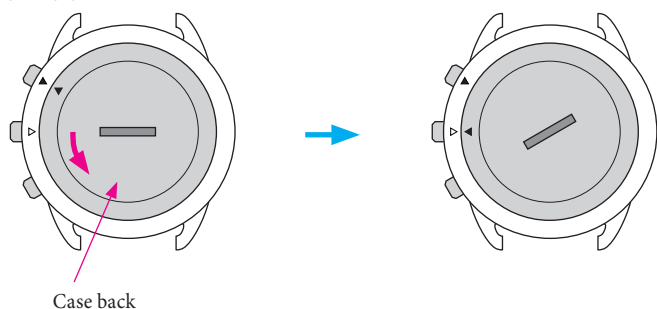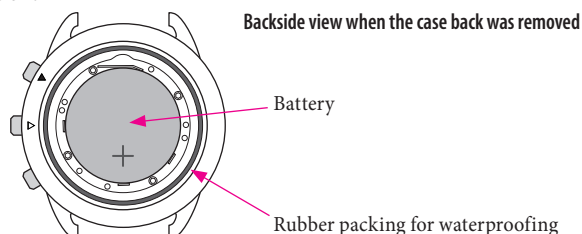
2 Turn the watch over to remove the battery.

3 Put a new battery in to the watch.
- Make sure that the side with plus (+) mark is up when setting the battery.

4 Confirm that the rubber packing for waterproofing is set at the correct position.

Backside view when the case back was removed

Battery

Rubber packing for waterproofing

5 Put on the case back aligning its ▲ mark with the △ mark on the case and turn it clockwise.
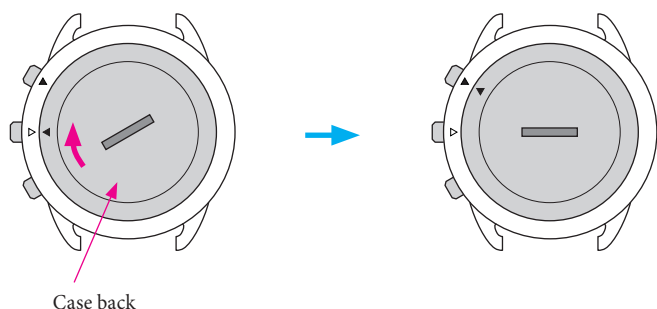
Case back

- Turn it so as that the ▲ mark on the case back is aligned with that ▲ on the case.
- Take care so that any foreign matter such as thread waste is not caught between the case back and the case.
- Turn the case back securely until the slot become straightly horizontal.
- After replacing the battery, start the dedicated app and synchronize the watch and the smartphone.

Troubleshooting

Symptom	Remedies
Pairing	
Cannot execute pairing, synchronization or update.	Place the watch near the smartphone.
	Check the settings of Bluetooth and positional information of the smartphone and the dedicated app.
	Cancel existing pairing and execute pairing again if you had executed pairing.
	If all the hands of the watch sometimes stop at the 6 o'clock position, replace the battery.
All the hands of the watch stop at the 6 o'clock position.	Replace the battery of the watch.
I want to Cancel existing pairing.	At first, tap the icon on the right of the image of the watch you currently use on the [Profile] screen of the dedicated app. The [WATCH SETTINGS] screen appears. Tap [Remove Watch] to cancel pairing. After that, remove the name of the watch you currently use on the Bluetooth setting of your smartphone.
Time/calendar	
Cannot adjust time/ calendar.	You cannot adjust time and calendar manually on this watch. The watch follows the time and calendar of your smartphone by connecting with it through the dedicated app.
Time/calendar is incorrect.	Check time and calendar on your smartphone and start up the dedicated app to synchronize it with the watch.
	Correct the reference position of the hands of the watch. Tap the icon on the right of the image of the watch you currently use on the [Profile] screen of the dedicated app. The [WATCH SETTINGS] screen appears. Tap [Calibration] on the screen.
Activity monitor	
My sleep is not recorded on the activity monitor.	It is automatically recorded when you put on the watch while you are sleeping.
I want to change the name and values of my height and weight.	Tap the icon on the upper right of the[Profile] screen of the dedicated app.
I want to change the unit of length, weight and temperature on the dedicated app.	Tap [Preferred Units] on the [Profile] screen of the dedicated app.
Data of the activity monitor is not sent to the dedicated app.	Replace the battery of the watch when battery remaining of the watch is small.
	Put the watch on your wrist correctly.
Notification/alarm	
No notifications come	Check the setting of notification on the [Alerts] screen of the dedicated app.
	Check whether the switch of [Do Not Disturb] is deactivated on the [Alerts] screen.
Alarm does not work	Check the settings of alarm on/off, alarm time and alarm repetition on the [Alerts] screen of the dedicated app.
Others	
I want to check battery remaining.	Check the indication on the right of the image of the watch you currently use on the [Profile] screen of the dedicated app.
The hands stop.	When all the hands of the watch stop at the 6 o'clock position, battery remaining of the watch is not enough. Replace the battery soon.

- If any of the methods above does not solve your problem, remove the battery from your watch and set it again.

About Bluetooth

Regulatory concerning to Bluetooth (Areas where Bluetooth is available)

Use of the Bluetooth communication technology is not legally permitted in some countries or regions. Visit our web site below to confirm the list of countries where Bluetooth is legally available.

https://www.citizenwatch-global.com/support/

- Using this watch in a country where it is not permitted may be punished under its law.
- Communication using Bluetooth may be monitored intentionally or accidentally. Do not use this watch for important communication or any communication involving human lives.

Water resistance

⚠ WARNING   Water resistance

- Refer to the watch dial and/or the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Name	Indication		Specification	Water-related use					
	Dial or Case back			Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas	Operate the crown or button when the watch is wet
Non-water resistant	–		Non-water resistant	NO	NO	NO	NO	NO	NO
Everyday-use water resistant watch	WATER RESIST		Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO	NO
Upgraded everyday use water resistant watch	W. R. 5 bar		Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO	NO
	W. R. 10 bar W. R. 20 bar		Water-resistant to 10 and 20 atmospheres	OK	OK	OK	NO	NO	NO

Precautionary items and usage limitations

⚠ CAUTION   Battery replacement

- Do not recharge the used battery.
- Do not throw the used battery into the fire.
- Do not ingest battery – Chemical Burn Hazard.
- This product contains a coin/button cell battery. If the coin/button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.
- Keep new and used batteries away from children.
- If the battery compartment does not close securely, stop using the product and keep it away from children.
- If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.
- Do not disassemble, customize or heat the battery. It may result in a serious accident.
- Leaving a used battery in the watch may damage it through leakage and result in malfunction. Replace the battery soon.
- When replacing the battery, always make sure to use the designated one.
- Do not replace the battery with any other than the specified one. If it is replaced with an incorrect battery, it may explode or the watch may have malfunction.

⚠ CAUTION   To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.

⚠ CAUTION   Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate (use the crown and/or buttons) the watch when it is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
  - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
  - Do not pour water from a tap directly onto your watch.
  - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

Precautionary items and usage limitations (continued)

⚠ CAUTION   When Wearing Your Watch

<Band>
- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration or dirt. In addition, they are made of natural material and will be worn, deformed and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
  - You notice an abnormality with the band due to corrosion.
  - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).
  Consult an authorized service center. Other shops may charge for, or may not provide, the service.

<Temperature>
- The watch may stop or the function of the watch may be impaired in extremely high or low temperature.
- Do not use or store the watch in an environment with excessive heat or cold, or with conditions which may cause battery leakage, heating, explosion or flaming.

<Magnetism>
- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately.
  Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>
- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>
- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>
- Do not use the watch in environment with chemicals or corrosive gasses. If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>
- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

⚠ CAUTION   Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration unnoticed soiling such as that caused by perspiration. Be sure to keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.
  In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch
- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

When Luminous Paint is used for your watch
The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.
It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Specifications

Model	YF10	
Type	Analog quartz watch	
Display functions	Time	Hour, minute
Duration	About 6 months (It may get shorter depending on conditions of use.)	
Battery	Primary cell (manganese dioxide lithium button cell CR2025), 1pc.	
Additional functions	Battery life notice function Alarm function (vibration) Vibration function (setting through the dedicated app)	

The following conditions are supposed in the table below when measuring "Duration".

Connection with the smartphone	19 hours/day
Automatic reconnection	38 times/day
Data synchronization	20 times/day
Notification	22 times/day
Achievement level indication of steps	Once/day
Date indication	Once/day
Second timezone indication	Once/day

Specifications and contents of this booklet are subject to change without prior notice.