



Change the way you think about time

STENFOL

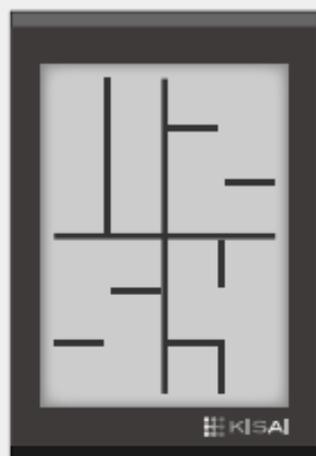
INSTRUCTION MANUAL



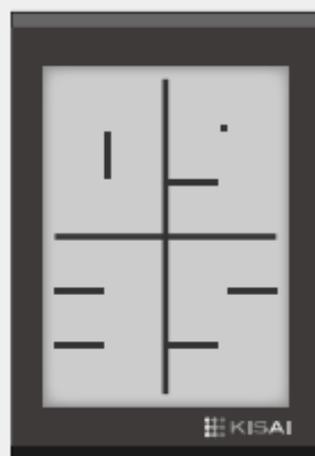
1. How to read the time

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

Examples



12:54

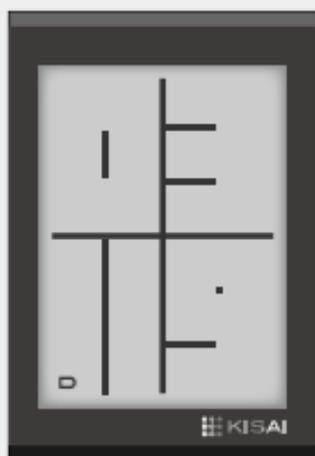


09:35

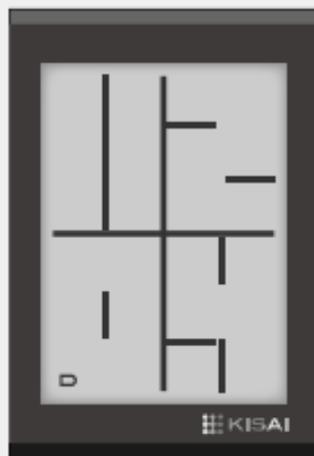
2. How to read the date

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

Examples



March 19th



December 4th

3. How to set the date and time

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

I. Setting the year

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

II. Setting the month

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

III. Setting the date

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

IV. Setting the hour

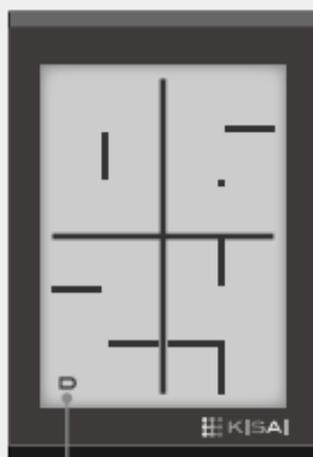
- The hour digits will flash when you are in hour setting mode.
- The PM icon in setting mode indicates that you are setting the time in PM.
- Press button A to increase the hour as required.
- Press button B to confirm and move to the minutes.

V. Setting the minutes

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

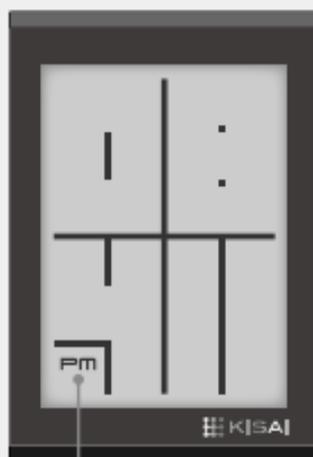
Examples

June 24th



Date icon

8:41PM



PM icon (for setting only)

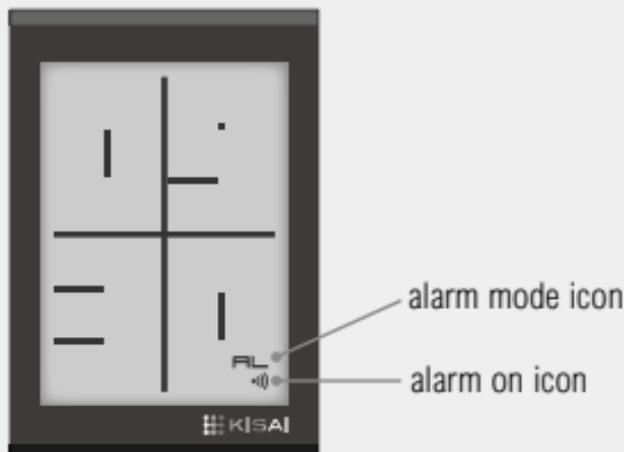
4. Checking and setting the alarm

I. Checking the alarm

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

*Note after 10 seconds of inactivity setting mode will deactivate

Example



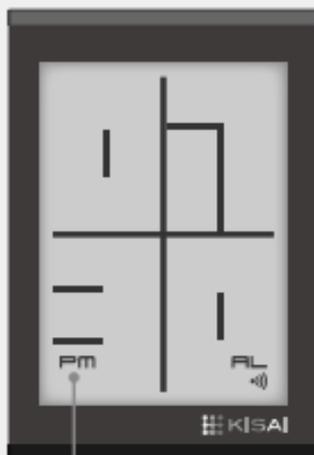
9:30 AM alarm on

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

II. Setting the alarm

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

Example



7:30 PM alarm on

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

5. User information

I. Battery

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

II. Warranty

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

III. Caution

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

SPECIFICATIONS

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

