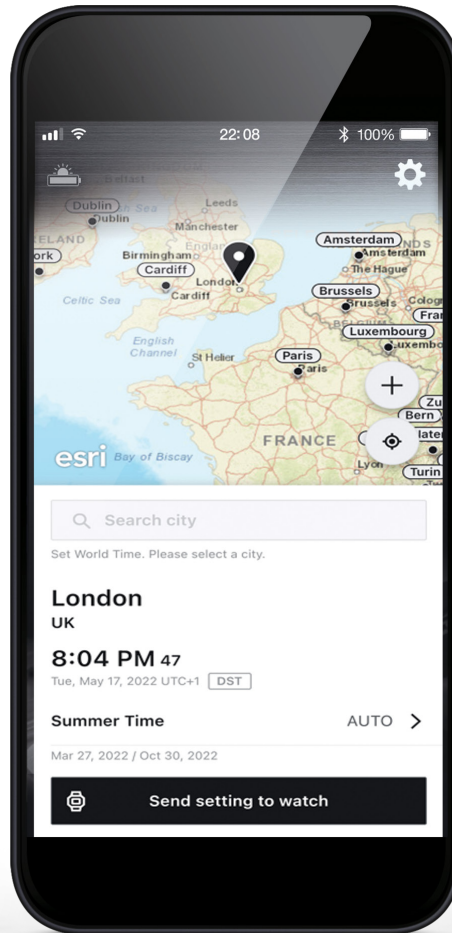
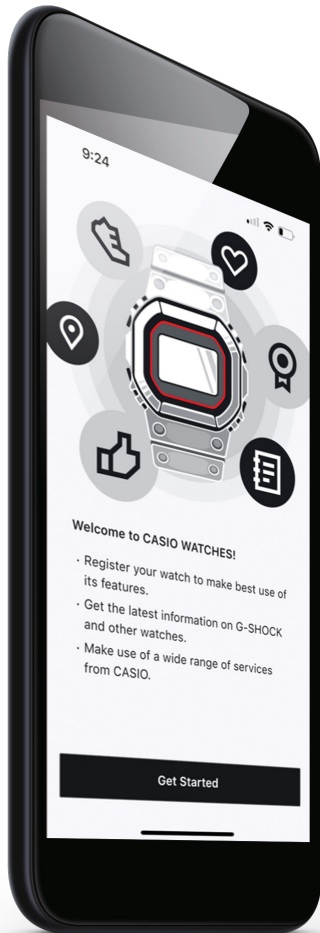


Casio Watches App Guide

G-SHOCK EXAMPLE MODEL – GBDH2000

G-SHOCK



Index

CASIO Watches (Smartphone App)	4
--------------------------------------	---

G-SHOCK Connected Models

G-SHOCK Example Model	5-6
-----------------------------	-----

About G-SHOCK

About G-SHOCK GBDH2000	7-9
------------------------------	-----

G-SHOCK Build Quality

Build Quality GBDH2000	10-11
------------------------------	-------

G-SHOCK Comparison Chart

Comparison Chart GBDH2000	12-14
---------------------------------	-------

Initial Setup

Region Selection/ Software Usage/ Privacy Notice	15
--------------------------------------------------------	----

CASIO ID Login/ Homepage	16
--------------------------------	----

Initial Watch Registration & Connection	17-20
-----------------------------------------------	-------

CASIO Watches

App Tab	21
---------------	----

Home Tab	22
----------------	----

Software Update	23
-----------------------	----

My Watch - Watch Features

Finding the Watches Settings and Features on the APP	24
------------------------------------------------------------	----

Running	25
---------------	----

Trail Running	26
---------------------	----

Walking	27
---------------	----

Pool Swimming	28
---------------------	----

Open Water Swimming	29
---------------------------	----

Biking	30
--------------	----

Gym Workout	31
-------------------	----

Interval Timer	32
----------------------	----

Display Category Settings (Add, Remove, and Change Watch Activity List)	33
-------------------------------------------------------------------------------	----

Life Log Settings	34
-------------------------	----

The Wrist On Which You Wear The Watch	35
---------------------------------------------	----

Training Frequency	36
--------------------------	----

Watch Face	37
------------------	----

Widgets (Add, Remove, Rearrange the Watch Modes)	38
--------------------------------------------------------	----

Measure Heart Rate	39
--------------------------	----

Notifications	40
---------------------	----

Nighttime	41
-----------------	----

Breathing Exercises	42
---------------------------	----

Pressure Trend Information	43
----------------------------------	----

Alarm	44
-------------	----

My Watch - Watch Features *cont.*

Smart Alarm45

Timer46

World Time47

Time Synchronization48

Phone Finder 49

My Watch - Watch Settings

Key Sounds 50

Watch Light Settings51

Summer Time Settings (Daylight Savings Time) 52

Watch Display Settings 53

Elevation Measurement Intervals 54

Reset Stride 55

Find Worn Watch 56

My Watch - Tutorial

Connection With The Watch Pop-up Message 57

About Life Log Information 58

About Activity Log Information 59

Pop-up Watch Menu

Delete Watch Info From App 60

Remove Pairing Info from App 61

Edit Watch Info on the App 62

Edit Watch Image On The App 63

Display Software Version 64

My Page Tab

Life Log Page 65

Activity Data Page 66

CASIO Watches App Menu

Q&A Web Page 67

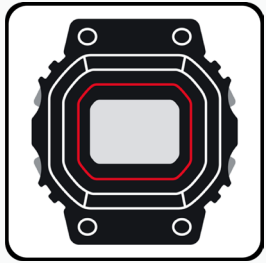
Mobile Link Help Web Page 68

Edit User Profile 69

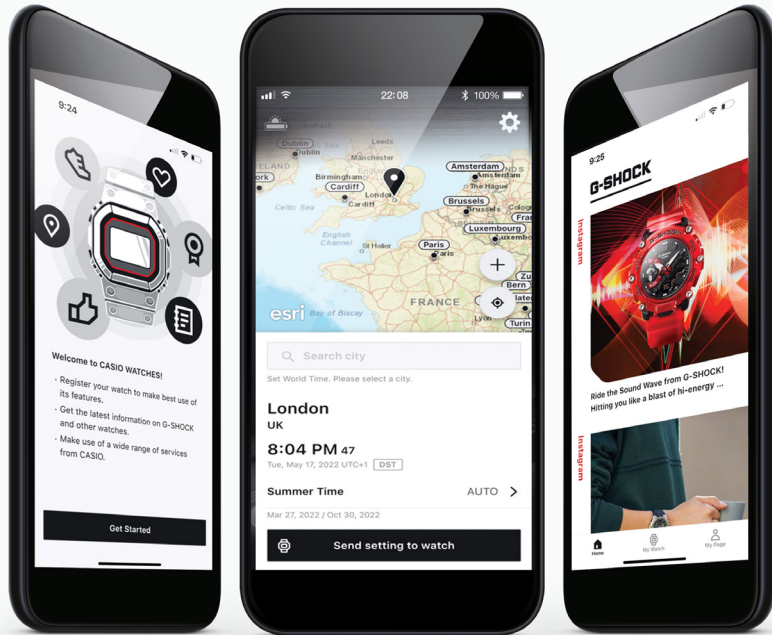
Change Display Unit Settings 70

CASIO ID Account Web Page 71

About This App72



CASIO WATCHES SMARTPHONE APP



Confirmed OS versions

GBDH2000 App Features

Activity modes

The watch supports eight different activities, including running, biking, and swimming. Select an activity with the touch of a button to track and display a variety of measurements in real time.

- Running, walking, trail running
- Open water swimming, pool swimming
- Gym workouts, interval training
- Biking

Training & Sleep Analysis

The watch displays current performance and physical condition, based on analysis of various data measured by the watch, in an easy-to-understand format. Analysis utilizes the POLAR® library, a database that is known for heart rate-focused training analysis. Train efficiently and effectively with scientifically supported, highly reliable analytical results..

Daily Health Watch Mode

The watch mode helps manage health by measuring heart rate and keeping track of daily steps and physical activity. Also measures blood oxygen levels.
(life-log, breathing exercises, blood oxygen level measurement)

App Integration Function

Use the app to easily manage data tracked by the watch. Take advantage of the easy-to-understand display of daily activity logs, training status, and other information to stay motivated and exercising in the way that is best for you. Helps improve exercise performance and a health-conscious lifestyle.

Solar-Assisted Charging

Use USB charging for training functions such as GPS tracking and heart rate monitor, as well as smart functions such as notifications and step tracker. Time display is powered solely by solar charging, even when battery runs low.*

Super Illuminator

For readability in the dark
(high-brightness full-auto LED backlight)

Automatic Time Adjustment

- World time for over 300 cities
- Home time/ world time switching
- Notification function
- Training analysis data
- Activity history
- Life log data
- Sleep analysis data
- Phone finder



PUSH IT EVEN FURTHER WITH THE G-SHOCK MOVE GBDH2000 — a selection of G-SHOCK multi-sport watches with heart rate monitor and GPS. These watches come packed with functions for tracking all kinds of workouts.

GBDH2000-1A

\$399

GBDH2000-1A9

\$399

- All Models**
- Shock Resistant
 - 200-Meter Water Resistance
 - Solar-Assisted
 - Bluetooth® Connected
 - Resin Band (Biomass plastics)
 - World Time (approx. 300 cities)
 - Charging System
 - Notification Functions
 - Multi-Sport - Training Analysis Data
 - LED Light (Super Illuminator)
 - 4 Daily Alarms



DUAL-LAYER FRAME

New frame design that delivers comfortable fit and easy operations. Biomass plastics embody harmony with nature.

<p>Shock resistant</p>	<p>20 bar water resistant</p>
<p>Keeps yourself in time</p>	<p>Stable solar power</p>
<p>Great for runners</p>	<p>Supports training program</p>



6 SENSORS + GPS FUNCTIONALITY: SUPPORTS MULTIPLE ACTIVITIES

Announcing the innovative GBDH2000, the latest addition to the G-SHOCK MOVE series of watches with the strength and functionality to enhance workouts. Incorporating an updated design and technology, the GBDH2000 is now equipped with GPS functionality and 6 sensors that each track different elements to support the user across a wide range of activities from running to biking to swimming.

In addition, the watch boasts a new algorithm to analyze training sessions and an improved usability of the dedicated app. This watch helps with everything from making exercise a habit to improving training performance, bringing more fun to the sporty life.

6 SENSORS + GPS FUNCTIONALITY: SUPPORTS MULTIPLE ACTIVITIES

Check how well your mind and body recover overnight from workouts and the other demands of the day.

*Nightly Recharge™ is a trademark owned by POLAR Electro Oy.

*This app and product are currently in development and specifications are not yet final.



GBDH2000-1A9



GBDH2000-1A



IMAGE SHOWS GBDH2000

Activity Modes To Support Multiple Sports

The watch supports eight different activities, including running, biking, and swimming. Select an activity with the touch of a button to track and display a variety of measurements in real time.

Running, walking, trail Running

- Distance, speed, time, pace
- Heart rate, calories burned, etc.

Biking

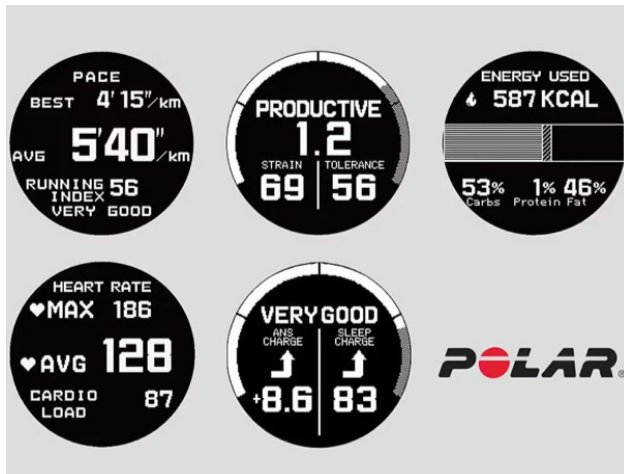
- Distance, speed, time
- Altitude, road gradient
- Heart rate, calories burned, etc.

Open water swimming, pool swimming

- Distance, time
- Calories burned, etc.

Gym workouts, interval training

- Time
- Heart rate, calories burned, etc



Training & Sleep Analysis To Check Your Results & Improve Effectiveness

The watch displays current performance and physical condition, based on analysis of various data measured by the watch, in an easy-to-understand format. Analysis utilizes the POLAR® library, a database that is known for heart rate-focused training analysis. Train efficiently and effectively with scientifically supported, highly reliable analytical results.

Running Index

Calculates VO2 max (maximum consumable oxygen uptake) during running.

Cardio Load

Heart rate data is used to calculate the burden on the heart and lungs according to workout duration and intensity.

Energy Used

Calculates fats, carbohydrates, and proteins as percentages of calories burned. Knowing the ratio of calories burned for each energy source helps you determine energy source intakes and workout intensity settings to meet your goals.

Cardio Load Status

Displays current training conditions based on cardio load data from past workouts. Use this data to help manage workouts and stay motivated.

*This app and product are currently in development and specifications are not yet final.



Watch Mode For Managing Daily Health

The watch mode helps manage health by measuring heart rate and keeping track of daily steps and physical activity. Also measures blood oxygen levels.

Life Log

Tracks accelerator to analyse movement and distinguish between such movements as walking, running, biking, other activity, and standing still. Use the life log data records to understand how active you are each day.

Breathing Exercises

Follow the animated display to maintain a steady rhythm of deep breathing. Provides feedback on relaxation effect after breathing exercises, but during as well. Relaxes the mind and body to help you deal with stress.



Blood Oxygen Level Management

The optical heart rate sensor tracks the level of oxygen taken into the blood. This data can be used to manage daily health and adjust exercise load.

Note: The blood oxygen level measurement function is not intended for use in diagnosing illness or as a medical device. It is intended only for use in maintaining general health.

*This app and product are currently in development and specifications are not yet final.

App Integration Function To Easily Set Goals & Manage Progress

Use the app to easily manage data tracked by the watch. Take advantage of the easy-to-understand display of daily activity logs, training status, and other information to stay motivated and exercising in the way that is best for you. Helps improve exercise performance and a health-conscious lifestyle.

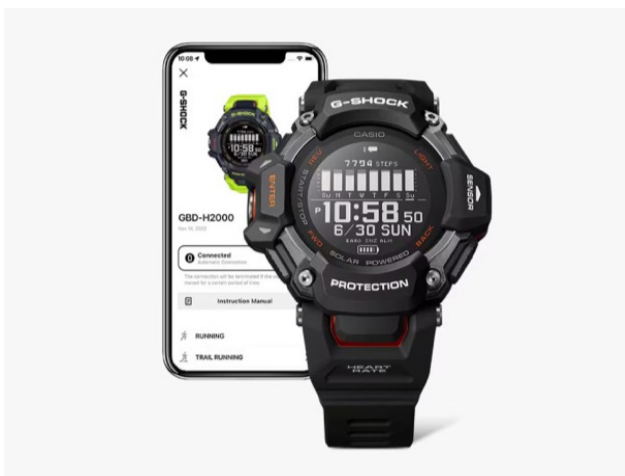


IMAGE SHOWS GBDH2000

My Page

Displays timelines of activity log, life log and other records. Tap a specific item for more detailed display of measurements.

- Life Log
- Nightly Recharge™
- Activity Log

Life Log

Displays daily log of activity in an easy-to-understand format. User can adjust training level to suit current cardio load status, as well.

- Daily number of steps/calories burned
- Daily activity times
- Cardio load status

Activity Log

Variety of visuals and graphs, including map display of routes travelled, make it easy to check activity history.

- Route travelled (when using GPS)
- Measurement data list
- Display of measurements/ graphs/ routes
- Lap data

Nightly Recharge™

Displays level of workout recovery from sleep and provides advice on improving exercise and sleep. Check the sleep quality graph to see how much quality sleep you get at night.

- Sleep recovery level
- Tips for exercise, sleep, etc.
- Sleep stage graph



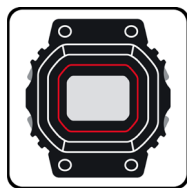
Solar-Assisted Charging

Use USB charging for training functions such as GPS tracking and heart rate monitor, as well as smart functions such as notifications and step tracker. Time display is powered solely by solar charging, even when battery runs low.*

*When charged about eight hours every day under indoor fluorescent lighting (500 lux), and charged at window side on a sunny day for two hours in a week (10,000 lux).

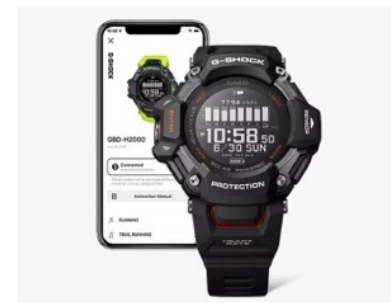
Super Illuminator: For Readability In The Dark

High-brightness, full-auto, LED backlight.



CASIO WATCHES

Multiple functions, all at your fingertips
(Smartphone App)



- Automatic time adjustment
- Easy watch setting
- Approximately 300 world time cities
- Notification function
(incoming calls, incoming emails, new social media posts, calendar notifications, reminders)
- Training analysis data
- Activity history
- Life log data
- Sleep analysis data
- Phone finder

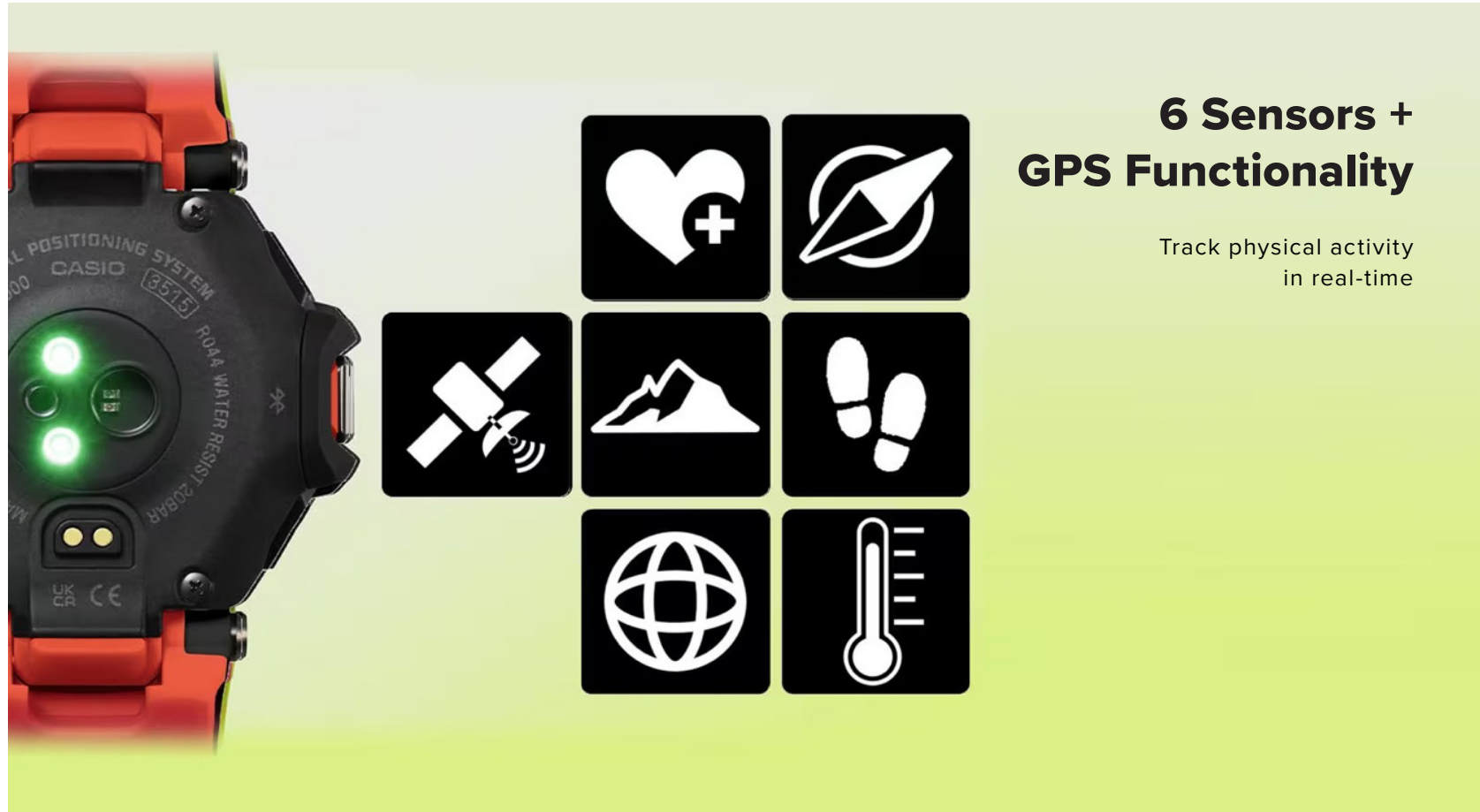
Biomass Plastic

Biomass plastics embody
harmony with nature



The bezel and band are made with the eco-friendly material known as biomass plastics. Using renewable organic resources such as corn helps reduce the ecological footprint. Supporting healthy lifestyles means protecting the natural environment in which we live, as well.

*Image shows the GBDH2000-1A.



6 Sensors + GPS Functionality

Track physical activity in real-time

The new watch has an optical sensor to measure heart rate, as well as a compass, altitude/air pressure sensor, thermo sensor that measures temperature, and accelerometer and gyroscope to detect body movement. In addition, it has built-in GPS functionality to measure position, distance, and speed of movement, all of which track a variety of movements in real time during physical activity.

Optical heart rate sensor uses LED light to measure changes in blood flow and track heart rate. Accelerometer analyzes movement to measure activity such as number of steps taken. Gyroscope tracks swimming strokes and turns on in the pool. Magnetic sensor, pressure sensor and thermo sensor tracks compass bearing, altitude/air pressure, and temperature. Accurately detects changes outdoors and in other environments.

G-SHOCK Comparison Chart GBDH2000

Comparison Chart					
G-SHOCK MOVE					
Size	GBDH 2000 59.6 x 52.6 x 19.4mm	GBDH 1000 63 x 55 x 20.4mm	GBD 200 49.4 x 45.9 x 15mm	GBX 100 50.9 x 46 x 14.7mm	GBA 900 51.3 x 48.9 x 16.6mm
Weight	63g	101g	58g	66g	61g
Bluetooth®	✓	✓	✓	✓	✓
APP	 CASIO WATCHES	 G-SHOCK MOVE	 G-SHOCK MOVE	 G-SHOCK MOVE	 G-SHOCK MOVE
Solar Charging	✓	✓	✗	✗	✗
GPS	✓	✓	✗	✗	✗

G-SHOCK Comparison Chart GBDH2000 *cont.*

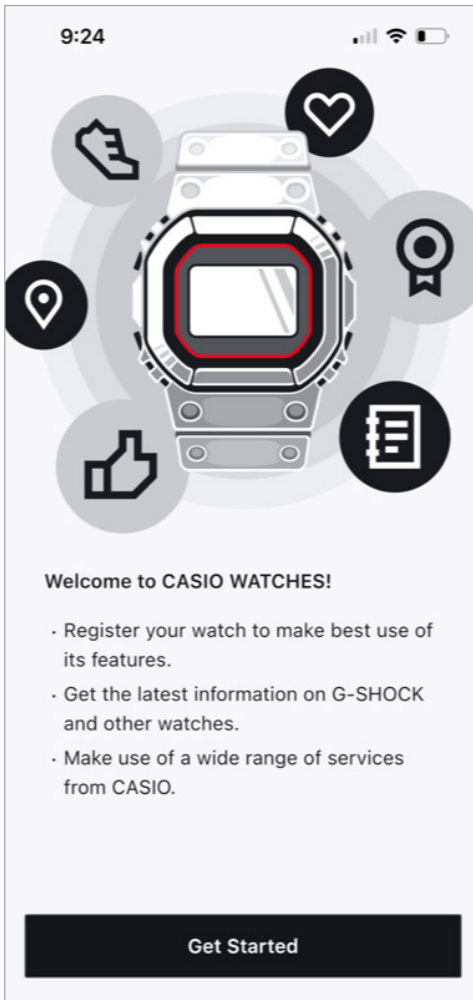
SENSORS					
	GBDH 2000	GBDH 1000	GBD 200	GBX 100	GBA 900
Heart Rate Monitor	✓	✓	✗	✗	✗
Step Tracker	✓	✓	✓	✓	✓
Accelerometer	✓	✓	✓	✓	✓
Gyroscope	✓	✗	✗	✗	✗
Altimeter/Barometer	✓	✓	✗	✗	✗
Thermometer	✓	✓	✗	✗	✗
Compass	✓	✓	✗	✗	✗

G-SHOCK Comparison Chart GBDH2000 cont.

Comparison Chart					
G-SHOCKMOVE					
TRAINING FEATURES					
	GBDH 2000	GBDH 1000	GBD 200	GBX 100	GBA 900
Training Analysis	✓	✓	✓	✓	✓
Training Log Data	✓	✓	✓	✓	✓
OTHER					
	GBDH 2000	GBDH 1000	GBD 200	GBX 100	GBA 900
Tide graph	✗	✗	✗	✓	✗
Moon graph	✓	✗	✗	✓	✗
Sunrise/Sunset	✓	✗	✗	✓	✗
World Time	✓	✓	✓	✓	✓
Call, Email & SNS Notifications	✓	✓	✓	✓	✓
Vibration Alert	✓	✓	✓	✓	✗
Biomass Plastic	✓	✗	✗	✗	✗

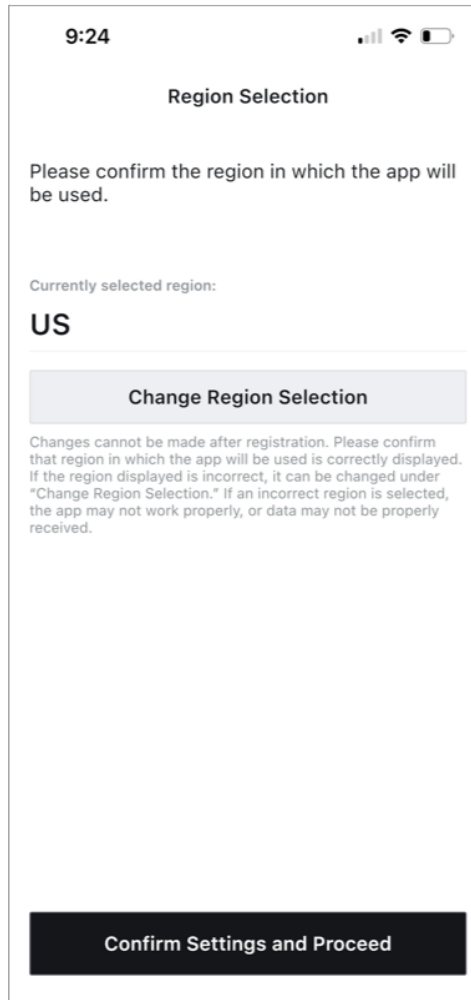
Initial Setup

REGION SELECTION / SOFTWARE USAGE / PRIVACY NOTICE



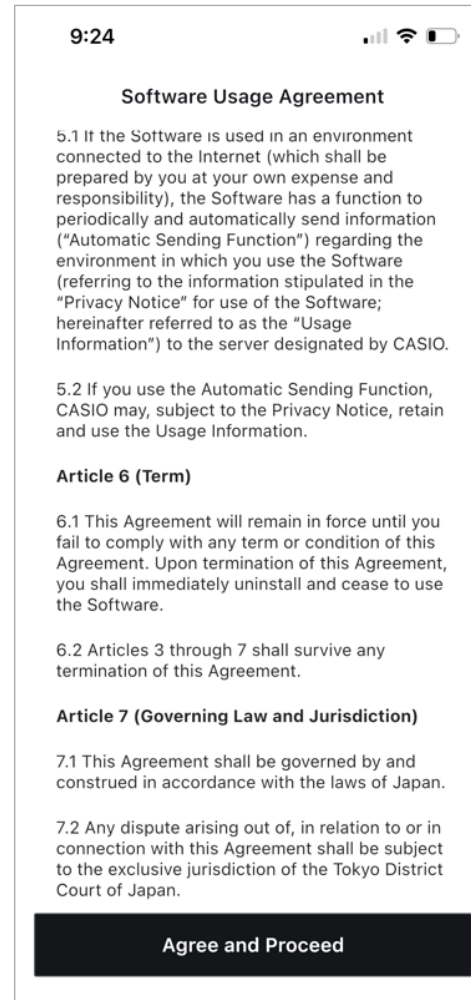
Step 1

After downloading the Casio Watches App from the app store or google play store start by opening the app and select GET STARTED to begin the initial setup.



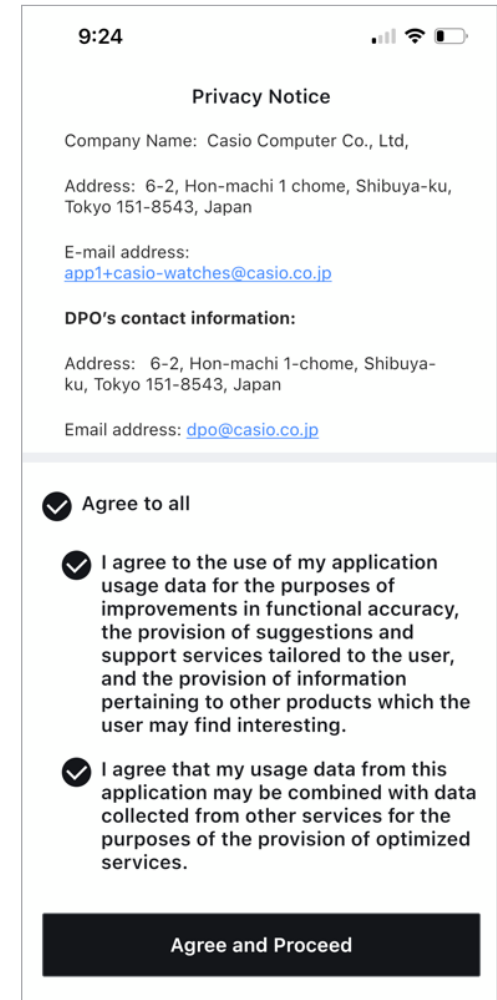
Step 2

Select the desired region by selecting CHANGE REGION SELECTION then select CONFIRM SETTINGS AND PROCEED.



Step 3

After reviewing the Software Usage Agreement information select AGREE AND PROCEED.

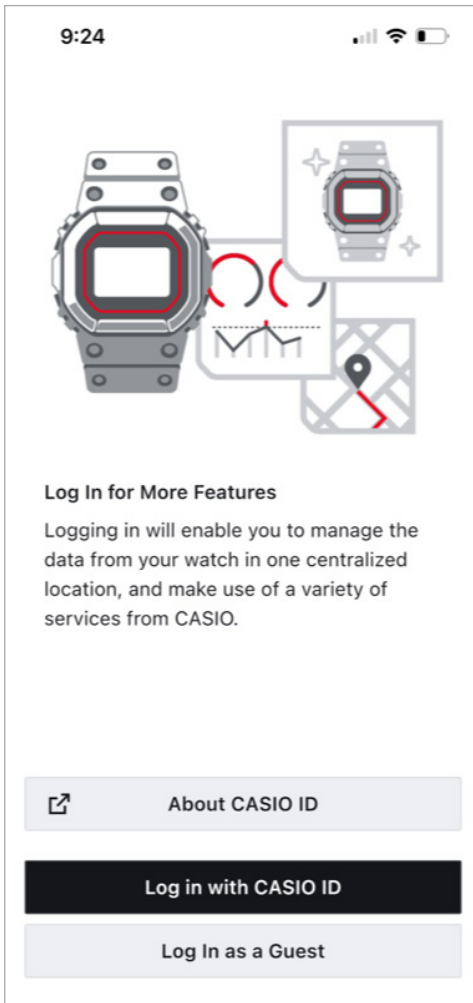


Step 4

After reviewing the Privacy Notice information select AGREE AND PROCEED.

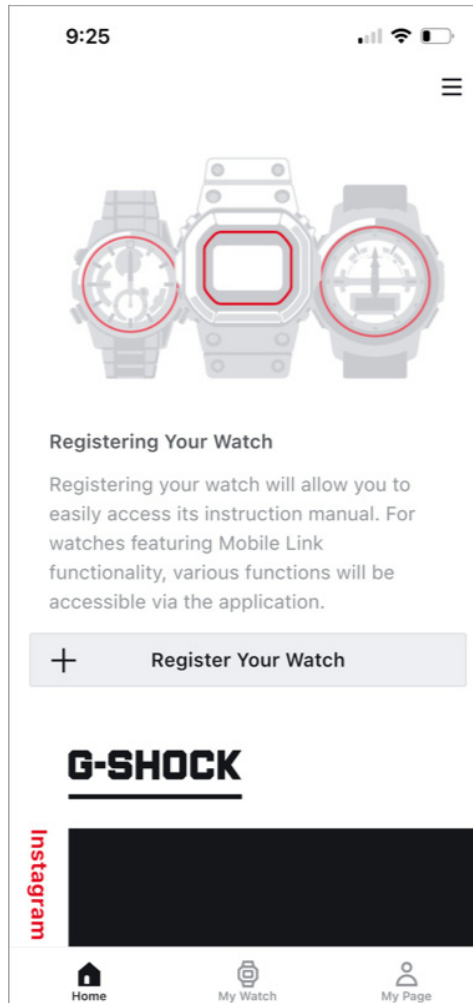
Initial Setup

CASIO ID LOGIN / HOMEPAGE



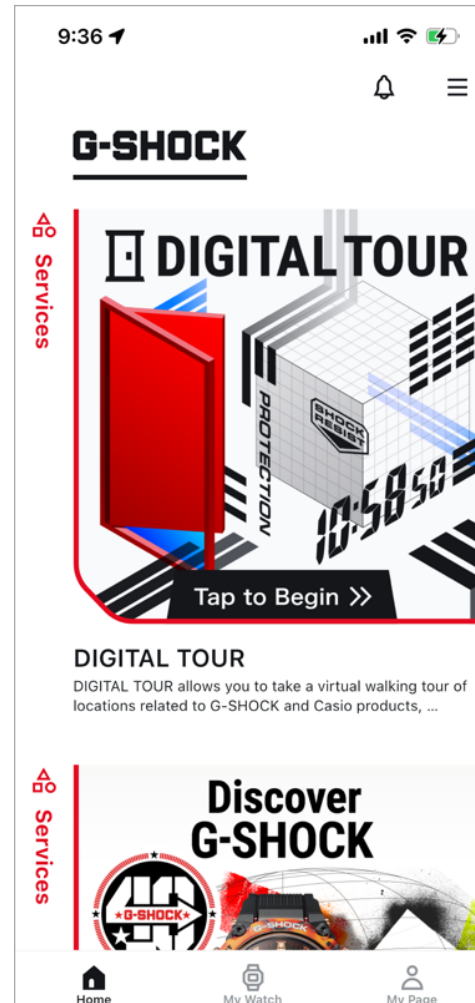
Step 5

If you would like Select CASIO ID to get more information on why to create a CASIO ID account. To create or login with a CASIO ID select LOG IN WITH CASIO ID to continue as a guest select LOG IN AS A GUEST.



Step 6

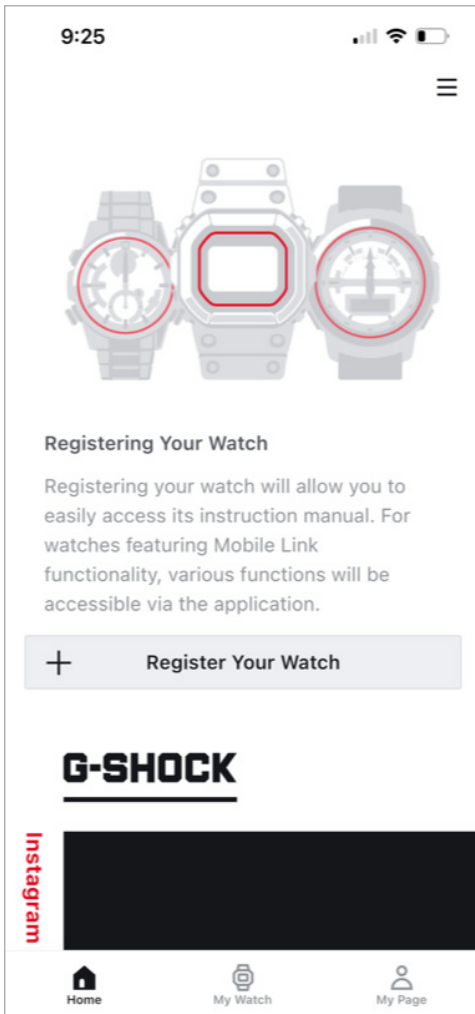
The Initial setup process has been completed and the Casio watches app will now be accessible.



Step 7

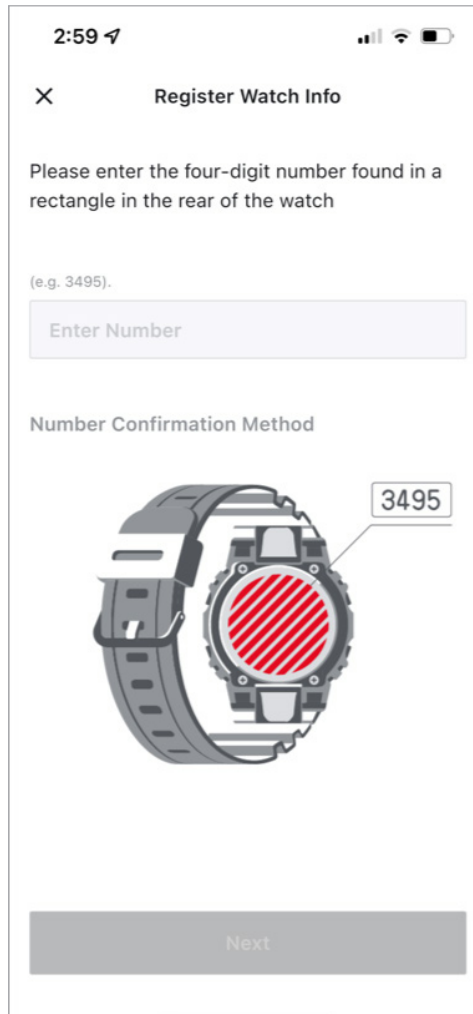
Initial Setup

INITIAL WATCH REGISTRATION & CONNECTION



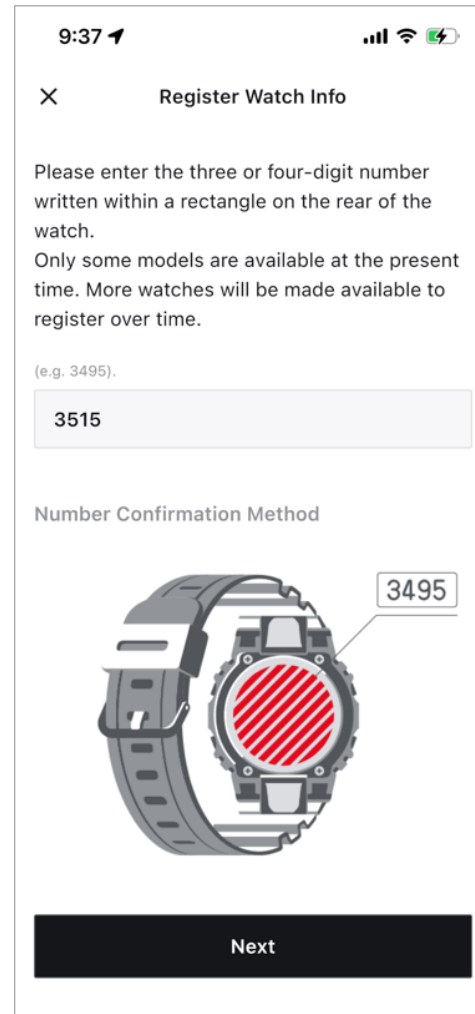
Step 1

Select register your watch to begin the connection process.



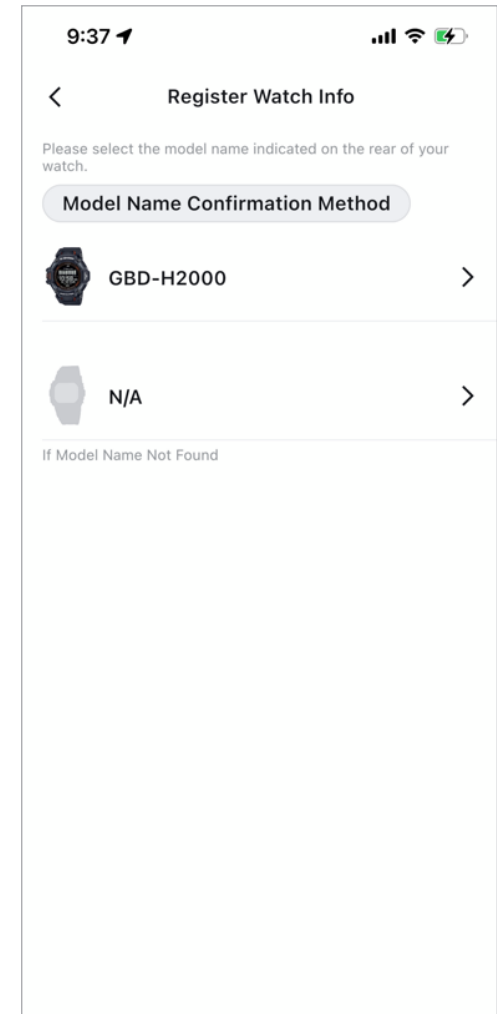
Step 2

On the back of the watch will be four numbers in a square this is the watch identification number.



Step 3

Enter the four digit number into the section shown above then select next.

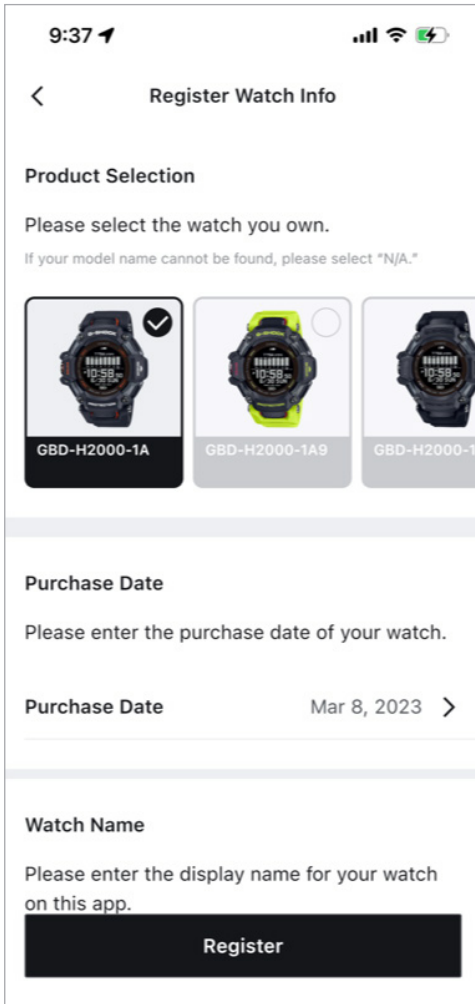


Step 4

Select the desired model name from the list that appears.

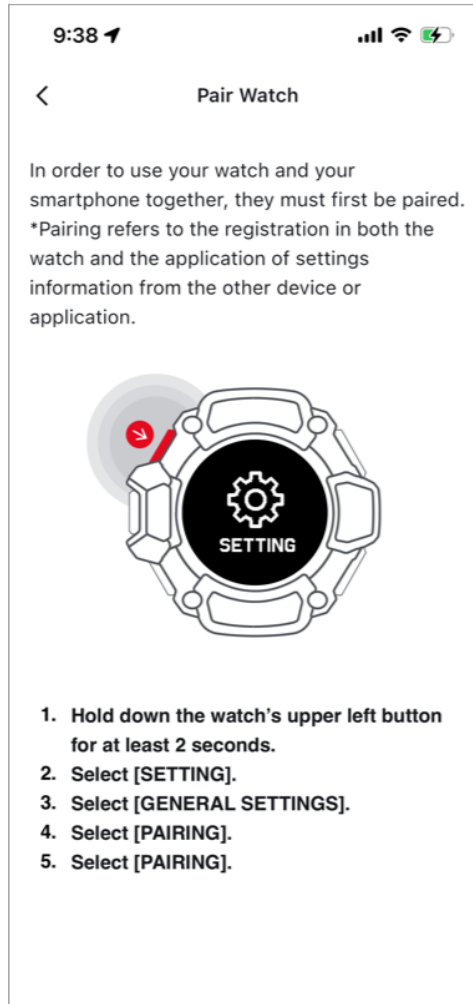
Initial Setup

INITIAL WATCH REGISTRATION & CONNECTION CONT.



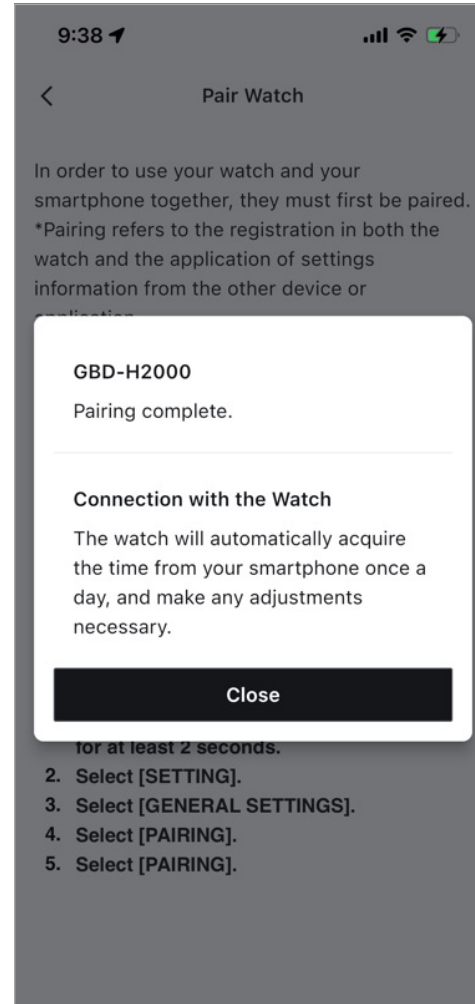
Step 5

Above will display the registration information, enter your purchase date and watch name then select register.



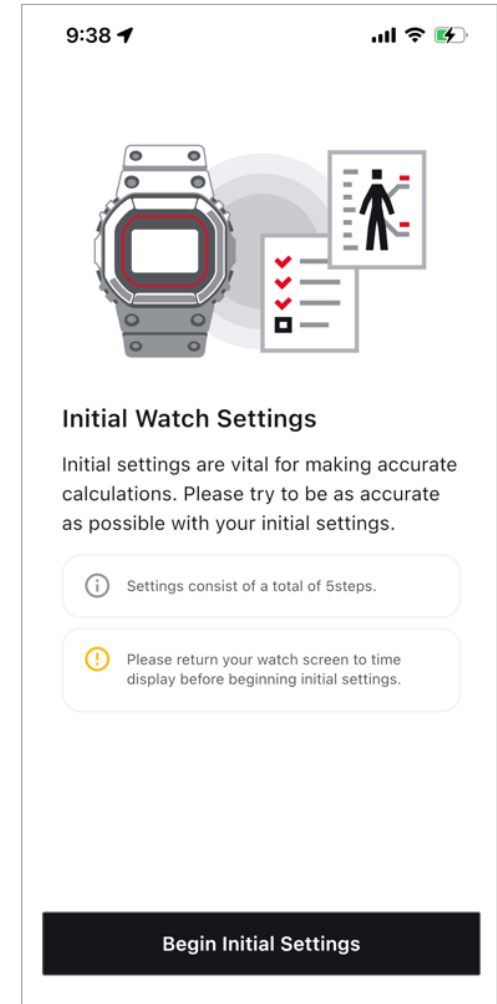
Step 6

Follow the above diagram to initiate the connection process.



Step 7

When the connection process has completed a pop will appear detailing the connection to the watch and smartphone.

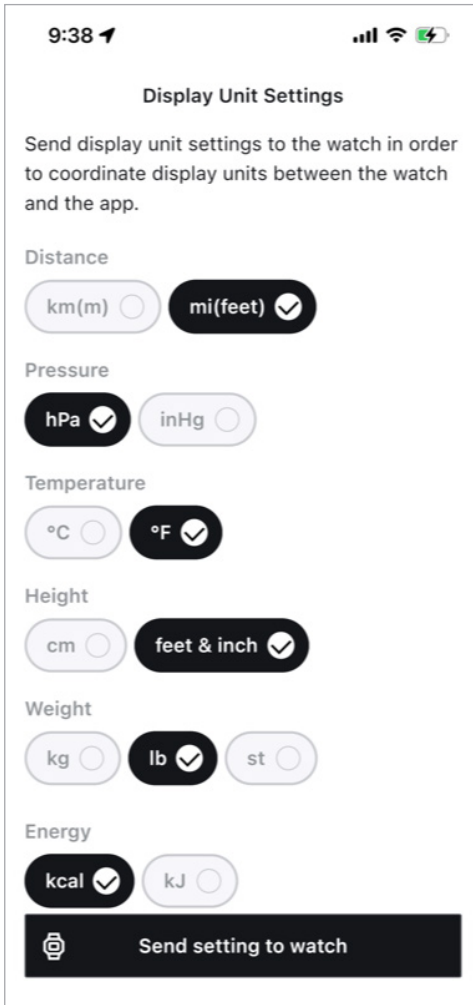


Step 8

Select Begin Initial settings to begin setting your watch settings

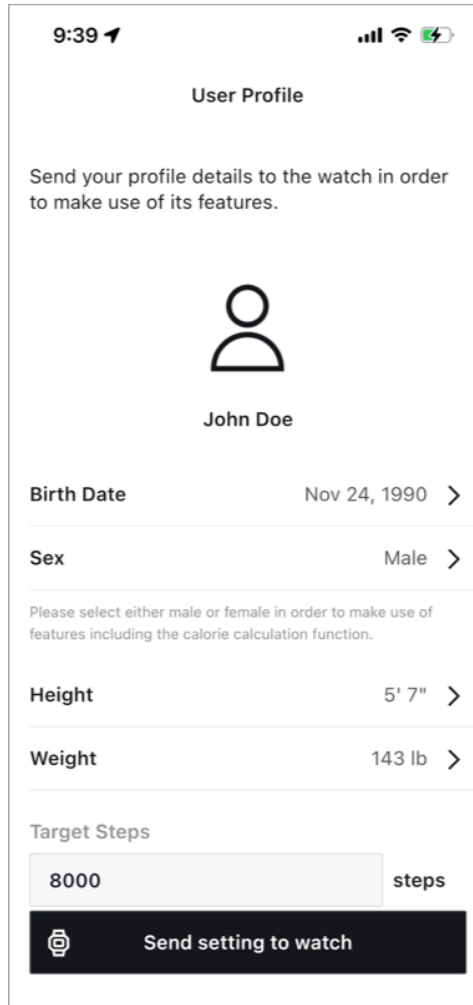
Initial Setup

INITIAL WATCH REGISTRATION & CONNECTION CONT.



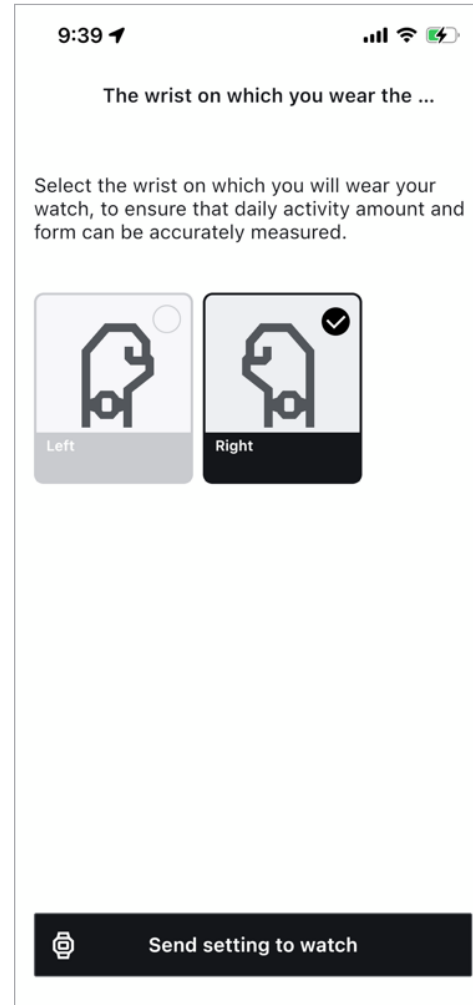
Step 9

Select your desired unit settings above and select send setting to watch when completed



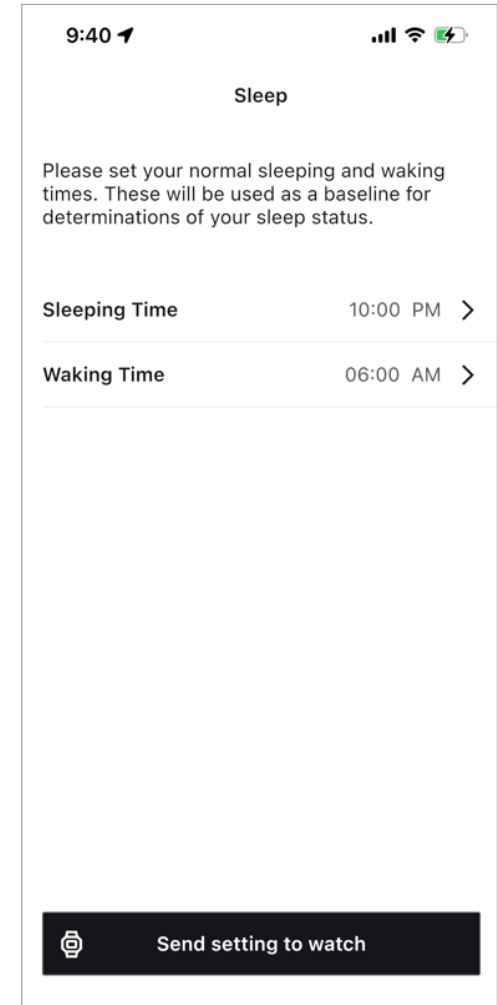
Step 10

Select your desired unit settings above and select send setting to watch when completed



Step 11

Select your desired unit settings above and select send setting to watch when completed

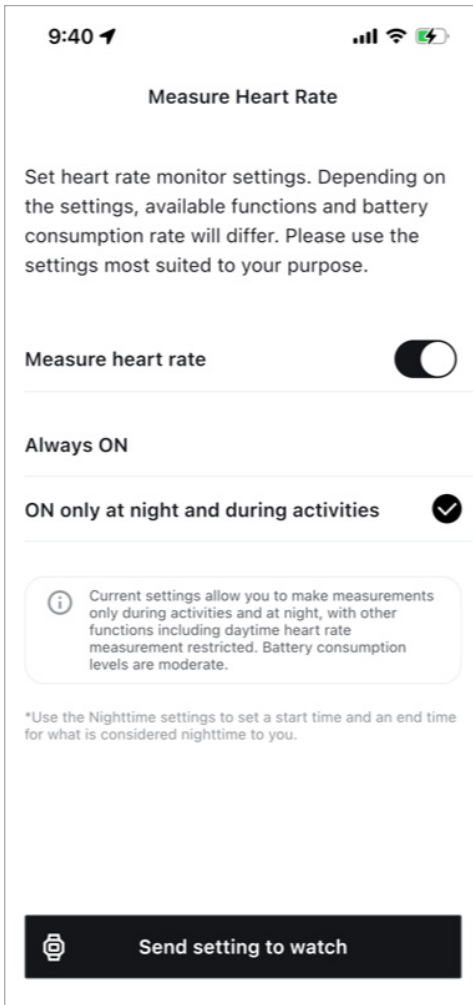


Step 12

Select your desired unit settings above and select send setting to watch when completed

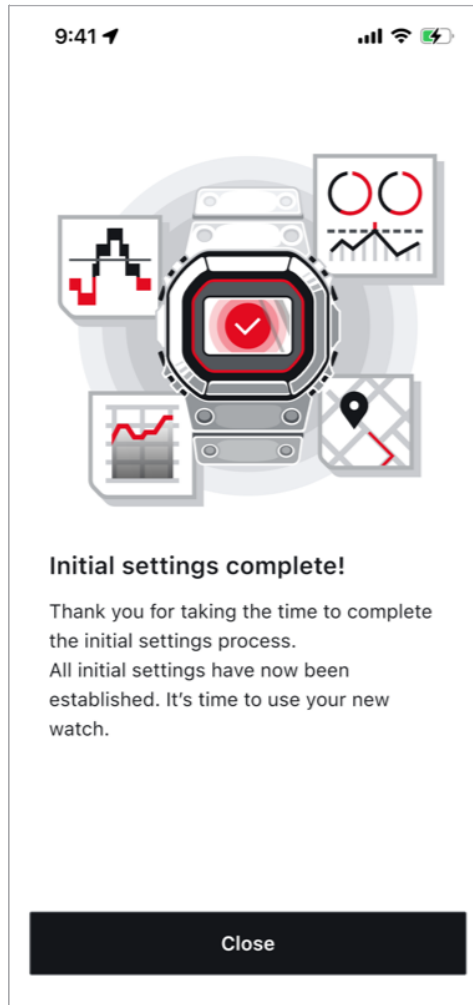
Initial Setup

INITIAL WATCH REGISTRATION & CONNECTION CONT.



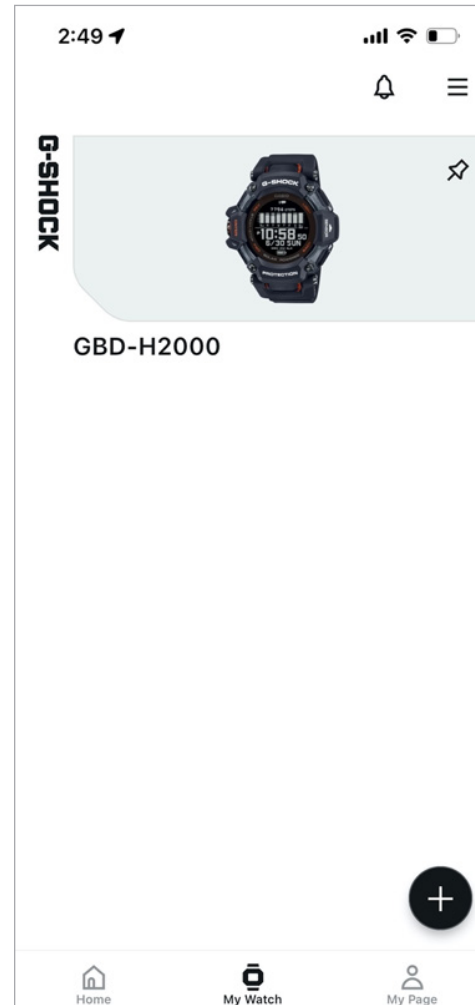
Step 13

Select your desired unit settings above and select send setting to watch when completed



Step 14

The initial settings are now completed select close to proceed

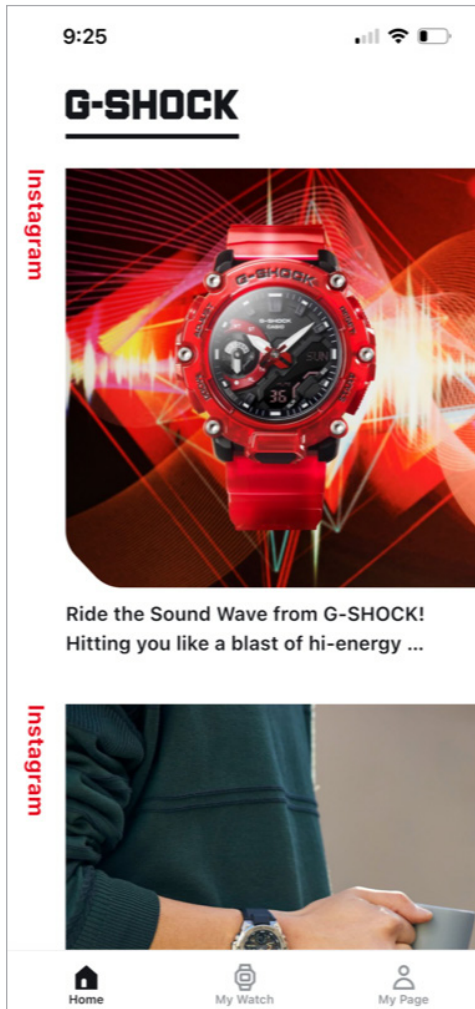


Step 15

The watch will now appear on my watch tab of the application, completing the connection process

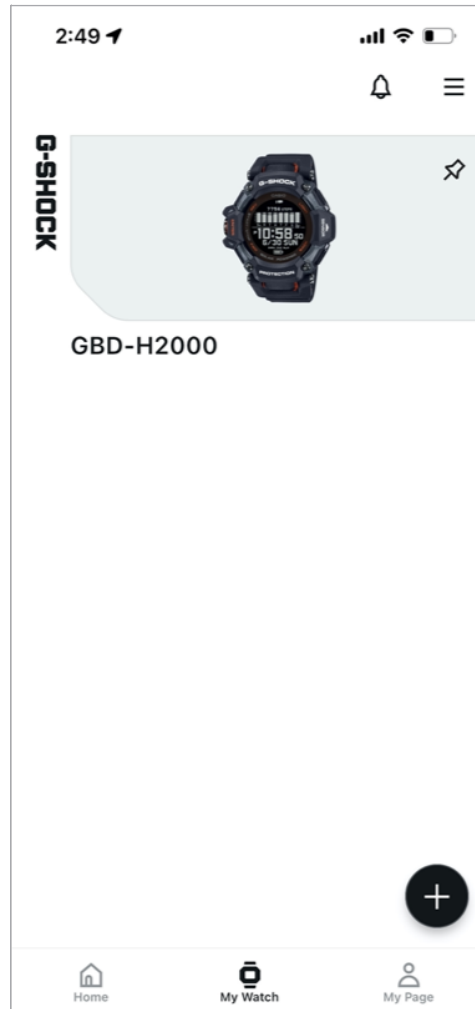
CASIO WATCHES – App Tab

HOME / MY WATCH / MY PAGE



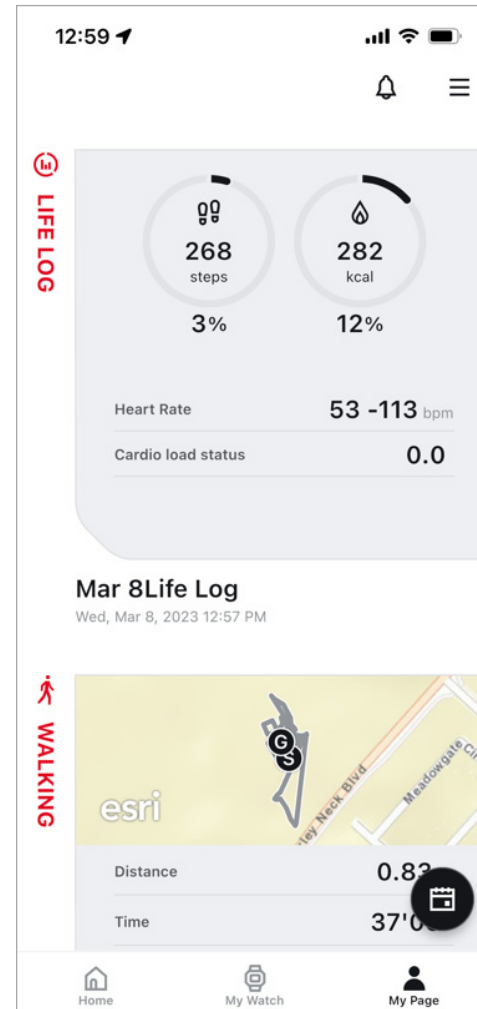
Home Tab

On the home tab will allow the option to access your watch on the top left corner or scroll down to see the G-Shock Instagram feed.



My Watch Tab

My watch tab will show you all of the watches that have been connected and registered through this application and will also allow you to connect a new watch through the use of the plus in the bottom right corner.



My Page Tab

The my page tab will show the purchase history of the watches that have been registered to the application and Casio ID account as well as the stored life log and activity data

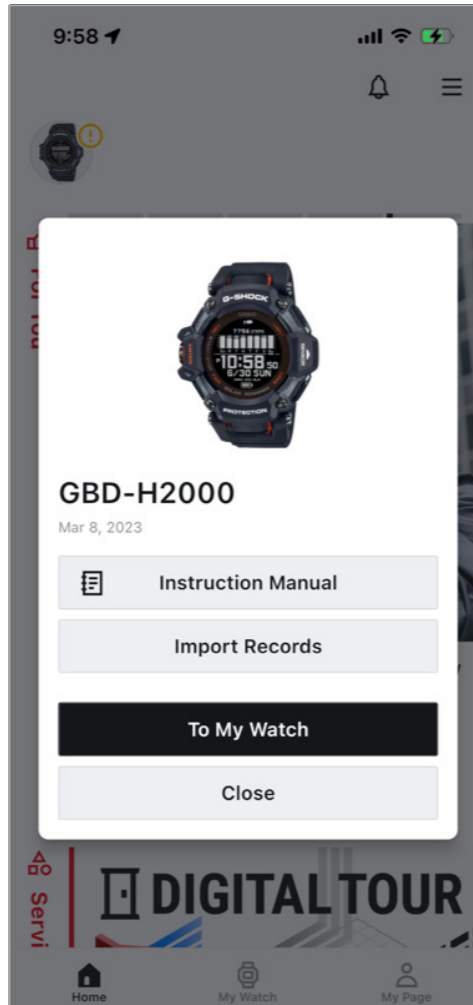
CASIO WATCHES – Home Tab

ACCESSING THE WATCH SETTING | INSTRUCTIONS GUIDE FROM HOME TAB



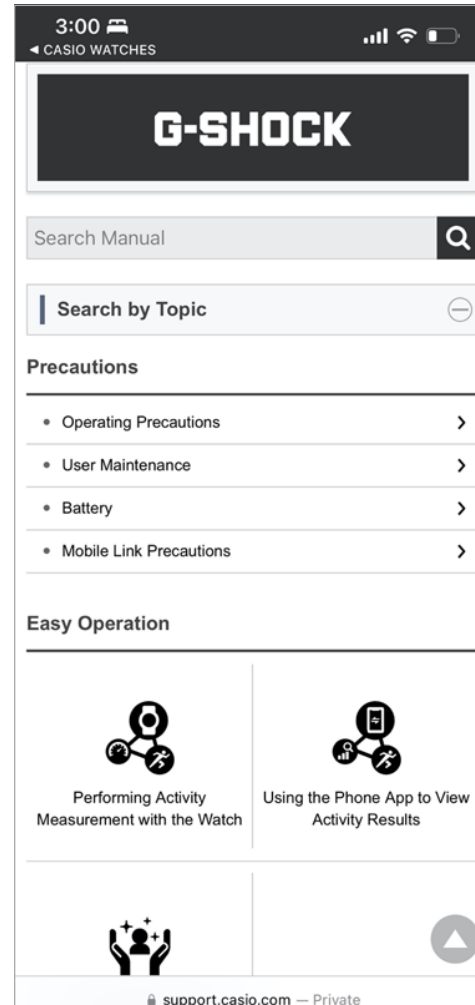
Step 1

To access the watch from the home screen select the icon in the top left corner of your watch.



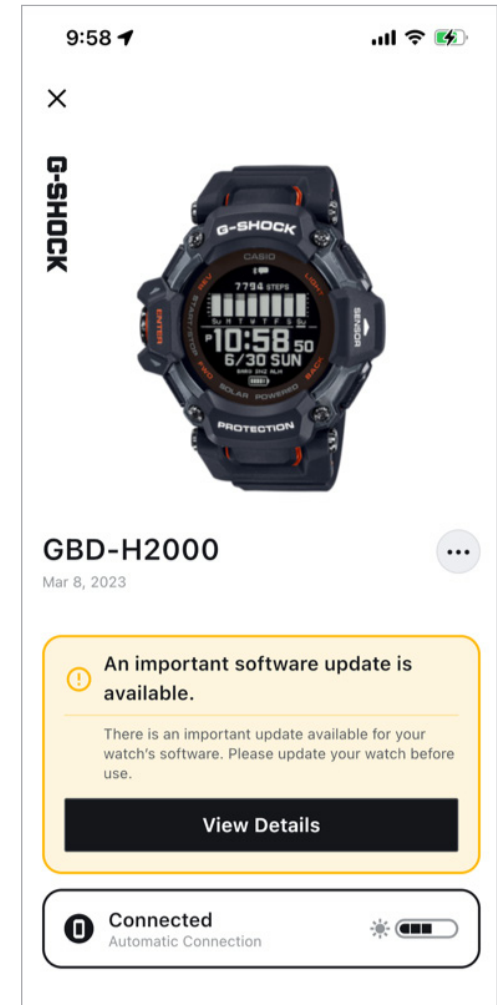
Step 2

A prompt will appear that will give the option to view the instruction manual for this model or access to my watch portion of the application to access setting features.



Instruction Guide

Upon selecting the instruction the application will redirect to the Casio website displaying the instruction operation guide.

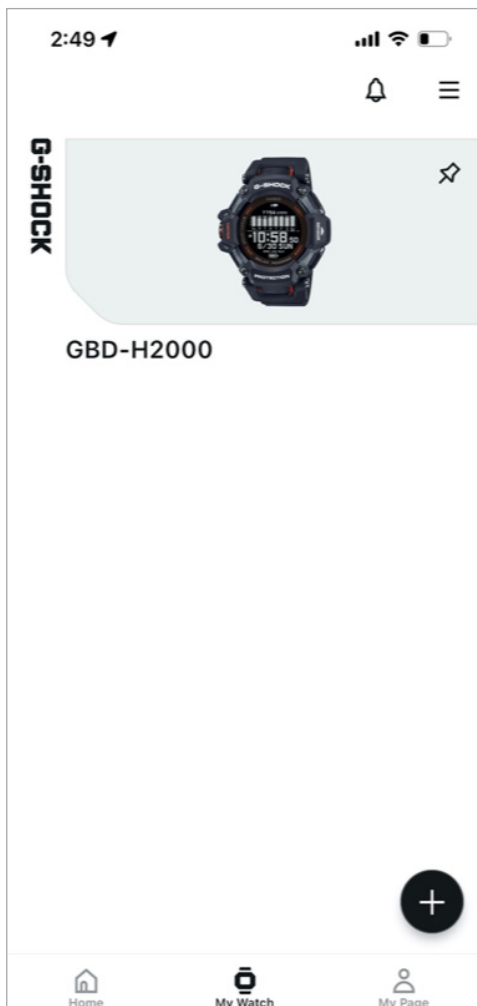


To My Watch

Upon selecting to my watch the watch setting and features page will appear.

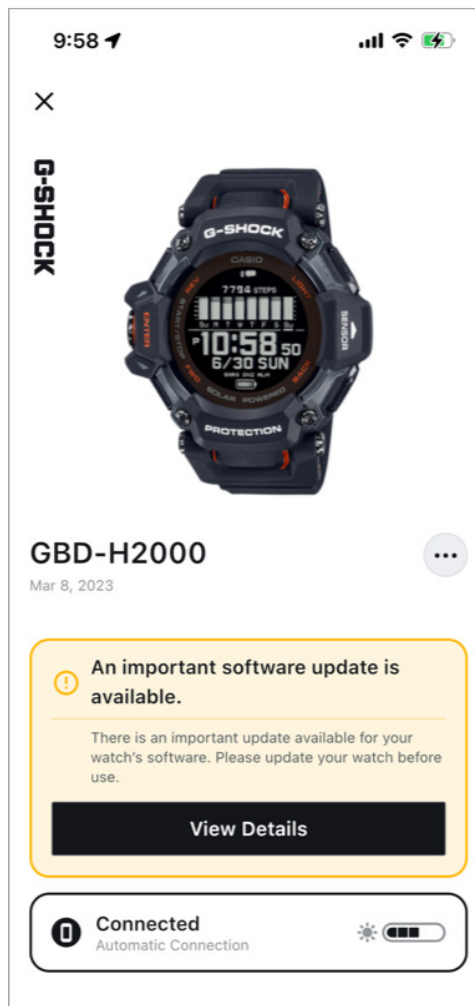
CASIO WATCHES – Software Update

HOW TO PERFORM A SOFTWARE UPDATE FOR YOUR WATCH



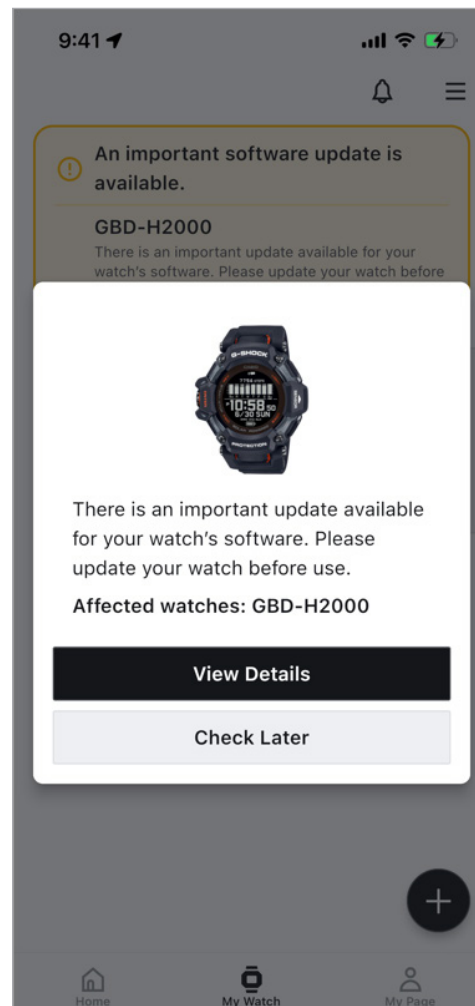
HOME TAB

Select the My Watch tab at the bottom of the casio watches app, then select the desired watch to update



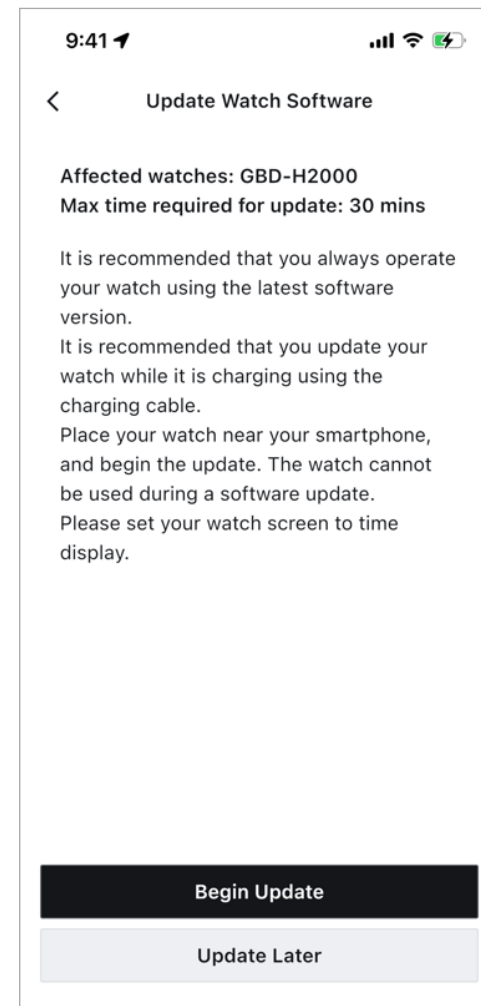
MY WATCH TAB

In the yellow box beneath the Watch name and icon select view details



MY PAGE TAB

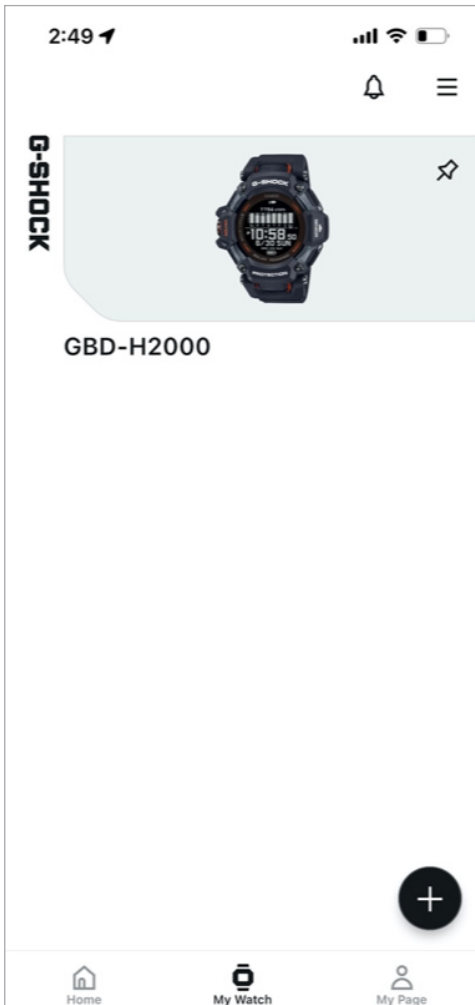
Select view details to continue the updating process



Select Begin update to start the software update

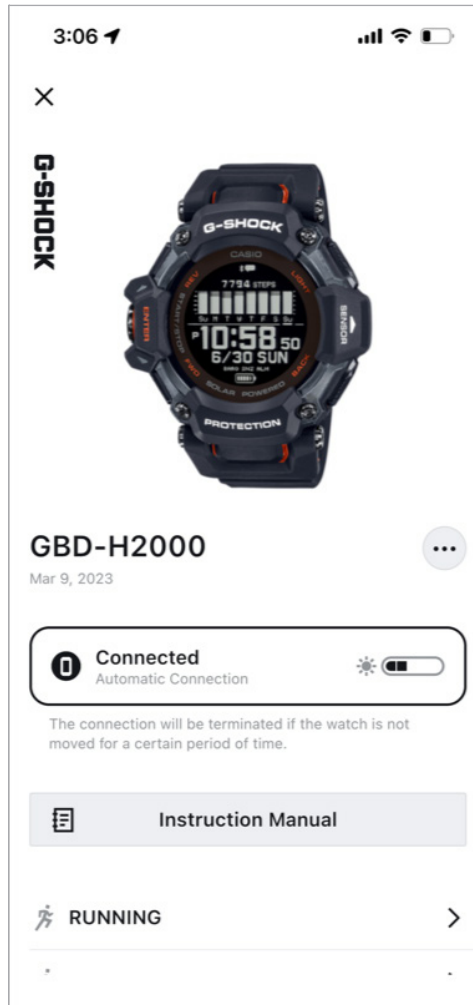
My Watch – Setting the Watch Features

FINDING THE WATCH SETTINGS AND FEATURES ON THE APP



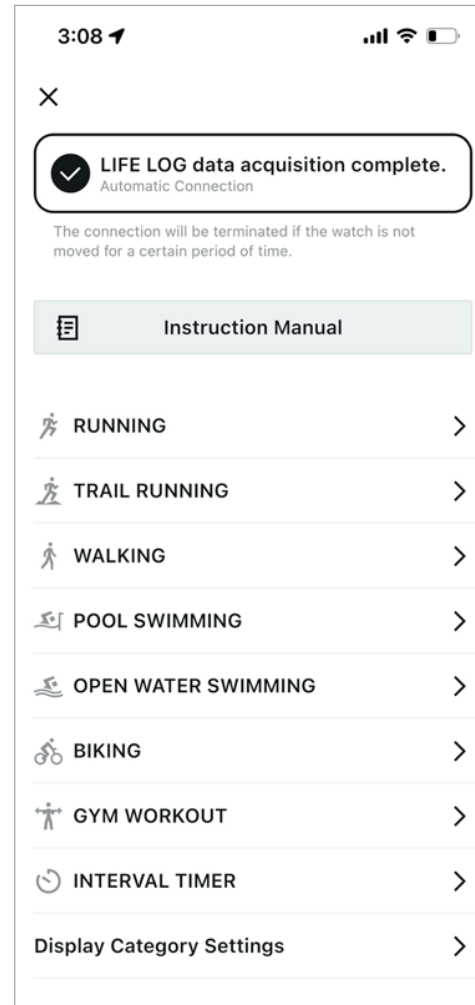
Step 1

To access the watch settings and features for a specific watch from your my watch tab select the watch you would like to adjust from the list above.



Step 2

Scroll down to see the watches' feature and settings.

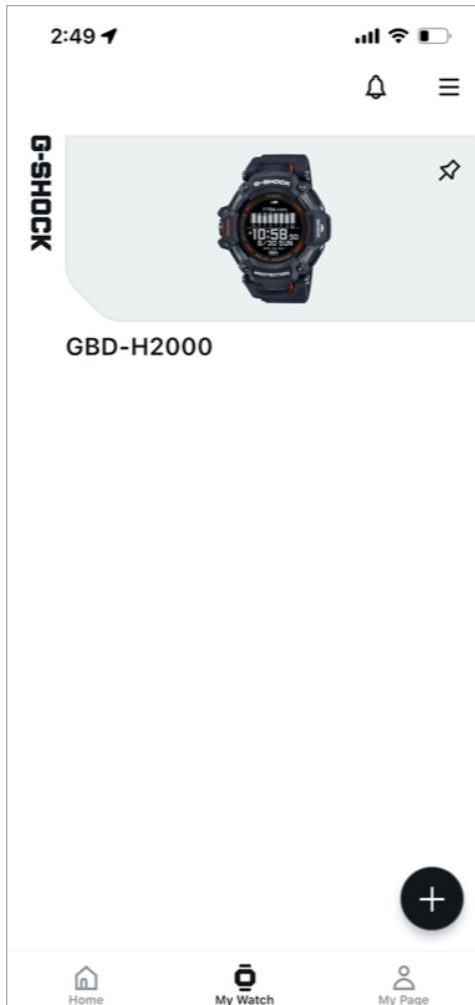


Step 3

Select the setting you would like to adjust from the list above.

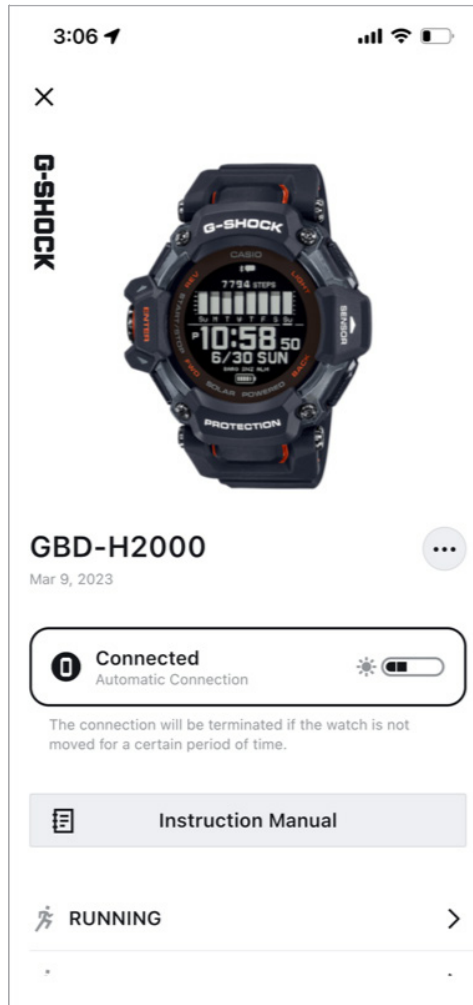
My Watch – Setting the Watch Features

RUNNING



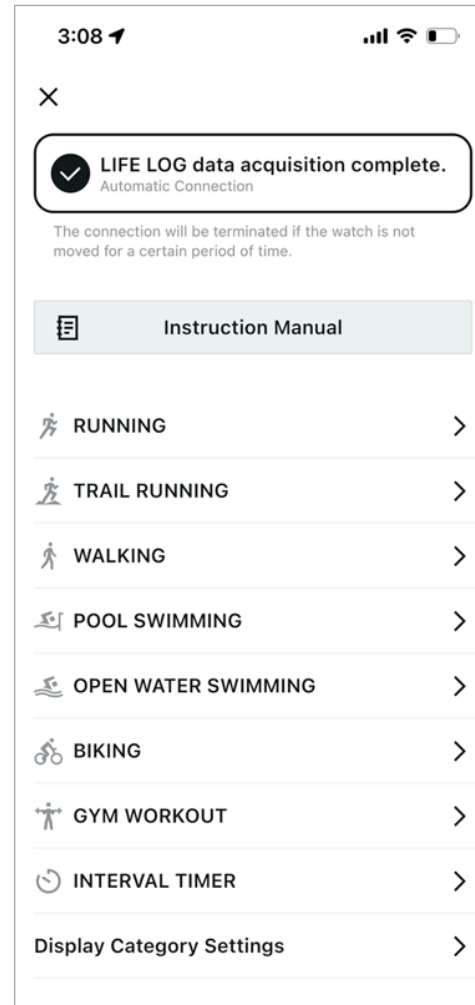
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



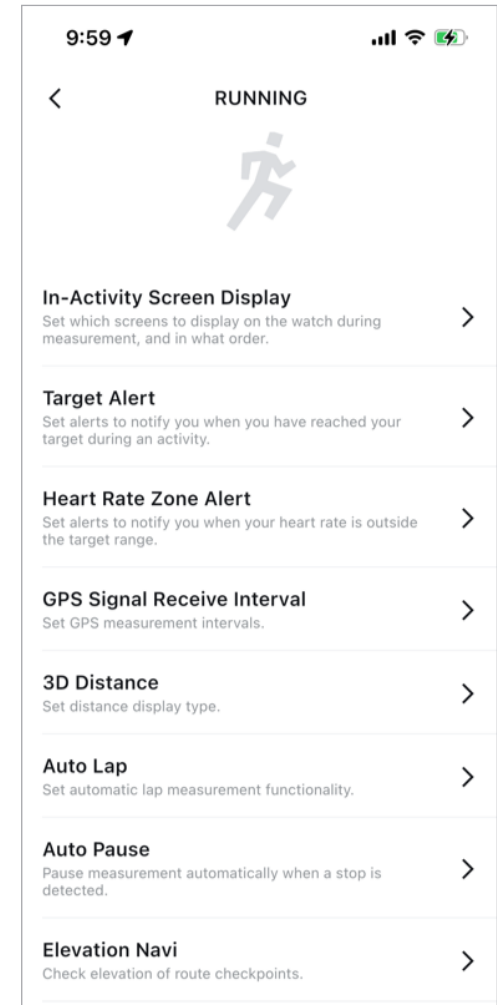
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

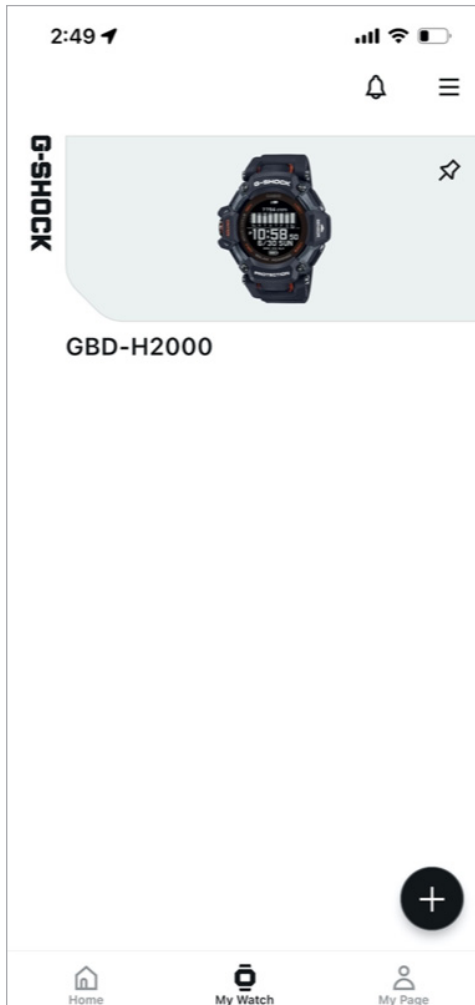


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

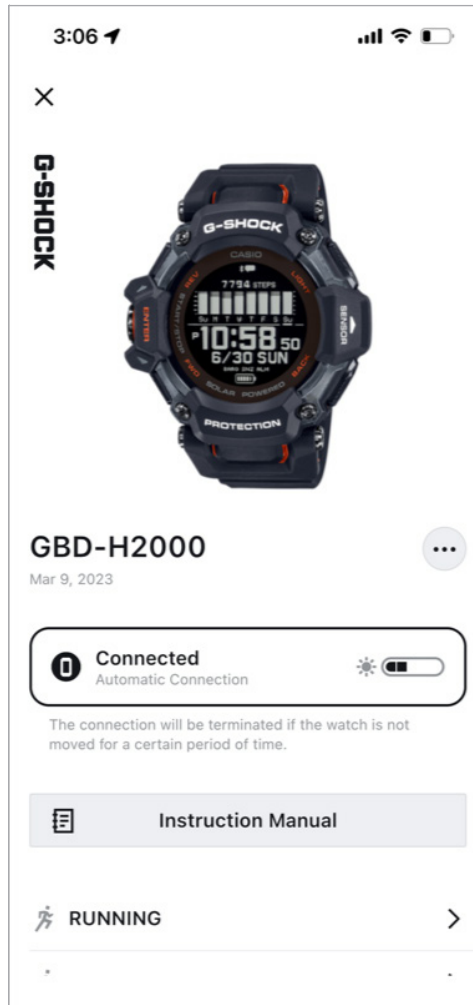
My Watch – Setting the Watch Features

TRAIL RUNNING



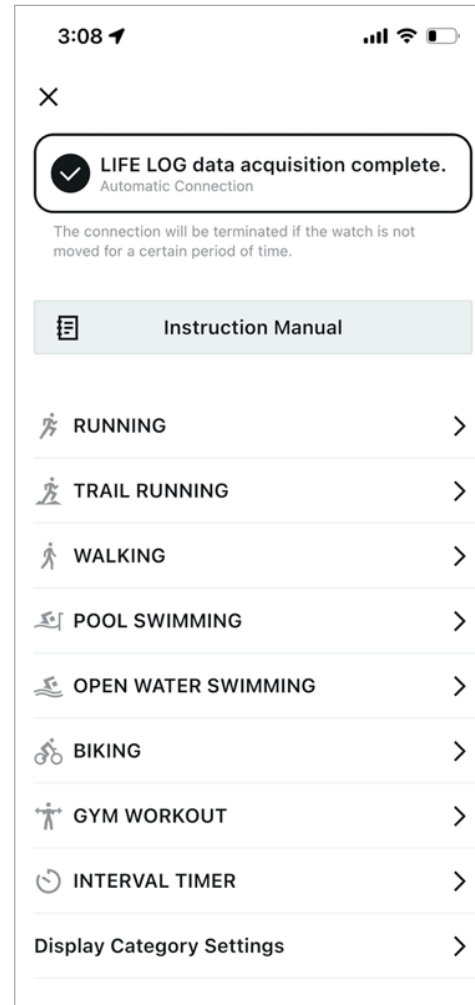
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



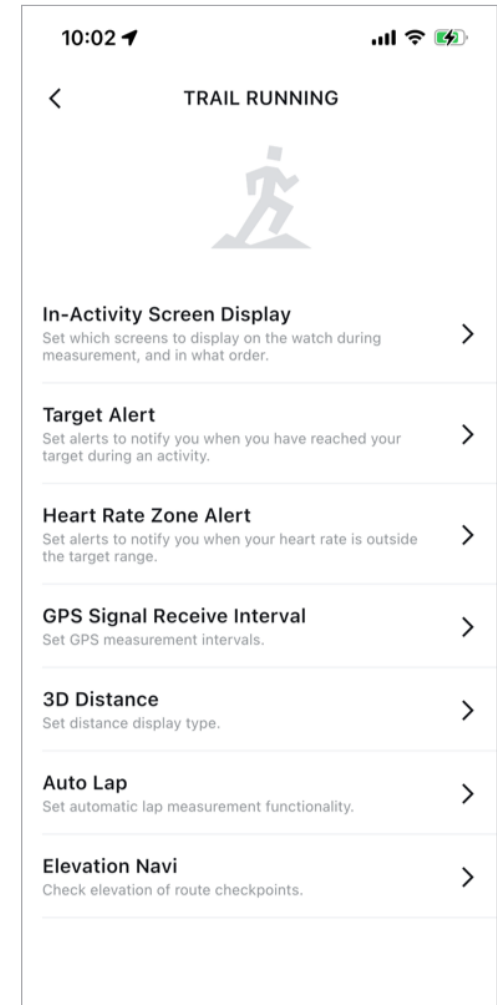
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

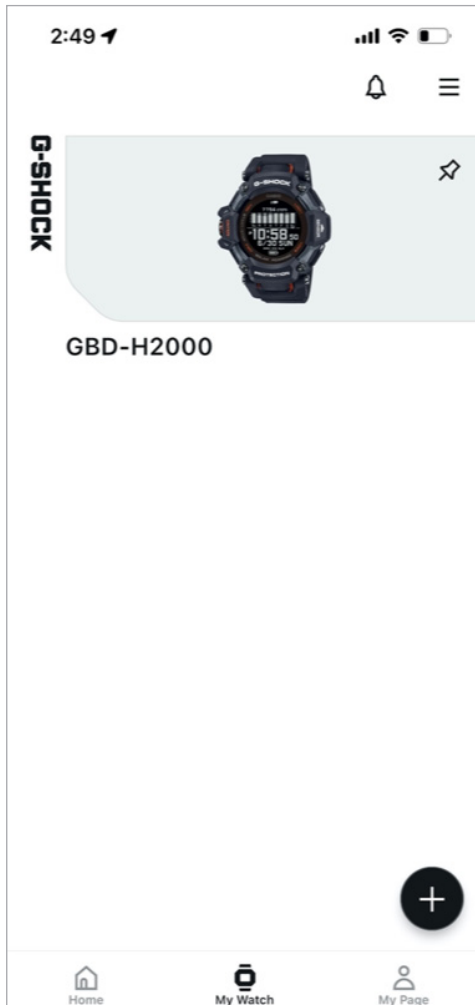


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

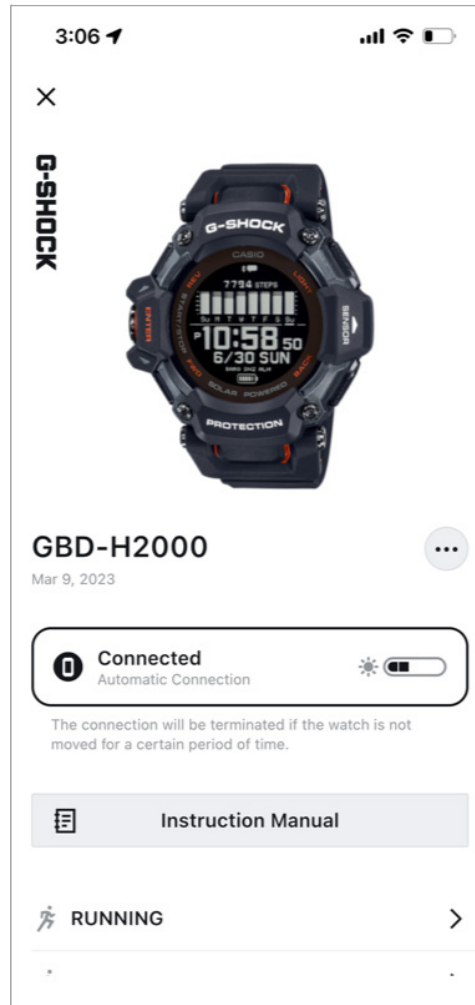
My Watch – Setting the Watch Features

WALKING



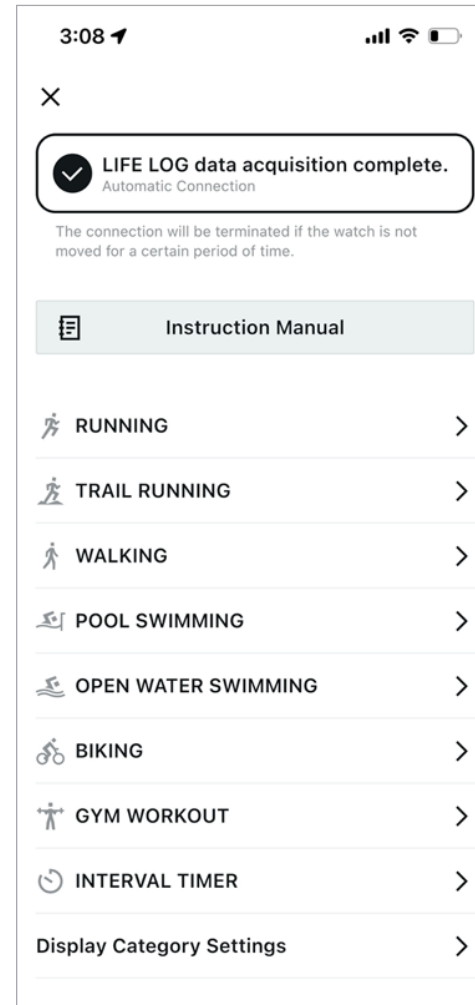
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



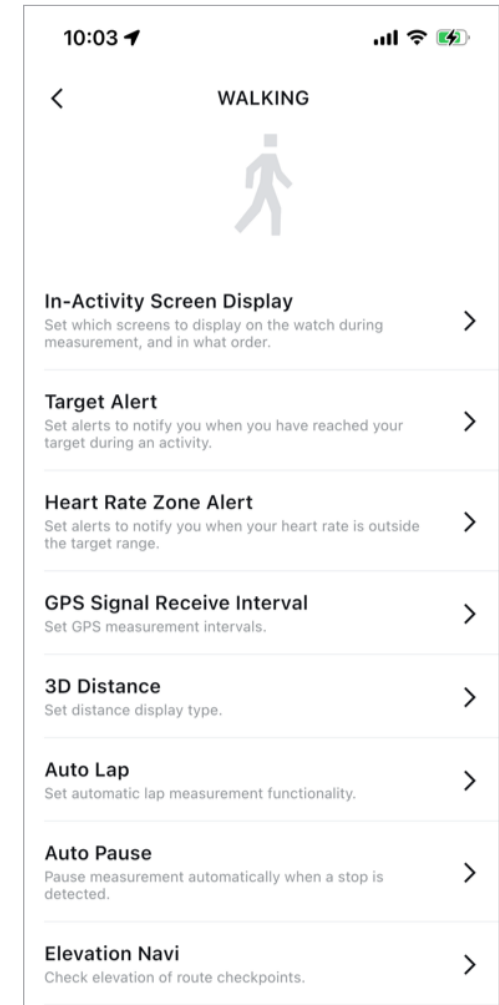
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

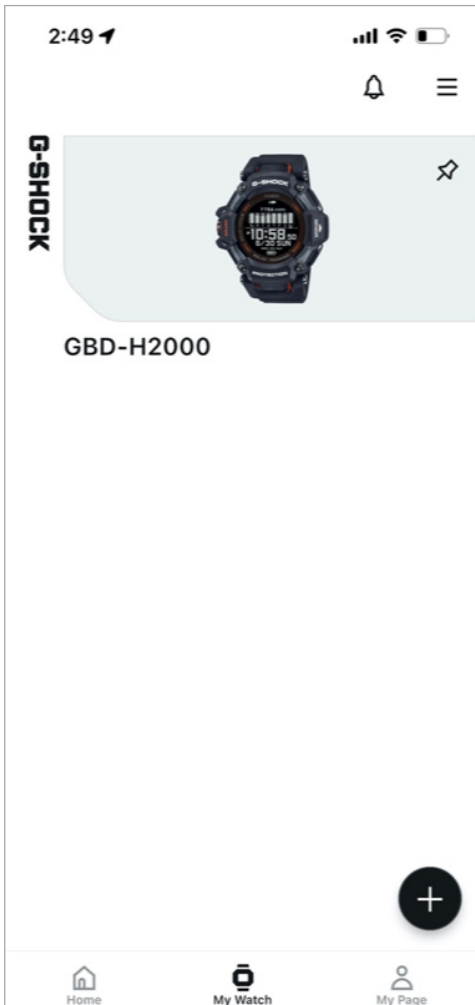


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

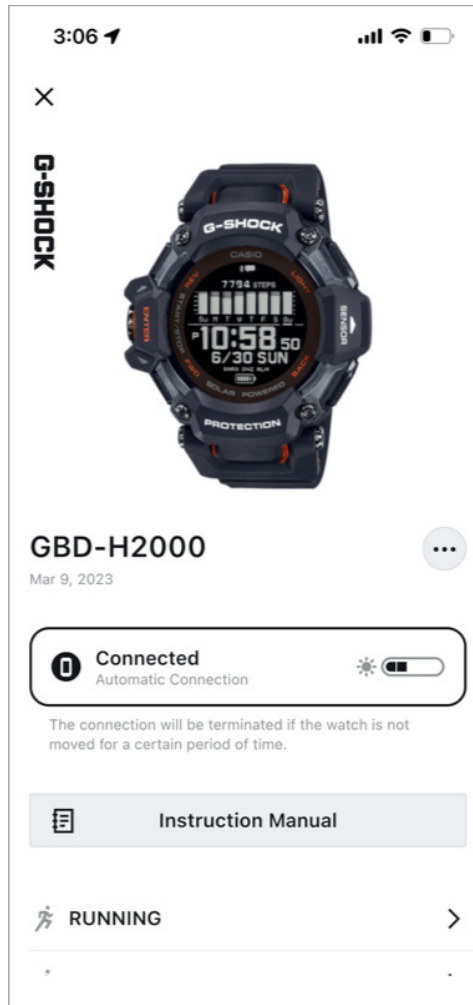
My Watch – Setting the Watch Features

POOL SWIMMING



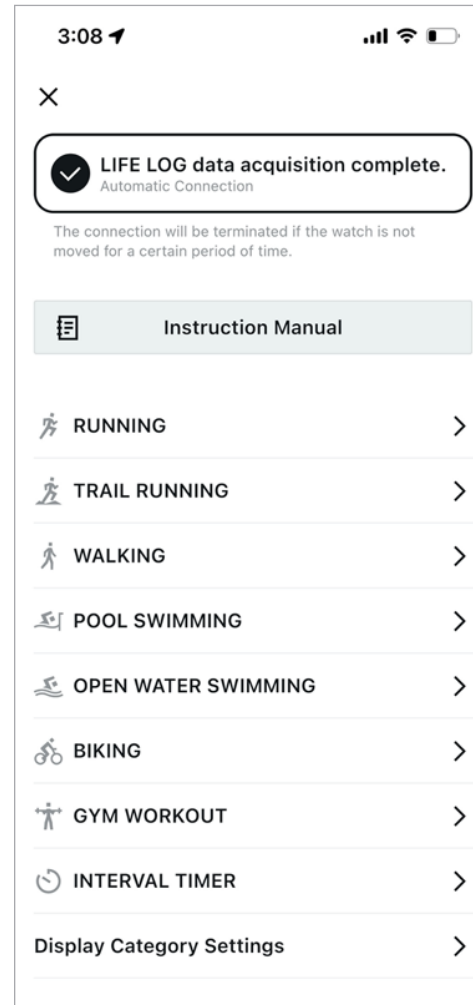
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



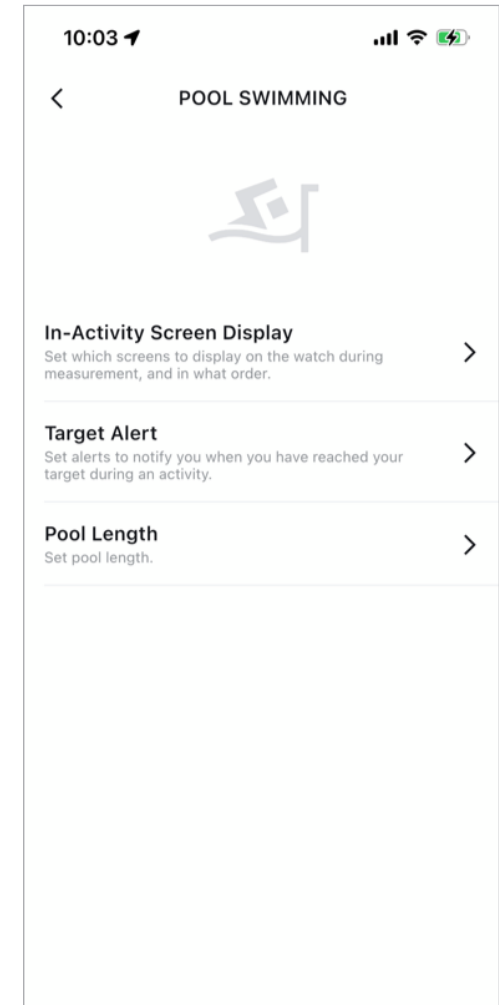
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

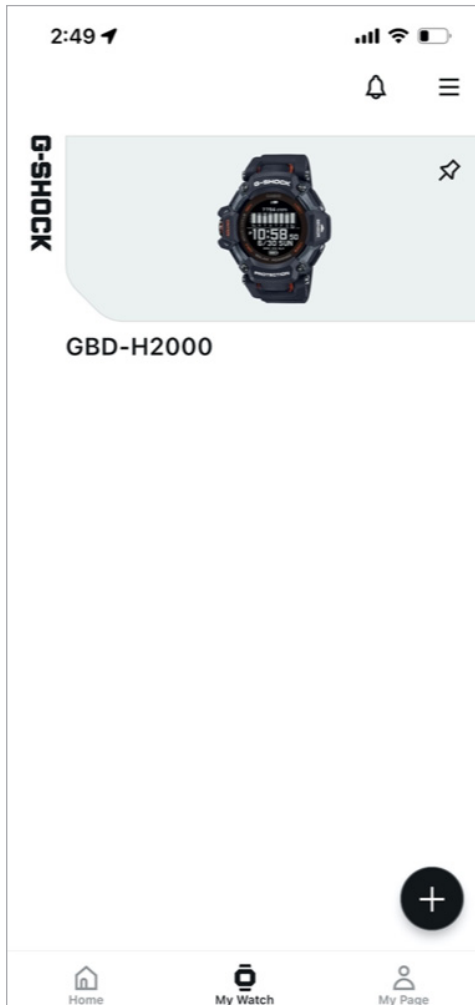


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

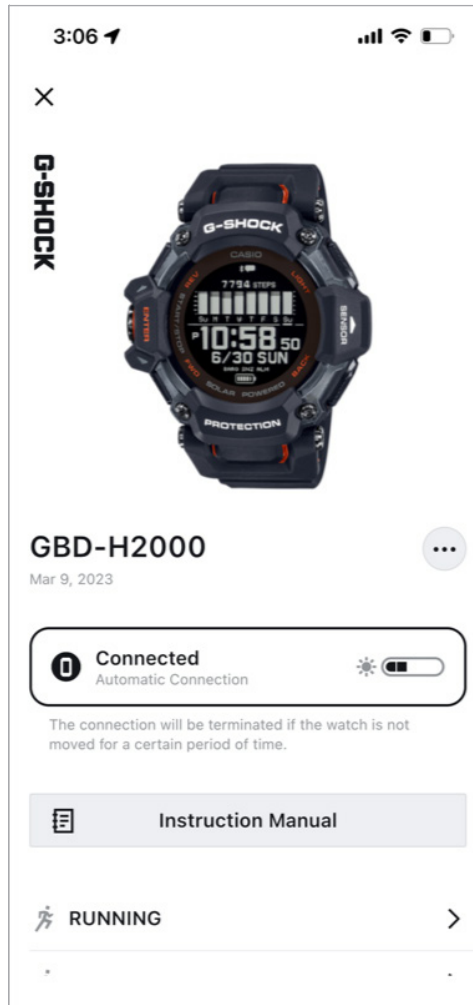
My Watch – Setting the Watch Features

OPEN WATER SWIMMING



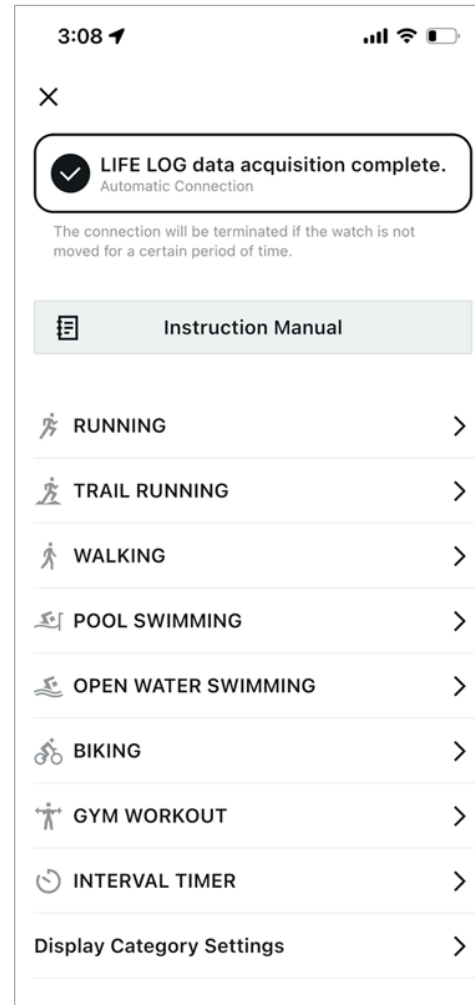
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



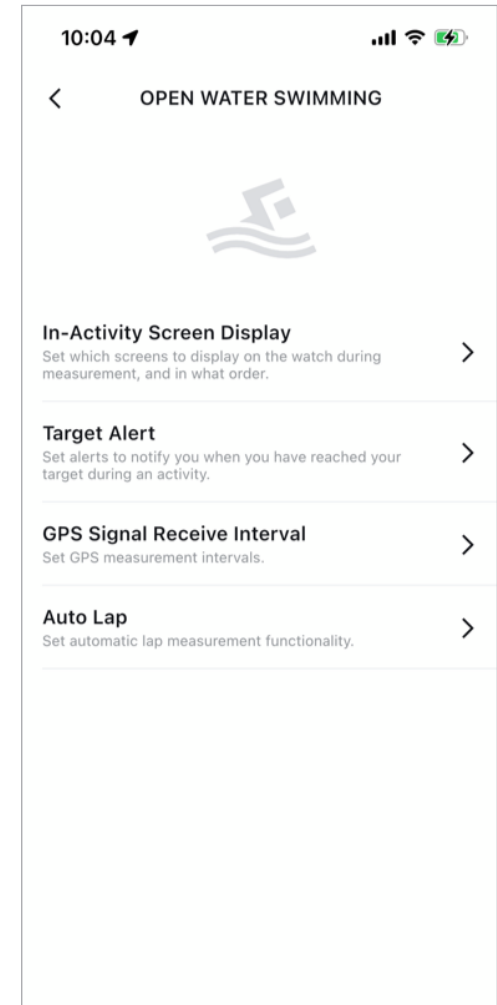
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

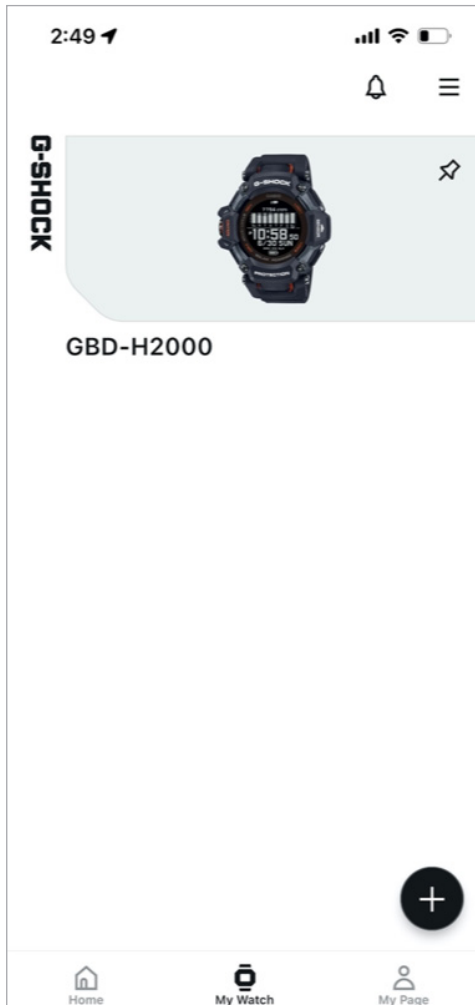


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

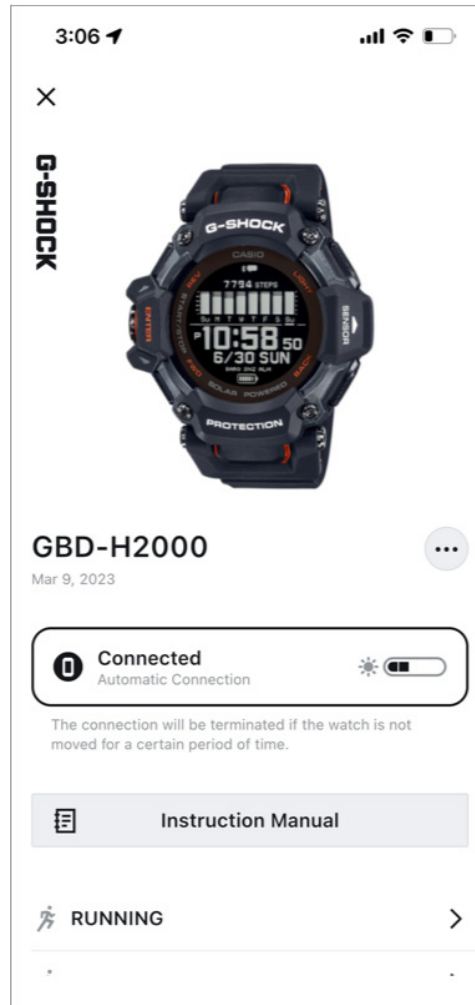
My Watch – Setting the Watch Features

BIKING



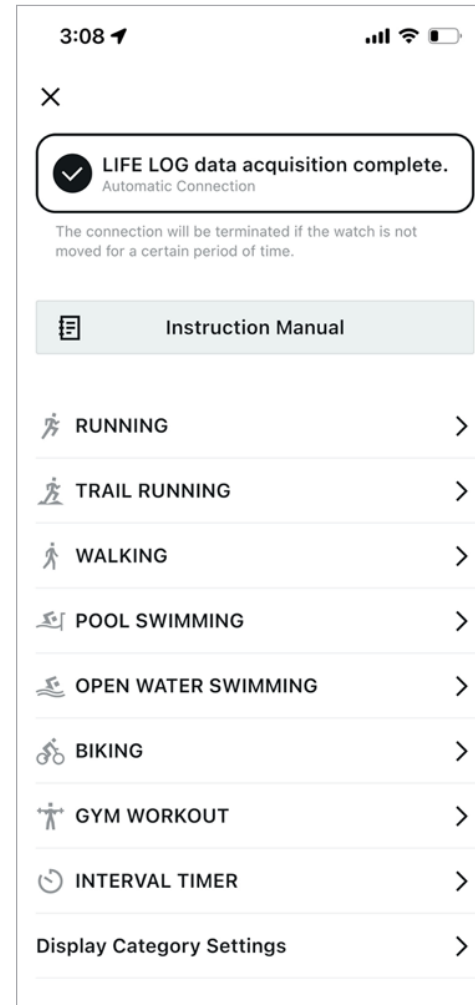
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



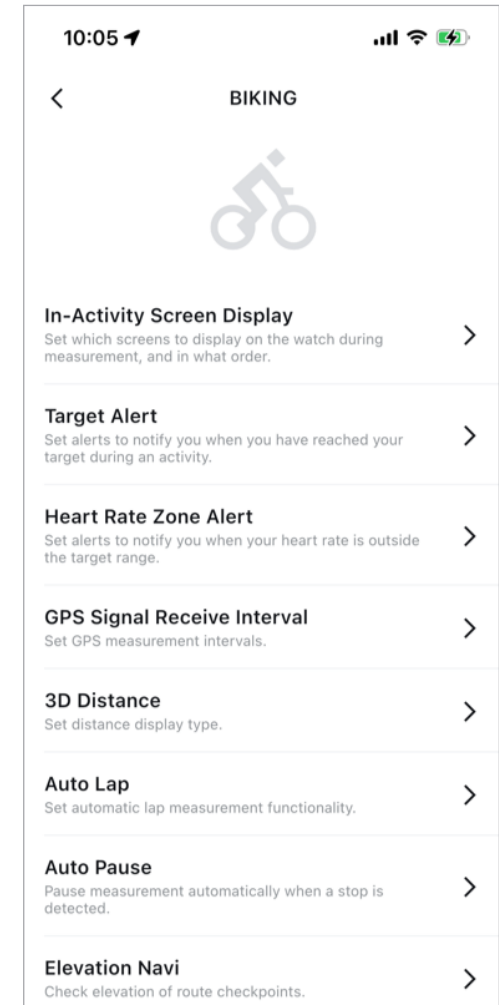
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

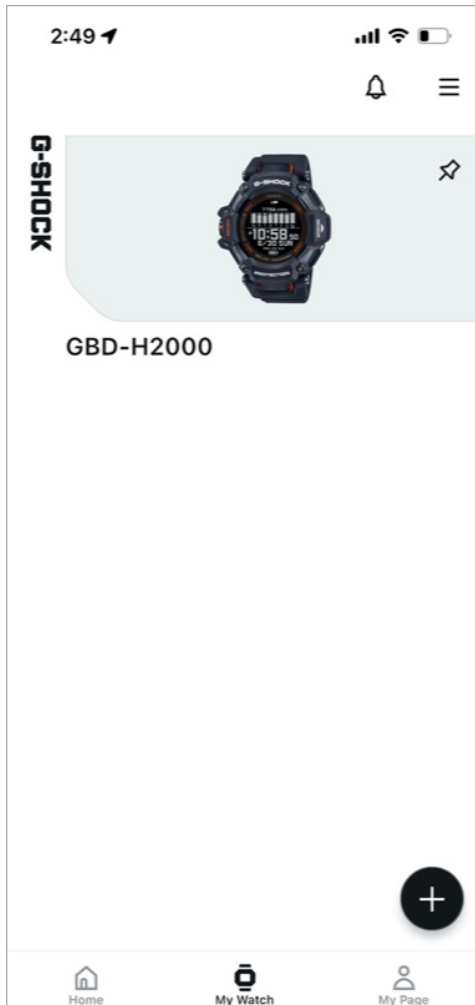


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

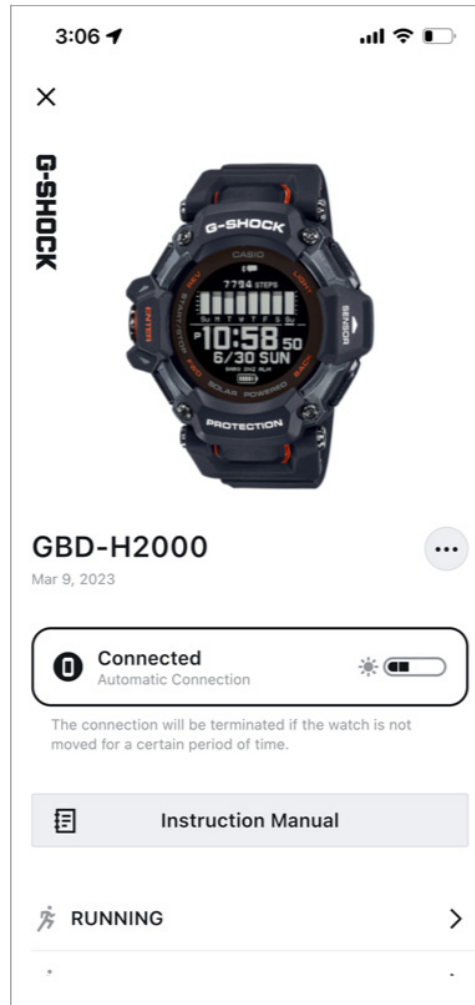
My Watch – Setting the Watch Features

GYM WORKOUT



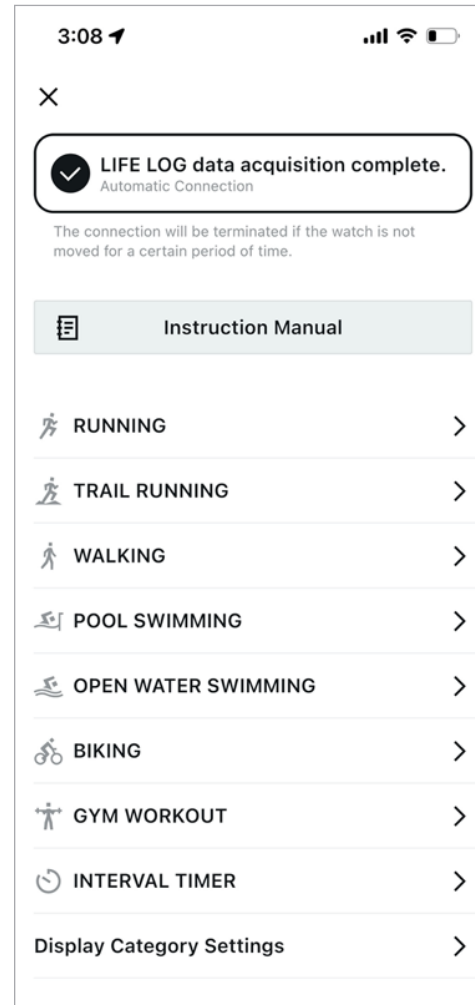
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



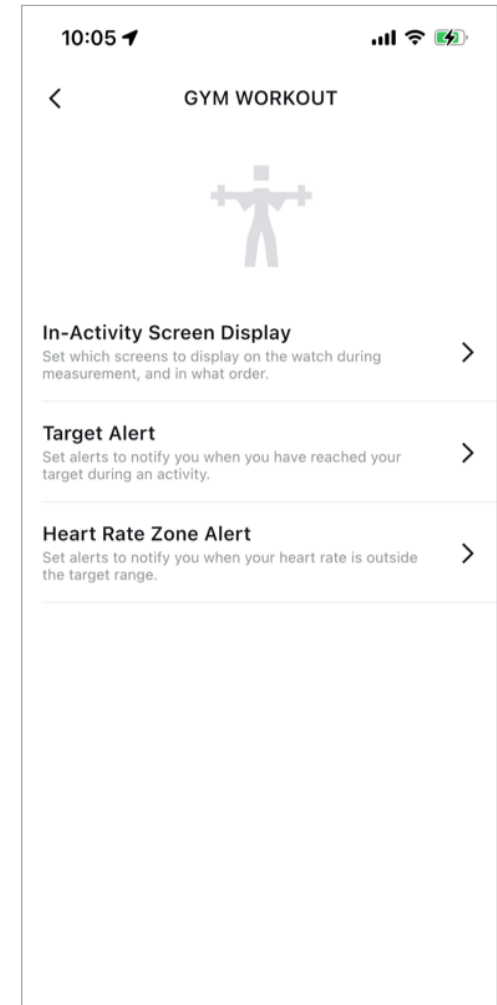
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

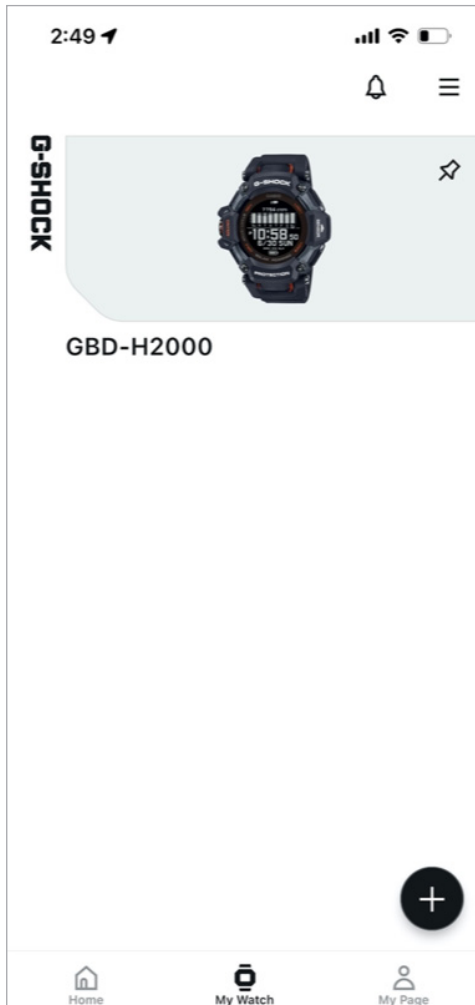


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

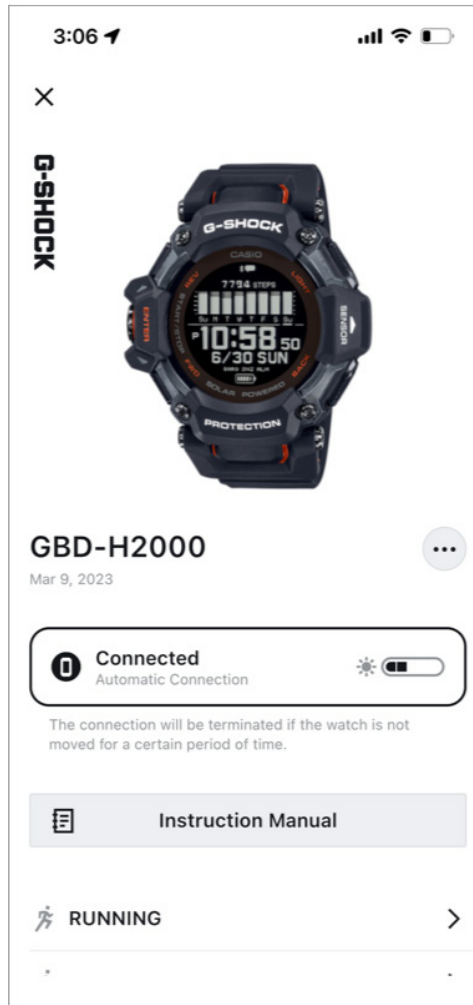
My Watch – Setting the Watch Features

INTERVAL TIMER



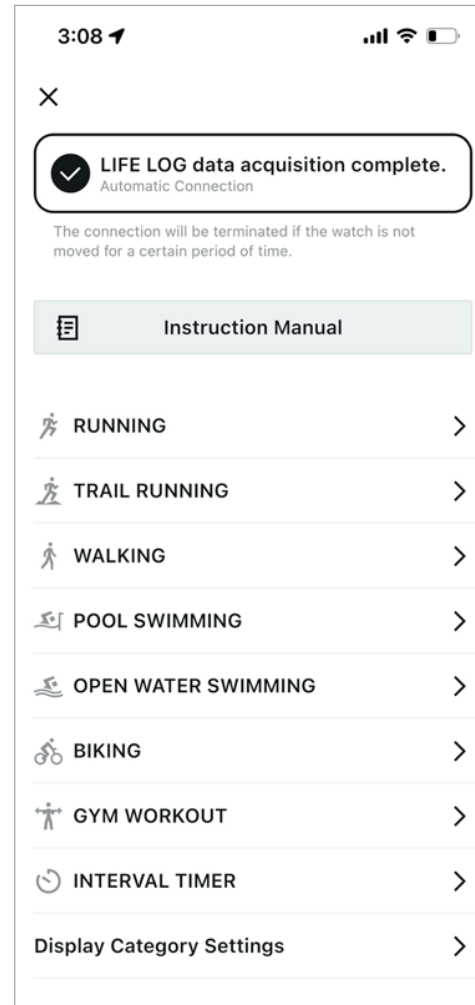
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



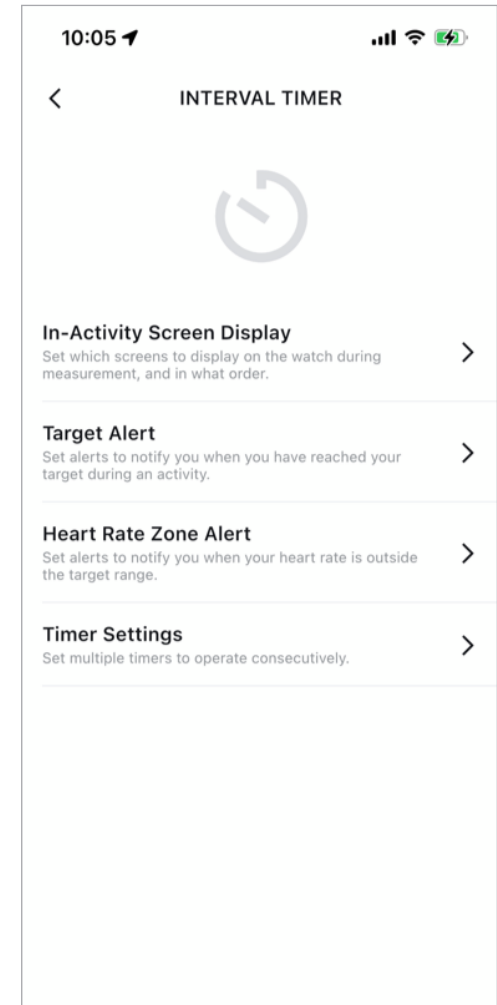
Step 2

Scroll down to access the settings and features



Step 3

Then select running from the list above

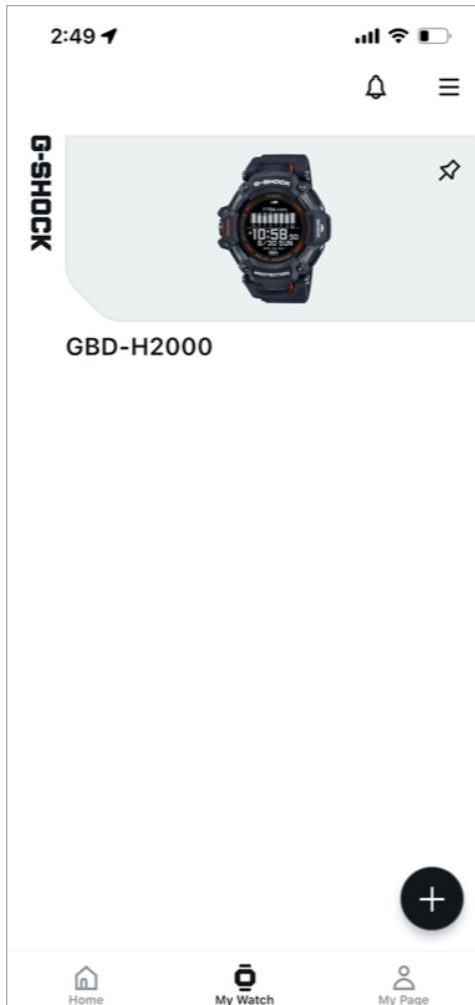


Step 4

Here you will find all of the customizable settings to sent to the watch for your selected activity, after making the desired changes select send setting to watch

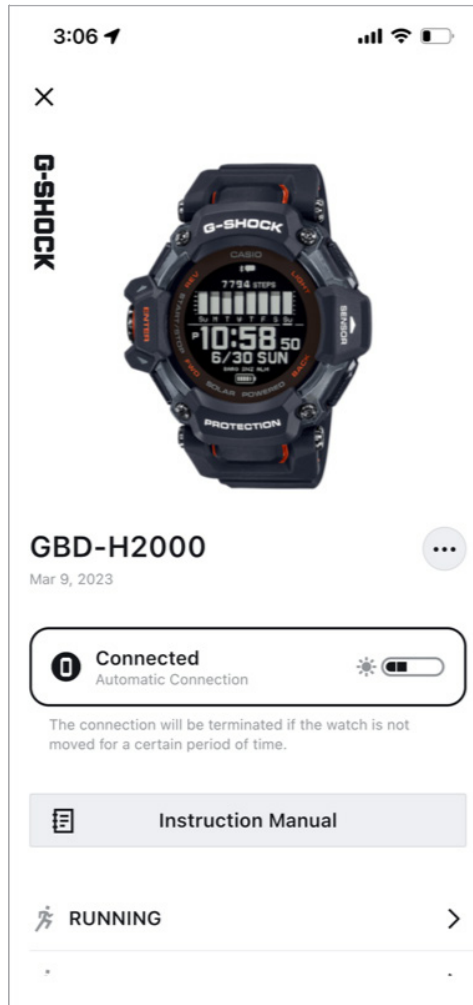
My Watch – Setting the Watch Features

DISPLAY CATEGORY SETTINGS (ADD, REMOVE, AND CHANGE WATCH ACTIVITY LIST)



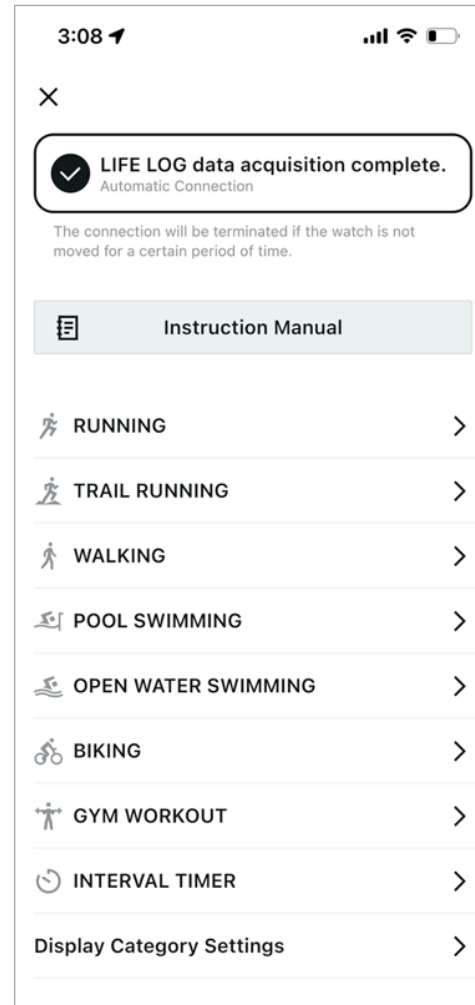
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



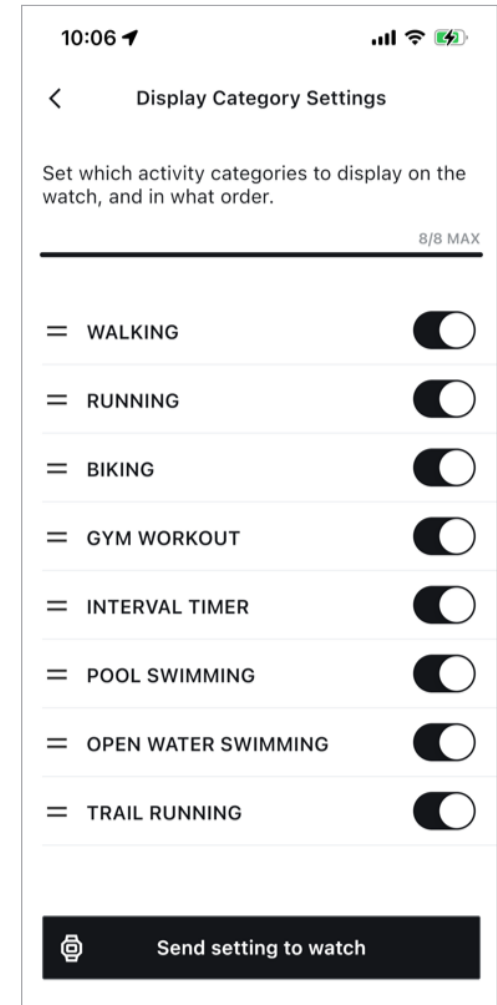
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

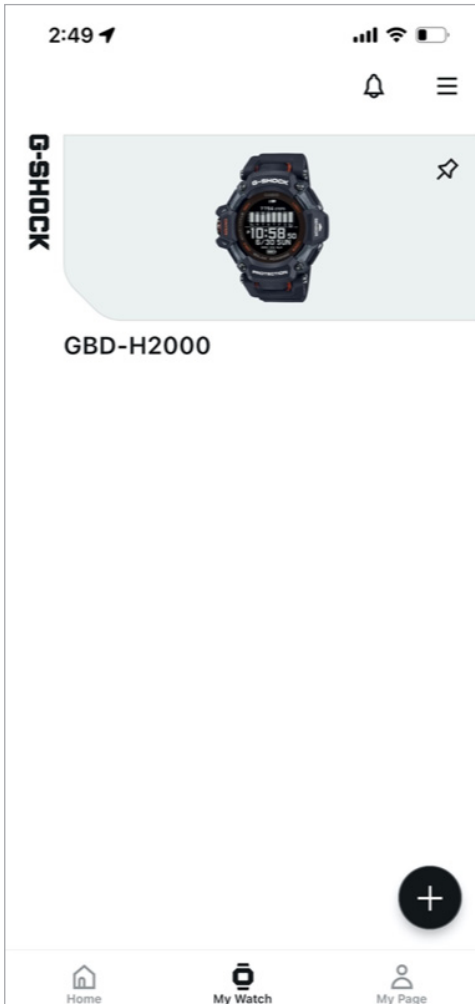


Step 4

Here you will be able to customize the activities displayed and the order in which they appear on the watch. To remove a activity select the notch to the right of the activity. To change the order of your activity list hold and drag the = symbol to the left of your activity up or down to your desired order

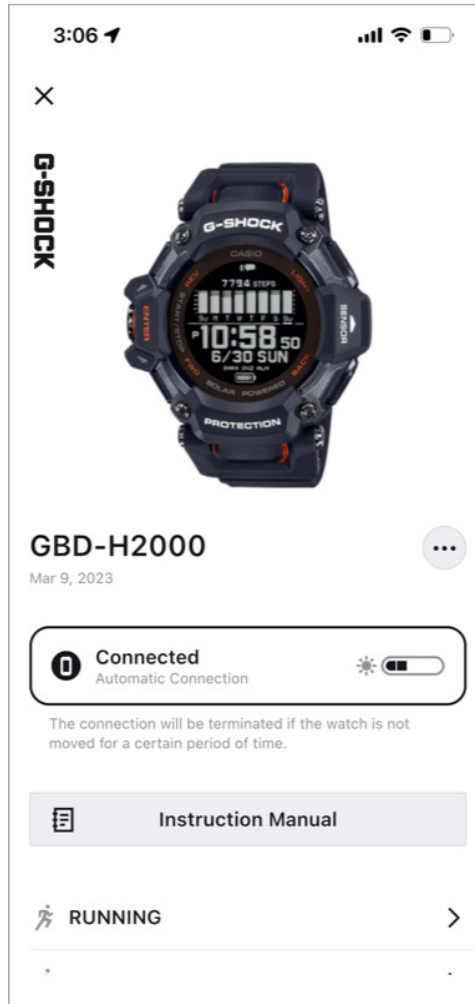
My Watch – Setting the Watch Features

LIFE LOG SETTING



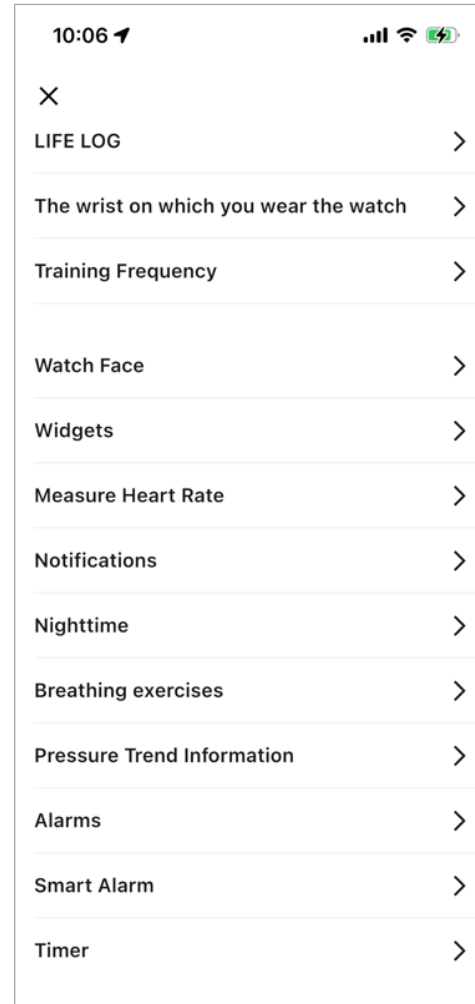
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



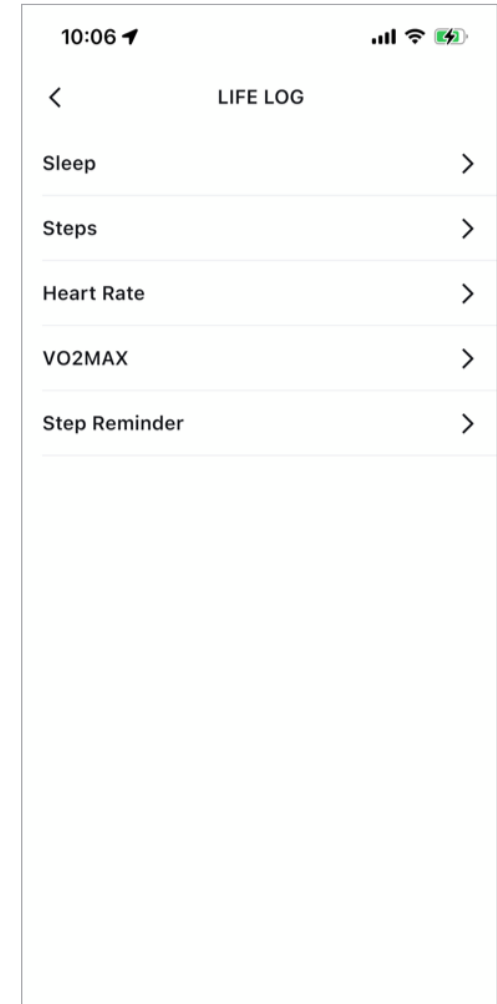
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

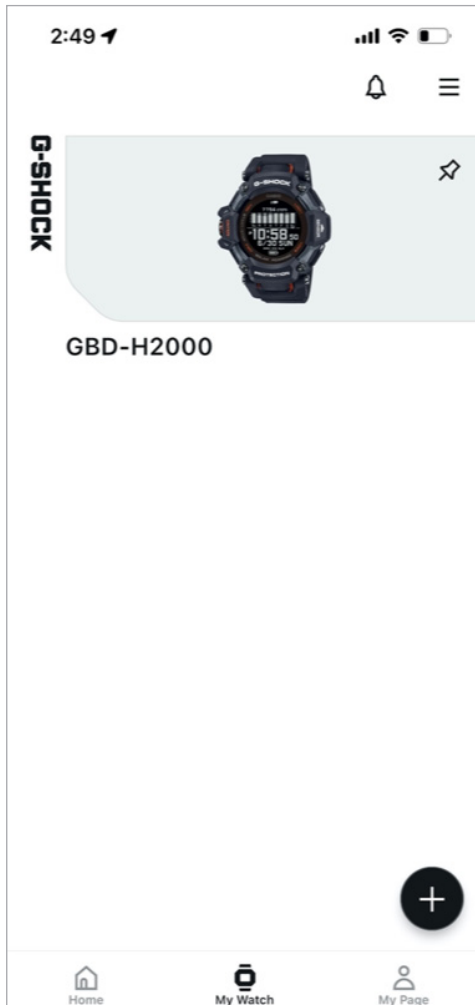


Step 4

Select the desired life log setting from the list above that needs to be changed and select send settings to watch to complete the process

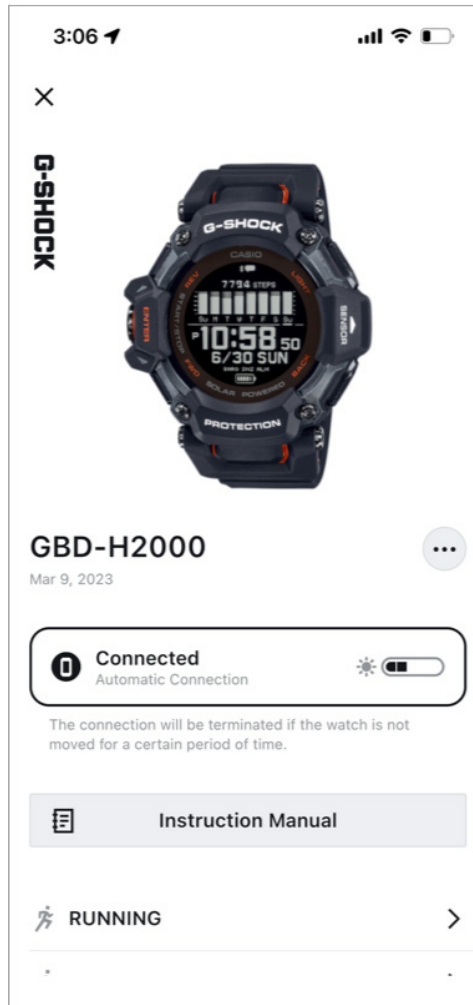
My Watch – Setting the Watch Features

THE WRIST ON WHICH YOU WEAR THE WATCH



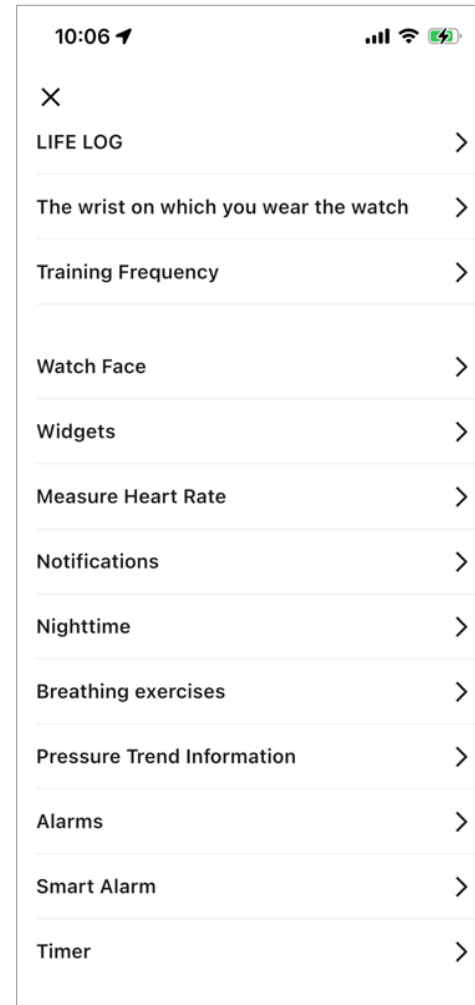
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



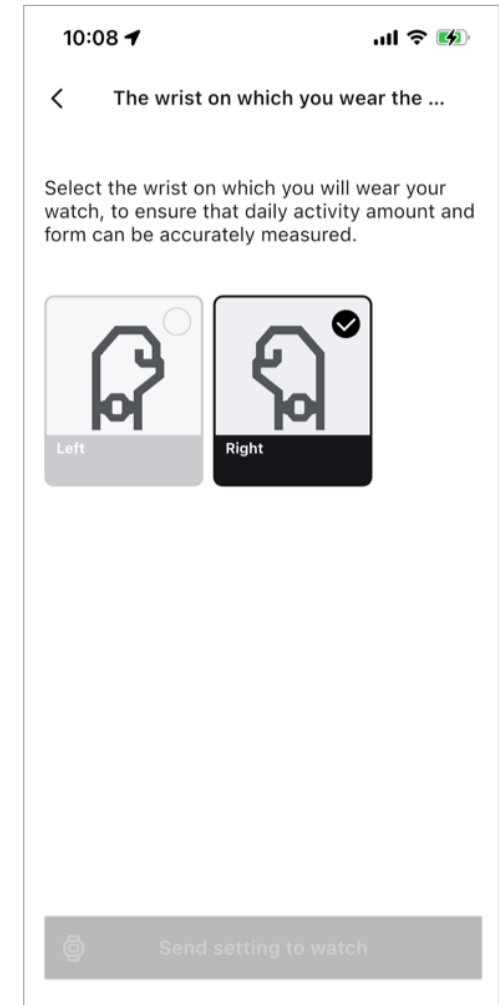
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

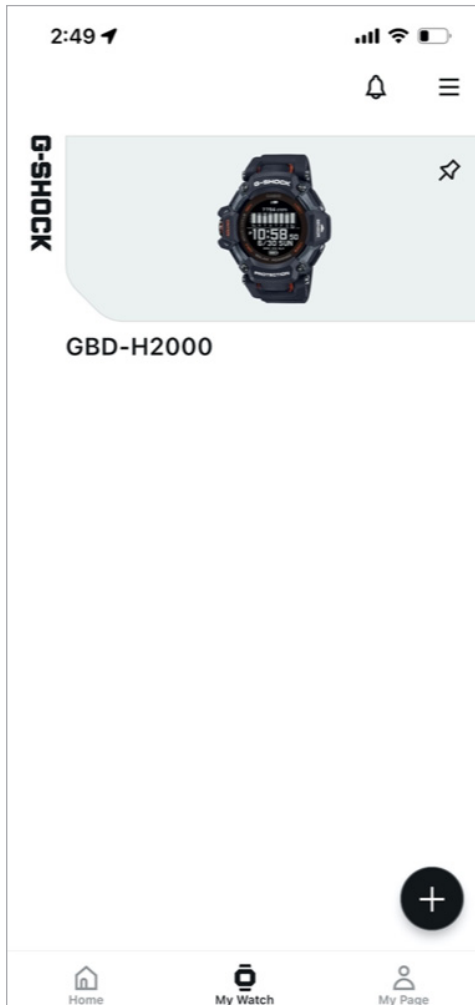


Step 4

Select the desired changes and select send setting to the watch to complete

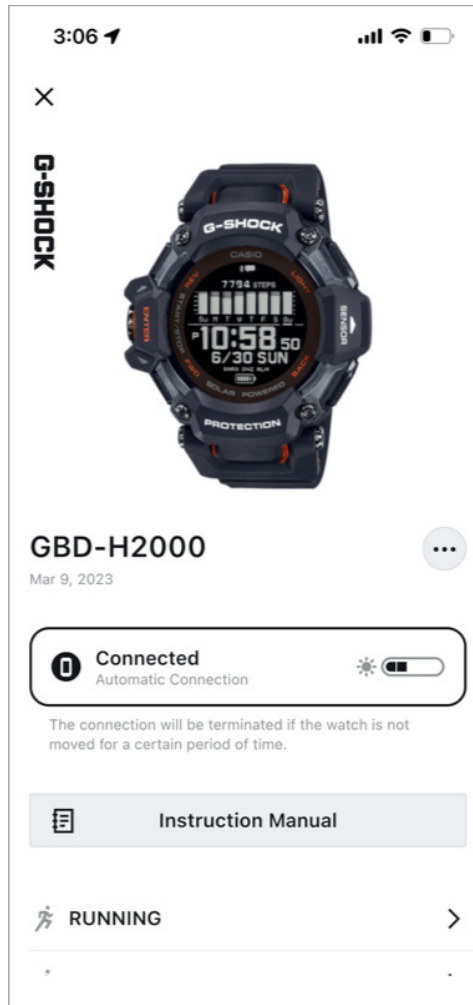
My Watch – Setting the Watch Features

TRAINING FREQUENCY



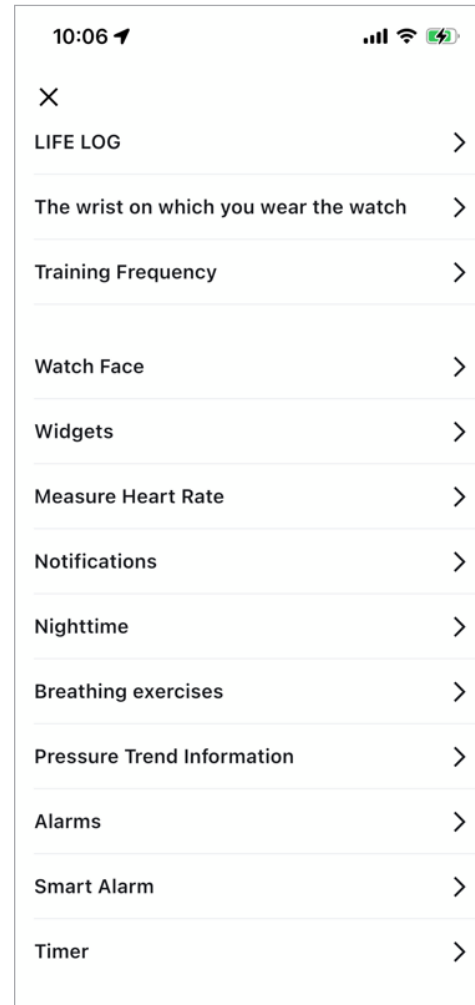
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



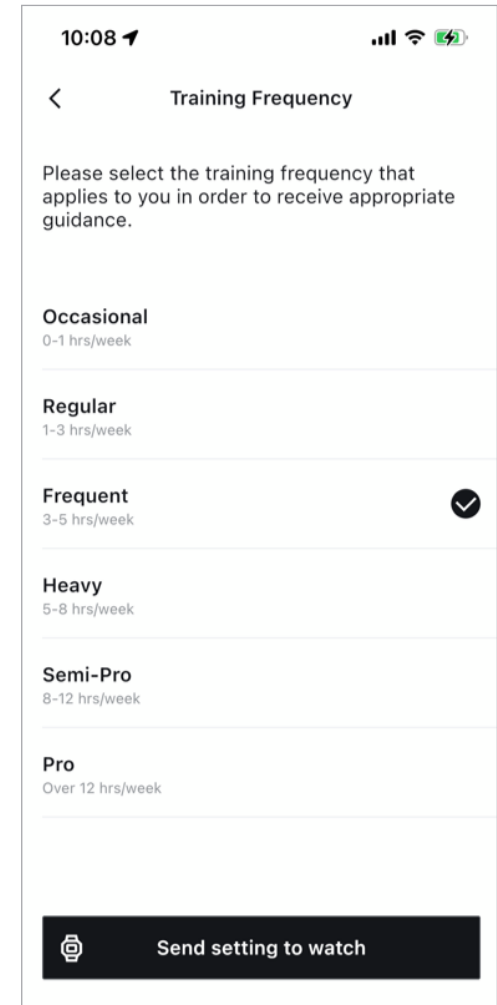
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

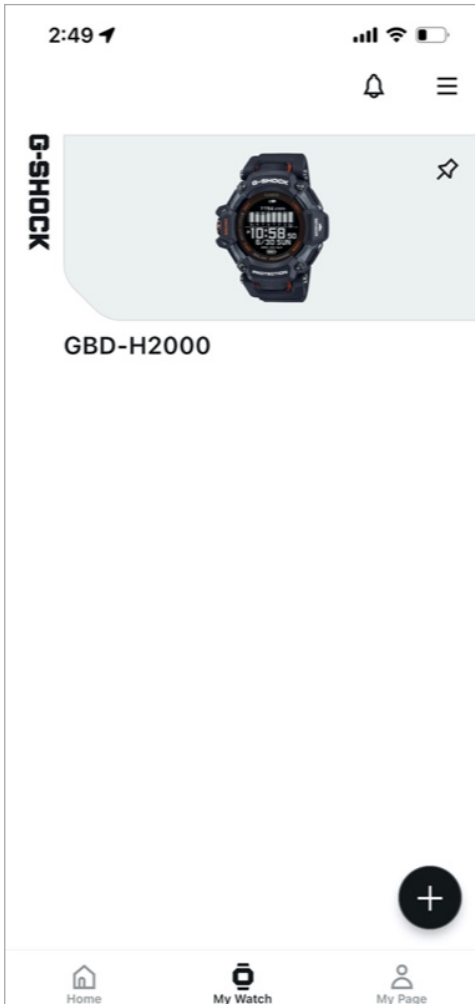


Step 4

Select the desired changes and select send setting to the watch to complete

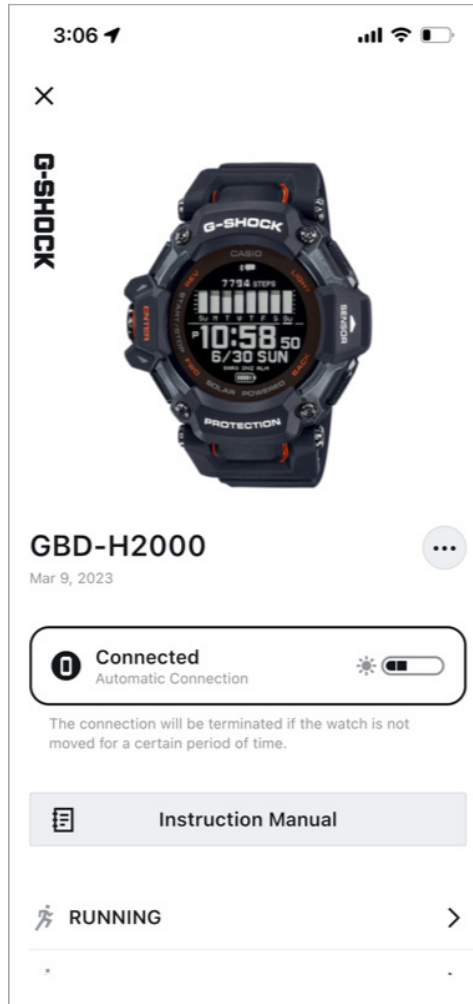
My Watch – Setting the Watch Features

WATCH FACE



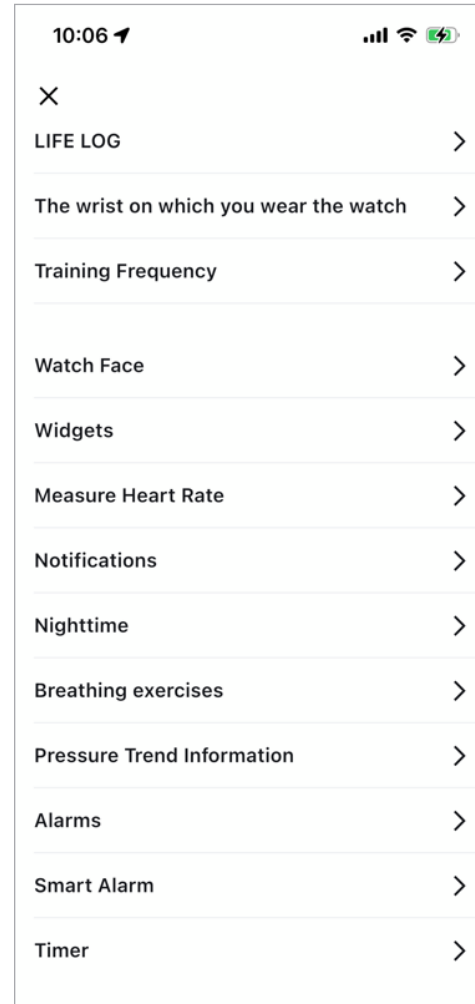
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



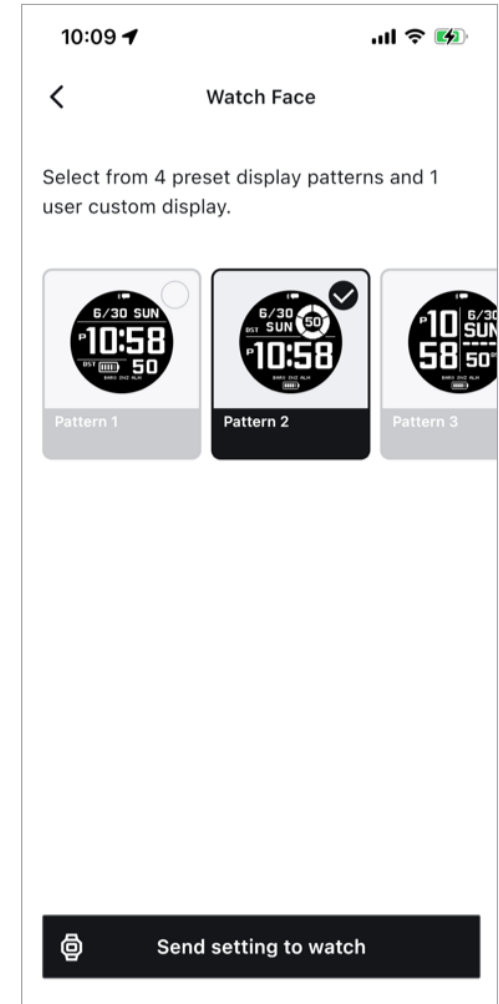
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

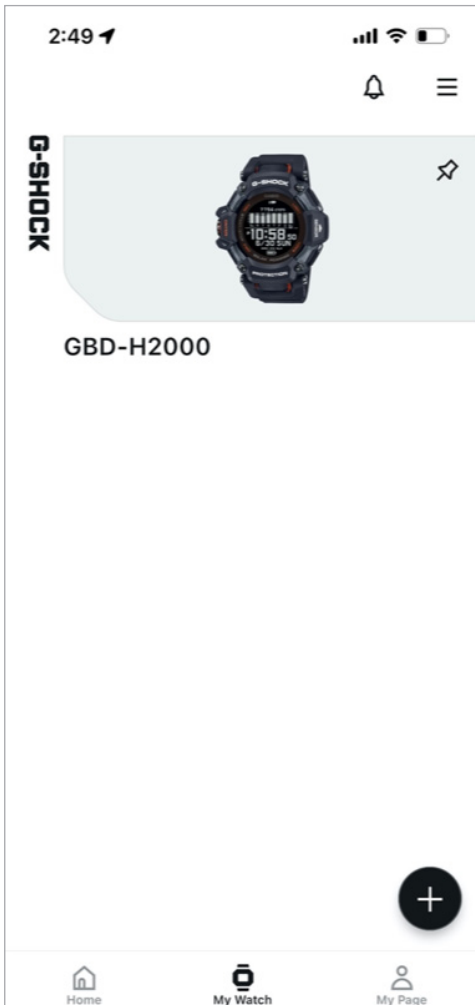


Step 4

Select the desired changes and select send setting to the watch to complete

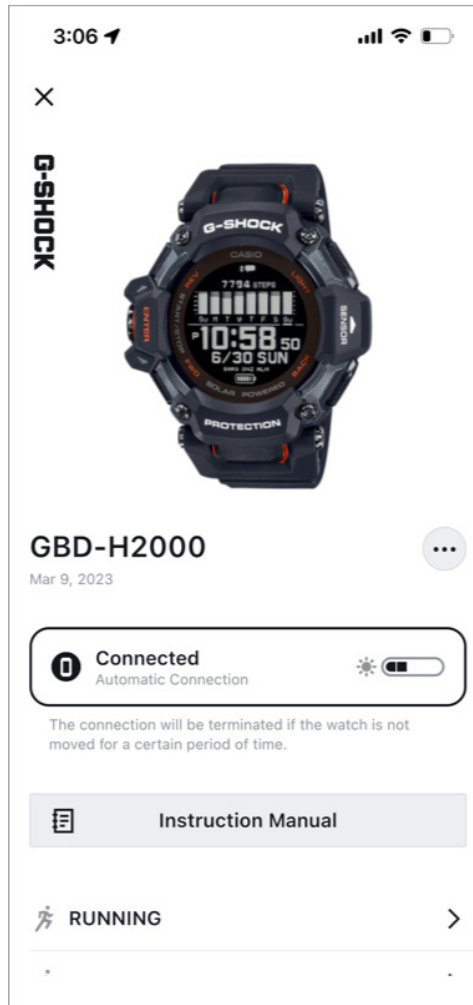
My Watch – Setting the Watch Features

WIDGETS (ADD, REMOVE, REARRANGE THE WATCH MODES)



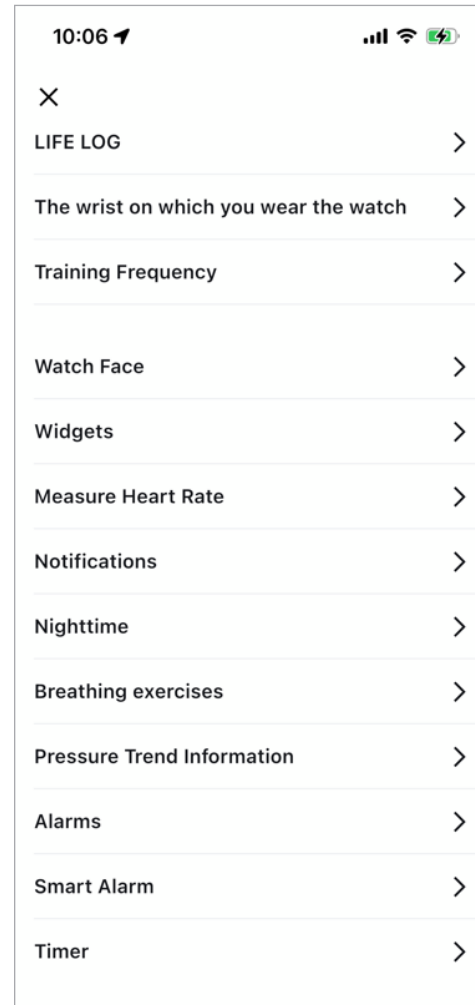
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



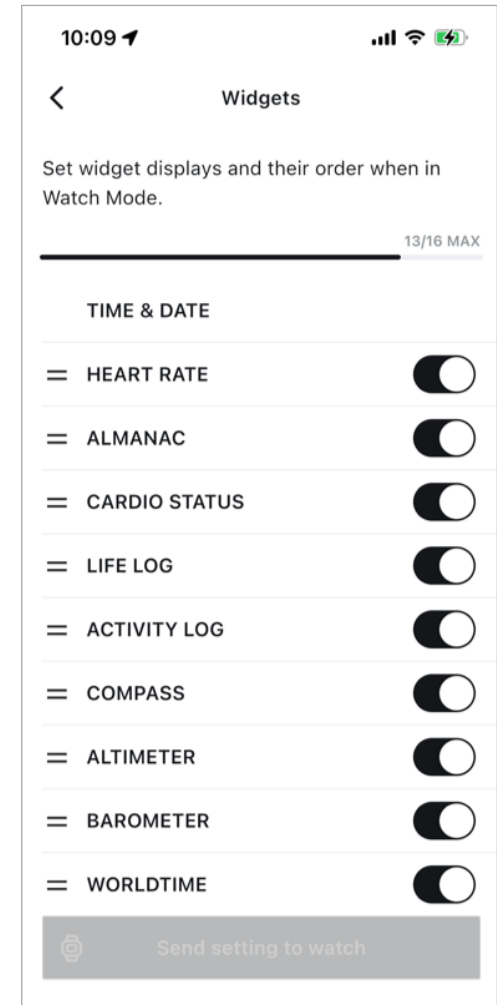
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

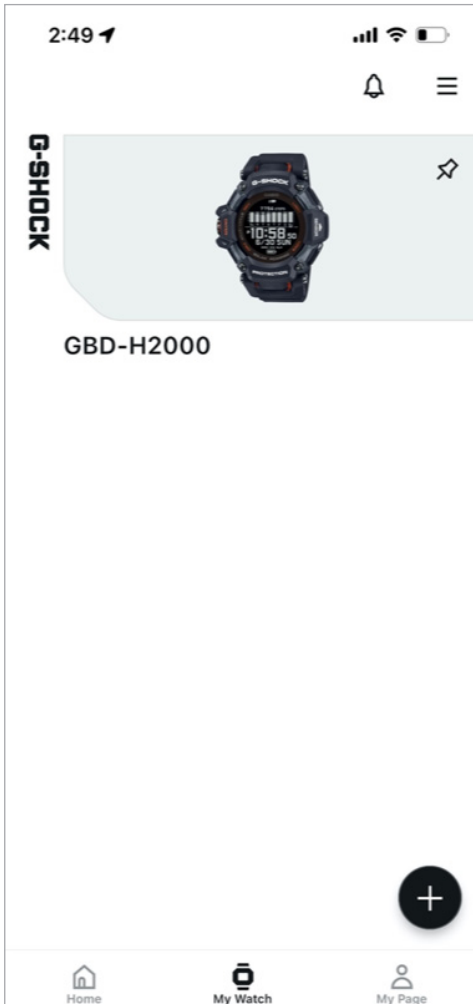


Step 4

Here you will be able to customize the watch mode widgets displayed and the order in which they appear on the watch. To remove a activity select the notch to the right of the activity. To change the order of your activity list hold and drag the = symbol to the left of your activity up or down to your desired order

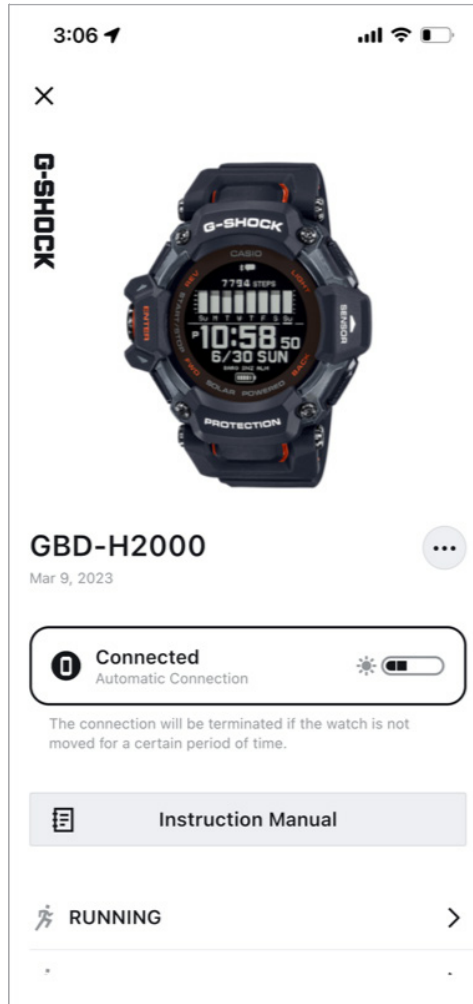
My Watch – Setting the Watch Features

MEASURE HEART RATE



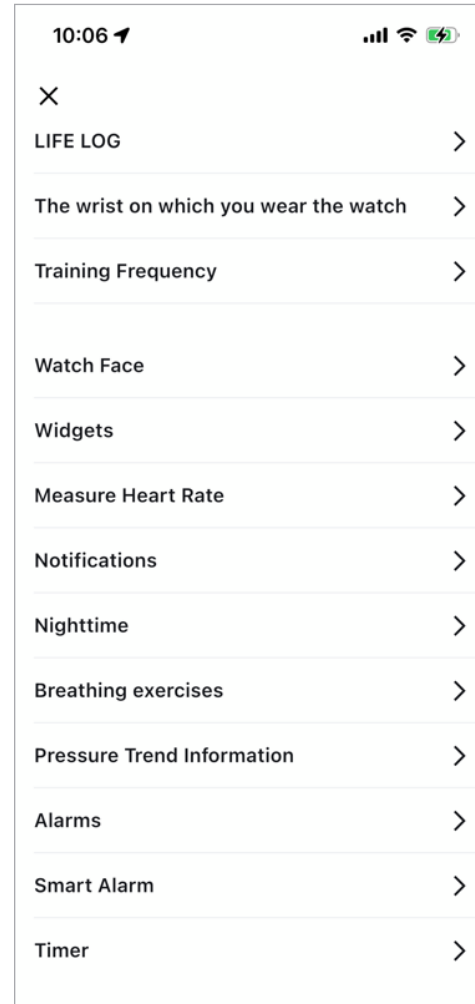
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



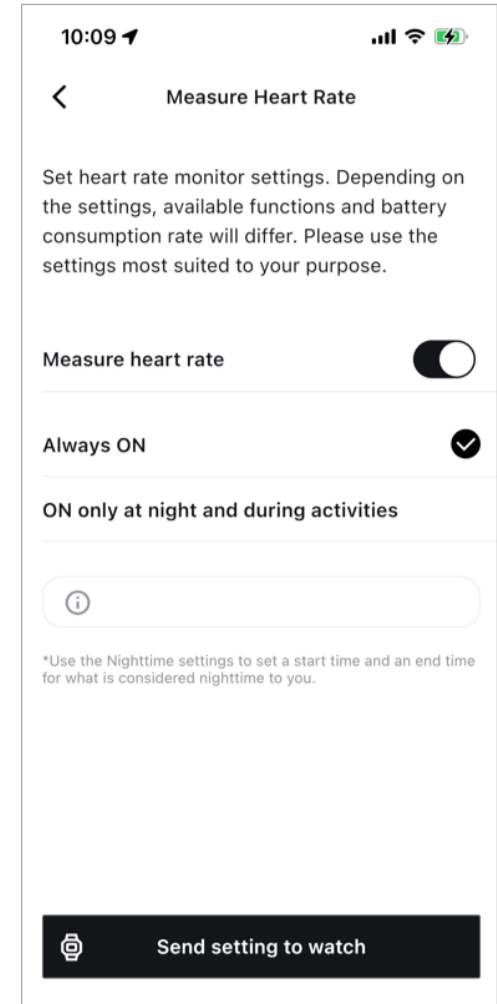
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

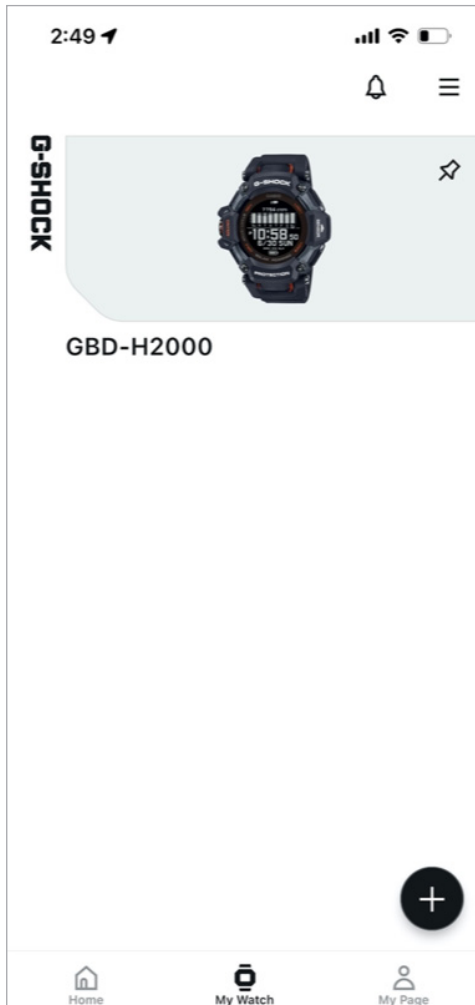


Step 4

Select the desired changes and select send setting to the watch to complete

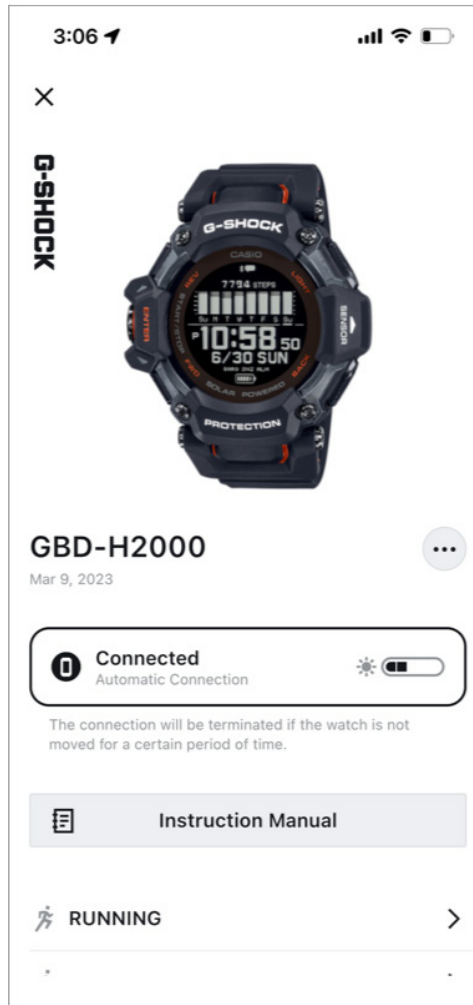
My Watch – Setting the Watch Features

NOTIFICATIONS



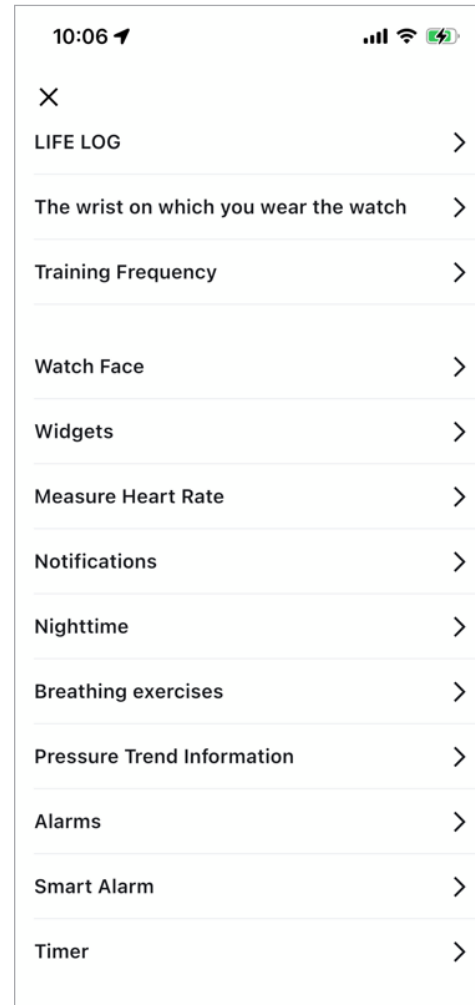
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



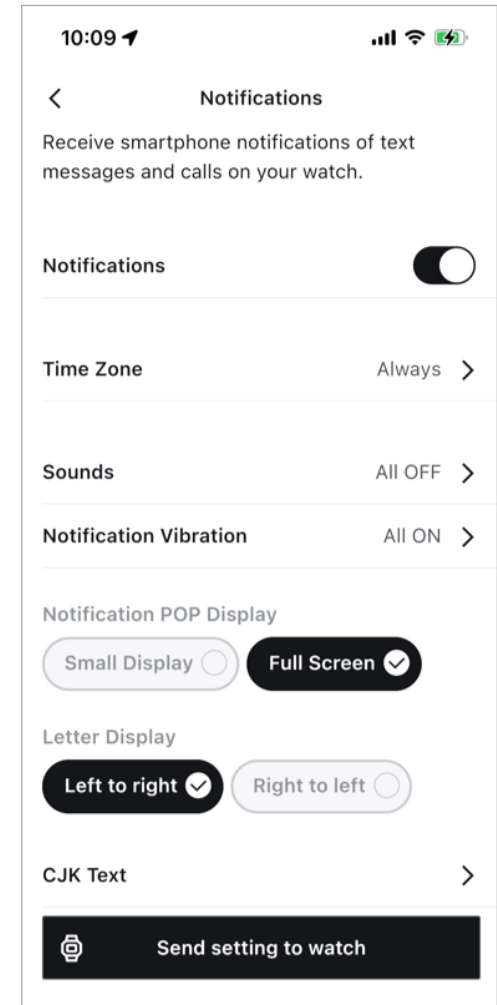
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

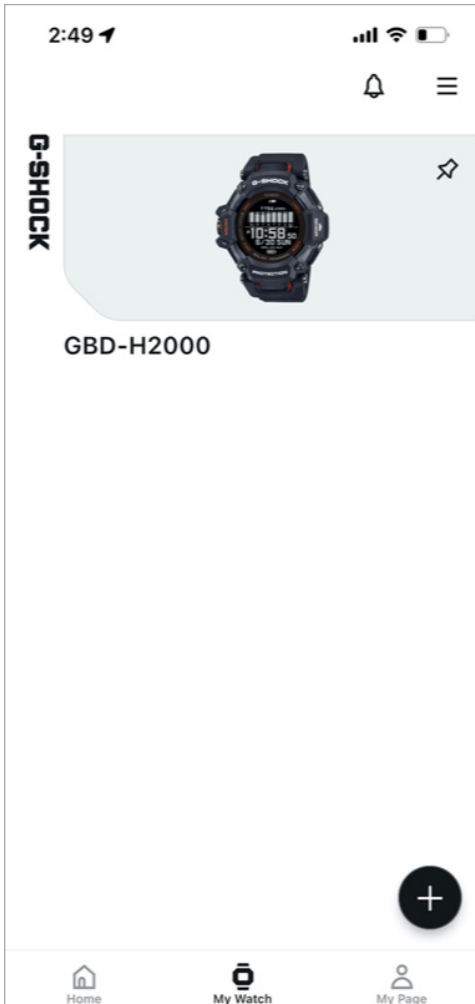


Step 4

Select the desired changes and select send setting to the watch to complete

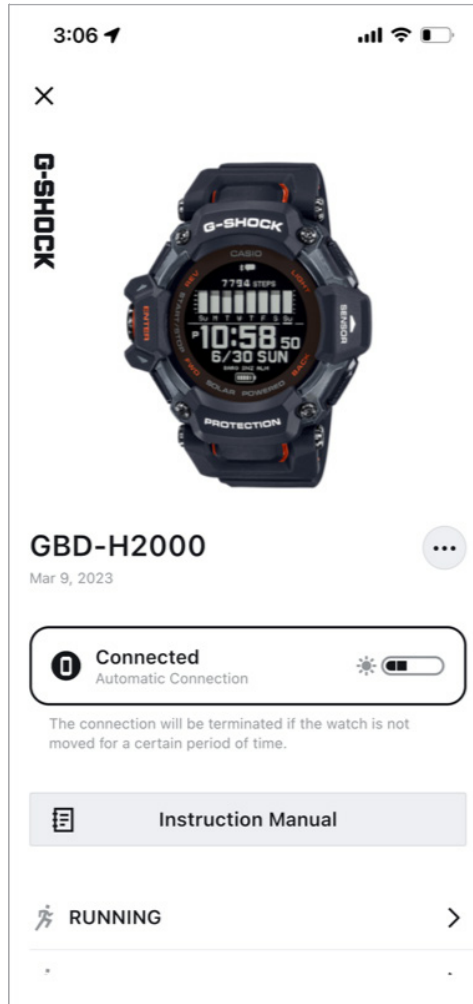
My Watch – Setting the Watch Features

NIGHTTIME



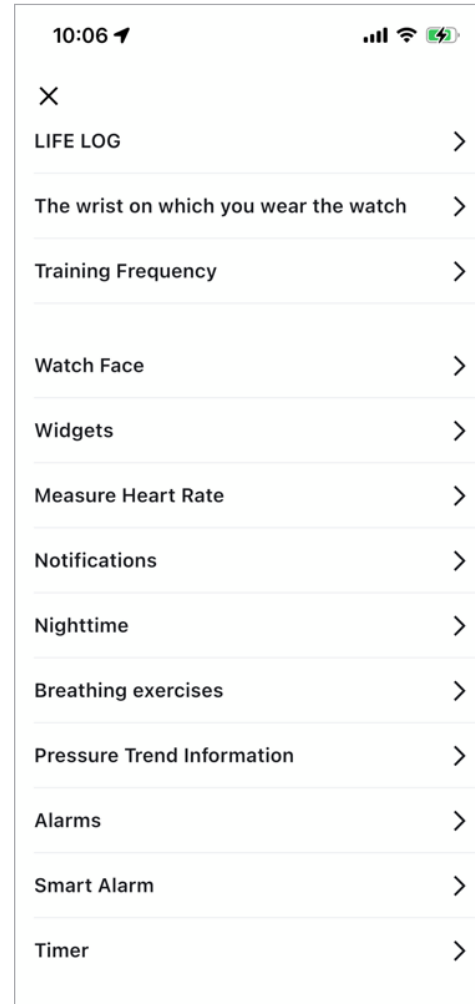
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



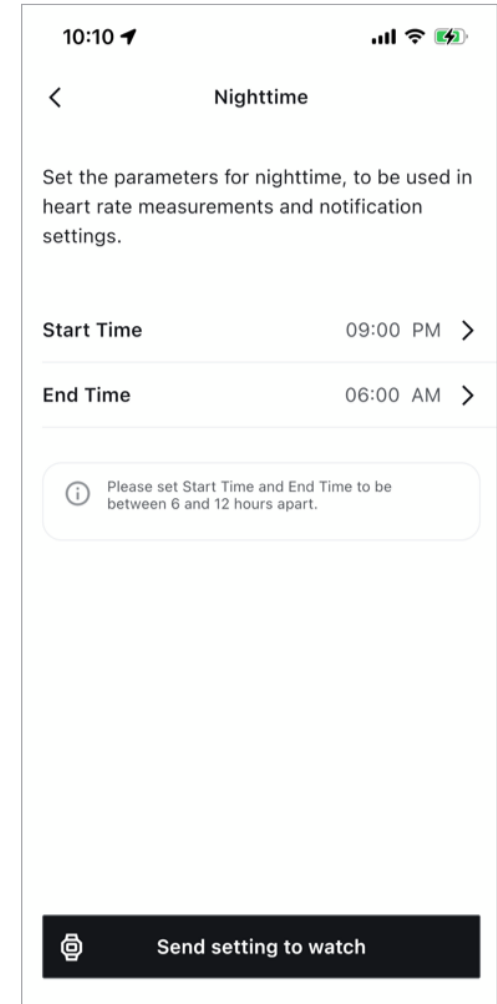
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

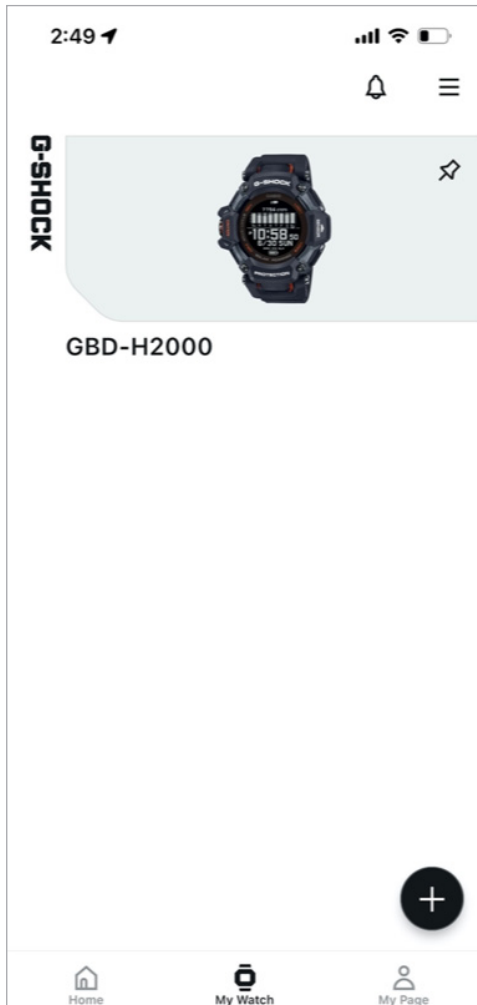


Step 4

Select the desired changes and select send setting to the watch to complete

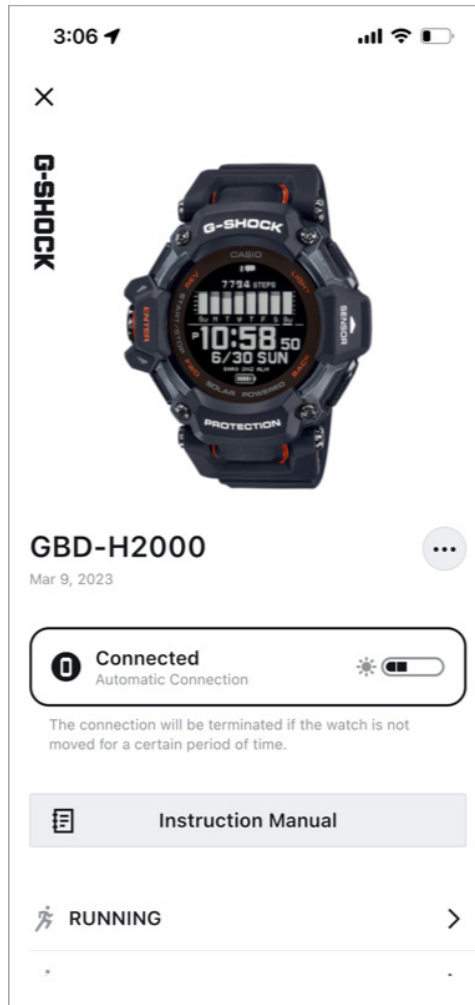
My Watch – Setting the Watch Features

BREATHING EXERCISES



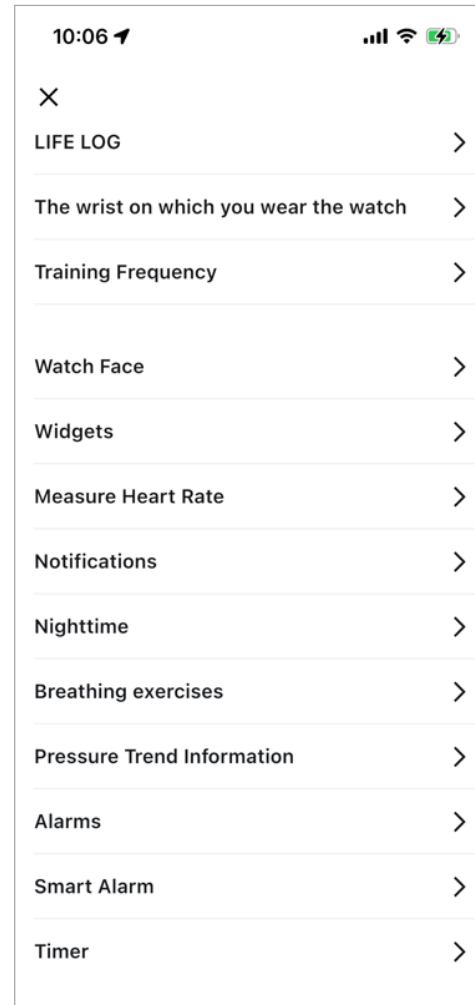
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



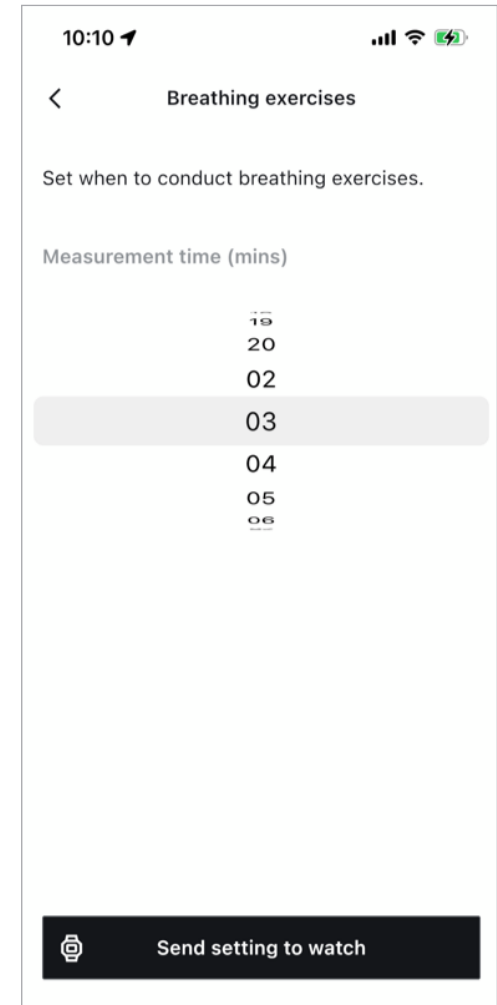
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

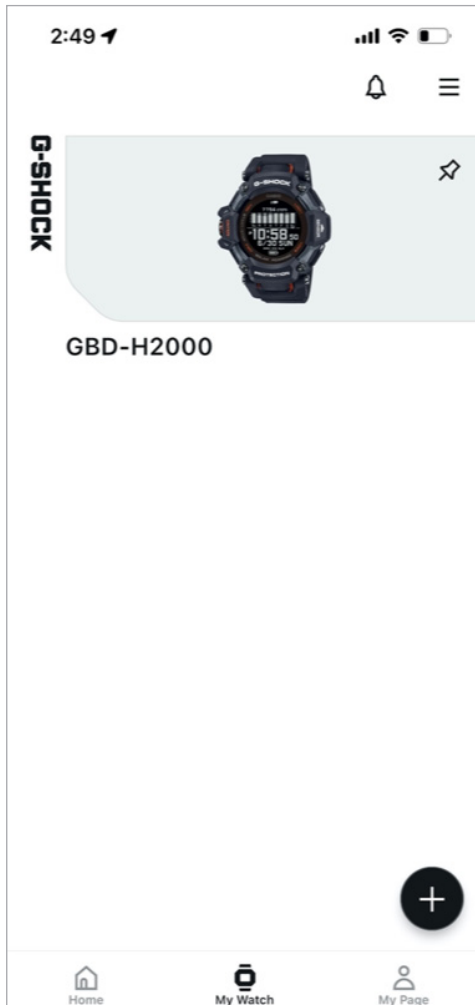


Step 4

Select the desired changes and select send setting to the watch to complete

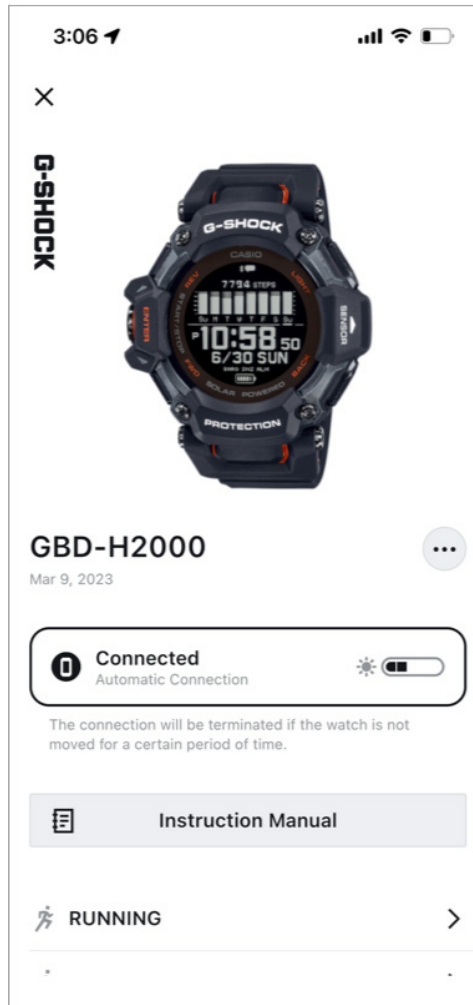
My Watch – Setting the Watch Features

PRESSURE TREND INFORMATION



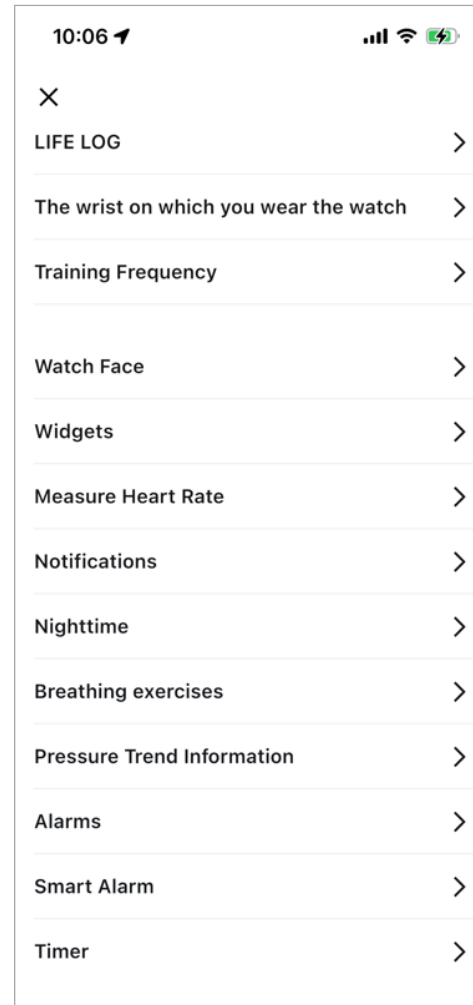
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



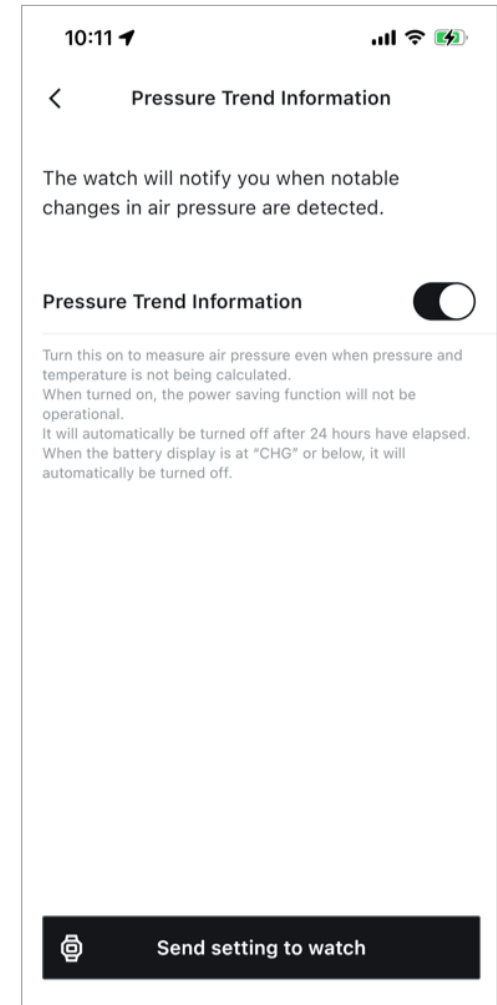
Step 2

Scroll down to access the settings and features



Step 3

Then select display category settings from the list above

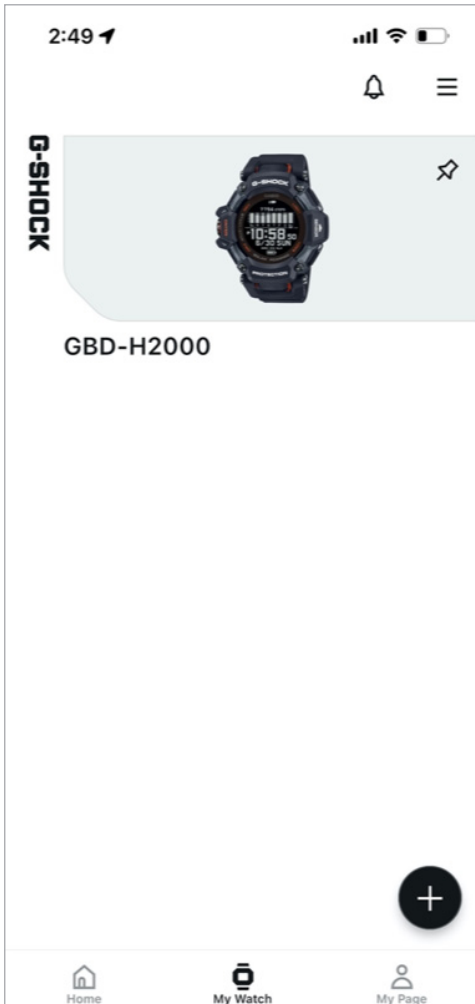


Step 4

Select the desired changes and select send setting to the watch to complete

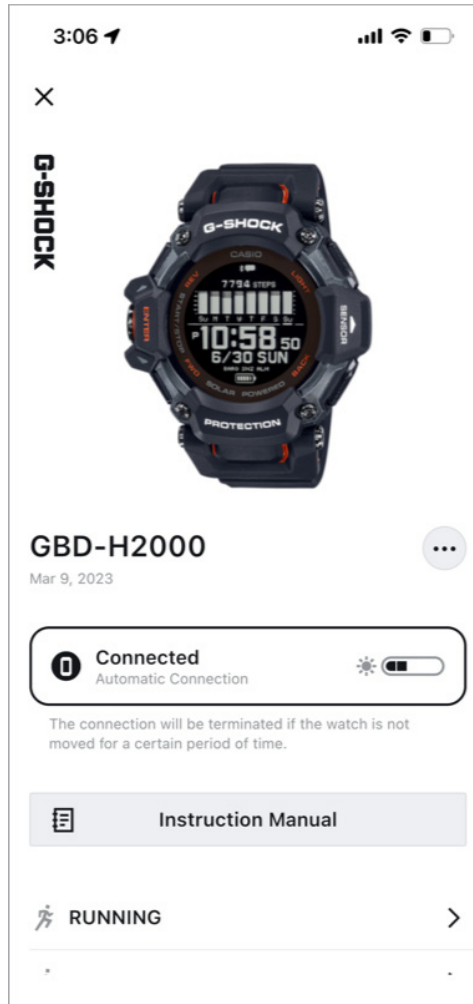
My Watch – Setting the Watch Features

ALARM



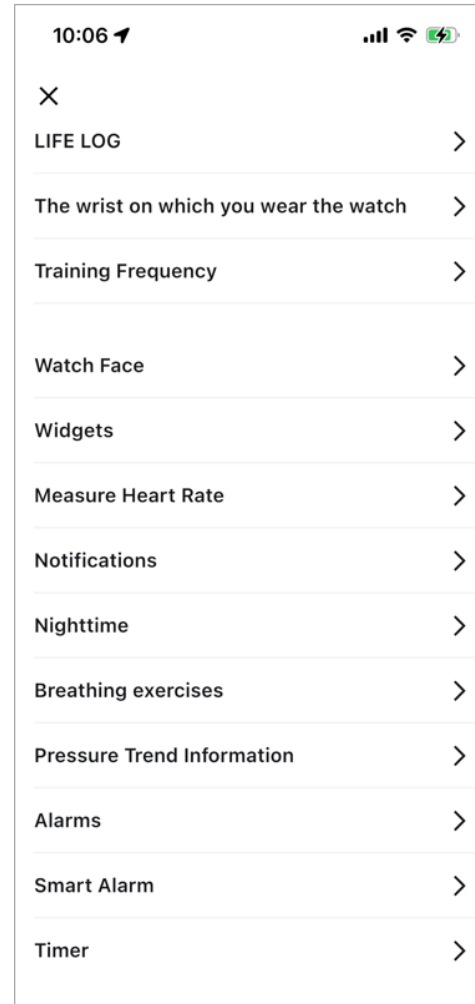
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



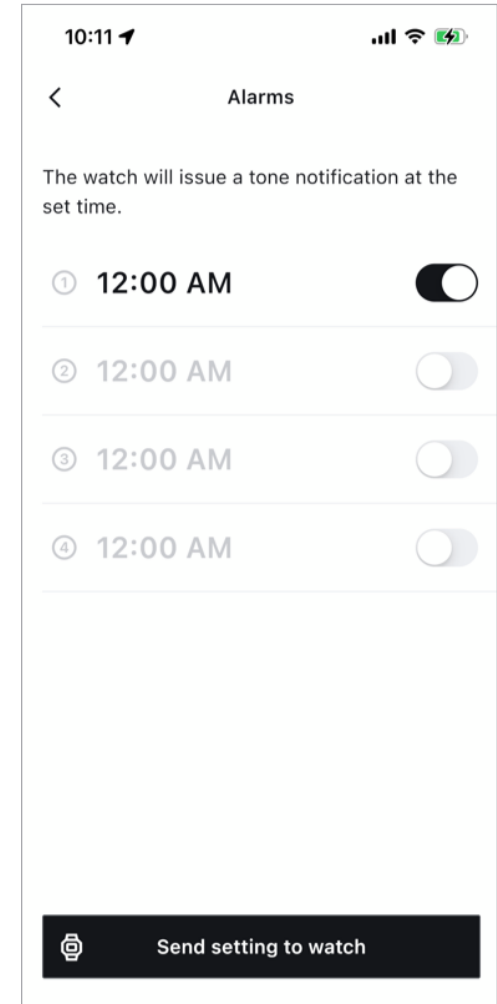
Step 2

Scroll down to access the settings and features



Step 3

Then select alarms from the list above.

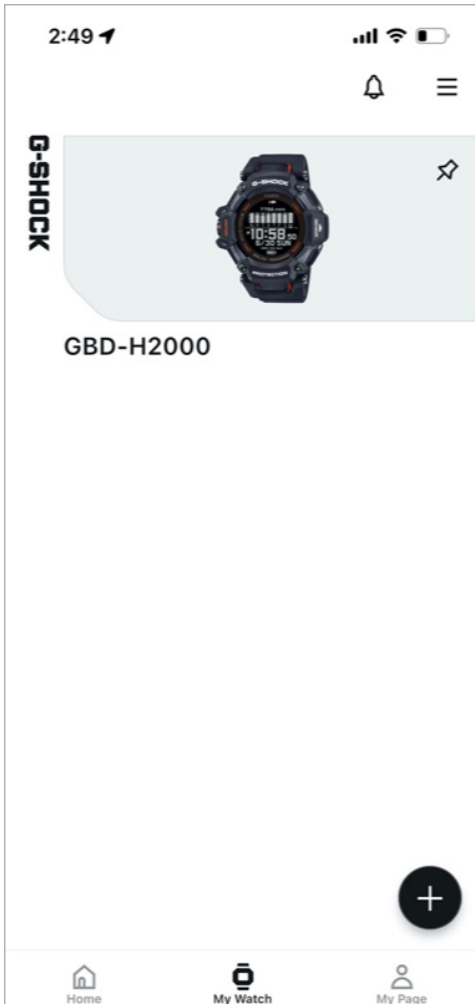


Step 4

Select the desired alarm setting that needs to be updated to change the time of the alarm then select the toggle to the right to turn on the alarm and select sent settings to watch to complete the process

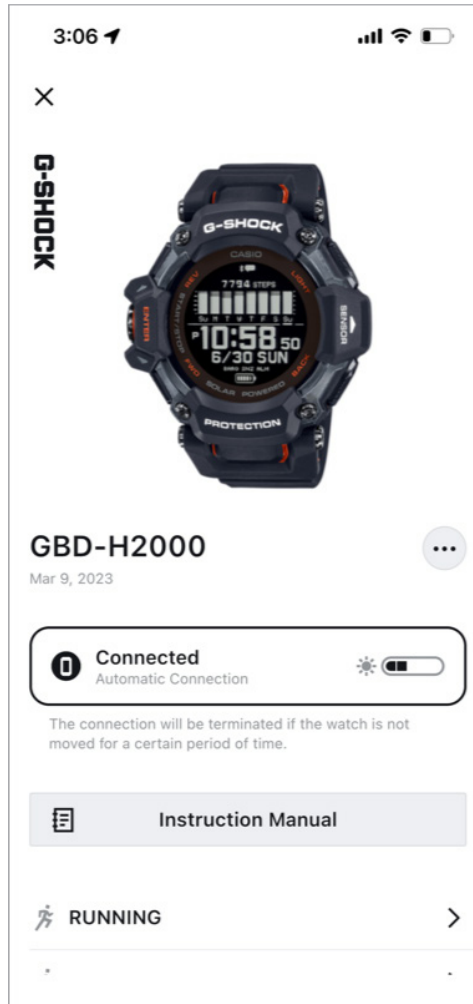
My Watch – Setting the Watch Features

SMART ALARM



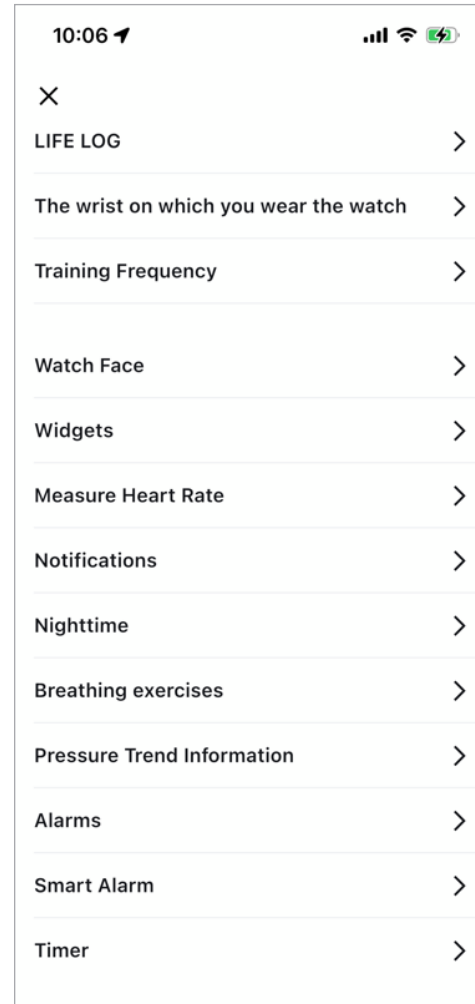
Step 1

To access the alarm feature and settings find the my watch tab then select the desired watch from the list above



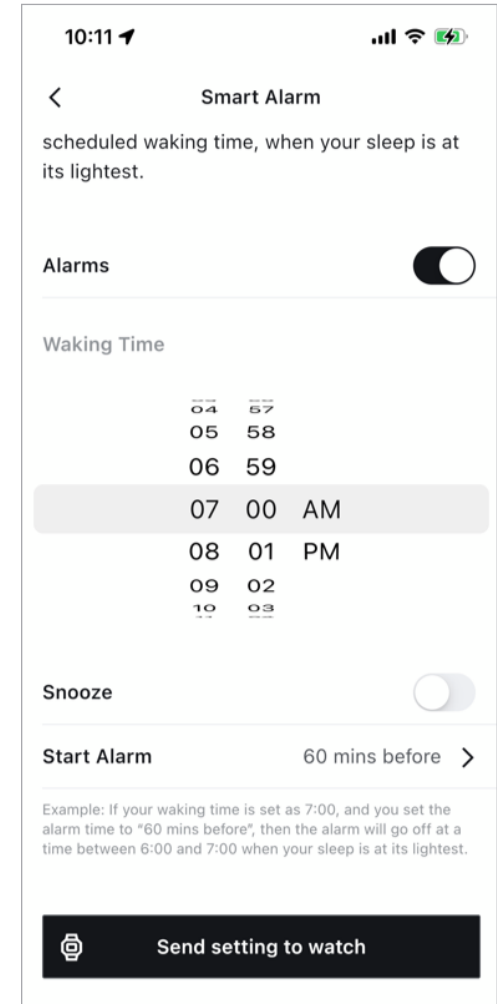
Step 2

Scroll down to access the settings and features



Step 3

Then select alarms from the list above.

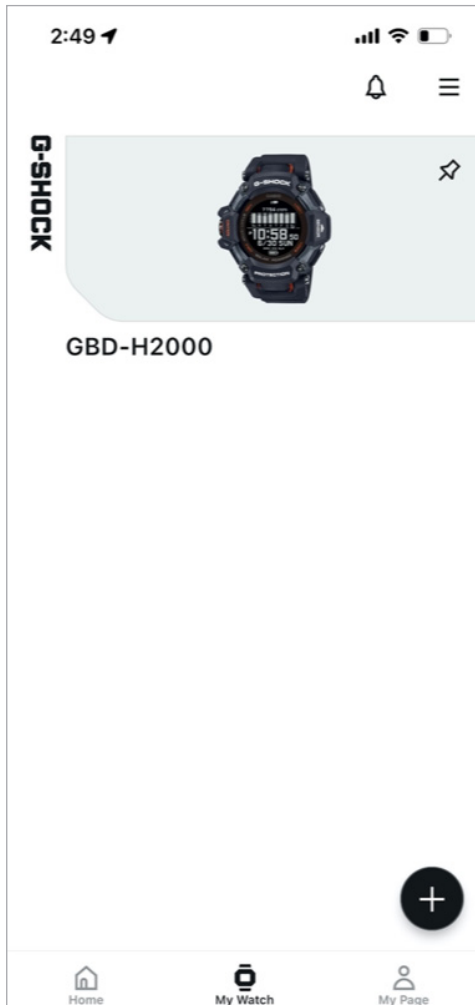


Step 4

Select the desired smart alarm setting that needs to be updated and select sent settings to watch to complete the process

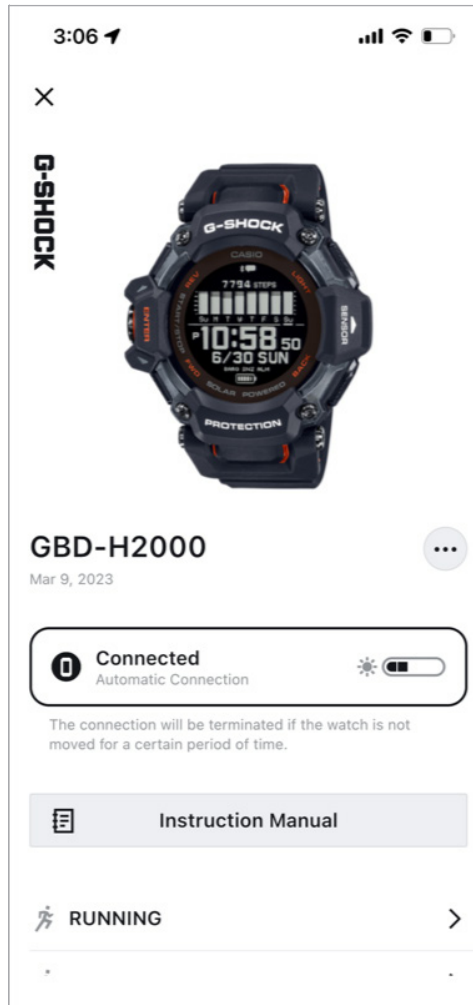
My Watch – Setting the Watch Features

TIMER



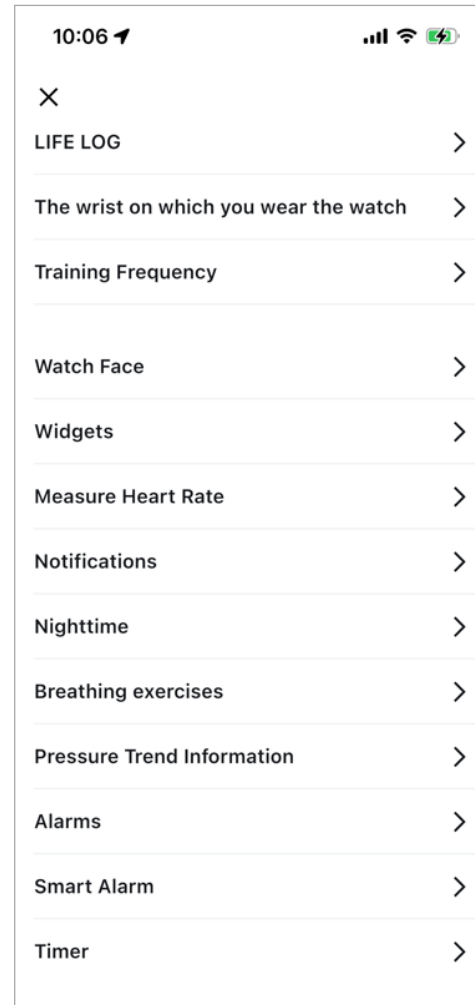
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



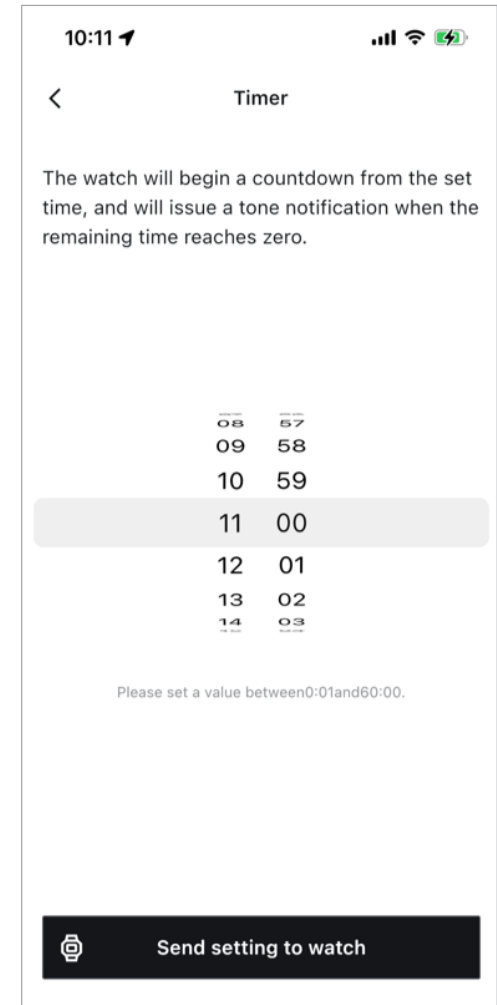
Step 2

Scroll down to access the settings and features



Step 3

Then select timer from the list above.

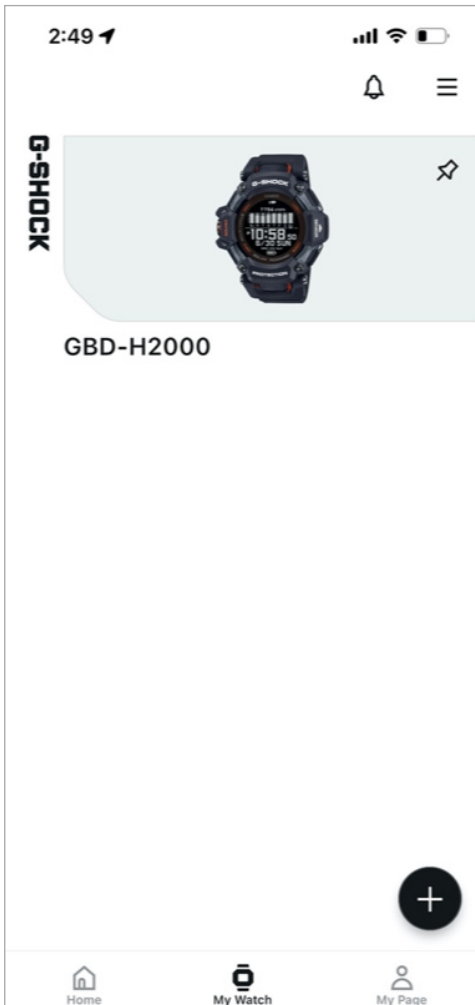


Step 4

Set the desired time for your countdown timer and then select send setting to watch to complete the process

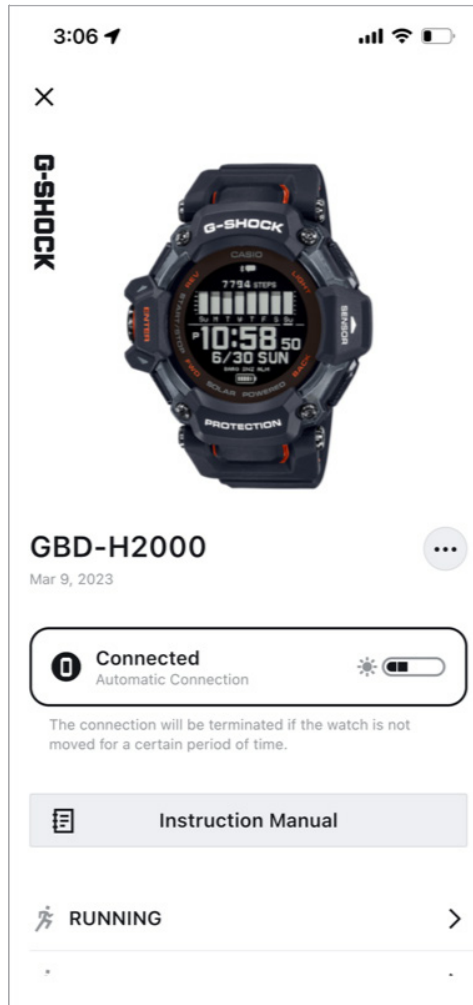
My Watch – Setting the Watch Features

WORLD TIME



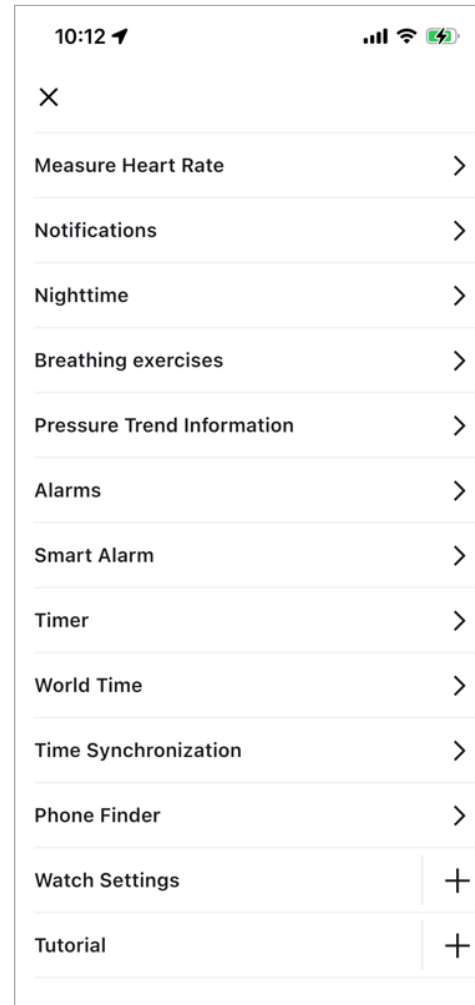
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



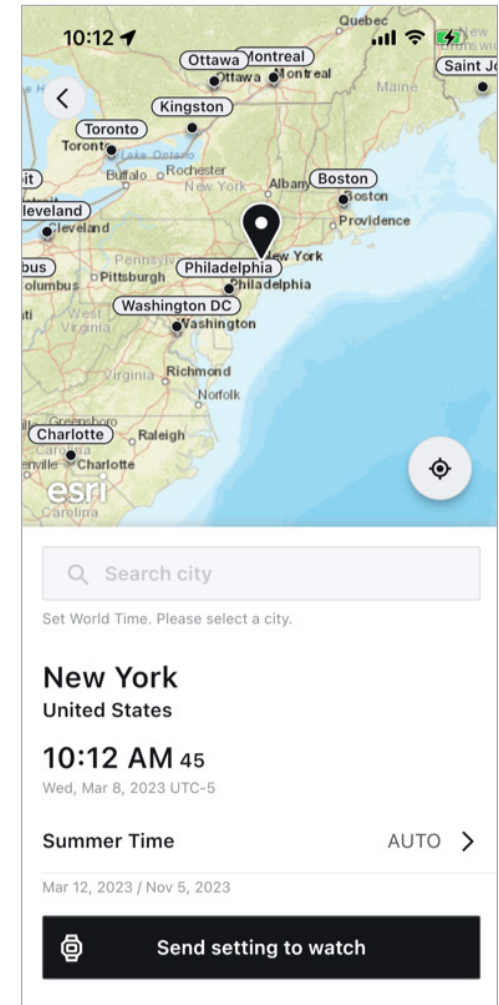
Step 2

Scroll down to access the settings and features



Step 3

Then select timer from the list above.

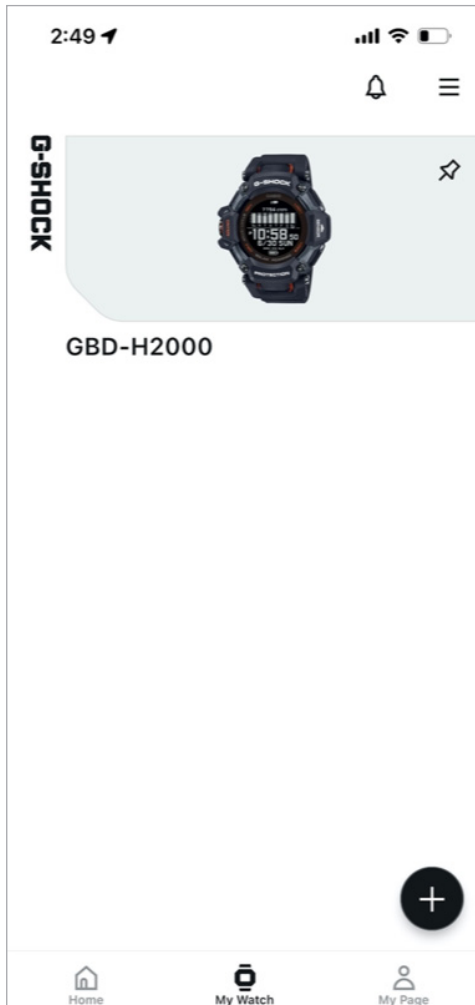


Step 4

Set the desired time for your countdown timer and then select send setting to watch to complete the process

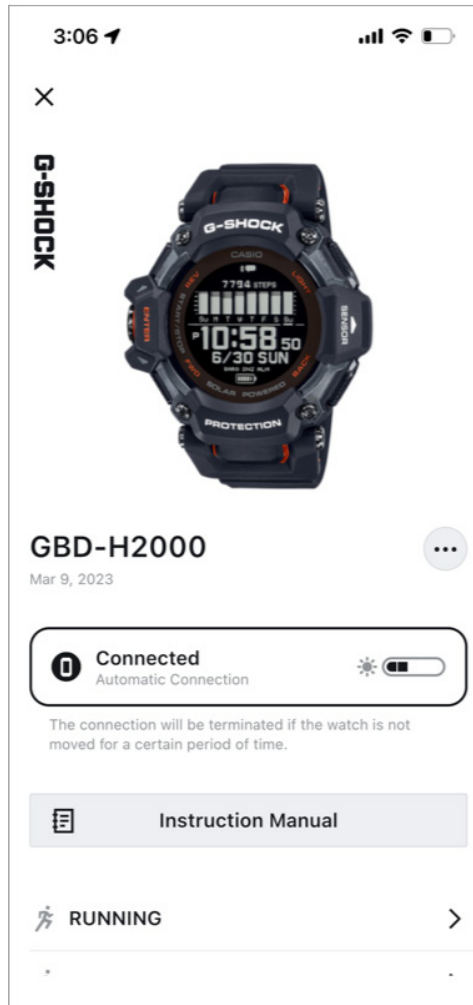
My Watch – Setting the Watch Features

TIME SYNCHRONIZATION



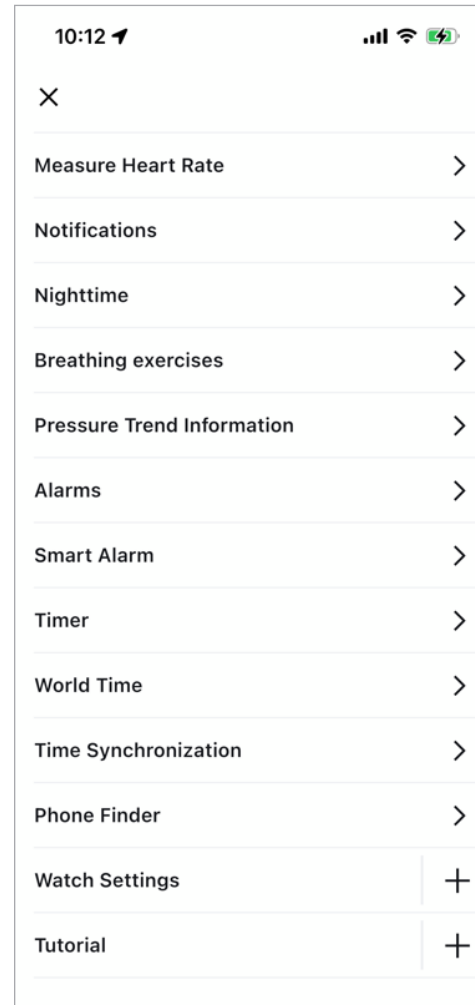
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



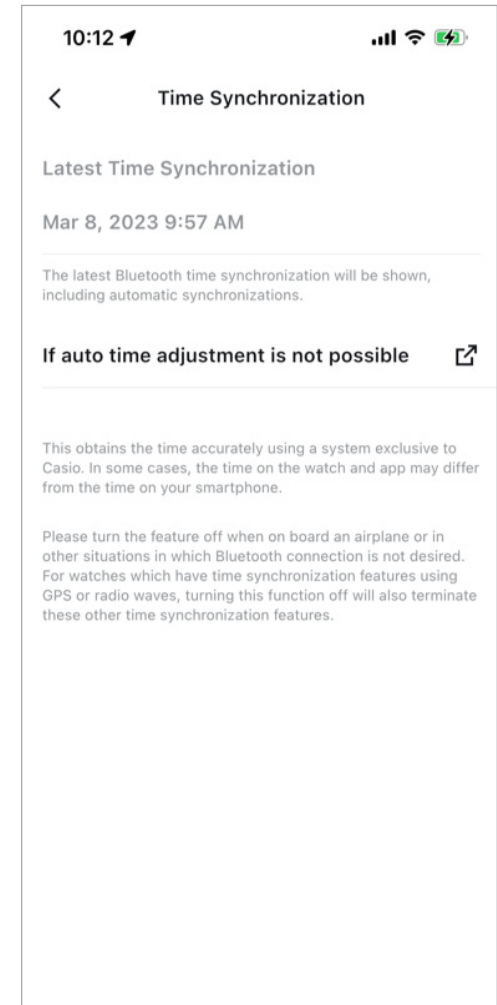
Step 2

Scroll down to access the settings and features



Step 3

Then select time synchronization from the list above

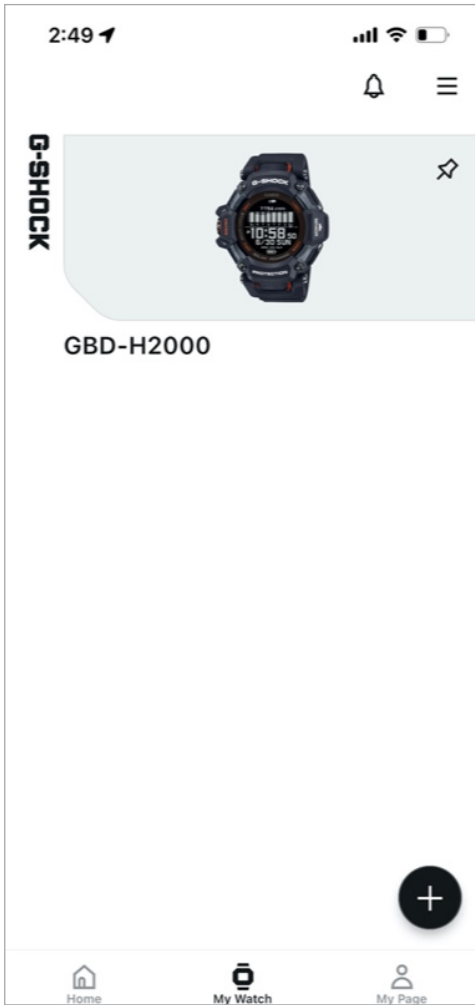


Step 4

Here will be the latest time synchronization information, history, helpful links, and settings.

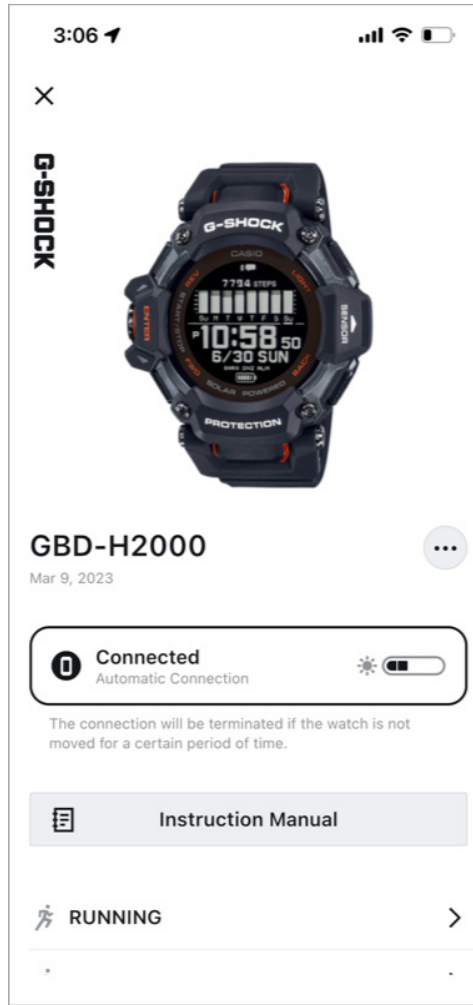
My Watch – Setting the Watch Features

PHONE FINDER



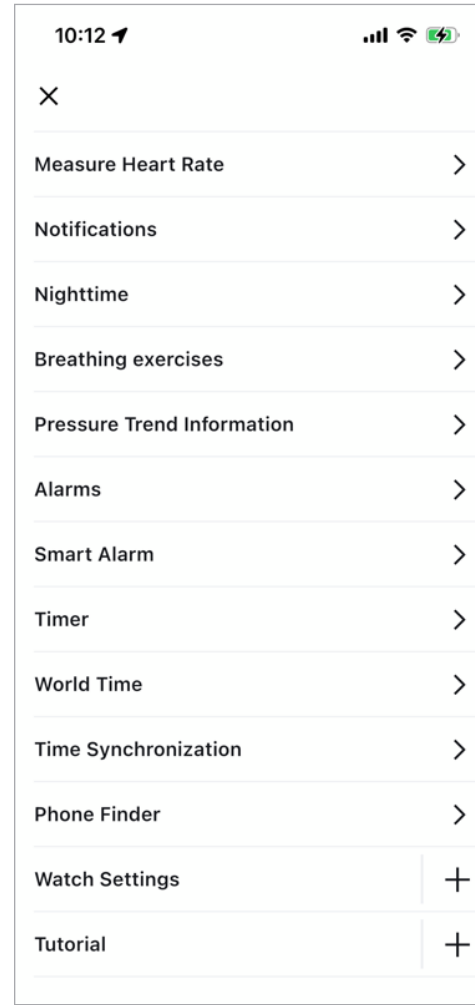
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



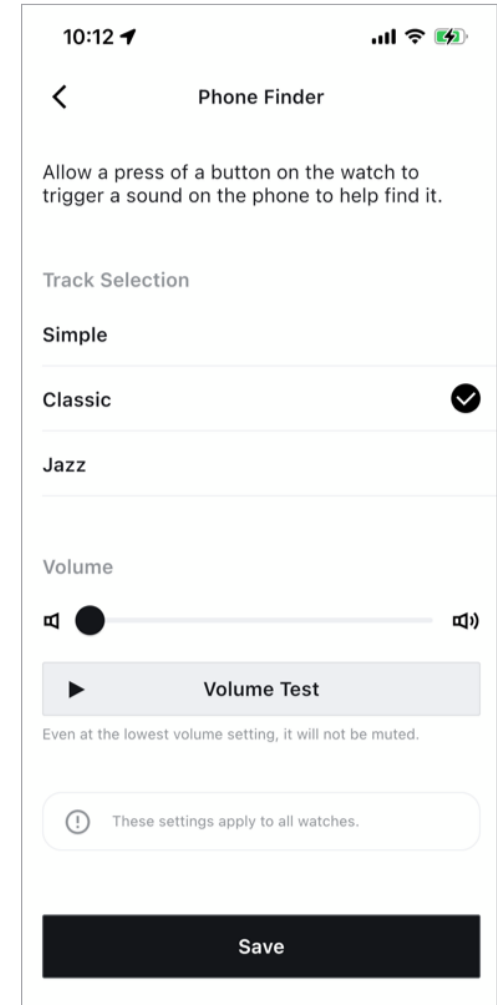
Step 2

Scroll down to access the settings and features



Step 3

Then select time synchronization from the list above

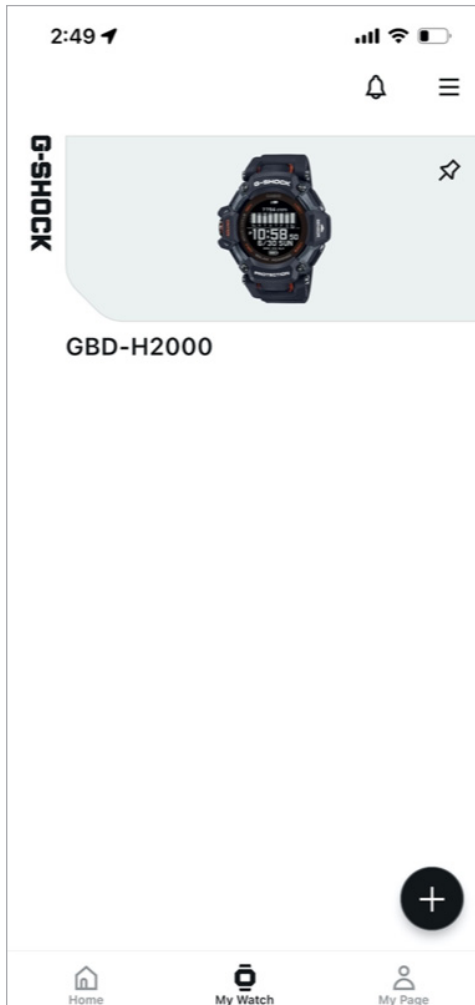


Step 4

Select the desired phone finder settings from above then select save to complete the process

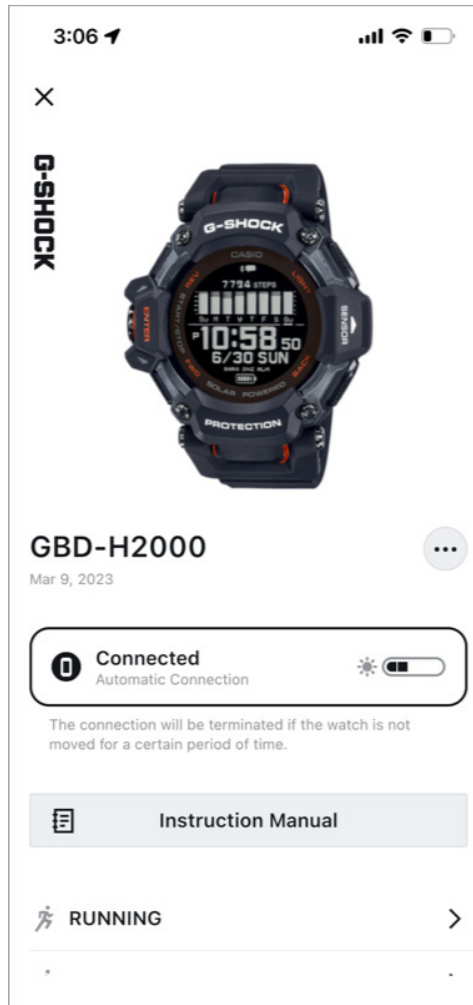
My Watch – Setting the Watch Features

KEY SOUNDS



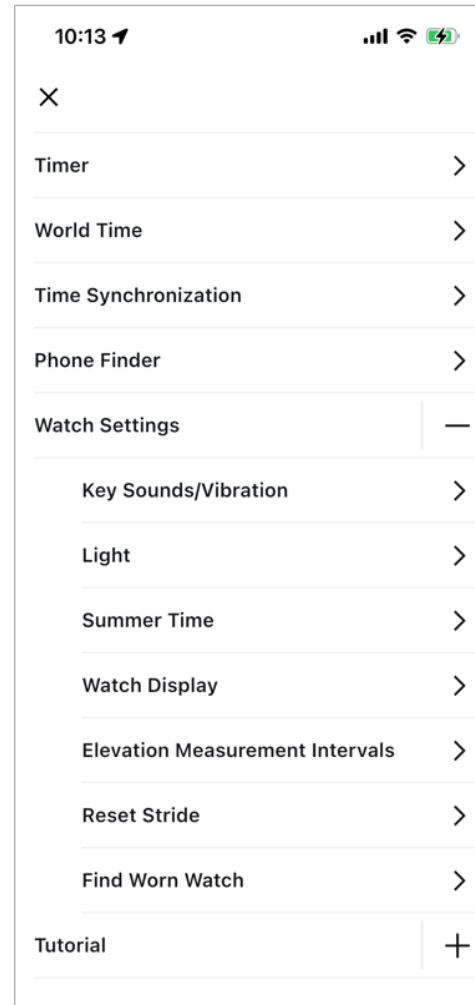
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



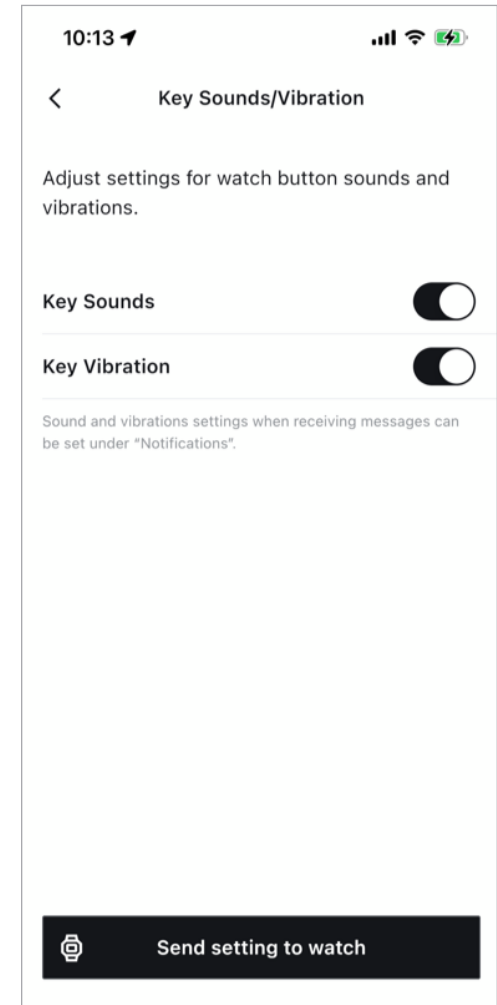
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select key sounds

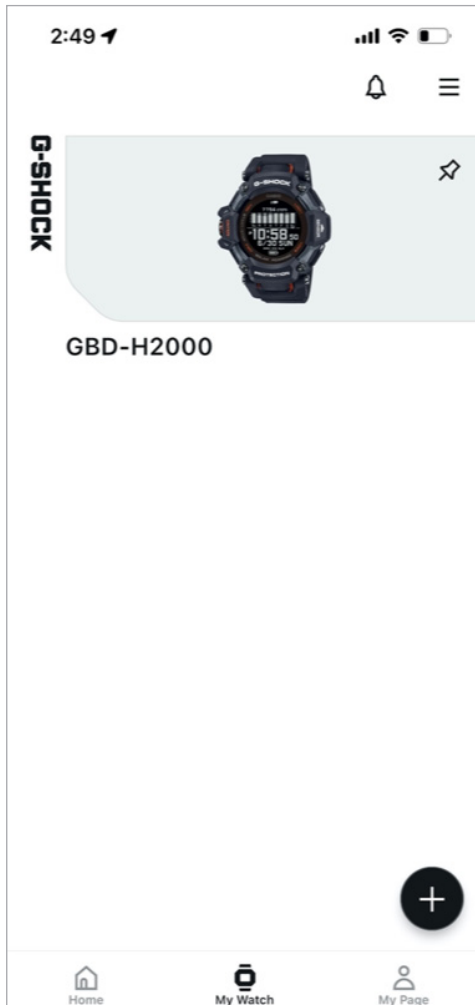


Step 4

Use the toggle to turn the key sound on or off when the black bar is displayed the key sounds are turned on then select in settings to watch to complete

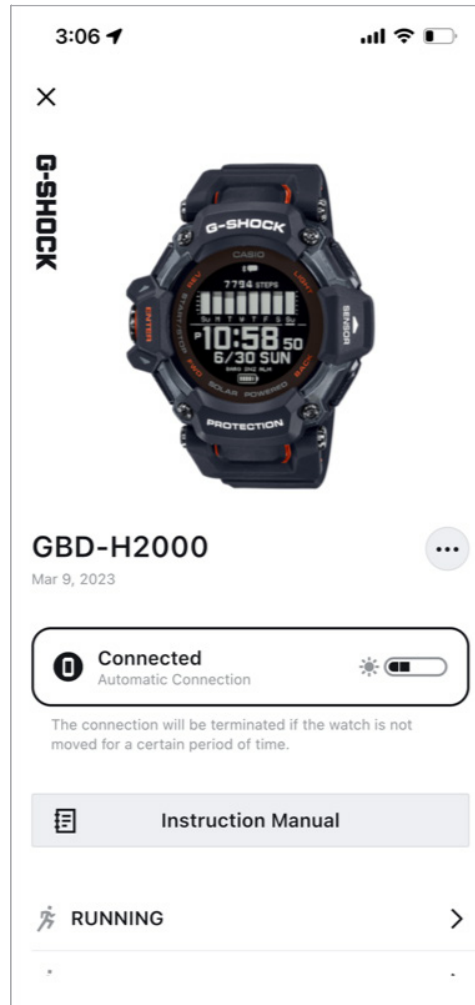
My Watch – Watch Settings

WATCH LIGHT SETTINGS



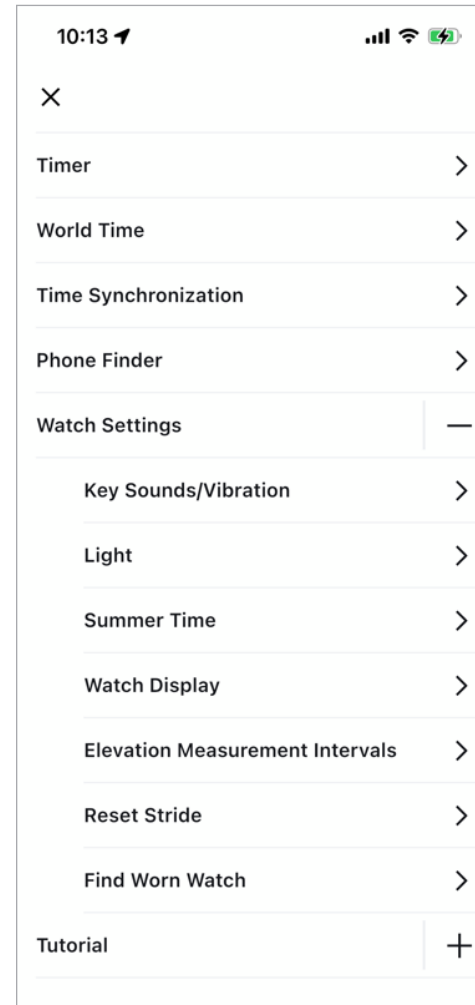
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



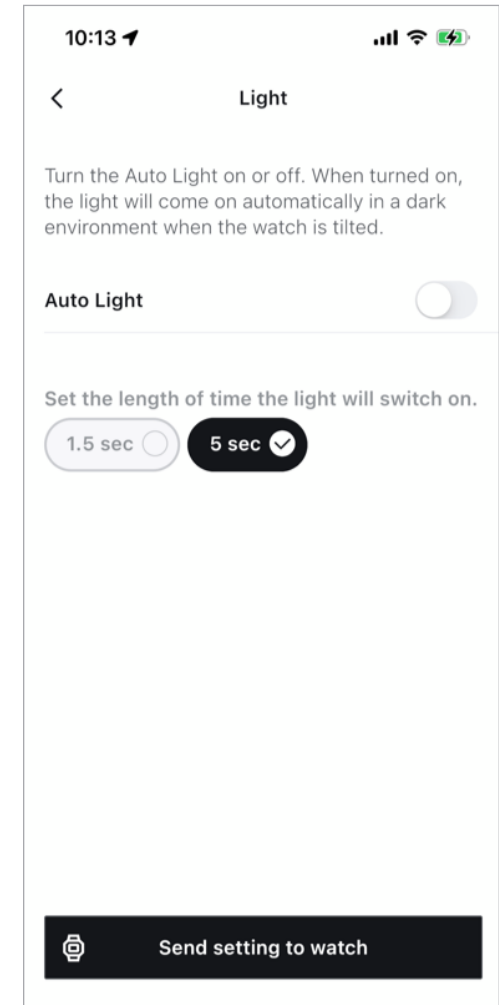
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select light

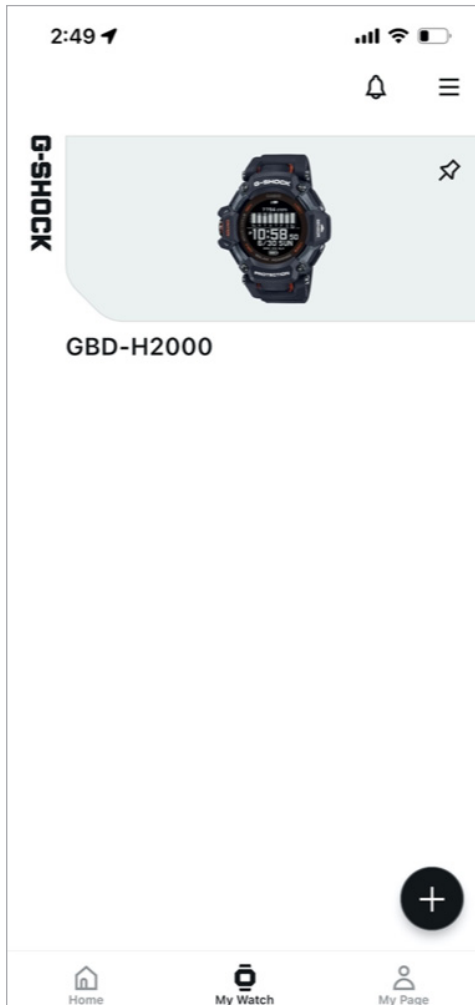


Step 4

Use the toggle to activate or deactivate the auto light feature on this watch select the desired length of time for which the length of time the light will switch on for then select send settings to watch to complete the process

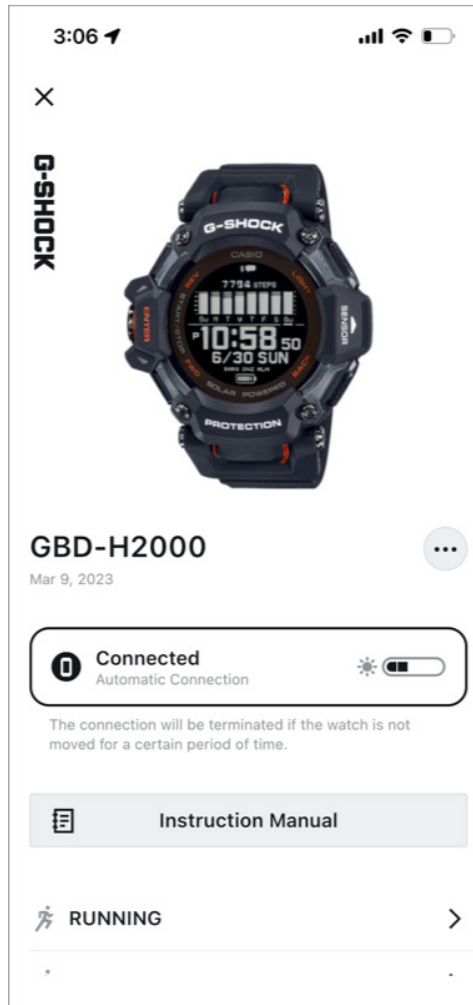
My Watch – Watch Settings

SUMMER TIME SETTINGS (DAYLIGHT SAVINGS TIME)



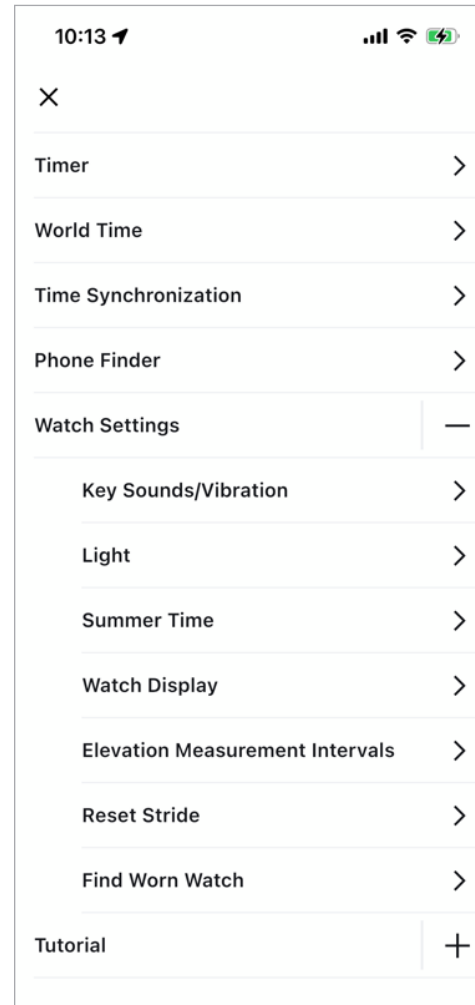
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



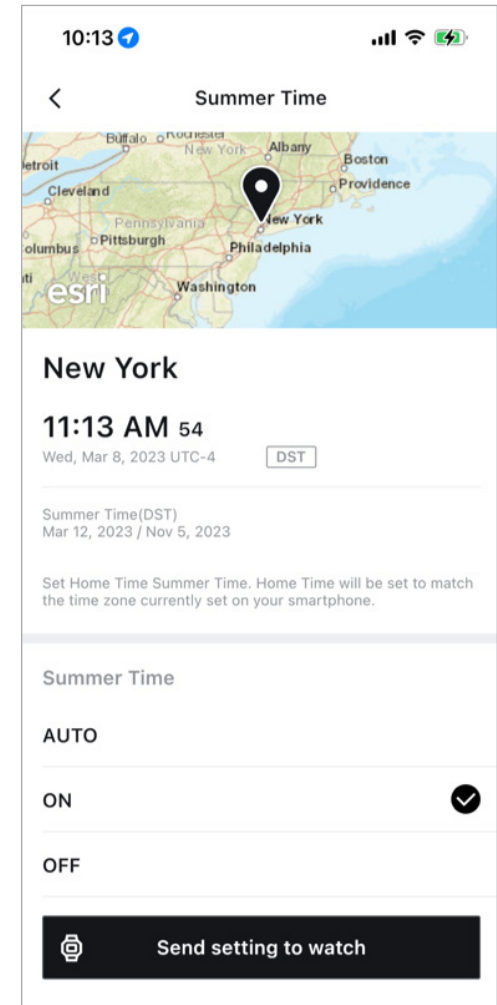
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select Watch display

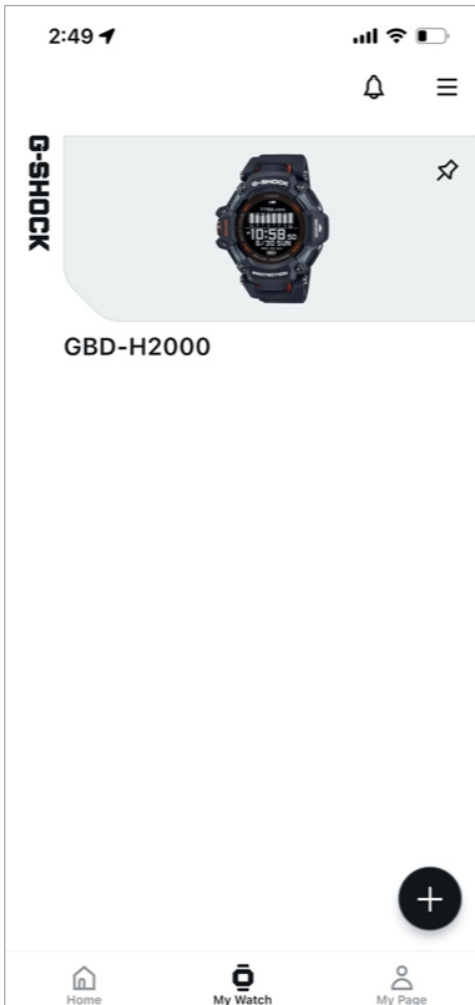


Step 4

Select the desired Summer Time settings from the above list then select send settings to watch to complete the process

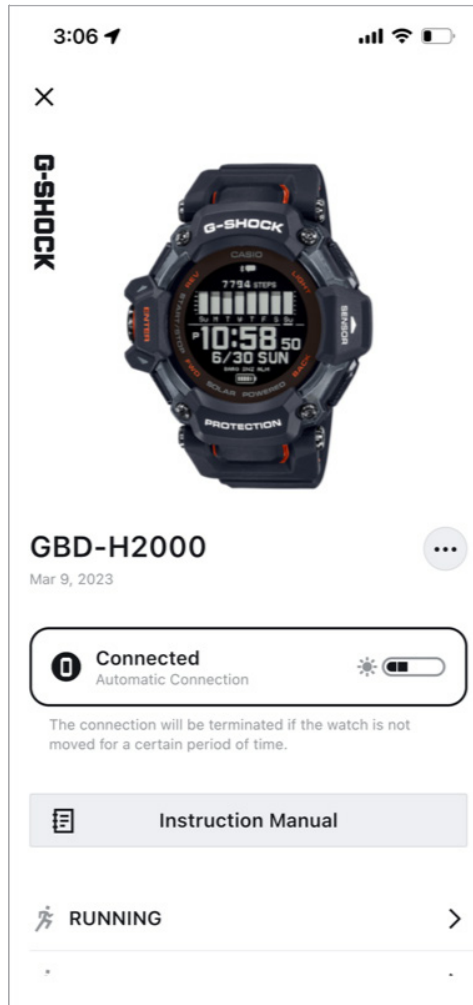
My Watch – Watch Settings

WATCH DISPLAY SETTINGS



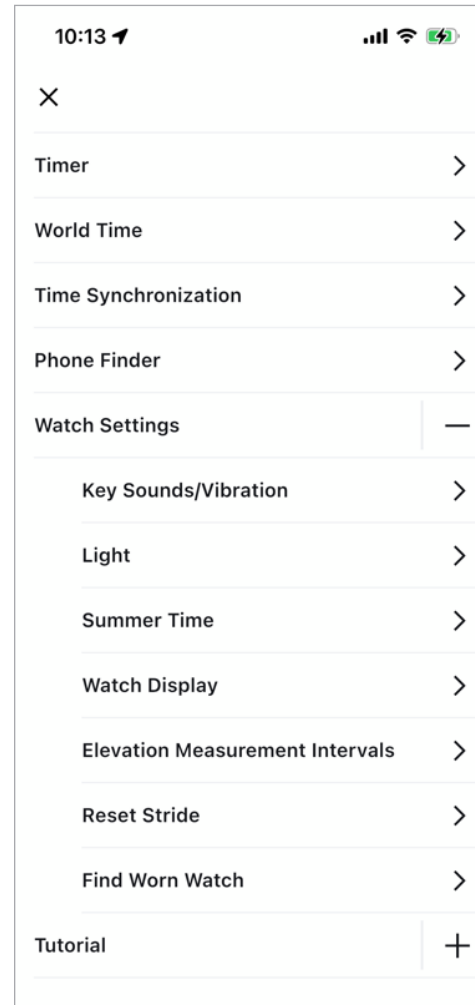
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



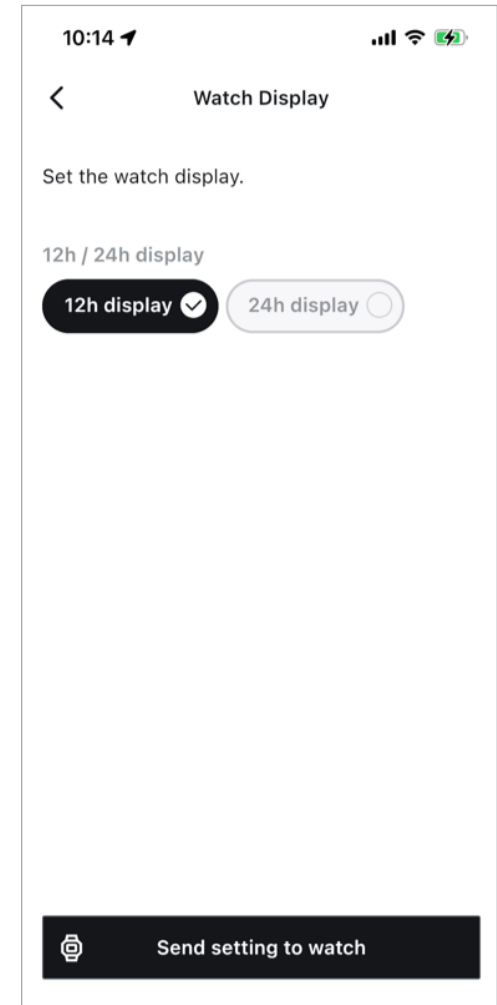
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select Watch display

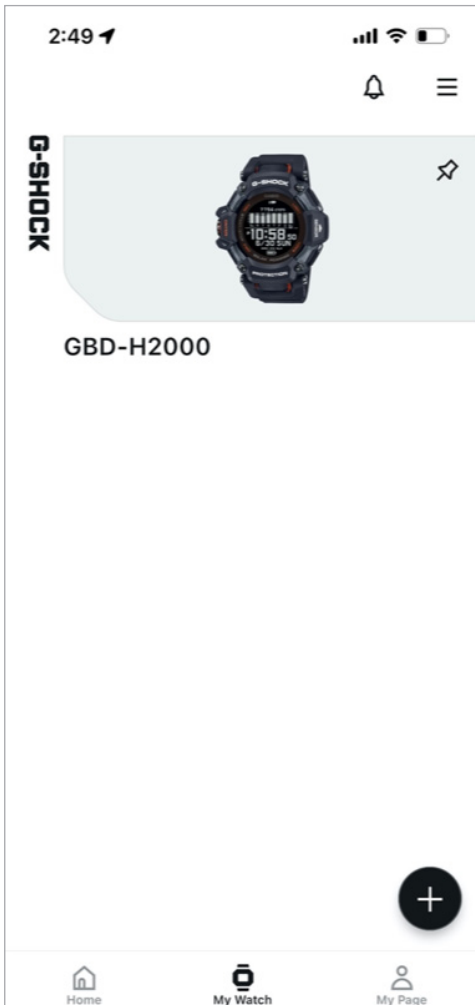


Step 4

Select the desired watch display settings from the above list then select send settings to watch to complete the process

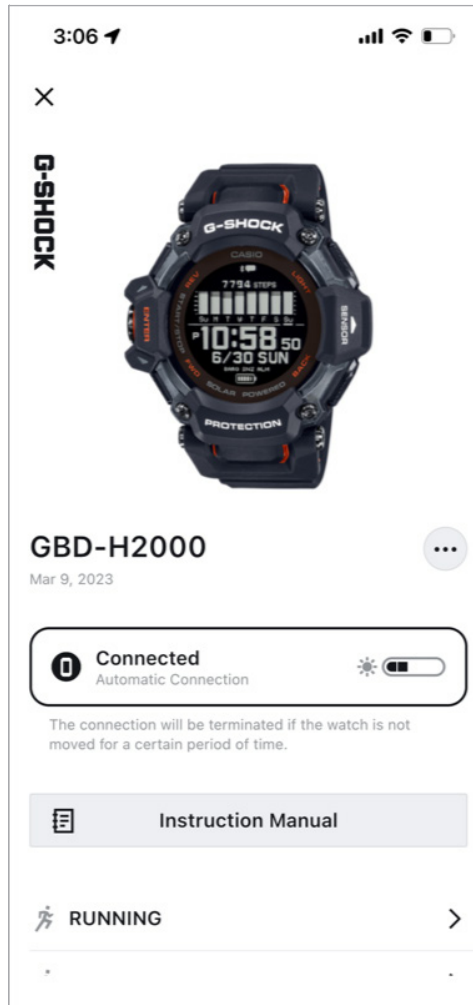
My Watch – Watch Settings

ELEVATION MEASUREMENT INTERVALS



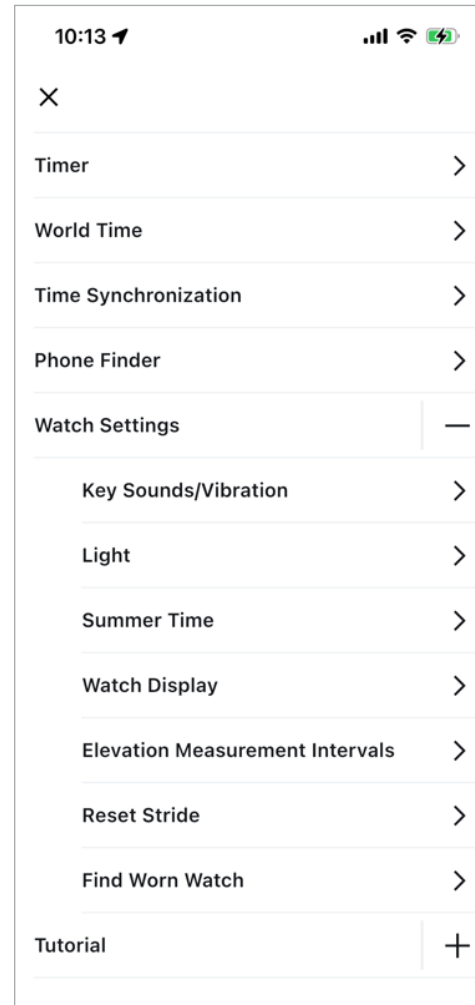
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



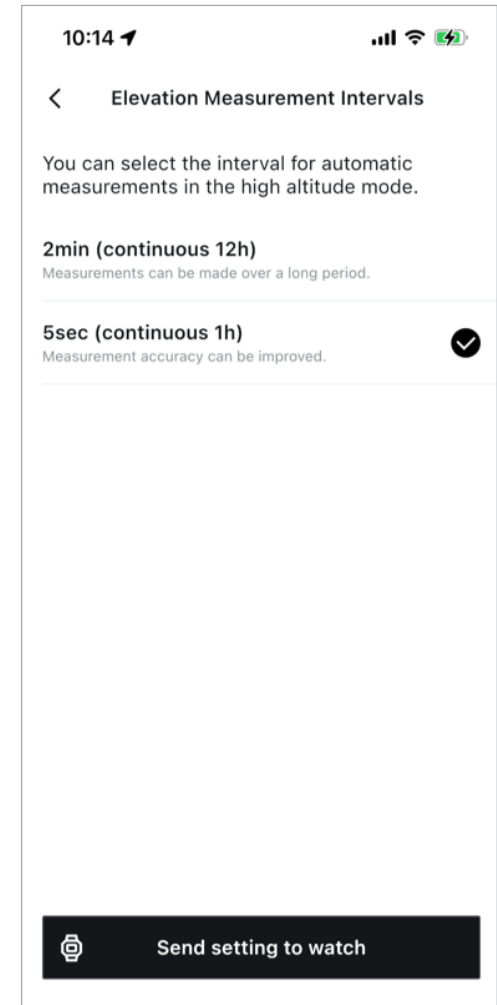
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select elevation measurement Intervals

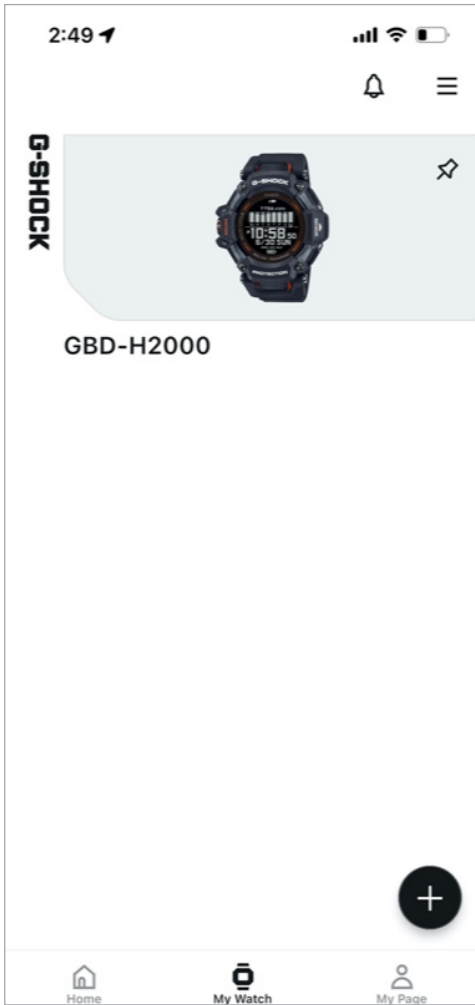


Step 4

Use the selections above to switch elevation measurement Intervals settings on your watch when completed select send settings to watch to complete the process

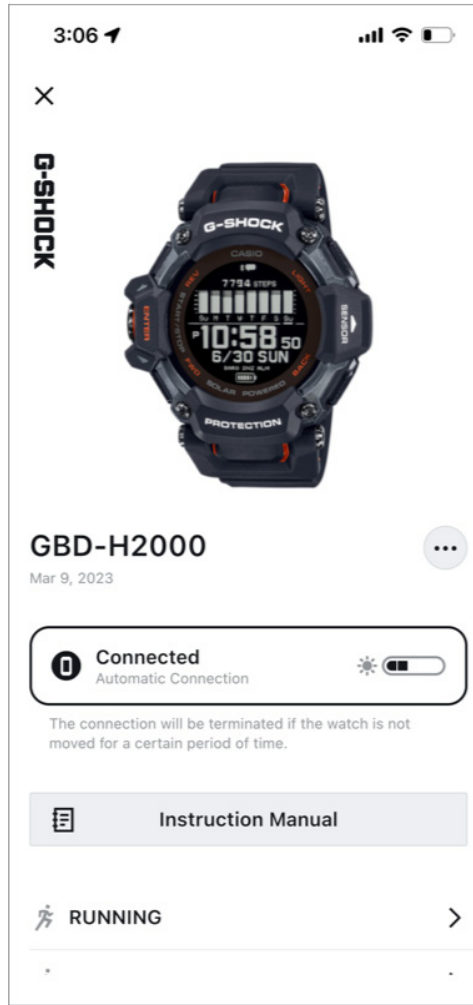
My Watch – Watch Settings

RESET STRIDES



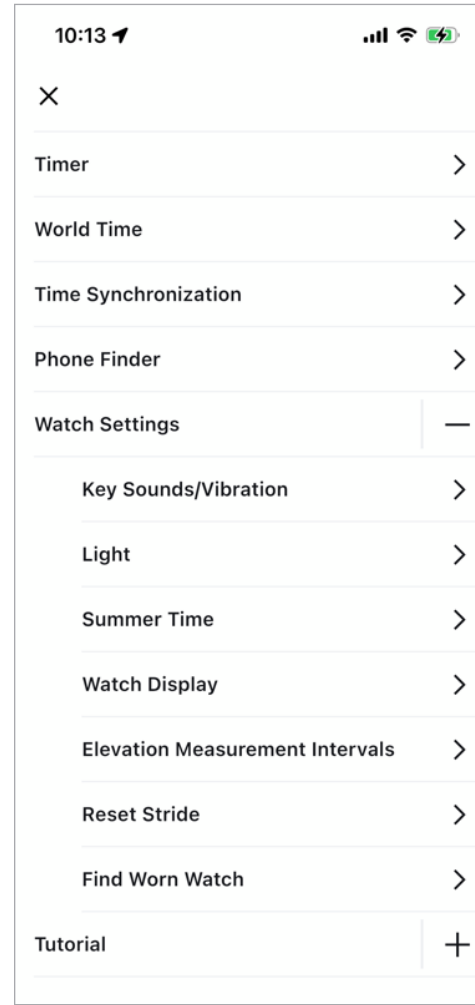
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



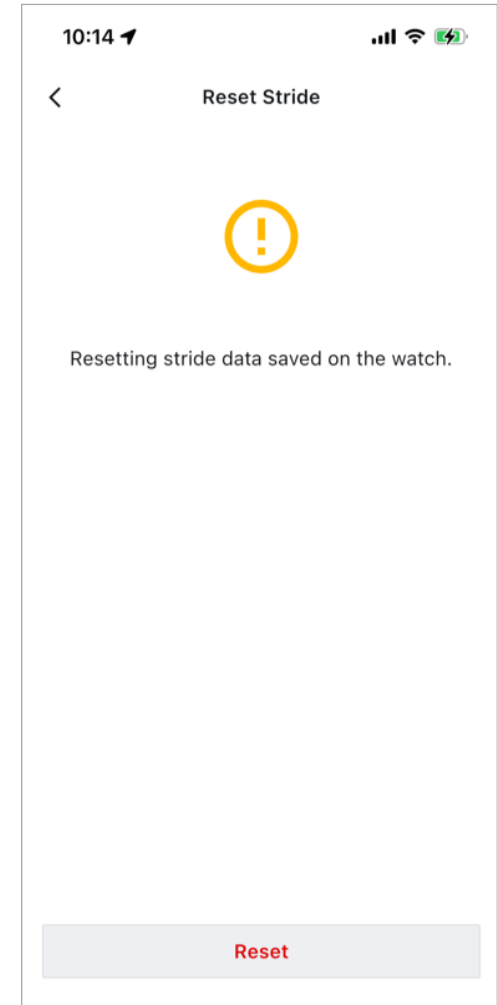
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select reset stride

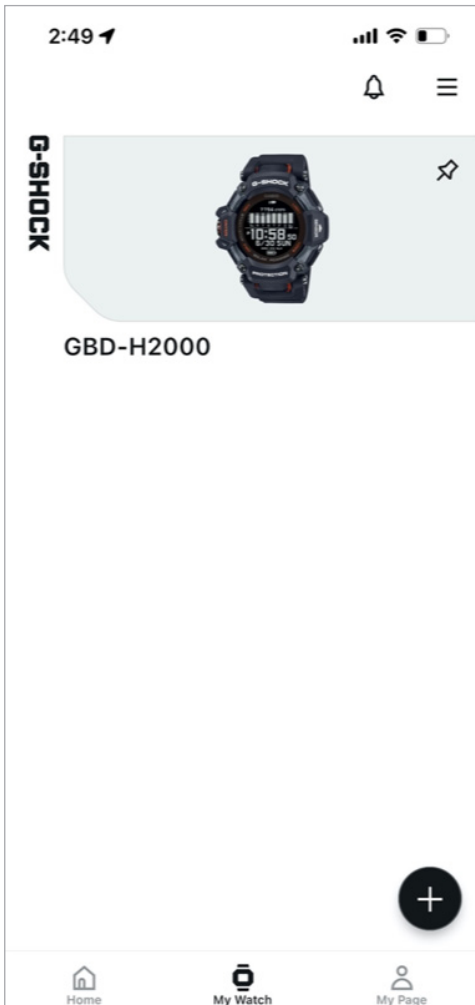


Step 4

Select reset to reset the stride data saved on the watch

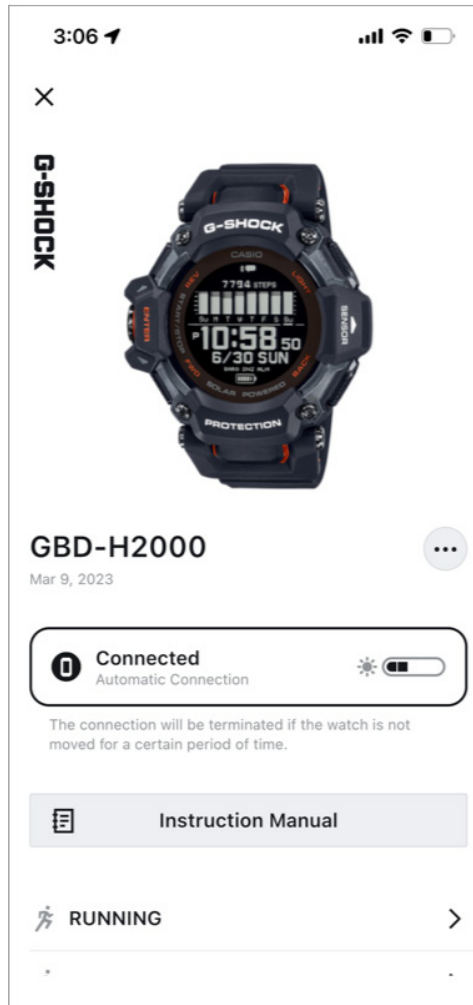
My Watch – Watch Settings

FIND WORN WATCH



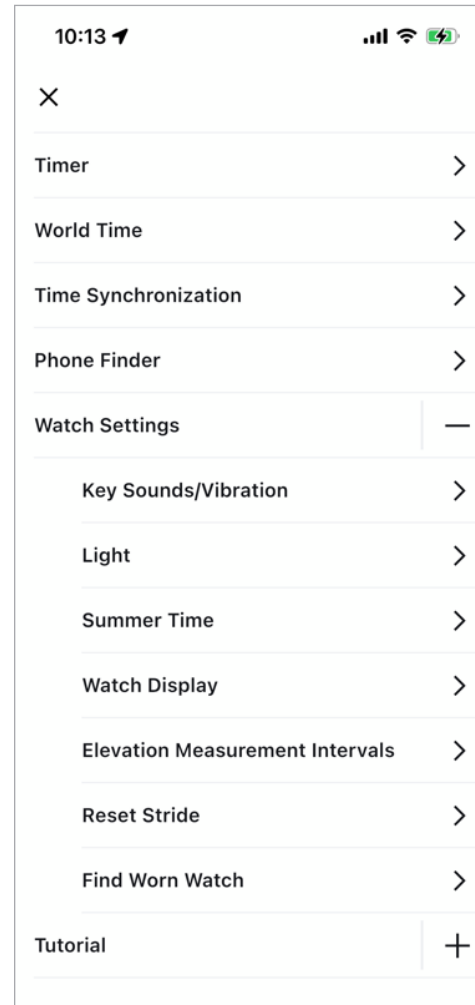
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



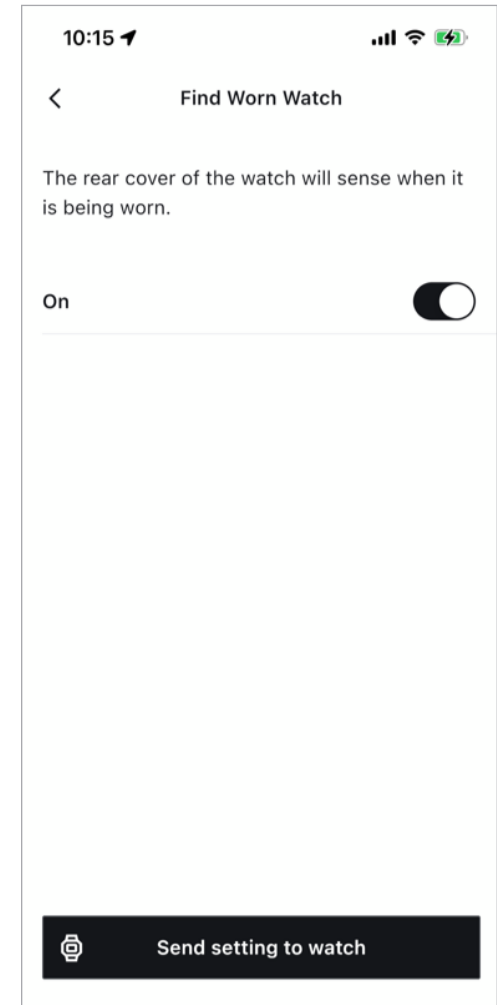
Step 2

Scroll down to access the settings and features



Step 3

Then select the watch settings drop-down menu from this menu select find worn watch

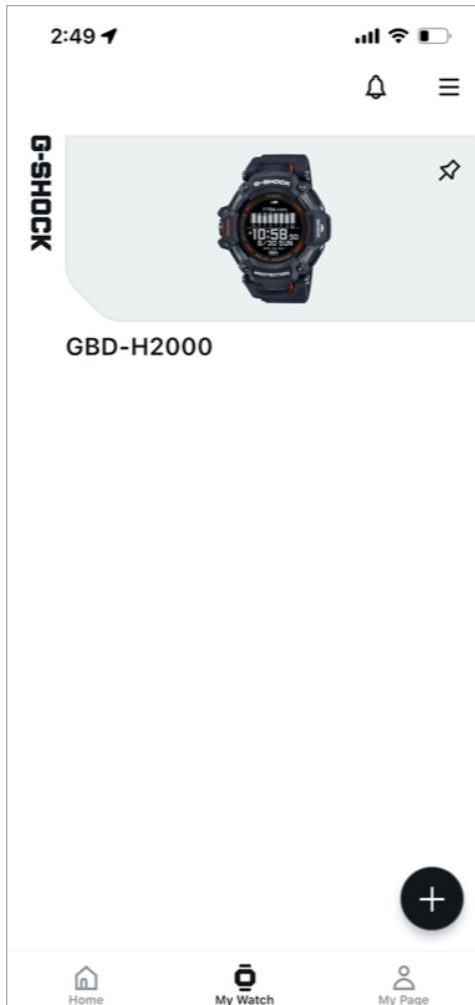


Step 4

Select the desired find worn watch setting from the selection above, when completed select send settings to watch to complete

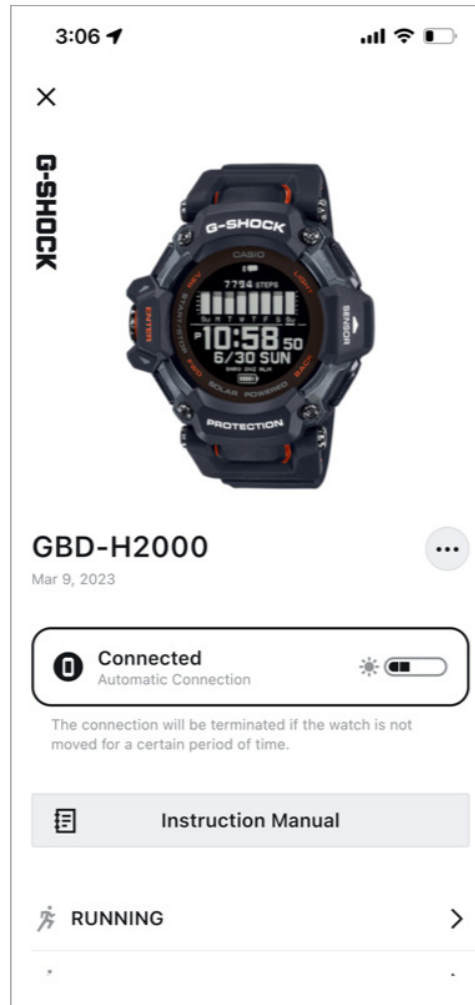
My Watch – Tutorial

CONNECTION WITH THE WATCH POP-UP MESSAGE



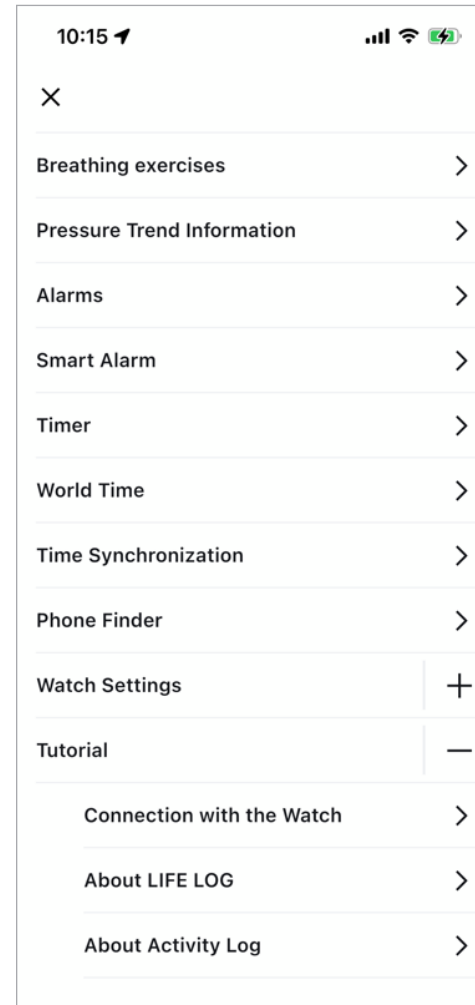
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



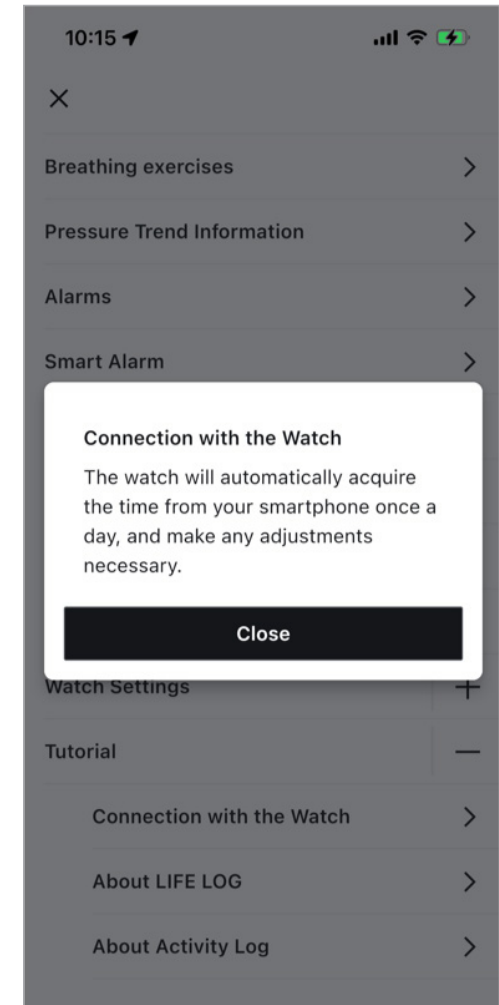
Step 2

Scroll down to access the settings and features



Step 3

Then select the tutorial drop-down menu from this menu select connection with the watch

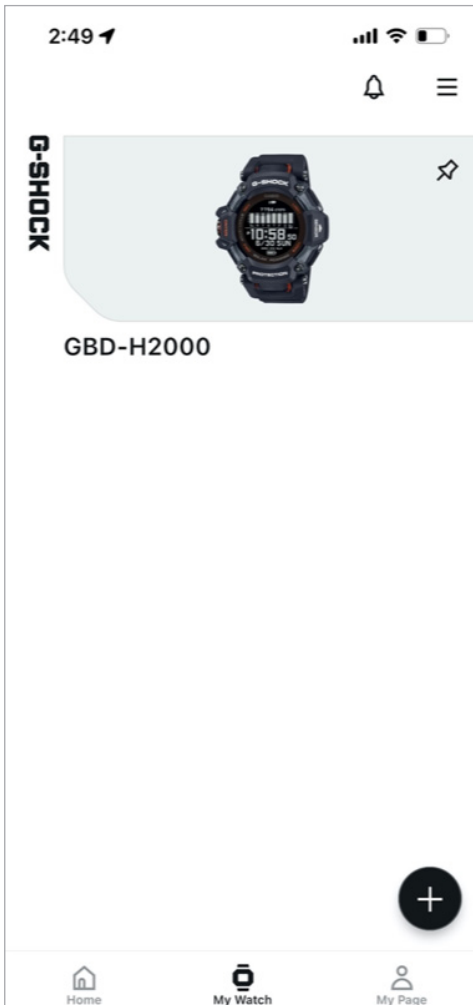


Step 4

Here will be displayed the initial connection with the watch pop up message, after reviewing select close to complete

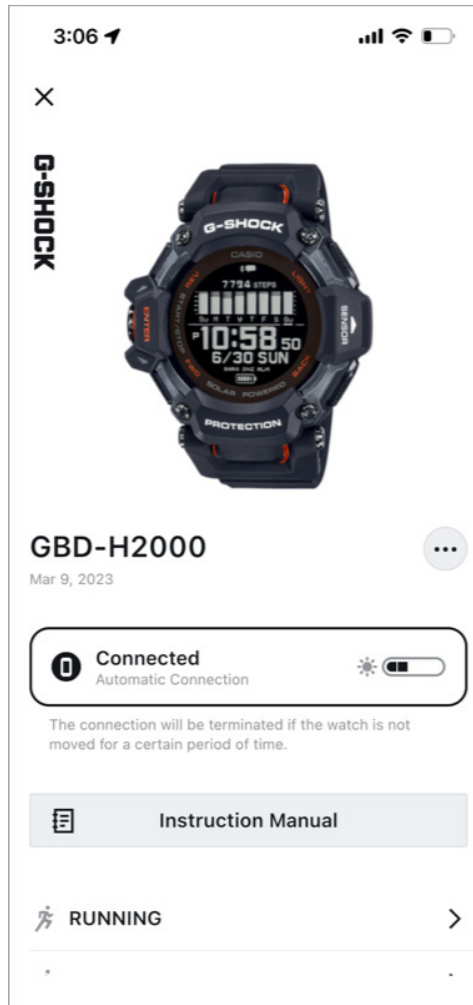
My Watch – Tutorial

ABOUT LIFE LOG INFORMATION



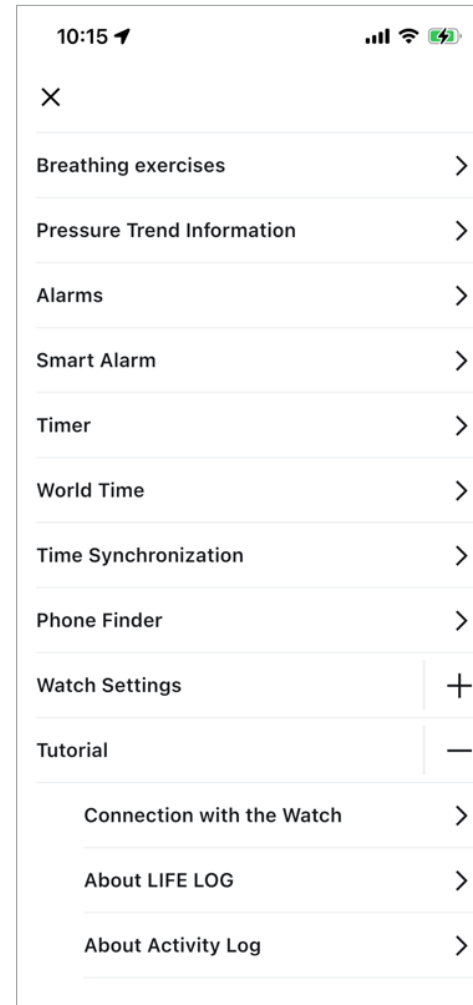
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



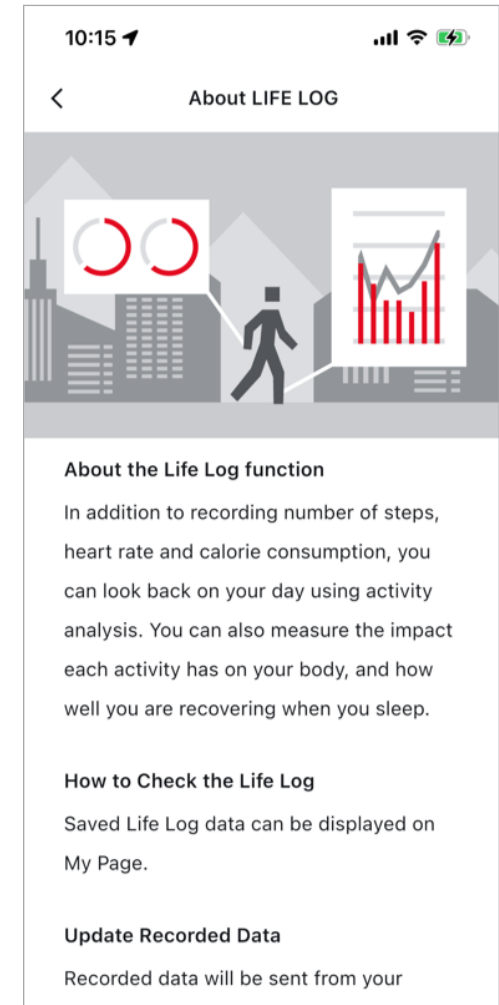
Step 2

Scroll down to access the settings and features



Step 3

Then select the tutorial drop-down menu from this menu select about life log

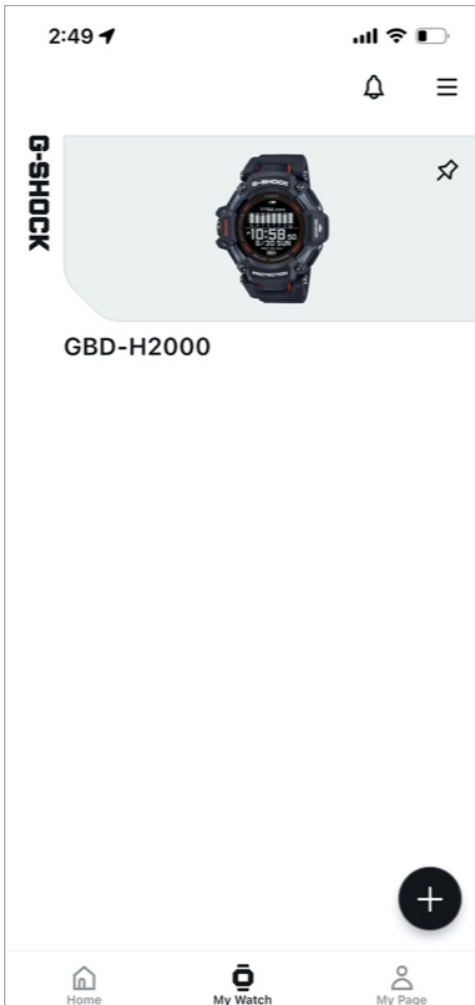


Step 4

Here you will have access to the pop up information describing the life log

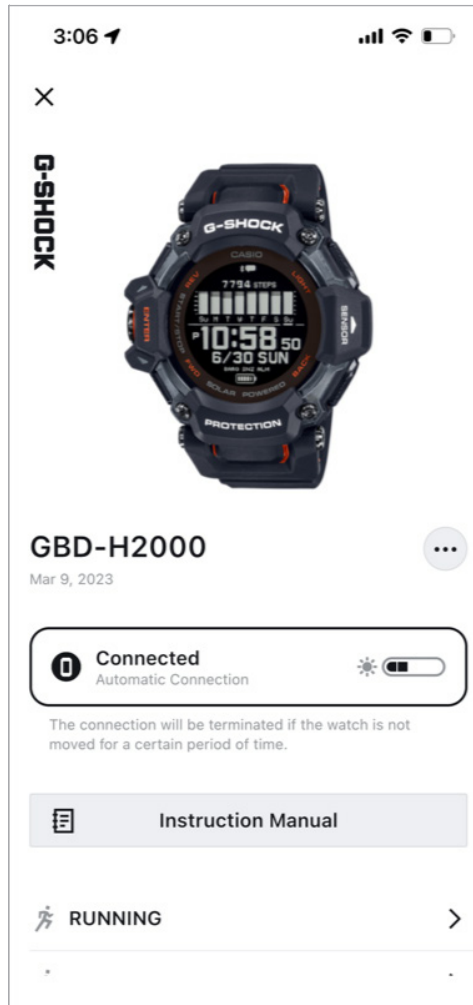
My Watch – Tutorial

ABOUT ACTIVITY LOG INFORMATION



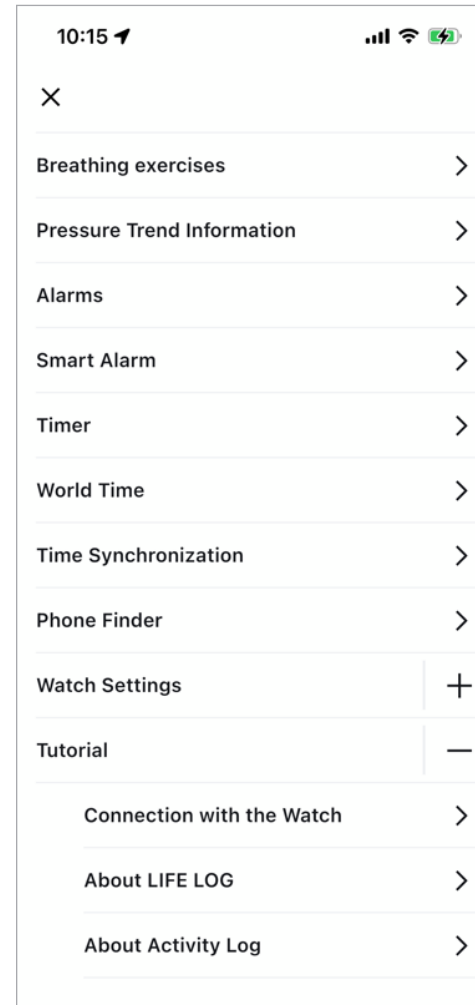
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



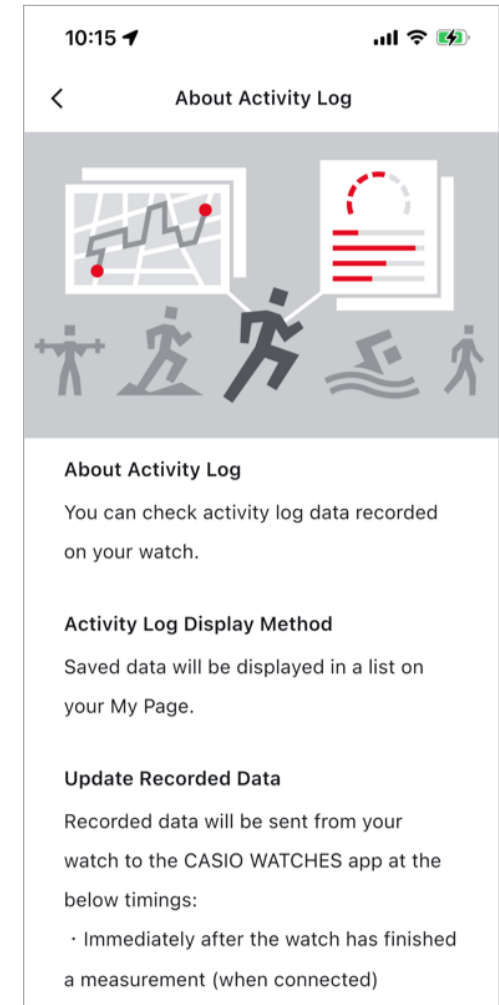
Step 2

Scroll down to access the settings and features



Step 3

Then select the tutorial drop-down menu from this menu select about life log

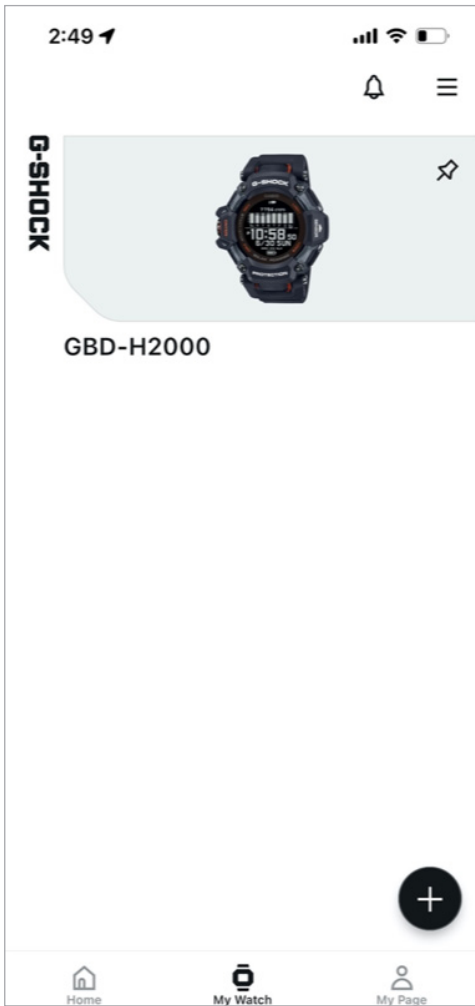


Step 4

Here you will have access to the pop up information describing the activity log

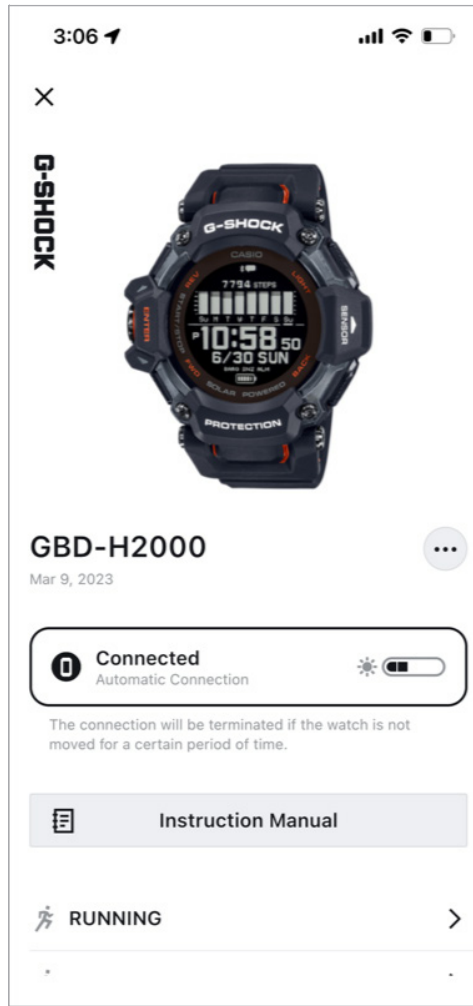
My Watch – Pop-Up Watch Menu

DELETE WATCH INFO FROM APP



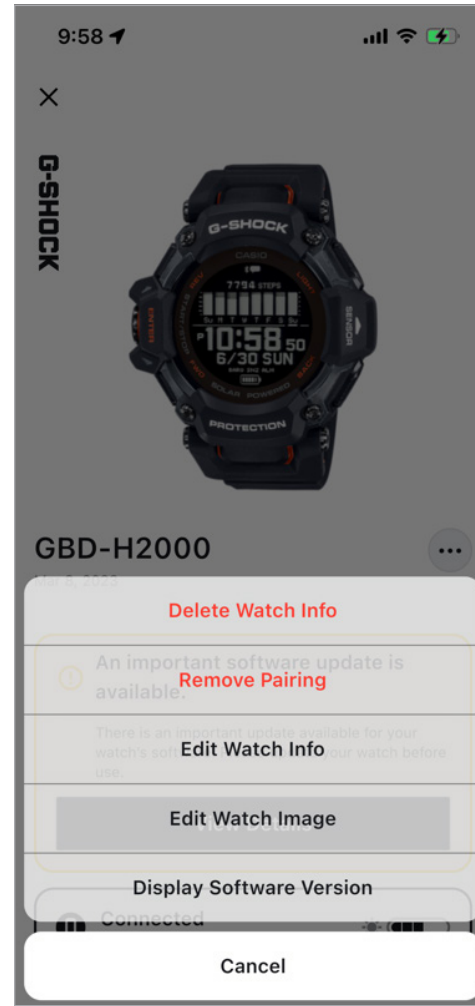
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



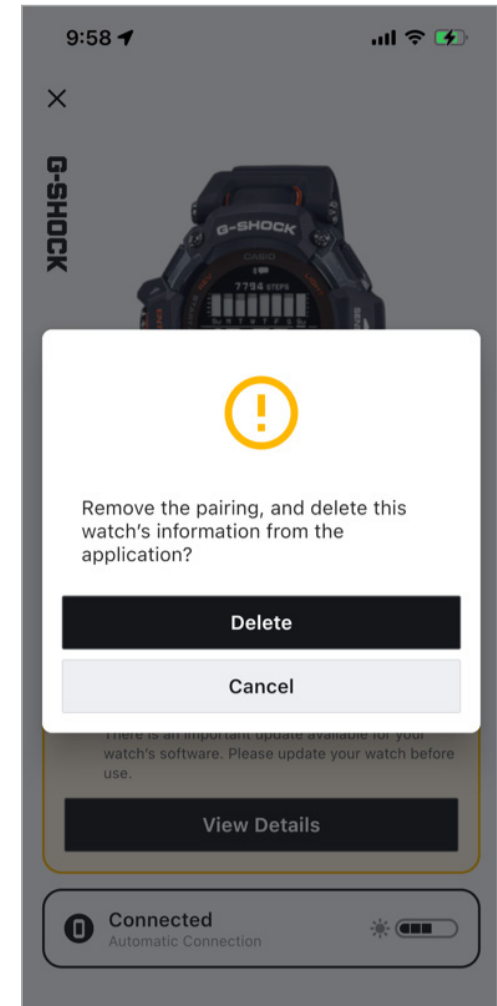
Step 2

Select the pop-up menu by selecting the three dot menu option displayed above



Step 3

Select delete watch info

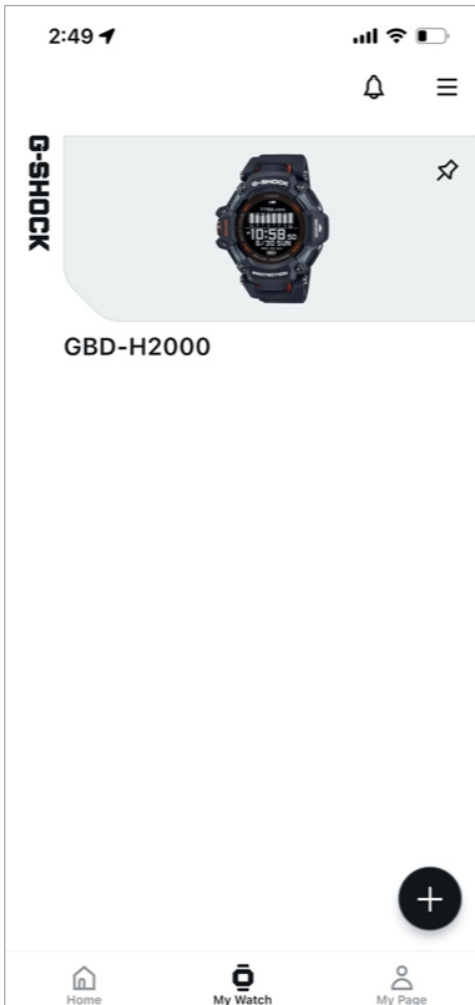


Step 4

Select delete to finalize

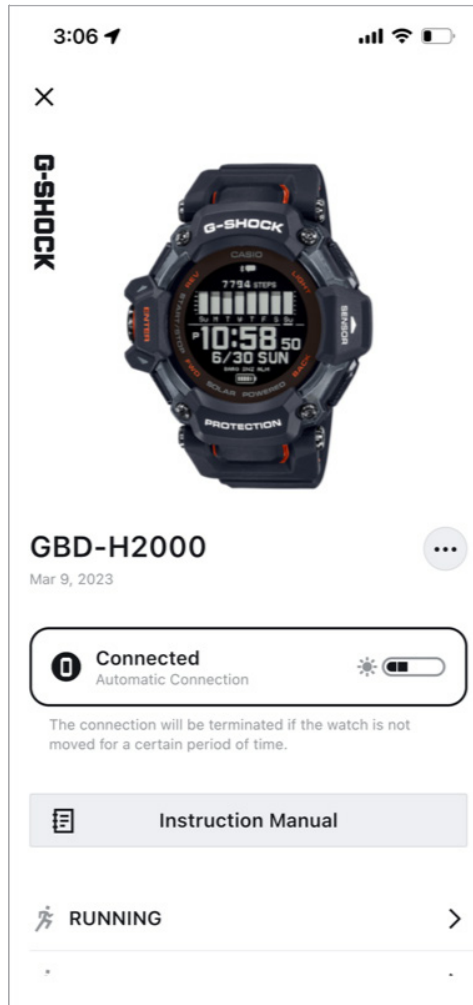
My Watch – Pop-Up Watch Menu

REMOVE PAIRING INFO FROM APP



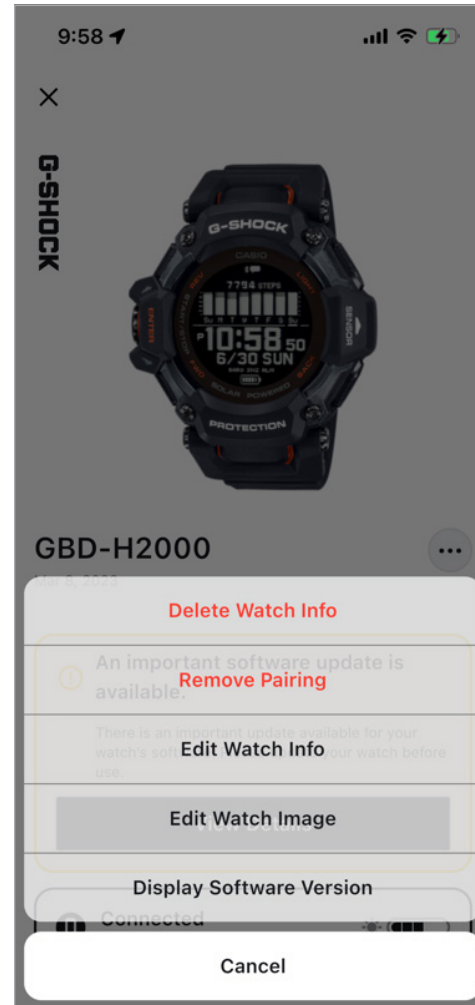
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



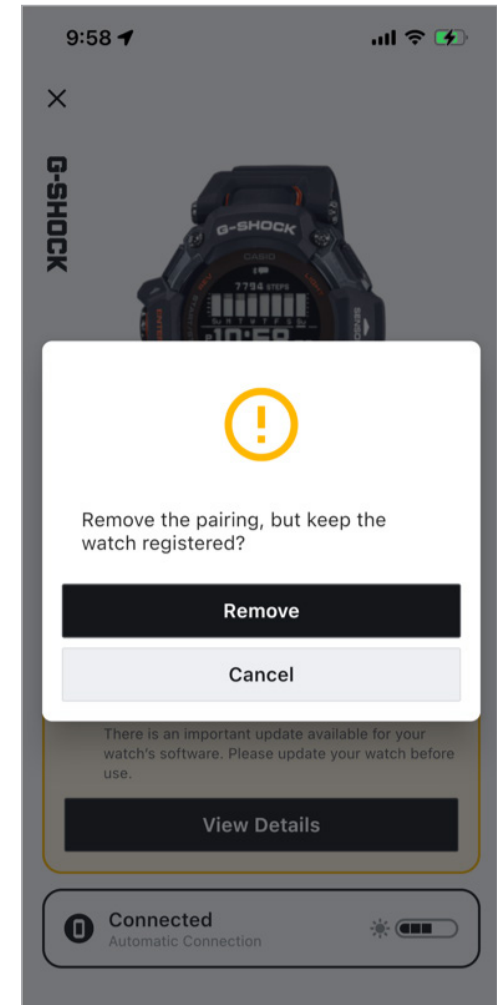
Step 2

Select the pop-up menu by selecting the three dot menu option displayed above



Step 3

Select remove pairing

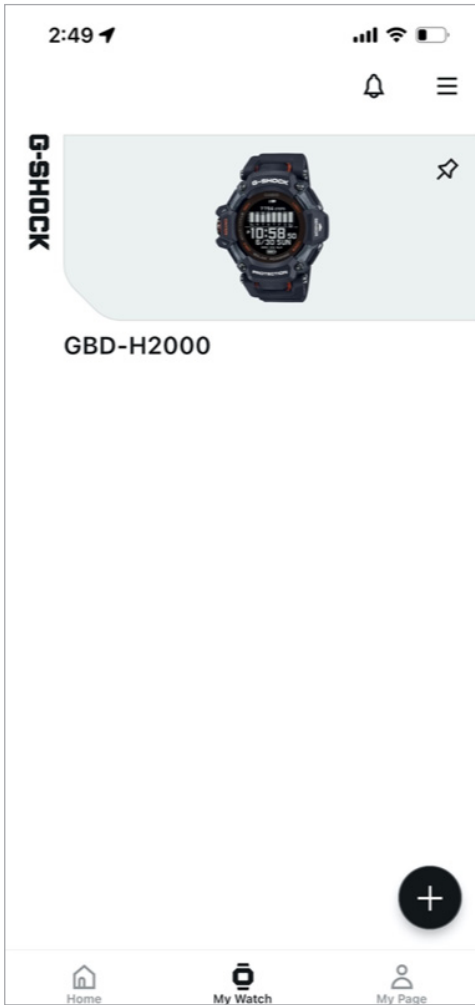


Step 4

Select remove to finalize

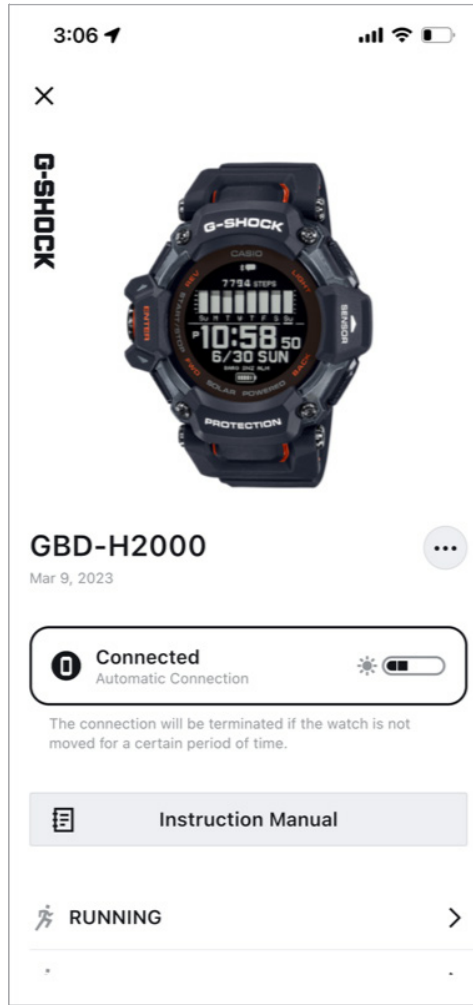
My Watch – Pop-Up Watch Menu

EDIT WATCH INFO ON THE APP



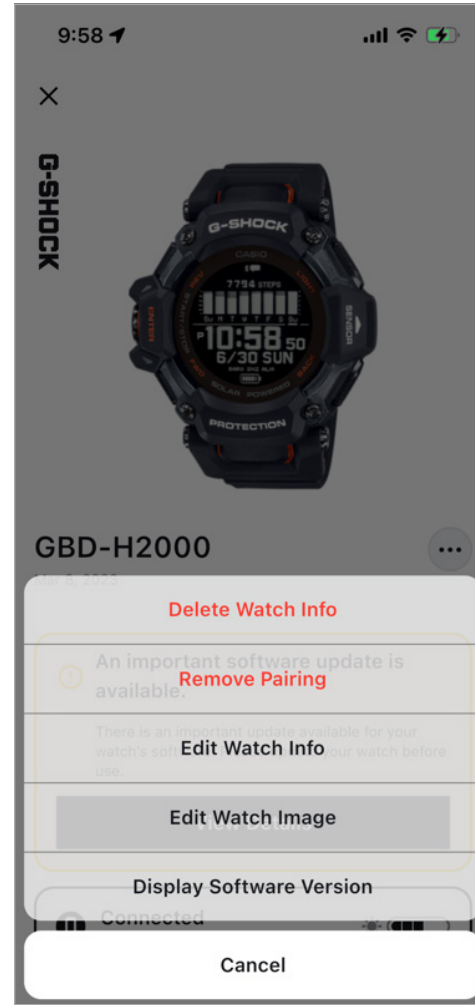
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



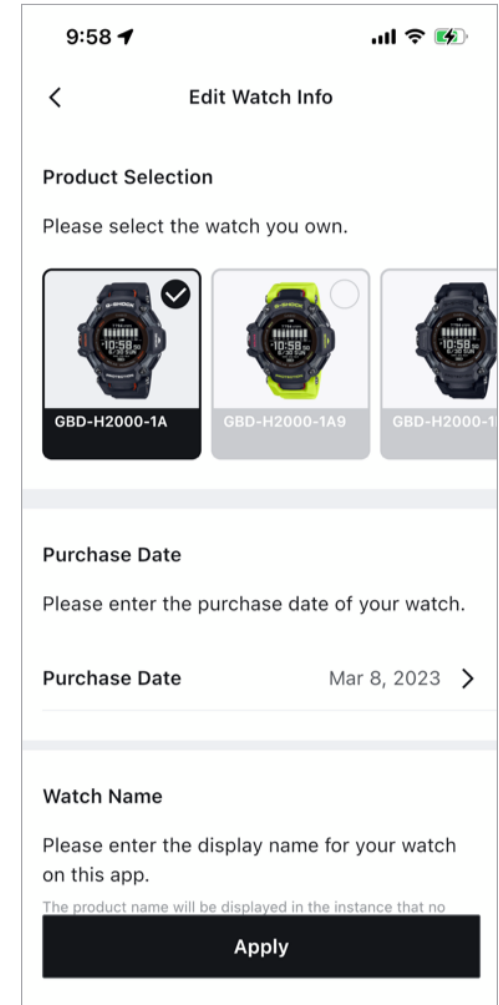
Step 2

Select the pop-up menu by selecting the three dot menu option displayed above



Step 3

Select edit watch info

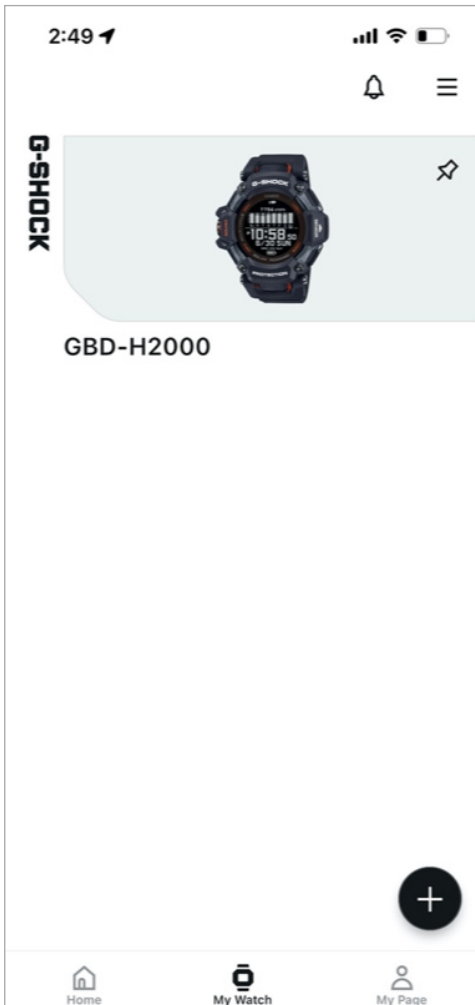


Step 4

Here will be displayed the edit watch info after making the desired changes select apply to complete the process

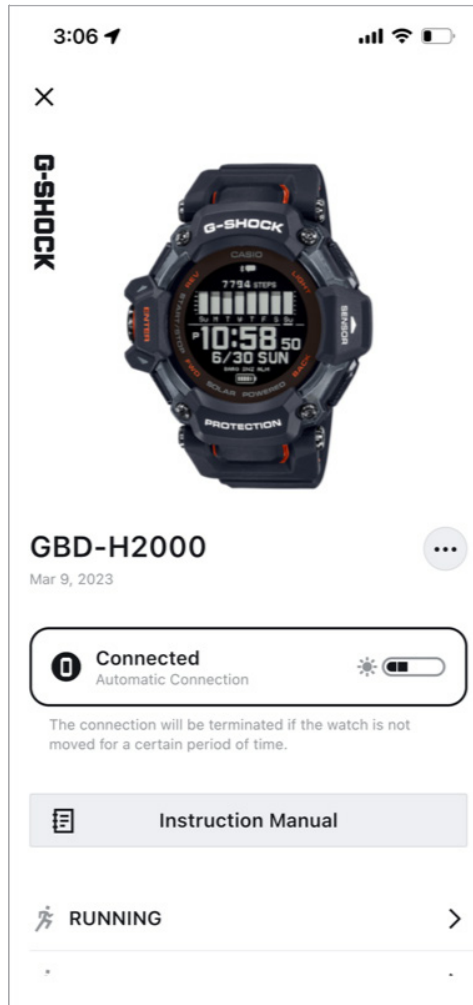
My Watch – Pop-Up Watch Menu

EDIT WATCH IMAGE ON THE APP



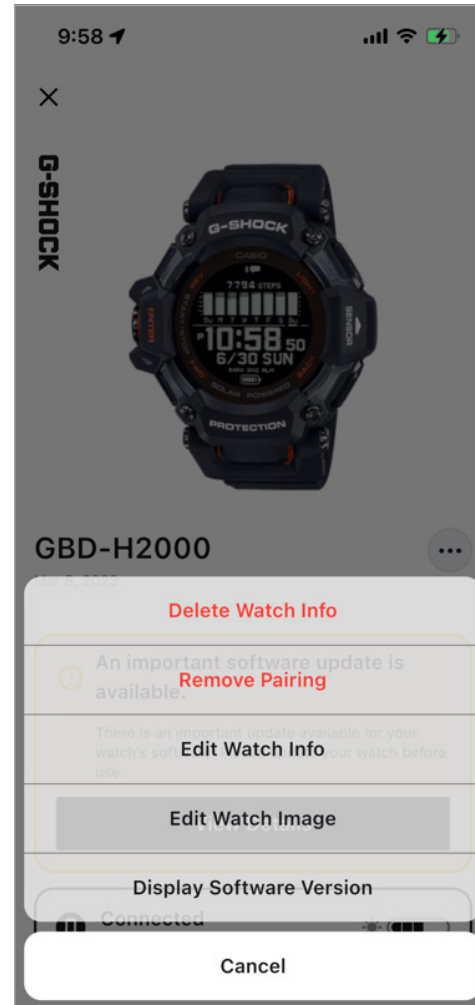
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



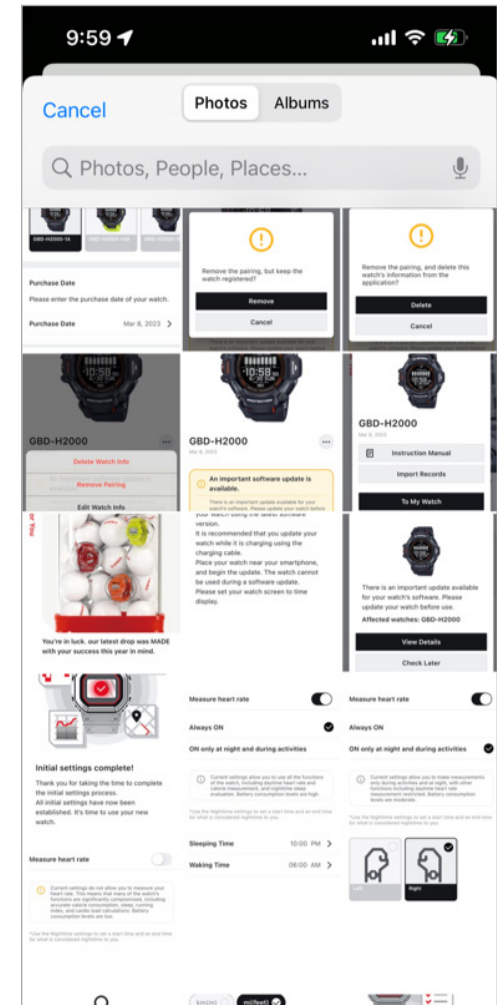
Step 2

Select the pop-up menu by selecting the three dot menu option displayed above



Step 3

Select edit watch info

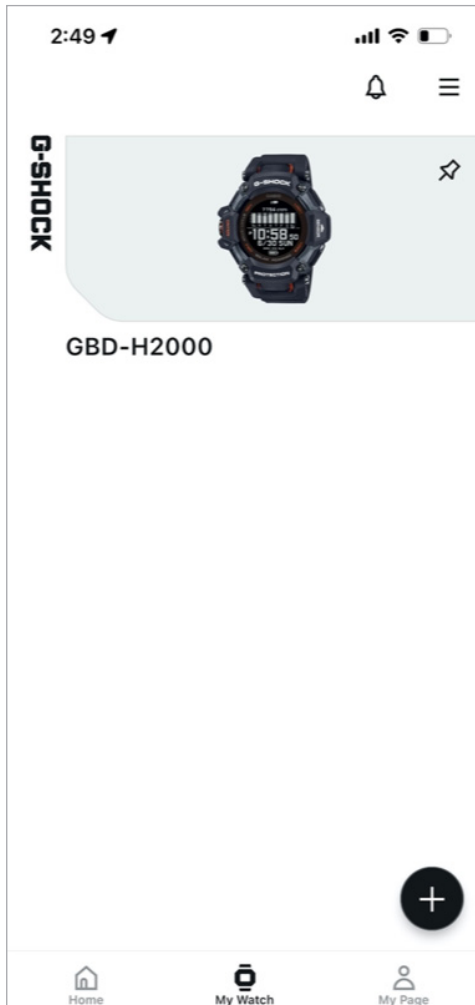


Step 4

Here will be displayed the edit watch image options

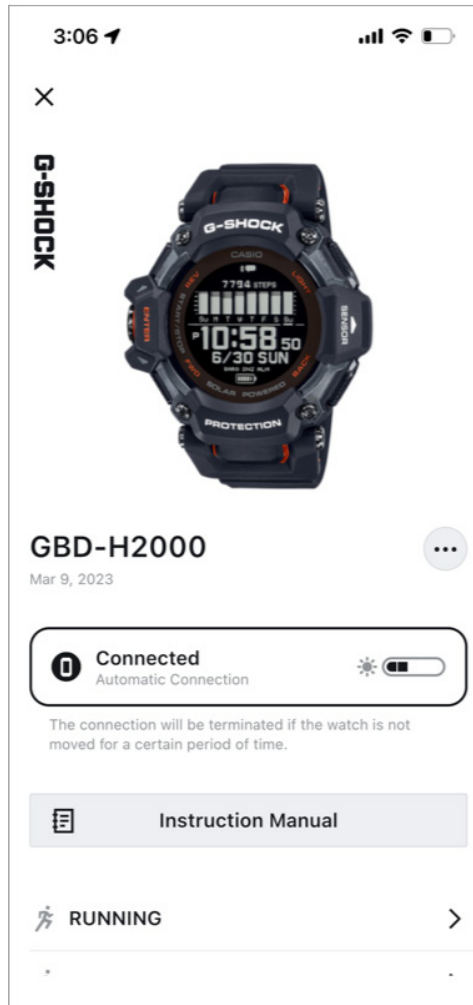
My Watch – Pop-Up Watch Menu

DISPLAY SOFTWARE VERSION



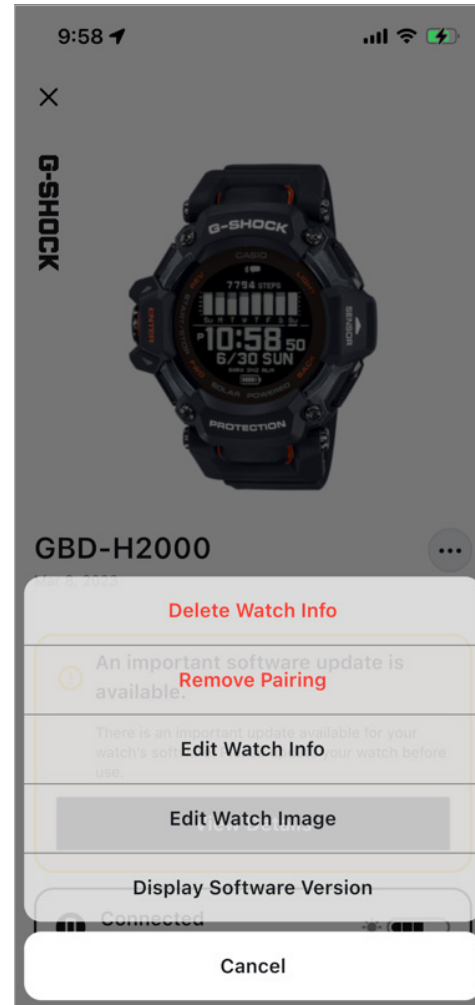
Step 1

To access the timer feature and settings find the my watch tab then select the desired watch from the list above.



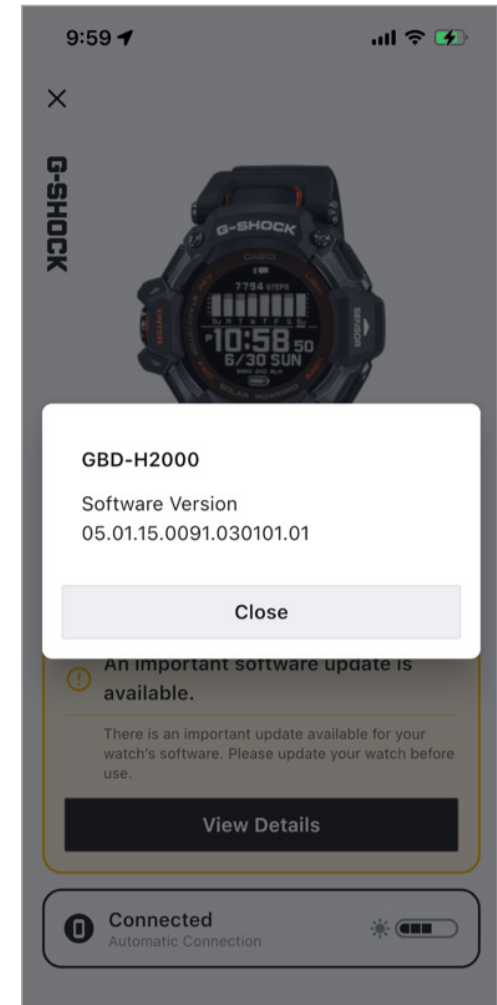
Step 2

Select the pop-up menu by selecting the three dot menu option displayed above



Step 3

Select display software version

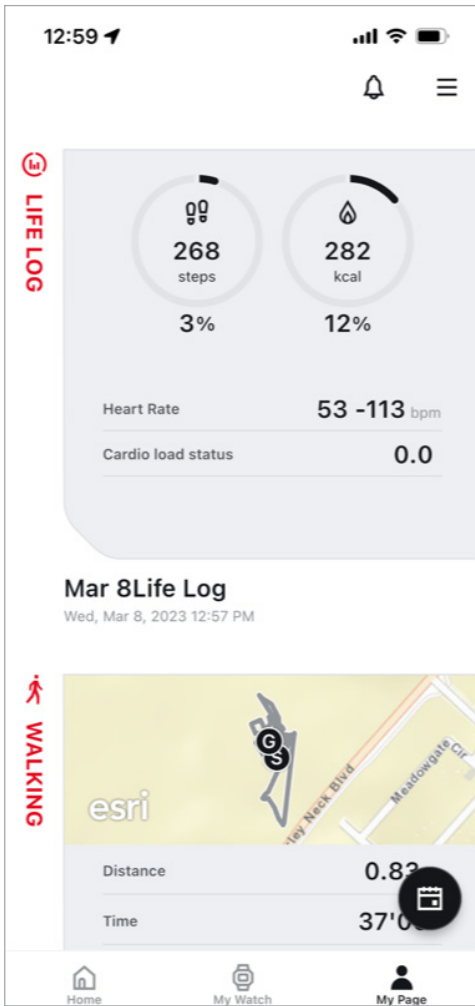


Step 4

Here will be displayed the current software the watch will be operating on

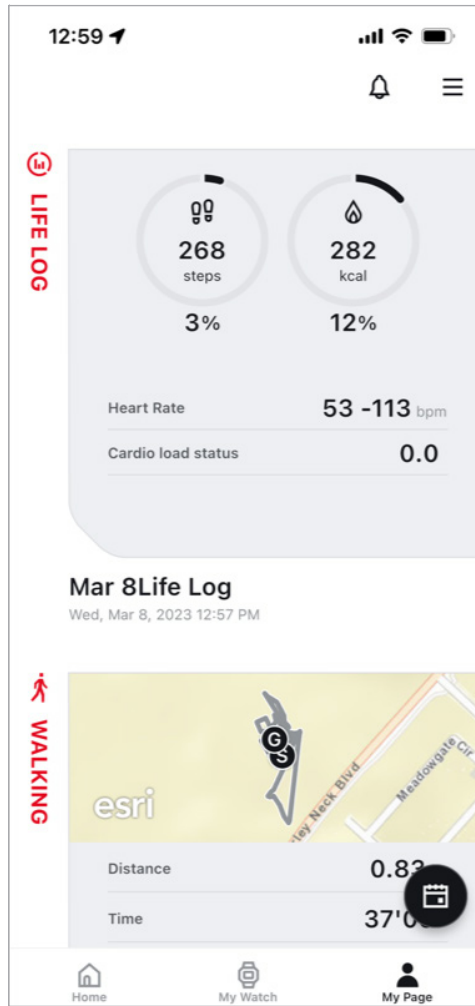
My Page Tab

LIFE LOG PAGE



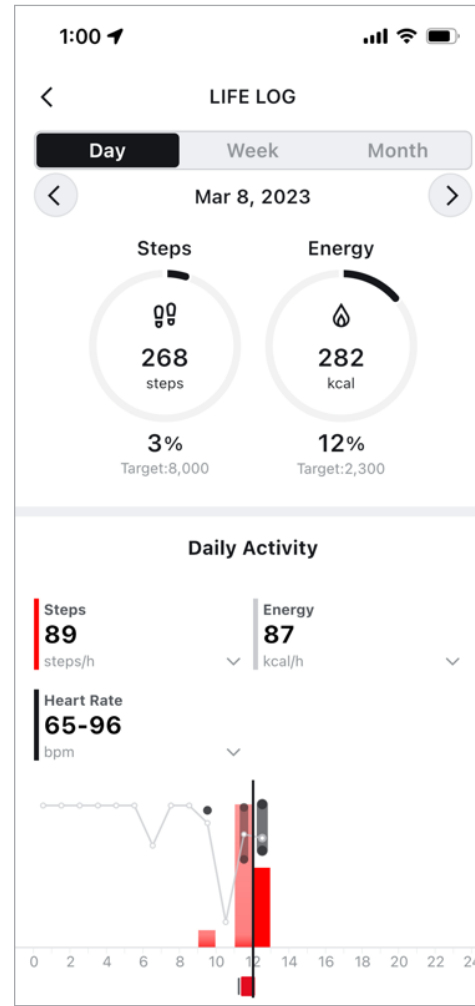
Step 1

Select my page from the three tab options at the bottom of the app



Step 2

Select the life log date you are looking for more detailed information on

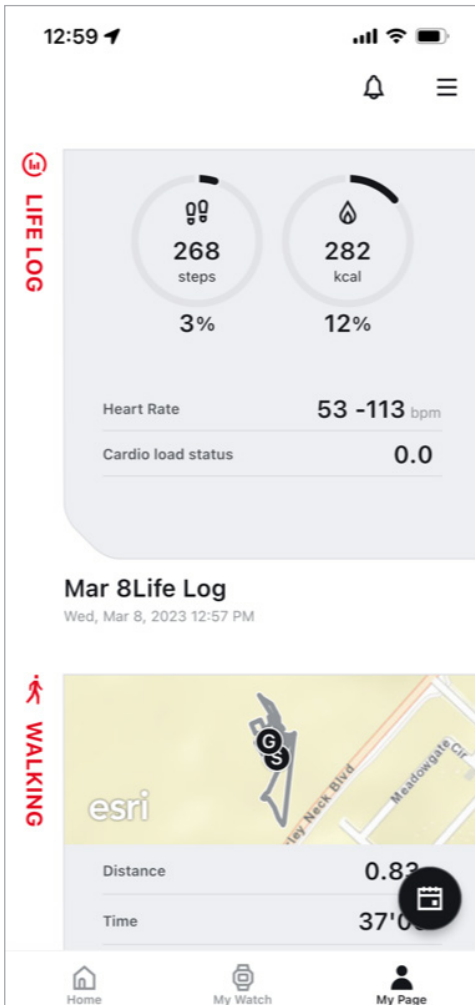


Step 3

Here will be listed the life log data measured by steps, energy, heart rate, daily activity, cardio load status, and nightly recharge info data tracking sleep patterns. This information will be organized by day, week, and month.

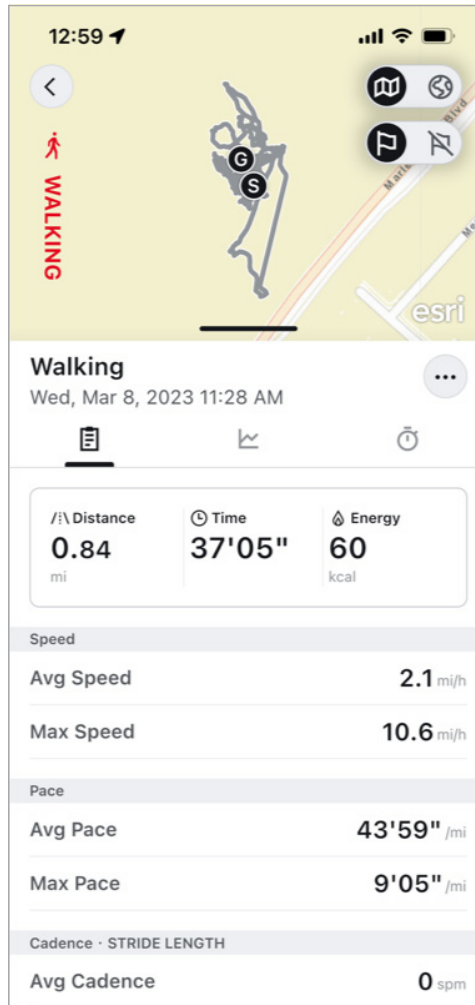
My Page Tab

ACTIVITY DATA PAGE



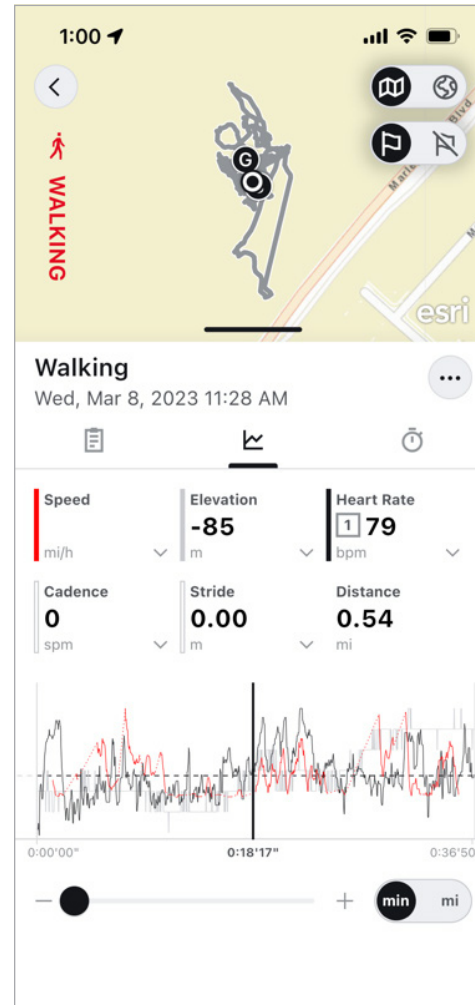
Step 1

Select my page from the three tab options at the bottom of the app then select the activity desired to view more details



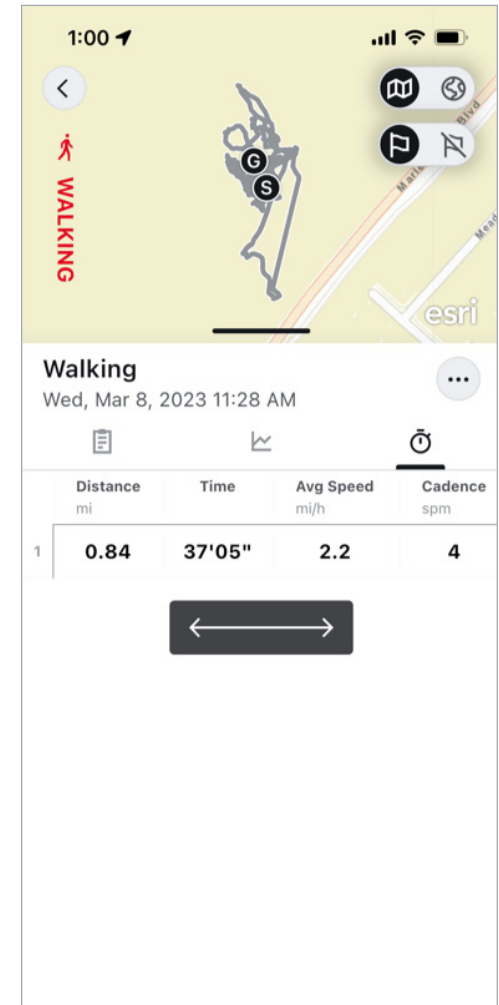
Step 2

The activity data detailing the distance, time, energy, speed, pace, cadence, elevation, heart rate, and heart rate zones



Step 3

Select the graph icon to view this information in a line graph

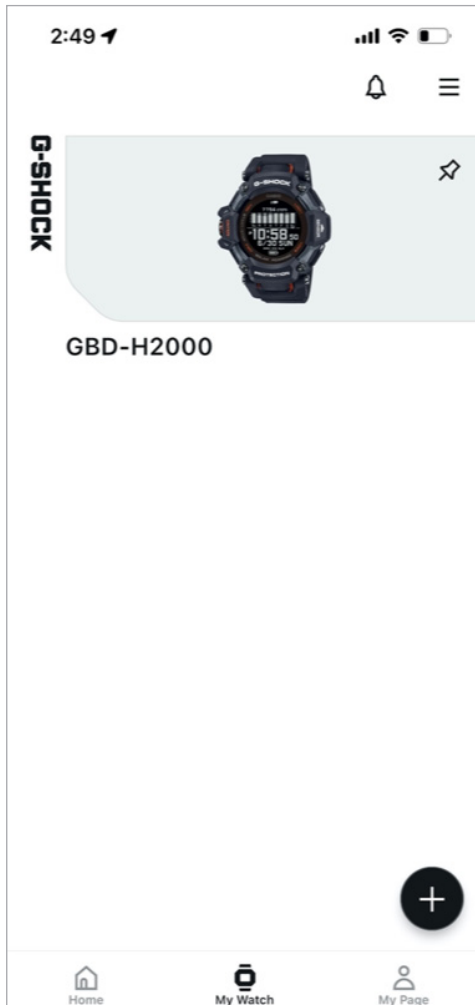


Step 4

Select the stopwatch icon to view listed distance, time, average speed, and cadence information

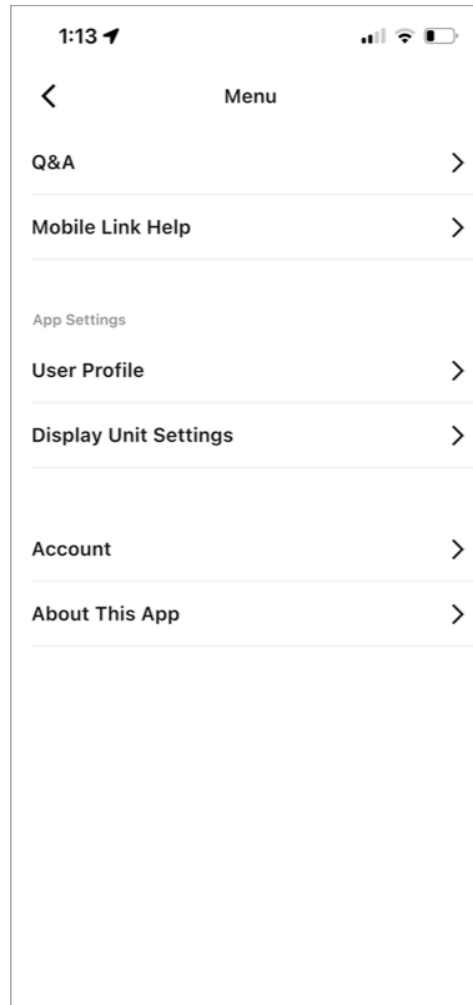
Casio Watches App Menu

Q&A WEB PAGE



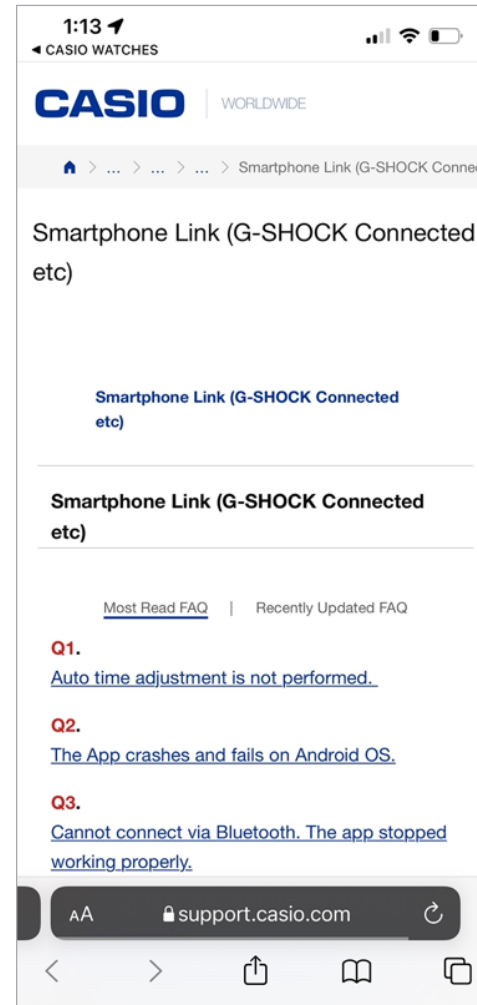
Step 1

To access the Q&A for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select Q&A

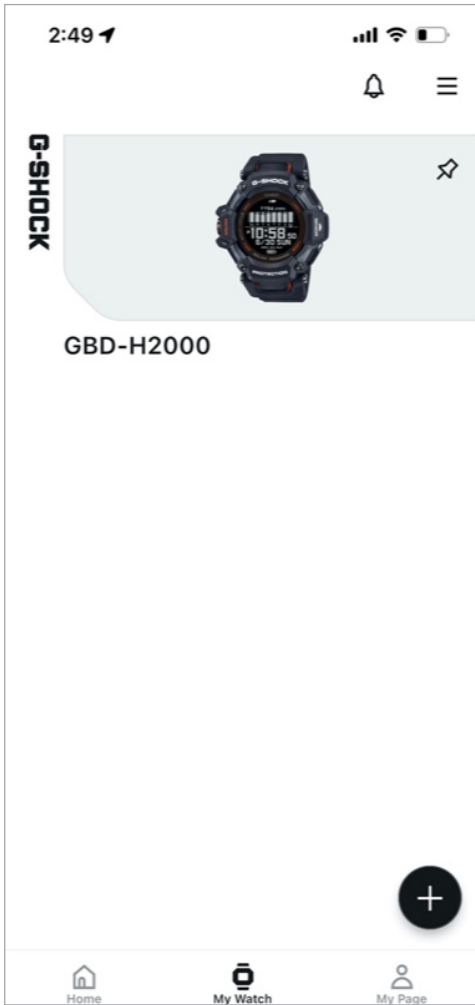


Step 3

Here you will be redirected to the support.casio.com webpage displaying the Q&A information

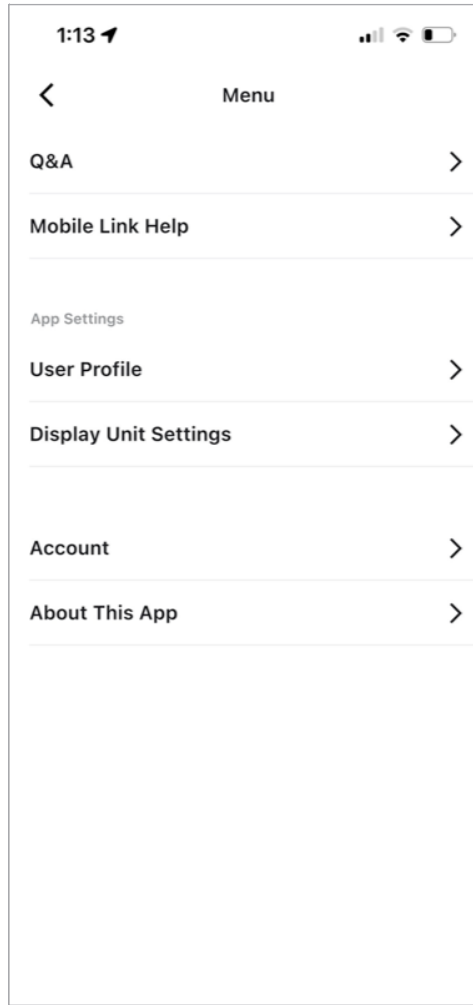
Casio Watches App Menu

MOBILE LINK HELP WEB PAGE



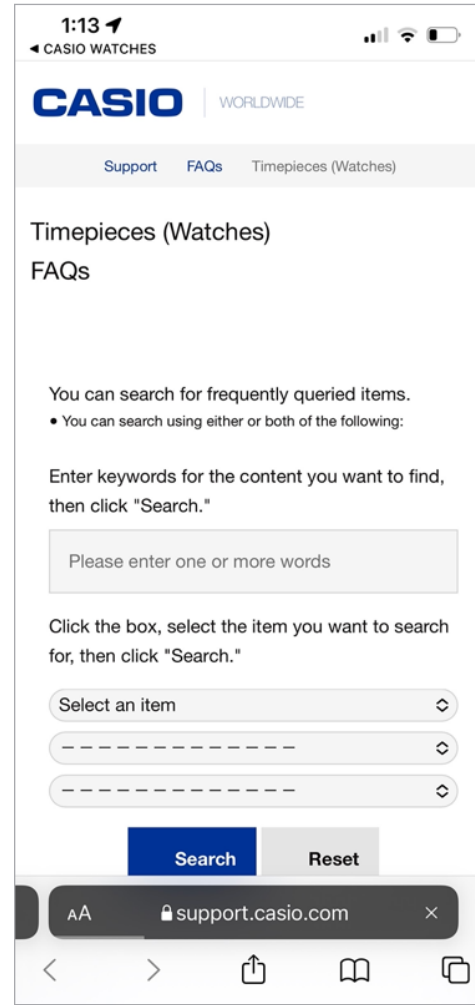
Step 1

To access the mobile link help for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select mobile link help

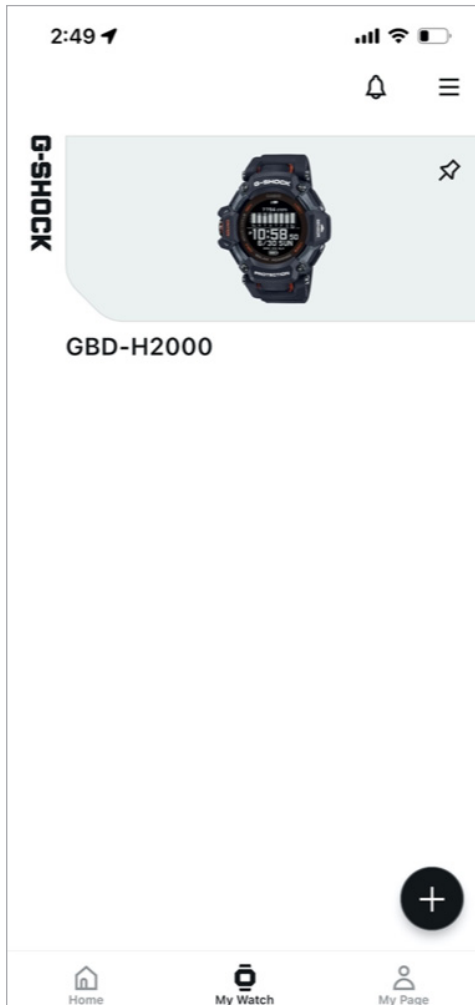


Step 3

Here you will be redirected to the support.casio.com webpage displaying the mobile link help information

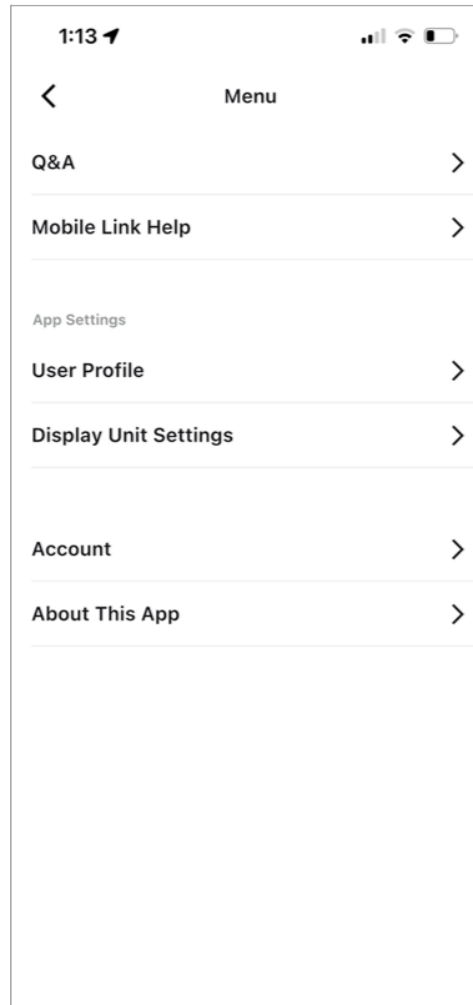
Casio Watches App Menu

EDIT USER PROFILE



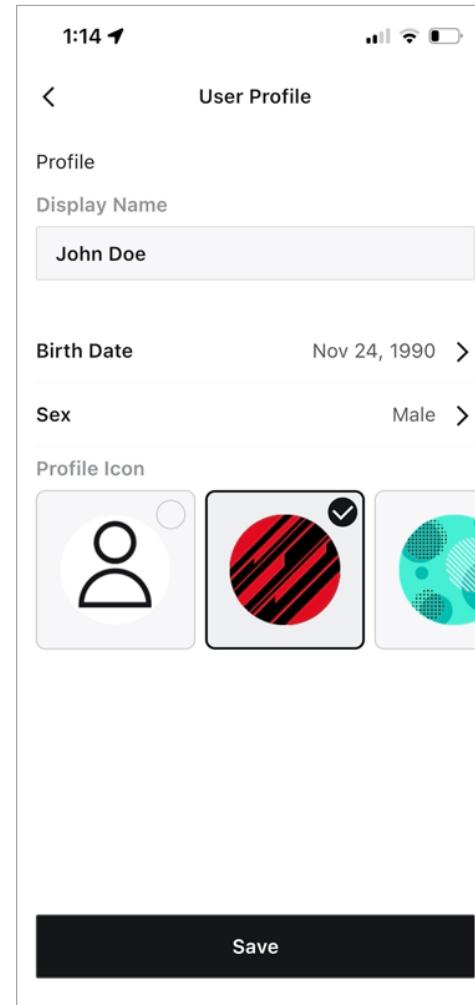
Step 1

To access the user profile settings for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select user profile

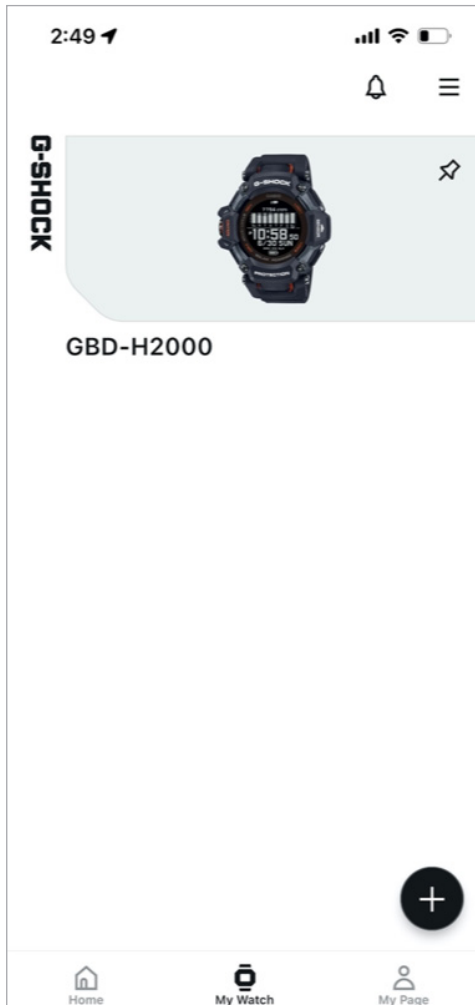


Step 3

Enter or select the desired changes to the user profile then select save to complete the process

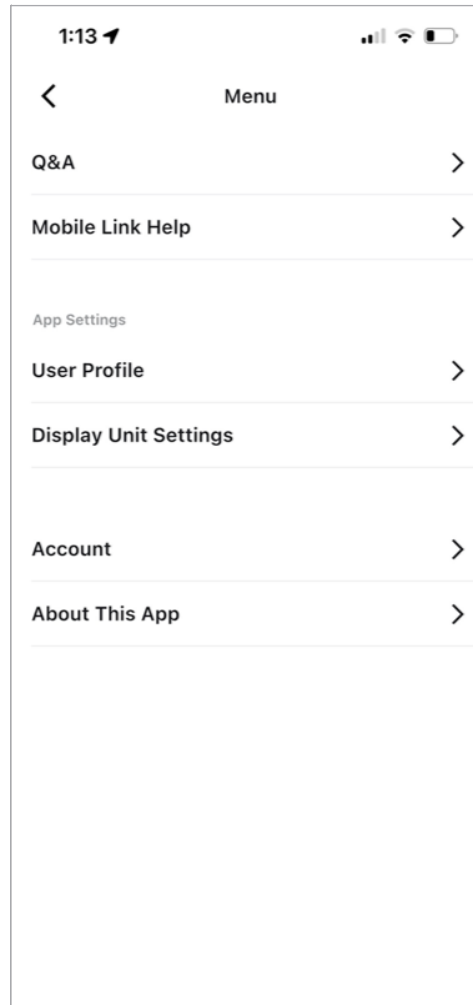
Casio Watches App Menu

CHANGE DISPLAY UNIT SETTINGS



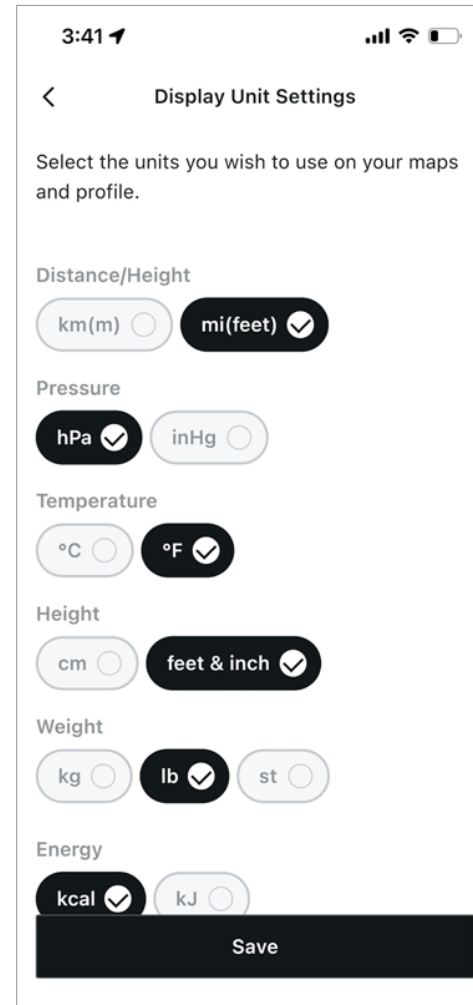
Step 1

To access the display unit settings for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select display unit settings

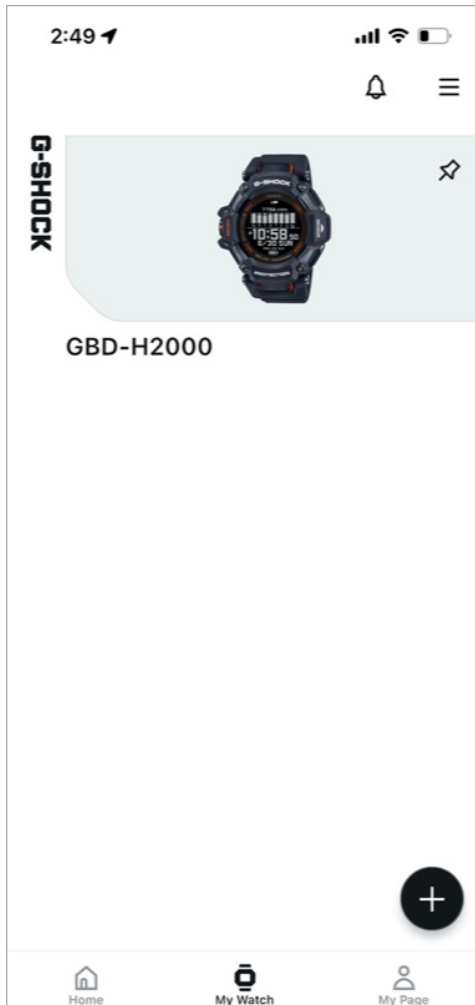


Step 3

Select the display unit settings to be displayed on the watch and the application, select save to complete the process

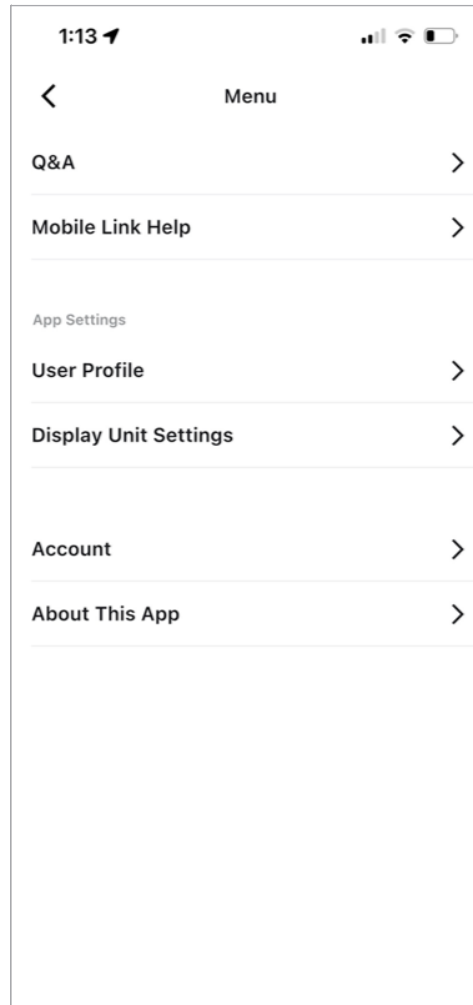
Casio Watches App Menu

CASIO ID ACCOUNT WEB PAGE



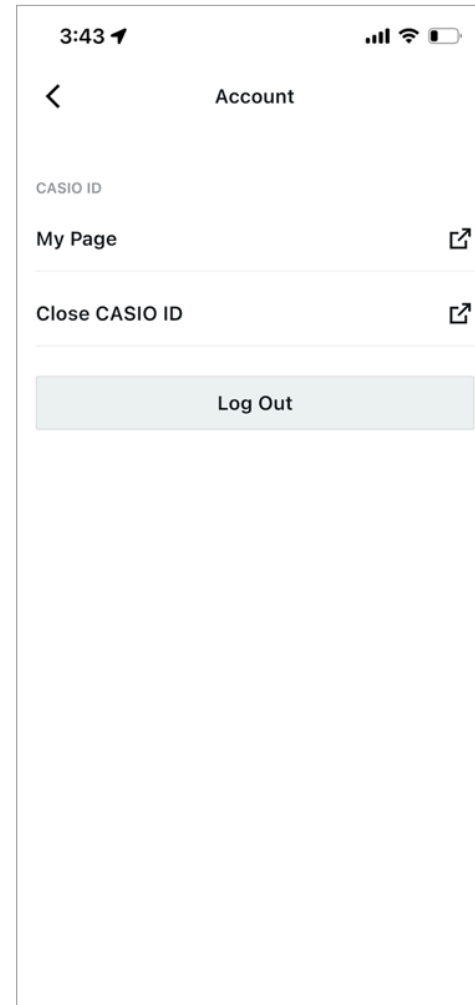
Step 1

To access the CASIO ID account info for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select Account

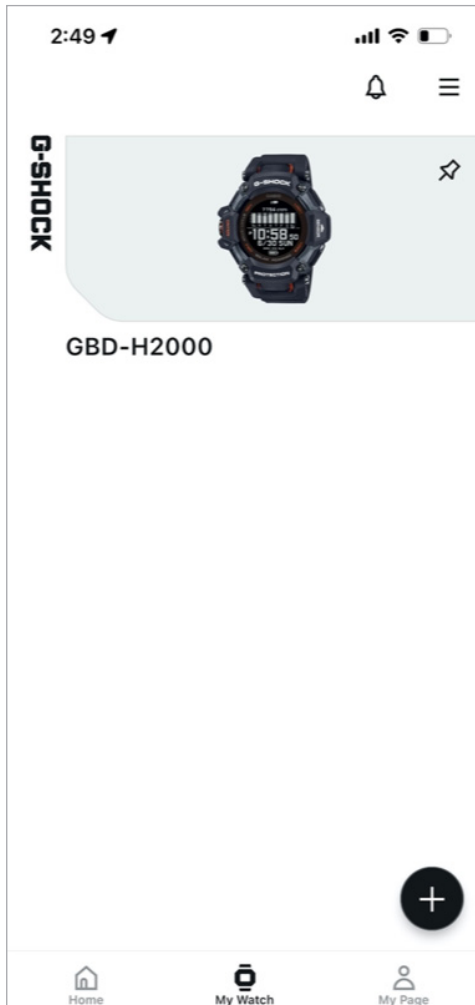


Step 3

Select my page to be redirected to your CASIO ID information page or select log out to log out of your CASIO ID account on this application

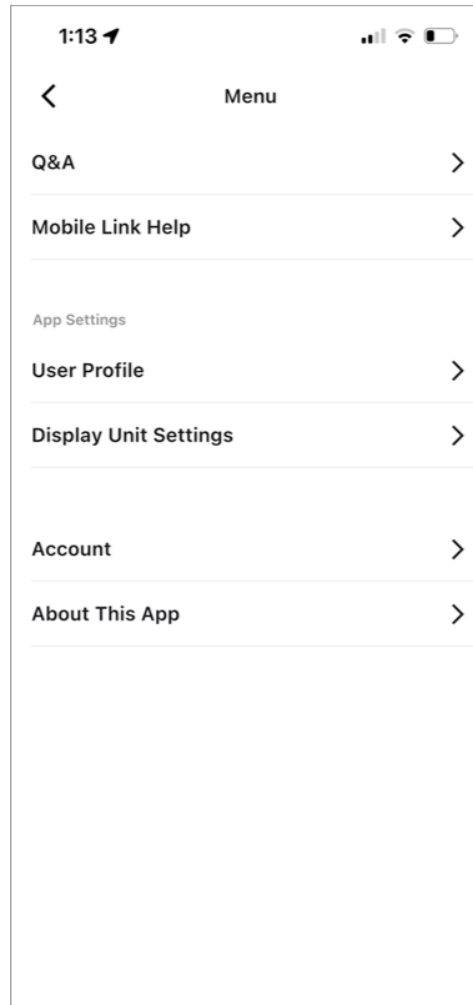
Casio Watches App Menu

ABOUT THIS APP



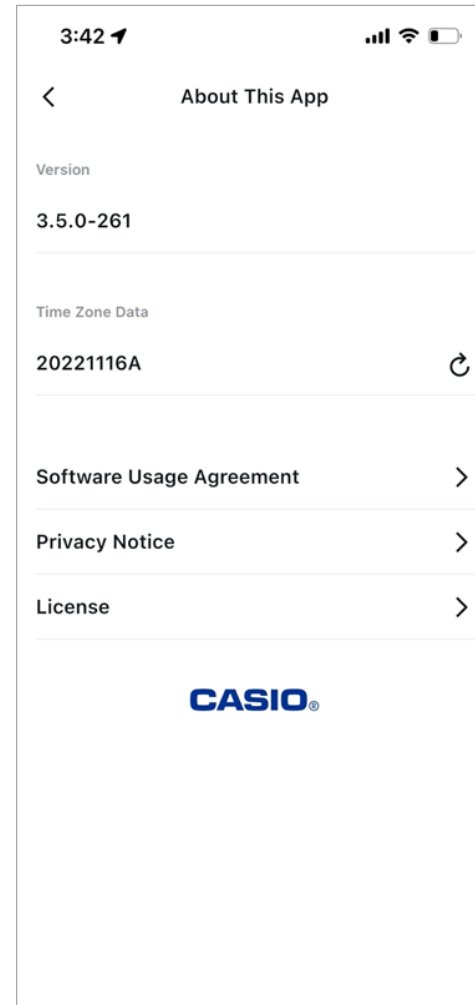
Step 1

To access the about this app information for this app find the application settings menu by selecting the three bars in the top right corner of either the home tab, the my watch tab, or the my page tab to get the drop down menu



Step 2

Select about this app



Step 3

Here you will find the current version of this app, the time zone Dana, the software usage agreement, the privacy notice, and the software license for this app