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## Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

### ● What you can do with this watch

- Connect with a smartphone for accurate timekeeping
- Check tide levels, Moon ages and phases, and sunrise and sunset times
- Measurement and recording of running and other data
  - Auto lap
  - Auto pause
  - Training log data recording
- Measurement of calories burned
- Step count
- Transfer of data to your phone for viewing with the app

### Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.
- Before using the Training Function, configure your profile settings. This will help you obtain more accurate values. [Creating Your Profile](#)
- Depending on the version of your watch's software, its operations and display contents may differ from those described in this Operation Guide.

## General Guide



### A button

Pressing this button in any mode cycles between displays.

While a setting screen is displayed, pressing this button scrolls available menu items upwards.

### B button

In the Timekeeping Mode, pressing this button enters the Training Mode.

Pressing this button while any mode's setting screen is displayed applies all of the screen's pending settings or changes.

### C button

Hold down this button for at least one second to return to the Timekeeping Mode. Pressing this button while a run timing operation is in progress returns to the run timing screen.

Pressing this button while a setting screen is displayed scrolls available menu items downwards.

### D button

Pressing this button in the Timekeeping Mode displays the tide condition screen.

In other modes, pressing this button returns to the Timekeeping Mode.

While configuring settings, pressing this button goes back to the previous screen.

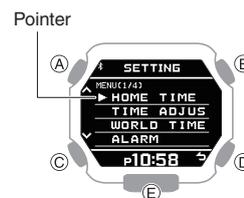
### E button

Press to turn on illumination.

## Creating Your Profile

You can use the procedure in this section to input information and create a profile (height, weight, gender, date of birth, wrist where watch is worn).

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [PROFILE].
4. Press (B).  
This displays the profile item selection screen.



[HEIGHT/WEIGHT]	Height/weight
[SEX]	Gender
[BIRTHDAY]	Date of birth
[WRIST]	Wrist where you wear the watch

5. Use (A) and (C) to select the item you want to input.
6. Press (B).

## 7. Record your height and weight.

- On the profile item selection screen, select [HEIGHT/WEIGHT].

- Use (A) and (C) to input your height.
- Press (B).
- Use (A) and (C) to input your weight.
- Press (B).
- Use (A) and (C) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the height and weight setting screen.

- Press (B) to register your height and weight.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

### Note

- To exit the height and weight setting operation at any point, press (D) and advance to step ⑤.

## 8. Specify your gender.

- On the profile item selection screen, select [SEX].

- Use (A) and (C) to move the pointer to [MALE] or [FEMALE].
- Press (B) to register your gender.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

## 9. Specify your date of birth.

- On the profile item selection screen, select [BIRTHDAY].

- Use (A) and (C) to specify a year.
- Press (B).
- Use (A) and (C) to specify a month.
- Press (B).
- Use (A) and (C) to specify a day.
- Press (B).
- Use (A) and (C) to select whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the date of birth setting screen.

- Press (B) to register your date of birth.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

### Note

- To exit the date of birth setting operation at any point, press (D) and advance to step ⑦.

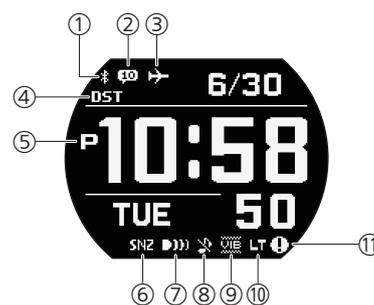
## 10. Specify the wrist where you wear the watch.

- On the profile item selection screen, select [WRIST].

- Use (A) and (C) to move the pointer to [LEFT] or [RIGHT].
- Press (B) to register your wrist setting.  
After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the profile item selection screen will re-appear.

## 11. Press (D) twice to exit the setting screen.

## Indicators



- Displayed while there is connection between the watch and a phone.
  - While re-connection with your phone is being attempted after loss of the connection, this indicator flashes at one-second intervals.
  - While re-connection with your phone is not being attempted after loss of the connection, this indicator flashes at two-second intervals.
- Indicates the number of new phone notifications.
- Displayed while the Airplane Mode is enabled.
- Displayed when the indicated time is summer time.
- Displayed during p.m. times while 12-hour timekeeping is being used.
- Displayed when the alarm snooze function is enabled.
- Displayed when an alarm is enabled.
- Displayed while the operation sound or notification sound is disabled.
- Displayed while vibration is enabled.
- Displayed while Auto Light is enabled.
- Displayed when battery voltage is low. Flashes when battery voltage is momentarily low.

## ● Battery Replacement

appears on the display when battery voltage goes low. Have the battery replaced. Request battery replacement from a CASIO service center or your original retailer.

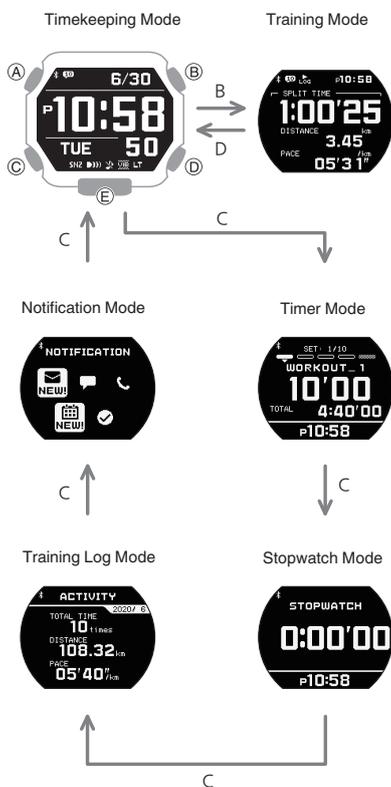


- When there is a momentarily large load on the battery, battery voltage will go low and will flash on the display. All watch button operation is disabled while is flashing.

## Navigating Between Modes

Your watch has the modes shown below.

- You can also return to the Timekeeping Mode directly from any mode besides the Training Mode by holding down (C) for at least one second, or by pressing (D).
- In the Timekeeping Mode, pressing (B) enters the Training Mode.
- To go from the Training Mode to the Timekeeping Mode, first stop training measurement and then press (D).



Use the buttons in the illustration above to navigate between modes.

## Mode Overview

This section provides an overview of the modes of your watch.

### ● Timekeeping Mode

You can use the Timekeeping Mode to check the current time and date, and to view your daily step count, your running distance for a specific month, and other information. You can also use this mode to configure Home City, alarm, and other basic timekeeping settings.



### ● Training Mode

Use this mode to measure and record distance, elapsed time, pace, and other running data.

[Using the Training Function](#)



### ● Timer Mode

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

[Timer](#)



### ● Stopwatch Mode

Use this mode to measure elapsed time.

[Stopwatch](#)



### ● Training Log Mode

Use this mode to view recorded training log data.

[Viewing Training Log Records](#)



### ● Notification Mode

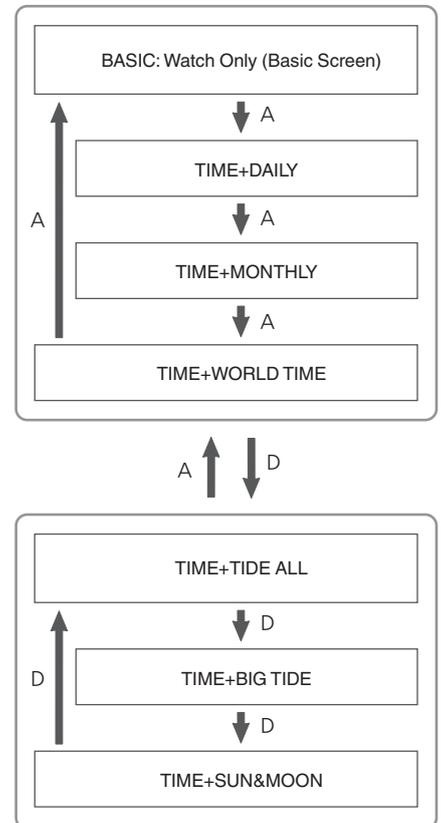
The Notification Mode receives incoming call, mail, and SNS notifications and information.

[Receiving Phone Notifications](#)



## Selecting a Timekeeping Mode Digital Display Format

Each press of (A) or (D) in the Timekeeping Mode cycles display contents as shown below. Note that you can display the current time along with one other type of information.



## BASIC: Watch Only (Basic Screen)



## TIME+DAILY: Current Time + Weekly Information

This screen shows the current time, today's step count, and daily step count goal progress.



## TIME+MONTHLY: Current Time + Monthly Information

This screen shows the current time, this month's running distance, and monthly running distance goal progress. Instead of running distance, you could also specify display of running time. Note that you must use "G-SHOCK MOVE" to specify which item (running distance or running time) should be displayed.

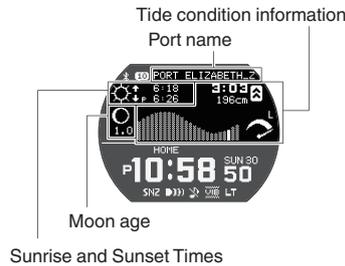


## TIME+WORLD TIME: Current Time + World Time



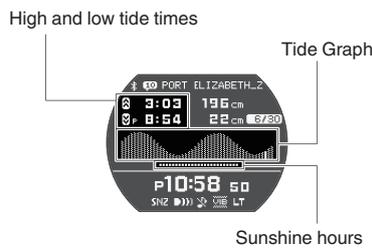
## TIME+TIDE ALL: Current Time + Tide Conditions, Moon Age, Sunrise/Sunset Times

This screen shows the current time, and tide conditions, Moon age, and sunrise and sunset time information for the specified port.



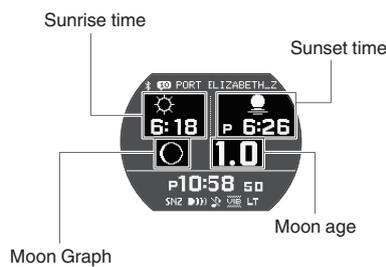
## TIME+BIG TIDE: Current Time + Tide Condition Information

This screen shows the current time, and the high tide and low tide times, Tide Graph, tide cycle and other information for the specified port.



## TIME+SUN&MOON: Current Time + Sunrise/Sunset Times, Moon Graph, Moon Age

This screen shows the current time, sunrise and sunset times, Moon Graph, and Moon age for the specified port.



## Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

### To illuminate the face manually

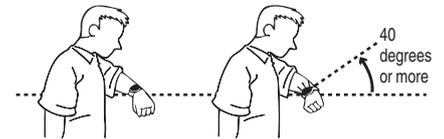
Press (E) to turn on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



### Using Auto Light

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



### Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



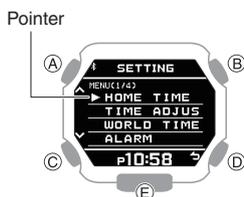
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

## Note

- Auto Light is disabled when any one of the conditions below exists.
  - While an alarm sound, timer sound, and/or vibration operation is in progress
- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.

## Configuring the Auto Light Setting

1. Enter the Timekeeping Mode.  
[🔗 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.

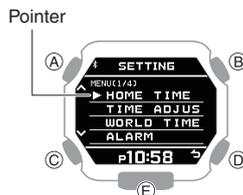


3. Use (A) and (C) to move the pointer to [LIGHT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [AUTO LIGHT].
6. Press (B).
7. Use (A) and (C) to move the pointer to [OFF] (disabled) or [ON] (enabled).
  - The [LT] indicator is displayed in the Timekeeping Mode while Auto Light is enabled.
8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

## Specifying the Illumination Duration

You can select either 1.5 seconds or three seconds as the illumination duration.

1. Enter the Timekeeping Mode.  
[🔗 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [LIGHT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [DURATION].
6. Press (B).
7. Use (A) and (C) to select an illumination duration.

[1.5 SEC.]	1.5-second illumination
[3.0 SEC.]	3-second illumination

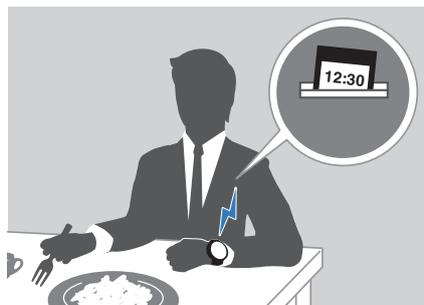
8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the illumination setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

## Useful Features

Pairing the watch with your phone makes a number of the watch's features easier to use.

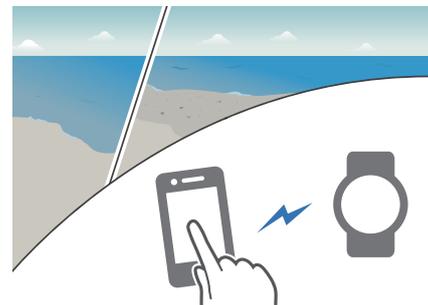
### Auto time adjustment

[🔗 Auto Time Adjustment](#)



You can use G-SHOCK MOVE to view high tide and low tide information, Moon age, sunrise and sunset times, and other information for a specified port.

[🔗 Specifying a Port](#)



### Data transfer to a phone

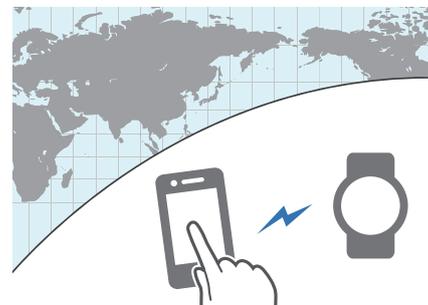
[🔗 Viewing Training Records](#)

[🔗 Viewing Life Log Related Data](#)



### Selection of More Than 300 World Time cities

[🔗 Configuring World Time Settings](#)



In addition, a number of other watch settings can be configured using your phone.

**To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.**

[🔗 Getting Ready](#)

- Your phone needs to have the CASIO "G-SHOCK MOVE" app installed to pair with the watch.

## Time Adjustment

Your watch can connect with a phone to obtain information that it uses to adjust its date and time setting.

### Important!

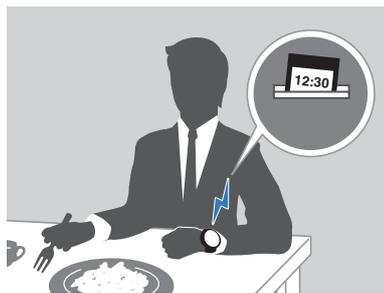
- When you are on an aircraft or in any other location where radio signals area may cause problems, enable the watch's Airplane Mode to disable connection with your phone.  
[Using the Watch in a Medical Facility or Aircraft](#)

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Do you use a phone?

Time adjustment by connecting with your phone is recommended.

[Auto Time Adjustment](#)



If your phone cannot connect with the watch

You can adjust time settings by performing operations on the watch.

[Using Watch Operations to Adjust the Time Setting](#)



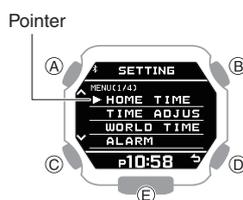
## Using Watch Operations to Adjust the Time Setting

If your watch cannot connect with a phone for some reason, you can use watch operations to adjust date and time settings.

### ● Setting a Home City

Use the procedure in this section to select a city to use as your Home City.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [HOME TIME].
4. Press (B).
5. Use (A) and (C) to move the pointer to [CITY].
6. Press (B).
7. Use (A) and (C) to move the pointer to the city you want to use as your Home City.
8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

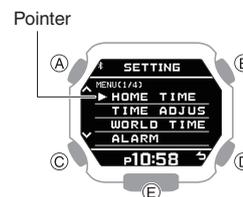
### ● Configuring the Summer Time Setting

If you are in an area that observes summer time, you can also enable or disable summer time.

### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, [AUTO] lets you use the watch without switching manually between summer time and standard time.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



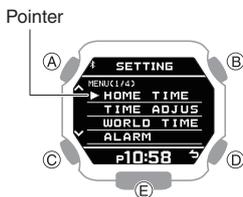
3. Use (A) and (C) to move the pointer to [HOME TIME].
4. Press (B).
5. Use (A) and (C) to move the pointer to [DST].
6. Press (B).
7. Use (A) and (C) to select a summer time setting.

[AUTO]	Auto switching between standard time and summer time
[OFF]	Always standard time
[ON]	Always summer time

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Home Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

## ● Manual Time Adjustment

1. Enter the Timekeeping Mode.  
🔍 Navigating Between Modes
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [TIME ADJUSTMENT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [MANUAL].
6. Press (B).  
 This causes a cursor to appear under the hour setting.
7. Use (A) and (C) to change the current time hour setting.
8. Press (B).  
 This moves the cursor to the minute setting.
9. Use (A) and (C) to change the current time minute setting.
10. Press (B).  
 This moves the cursor to the year setting.
11. Use (A) and (C) to change the year setting.
12. Press (B).  
 This moves the cursor to the month setting.
13. Use (A) and (C) to change the month setting.
14. Press (B).  
 This moves the cursor to the day setting.
15. Use (A) and (C) to change the day setting.
16. Press (B).
17. Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the hour setting screen.

18. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.
19. Press (D) twice to exit the setting screen.

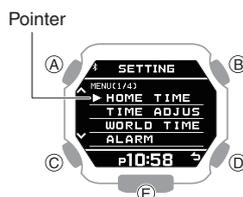
### Note

- To exit the current time setting operation at any point, press (D) and advance to step 17.

## ● Switching between 12-hour and 24-hour Timekeeping

You can specify either 12-hour format or 24-hour format for the time display.

1. Enter the Timekeeping Mode.  
🔍 Navigating Between Modes
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.

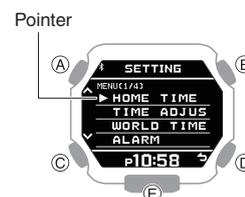


3. Use (A) and (C) to move the pointer to [TIME ADJUSTMENT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [12/24H].
6. Press (B).
7. Use (A) and (C) to select [12H] (12-hour timekeeping) or [24H] (24-hour timekeeping).
8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the time adjustment screen will re-appear.
9. Press (D) twice to exit the setting screen.
  - While 12-hour timekeeping is selected, [P] will be displayed for p.m. times.

## Using the Watch in a Medical Facility or Aircraft

Whenever you are in a hospital, on an aircraft, or in any other location where connection with a phone may cause problems, you can perform the procedure below to disable auto time adjustment. To re-enable auto time adjustment, perform the same operation again.

1. Enter the Timekeeping Mode.  
🔍 Navigating Between Modes
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [AIRPLANE MODE].
4. Press (B).
5. Use (A) and (C) to select an Airplane Mode setting.

[OFF]	Exits Airplane Mode.
[ON]	Enables Airplane Mode.

6. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will re-appear.
7. Press (D) to exit the setting screen.
  - is displayed while the watch is in the Airplane Mode.

## Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

Also, you can use the CASIO "G-SHOCK MOVE" app to view training records and create training plans.

### Note

- For best results with this watch, use of the latest versions of the smartphone app and watch software is recommended.
  - This function is available only while G-SHOCK MOVE is running on the phone.
  - This section describes watch and phone operations.
- : Watch operation  
 : Phone operation

## Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

### ● ① Install the required app on your phone.

In Google Play or the App Store, search for the CASIO "G-SHOCK MOVE" app and install it on your phone.

### ● ② Configure Bluetooth settings.

Enable the phone's Bluetooth.

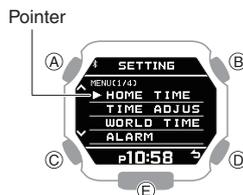
### Note

- For details about setting procedures, see your phone documentation.

### ● ③ Pair the watch with a phone.

Before you can use the watch in combination with a phone, you first need to pair them.

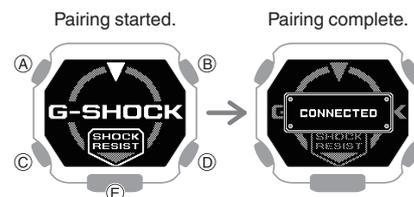
1. Tap the "G-SHOCK MOVE" icon.
2. Follow the instructions on the display to advance to the initial setup screen.  
This will display a message telling you to connect with the watch.
  - If your phone is already paired with another watch
    - ① On the menu bar, tap "More".
    - ② Tap "Watch".
    - ③ Tap "Manage".
    - ④ Perform the operation shown on the screen to prepare to add a new watch.
3. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
4. Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



5. Use (A) and (C) to move the pointer to [PAIRING].
6. Press (B).
7. Use (A) and (C) to move the pointer to [CONNECT].
8. Press (B).
9. Move the phone to be paired with close to (within one meter of) the watch.

10. When the watch you want to pair with appears, follow the instructions on the display to pair with it.

- If a pairing prompt message appears, perform the operation shown on the phone screen.
- If pairing fails for some reason, the watch will return to the state in step 5 of this procedure. Perform the pairing procedure again from the beginning.



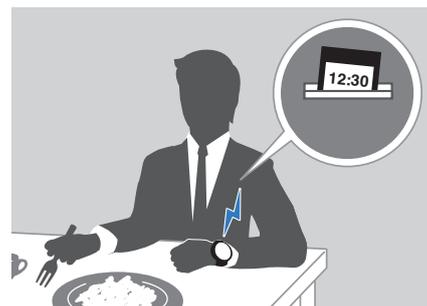
### Note

- The first time you start up G-SHOCK MOVE, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

## Auto Time Adjustment

Your watch can connect with your phone to adjust the watch's time setting.

If you leave your watch in the Timekeeping Mode, it will perform the adjustment operation automatically as you go about your daily life, without any operation required by you.



## Important!

- The watch may not be able to perform auto time adjustment under the conditions described below.
  - While the watch is too far away from its paired phone
  - While communication is not possible due to radio interference, etc.
  - While the phone is updating its system
  - While G-SHOCK MOVE is not running on the phone

## Note

- If there is a World Time City specified with G-SHOCK MOVE, its time will also be adjusted automatically.
- Auto time adjustment is performed at the times described below.
  - After your phone's time zone or summer time setting is changed
  - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
  - After 24 hours or more have passed since the last home city change or time adjustment using watch operation
- The watch remains connected with your phone even after time adjustment is complete.
- If time adjustment fails for some reason, [CONNECT FAILED] will appear.
- Watch operation can be performed even while it is connected with your phone.
- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
  - 🔗 [Using the Watch in a Medical Facility or Aircraft](#)

## Specifying a Port

After you use G-SHOCK MOVE to specify a port, you can use the watch to view the high tide information, Moon age, sunrise and sunset times, and other information for the port.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
  - 🔗 [Connecting with a Phone](#)

## Note

- You can use G-SHOCK MOVE to specify any one of 3,300 points around the world as the port.

1. 📱 Tap the "G-SHOCK MOVE" icon.
2. 📱 On the menu bar, tap "More".
3. 📱 Tap "Watch".
4. 📱 Select your preferred watch.
5. 📱 Select the setting you want to change and then perform the operation shown on the screen.

## Viewing Training Records

You can use G-SHOCK MOVE to view the training data below, which is measured by the watch.

- Training log data and lap data
- Training analysis results
- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
  - 🔗 [Connecting with a Phone](#)

1. 📱 Tap the "G-SHOCK MOVE" icon.
2. 📱 On the menu bar, tap "Activity".
3. 📱 Tap "History".
4. 📱 Perform the operation shown on the screen.

## Viewing Life Log Related Data

G-SHOCK MOVE can be used to view the information below, which is measured by the watch.

- Daily, weekly, or monthly number of steps and calories burned
- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.
  - 🔗 [Connecting with a Phone](#)

1. 📱 Tap the "G-SHOCK MOVE" icon.
2. 📱 On the menu bar, tap "Home".
3. 📱 Use the "Life Log" widget to view the data.

## Note

- You can also use G-SHOCK MOVE to specify a daily step target.
  - 🔗 [Setting Target Values](#)

## Setting Target Values

You can use G-SHOCK MOVE to specify daily or monthly target values.

### Important!

- Target values cannot be specified using watch operations. Use G-SHOCK MOVE to configure settings.

You can specify target values for the items below.

- Daily step count
- Monthly running distance
- Monthly running time
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “G-SHOCK MOVE” icon.
2. On the menu bar, tap “More”.
3. Tap “User”.
4. Select the target you want to specify and then perform the operation shown on the phone screen.

## Creating a Training Plan

Use G-SHOCK MOVE to create a training plan.

You can create a daily training plan to maintain or increase your athletic performance, or one with a specific target date or time.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “G-SHOCK MOVE” icon.
2. On the menu bar, tap “Activity”.
3. Tap “Plan”.
4. Perform the operation shown on the screen.

## Specifying the Alert Interval (Target Alert)

You can use G-SHOCK MOVE to specify alert intervals to keep you informed of your calories burned and elapsed time while training. Then, the watch will perform a sound and/or vibration alert operation whenever an alert interval value is reached while you are training.

### Important!

- Note that you cannot specify the alert interval using watch operations. Use G-SHOCK MOVE to configure settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “G-SHOCK MOVE” icon.
2. On the menu bar, tap “More”.
3. Tap “Watch”.
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

## Specifying the Distance for Auto Lap Timing

Before using Auto Lap Timing, you need to use G-SHOCK MOVE to specify the Auto Lap Timing distance.

### Important!

- Note that you cannot specify the Auto Lap Timing distance using watch operations. Use G-SHOCK MOVE to configure settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “G-SHOCK MOVE” icon.
2. On the menu bar, tap “More”.
3. Tap “Watch”.
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

## Setting Up Programmable Timers

You can use G-SHOCK MOVE to configure programmable timer settings and create a group of multiple timers.

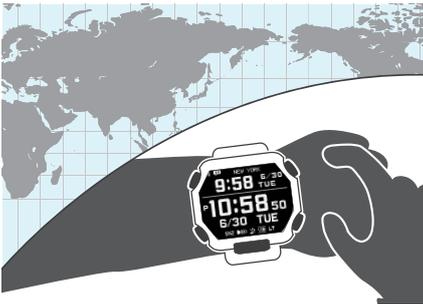
- For information about programmable timers, refer to the information at the link below.  
[Overview](#)
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “G-SHOCK MOVE” icon.
2. On the menu bar, tap “More”.
3. Tap “Watch”.
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

## Configuring World Time Settings

Specifying a World Time City with G-SHOCK MOVE causes the watch's World Time City to change accordingly. Settings can be configured to perform auto summer time switching for the World Time City.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)



### Note

- G-SHOCK MOVE World Time lets you select from among approximately 300 cities as the World Time City.

### ● Selecting a World Time City

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

### Note

- You can use G-SHOCK MOVE to configure settings for user cities that are not included in the watch's built-in World Time Cities. You must use G-SHOCK MOVE to select a user city as your World Time City.

### ● Configuring the Summer Time Setting

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.
  - "Auto"  
The watch switches between standard time and summer time automatically.
  - "OFF"  
The watch always indicates standard time.
  - "ON"  
The watch always indicates summer time.

### Note

- While the summer time setting is "Auto", the watch will switch between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".
- For information about summer time periods, refer to the "Summer Time Table".  
[Summer Time Table](#)

## Setting the Alarm

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "G-SHOCK MOVE" icon.
2. On the menu bar, tap "More".
3. Tap "Watch".
4. Select your preferred watch.
5. Select the setting you want to change and then perform the operation shown on the screen.

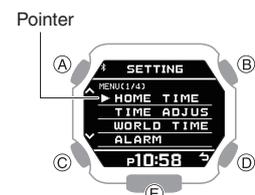
## Phone Finder

You can use phone finder to trigger a sound on the paired phone to help you find it. The sound operation is performed even if your phone is in vibrate mode.

### Important!

- Phone finder will not sound the tone unless G-SHOCK MOVE is running on the phone.
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [PHONE FINDER].
- Press (B).
- Use (A) and (C) to move the pointer to [EXECUTE].
- Press (B).

This will establish a connection between the watch and phone, and sound the phone's ringtone.

- It will take a few seconds before the phone tone sounds.
- Press any button to stop the sound.
    - You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.

### Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

## Configuring Watch Settings

After establishing a connection between the watch and a phone, you can use G-SHOCK MOVE to configure watch settings and to view information acquired by the watch.

- Make sure that the  symbol is shown on the watch display when you perform the procedure below.
- If  is not displayed, refer to the information at the link below.

[Connecting with a Phone](#)

- Tap the "G-SHOCK MOVE" icon.
- On the menu bar, tap "More".
- Tap "Watch".
- Select your preferred watch.
- Select the setting you want to change and then perform the operation shown on the screen.

## Connection

### Connecting with a Phone

Your watch can connect with a phone that is paired with it.

- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

[Pair the watch with a phone.](#)

### Important!

- If you have problems establishing a connection, it could mean that G-SHOCK MOVE is not running on your phone. On your phone's home screen, tap the "G-SHOCK MOVE" icon. Perform the operation shown on the screen to pair with the watch.

### Unpairing

Unpairing the watch from a phone requires both G-SHOCK MOVE and watch operations.

### Note

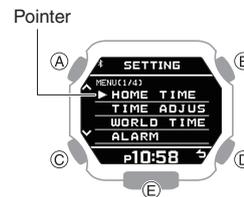
- If you are using an iPhone, also delete the pairing information stored on the phone.

### Deleting Pairing Information from G-SHOCK MOVE

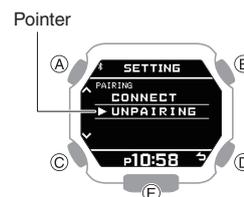
- Tap the "G-SHOCK MOVE" icon.
- On the menu bar, tap "More".
- Tap "Watch".
- Tap "Manage".
- Tap the watch you want to unpair.
- Perform the operation shown on the screen.

### Deleting Pairing Information from the Watch

- Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
- Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [PAIRING].
- Press (B).
- Use (A) and (C) to move the pointer to [UNPAIRING].



- Press (B).
- Use (A) and (C) to select whether or not you want to delete the pairing information.

[YES]	Deletes pairing information.
[NO]	Does not delete pairing information.

- Press (B).

After pairing information deletion is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Timekeeping Mode setting screen will reappear.



- Press (D) to exit the setting screen.

● **iPhone Only**

**Deleting the phone's pairing information**

For details about setting procedures, see your phone documentation.

"Settings" → "Bluetooth" → Cancel the watch's device registration.

**If you purchase another phone**

**Note**

- Before pairing with the new phone, delete the old phone's pairing information from the watch.
  - 🔗 [Deleting Pairing Information from the Watch](#)

You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

🔗 ③ [Pair the watch with a phone.](#)

## High/Low Tides, Moon Age, and Sunrise/Sunset Times

You can use the watch to check high tide and low tide information, Moon age, and sunrise and sunset times, and other information for a specified port.

**Important!**

- Displayed information is intended for reference only. Do not use it for maritime navigation, etc.
- To check high tide and low tide information, Moon age, and sunrise/sunset times, you need to use G-SHOCK MOVE or watch operations to specify the port whose information you want to check.

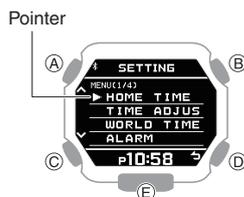
### Specifying a Port

After you specify a port, you can view its high tide and low tide information, Moon age, and sunrise and sunset time information.

**Important!**

- You can select any one of three port specification methods: [APP], [PRESET], and [USER]. If you plan to select [APP] as the port specification method, you need to use G-SHOCK MOVE to specify the port you want before performing the procedure below.

1. Enter the Timekeeping Mode.
  - 🔗 [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds. This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [TIDE&MOON&SUN].
4. Press (B).
5. Use (A) and (C) to select a port specification method.

[APP]	Port specification using G-SHOCK MOVE.
[PRESET]	Specification of a port from the list of presets in watch memory.
[USER]	Specification of a port defined by you.

6. Press (B).
  - If you selected [APP] above, this will complete the port specification operation. [SETTING COMPLETED] will appear for a few seconds, and then the port specification method setting screen will re-appear.
  - If you selected [PRESET] above, continue with port selection.
  - If you selected [USER] above, specify the details of the custom point you want to use.
7. To exit the setting screen, hold down (C) for at least one second.

● **If you selected [PRESET]**

50 ports selected from among the total of approximately 3,300 ports available using G-SHOCK MOVE are preset in watch memory.

Selecting [PRESET] and pressing (B) in the above procedure will display a list of watch preset ports.



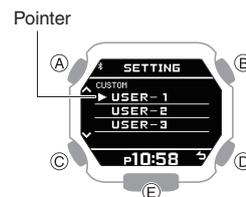
1. Use (A) and (C) to move the pointer to the port you want.
2. Press (B).

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the port setting screen will re-appear.

● **If you selected [USER]**

You can configure settings for up to three custom points.

1. Use (A) and (C) to move the pointer to [CUSTOM].
  - If you want to use a custom point you previously configured, move the pointer to [SELECT].
2. Press (B).
3. Use (A) and (C) to move the pointer to the custom point you want to set.
  - If you selected [SELECT] in step 1
    - ① Select a custom point you previously configured.
    - ② Press (B). After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the [USER] setting screen will re-appear. Go to step 7 under "Specifying a Port".



4. Press (B).

- This displays the custom point item selection screen.



[HIGH TIDE]	High tide time
[LAT./LON.]	Latitude and longitude
[TIME DIFF]	Time offset
[DST]	Summer time

5. Use (A) and (C) to move the pointer to the item whose setting you want to change.

6. Press (B).

7. Specify the high tide time of the custom point.

- On the custom point item selection screen, select [HIGH TIDE].

① Use (A) and (C) to change the high tide time hour setting.

② Press (B).

③ Use (A) and (C) to change the high tide time minute setting.

④ Press (B).

⑤ Use (A) and (C) to specify whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the high tide time setting screen.

⑥ Press (B) to register the high tide time.

After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the custom point item selection screen will re-appear.

### Note

- To exit the high tide time setting operation at any point, press (D) and advance to step ⑤.

8. Specify the latitude and longitude of the custom point.

- On the custom point item selection screen, move the pointer to [LAT./LON.].

① Use (A) and (C) to specify [N] (north) or [S] (south) as the latitude direction.

② Press (B).

③ Use (A) and (C) to specify a latitude value.

④ Press (B).

⑤ Use (A) and (C) to specify [E] (east) or [W] (west) as the longitude direction.

⑥ Press (B).

⑦ Use (A) and (C) to specify a longitude value.

⑧ Press (B).

⑨ Use (A) and (C) to specify whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the hour setting screen.

⑩ Press (B) to register your latitude and longitude.

After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the custom point item selection screen will re-appear.

### Note

- To exit the latitude and longitude setting operation at any point, press (D) and advance to step ⑨.

9. Specify the UTC time offset of the custom point.

- On the custom point item selection screen, move the pointer to [TIME DIFF].

① Use (A) and (C) to change the UTC time offset.

② Press (B).

③ Use (A) and (C) to specify whether or not you want to save the current input values.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the time offset setting screen.

④ Press (B) to complete time offset registration.

After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the custom point item selection screen will re-appear.

### Note

- To exit the time offset setting operation at any point, press (D) and advance to step ③.

10. Specify the DST on/off setting for the custom point.

- On the custom point item selection screen, move the pointer to [DST].

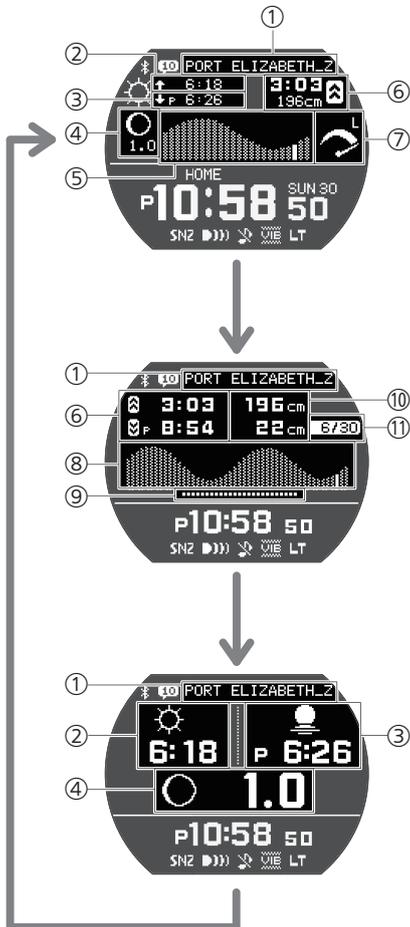
① Use (A) and (C) to specify [OFF] (standard time display) or [ON] (summer time display).

② Press (B) to register the DST on/off setting.

After registration of the information is complete, [SETTING COMPLETED] will appear for a few seconds, and then the custom point item selection screen will re-appear.

## Checking the High/Low Tide Information, Moon Age, and Sunrise/Sunset Times for a Specified Port

Each press of (D) in the Timekeeping Mode cycles display contents as shown below.



- ① Port name  
Shows the name of a port specified using G-SHOCK MOVE or watch operations.
- ② Sunrise time
- ③ Sunset time
- ④ Moon Graph + Moon Age  
🔗 [Interpreting the Moon Graph and Moon Age Indicator](#)
- ⑤ Tide Graph (12 hours)  
🔗 [Interpreting Tide Graph Information](#)

### ⑥ High tide and low tide times and levels\*

	High tide time
	Low tide time

\* Tide levels are displayed while [APP] or [PRESET] is selected as the port specification method.

### ⑦ Tide cycle

[L] (Large)	Spring tide
[M] (Medium)	Half tide
[S] (Small)	Neap tide

### ⑧ Tide Graph (24 hours)

🔗 [Interpreting Tide Graph Information](#)

### ⑨ Sunshine hours

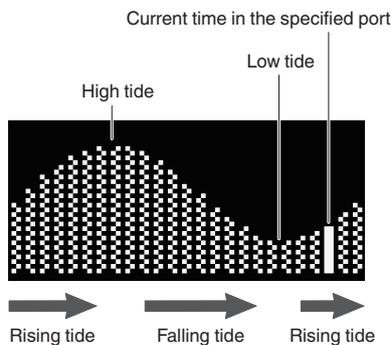
### ⑩ Tide level/tide cycle

- High tide and low tide levels are displayed while [APP] or [PRESET] is selected as the port specification method.
- Tide cycles (⑦) are displayed while [USER] is selected as the port specification method.

### ⑪ Day

Date at the specified port

### Interpreting Tide Graph Information



### Interpreting the Moon Graph and Moon Age Indicator

Moon phase	Moon age	This indicator:
New Moon	0.0 to 0.9	
	28.7 to 29.8	
	1.0 to 2.7	
First Quarter	2.8 to 4.6	
	4.7 to 6.4	
	6.5 to 8.3	
Full Moon	8.4 to 10.1	
	10.2 to 12.0	
	12.1 to 13.8	
Last Quarter	13.9 to 15.7	
	15.8 to 17.5	
	17.6 to 19.4	
New Moon	19.5 to 21.2	
	21.3 to 23.1	
	23.2 to 24.9	
New Moon	25.0 to 26.8	
	26.9 to 28.6	
	28.7 to 29.8	

- The indicators in the above table show approximate phase forms when facing south to look up at the Moon in the Northern Hemisphere. They are intended only to indicate whether the left side or right side of the Moon is darkened, and the actual appearance of the Moon may be different. Note that in the Southern Hemisphere, the Moon will appear with the light and dark portions of the indicators reversed.

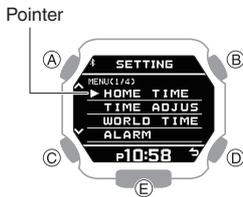
## Specifying the Tide Level Unit

You can select either centimeters (cm) or feet (ft) as the tide level unit.

### Important!

- When Tokyo (TOKYO) is set as your Home City, the unit is fixed as centimeters (cm) and cannot be changed.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [TIDE].
6. Press (B).
7. Use (A) and (C) to specify the unit you want.

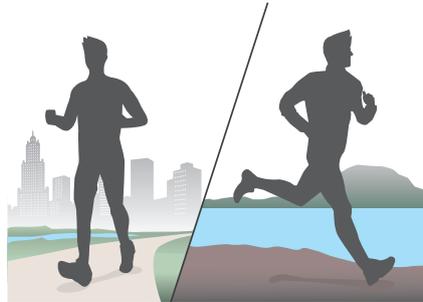
[CENTIMETER]	Centimeters
[FEET]	Feet

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
9. Press (D) twice to complete the setting operation.

## Using the Training Function

The Training Mode uses an accelerometer to measure and record distance, elapsed time, pace, and other data while you are running or walking.

You can review recorded data on the watch or with G-SHOCK MOVE.



### Run Timing

Using the Training Function, start running.

#### Starting Run Timing

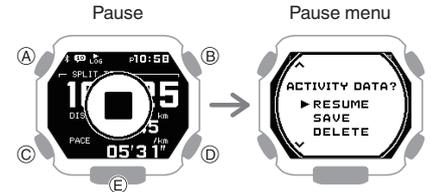
1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Press (B).  
 This displays the Training Mode screen.



3. Press (B).  
 Start run timing.

#### Pausing Run Timing

1. While the run timing screen is displayed, press (B).  
 This pauses run timing and displays the pause menu screen.



2. Use (A) and (C) to select what you want to do with the run timing data you have just measured.

[RESUME]	Resumes timing.
[SAVE]	Saves data.
[DELETE]	Deletes data.

3. Press (B).
  - If you select the data save option, the run timing result screen will appear. Pressing any button returns to the Timekeeping Mode.
  - If you select the data delete option, the watch returns to the Timekeeping Mode.

#### Measuring Lap Times

1. Start run timing.  
[Starting Run Timing](#)

2. Press (D).

Each press of (D) displays the elapsed time of the current section (lap time) to appear.



Split time, running distance

3. Press (A) or (C) to return to the run timing screen.
  - If you do not perform any button operation, the watch will return to the run timing screen automatically after about 10 seconds.

#### Note

- You can use G-SHOCK MOVE to specify whether [SPLIT TIME] or [DISTANCE] is displayed.

## Changing Display Information During Run Timing

One of three screens can be displayed during run timing (Training Mode), and you can specify the items you want to appear on each screen.

This means you can configure a screen with the items you want to monitor and display that screen while you train.

### Specifying the Screen to be Displayed During Running (RUN FACE)

You can navigate between display screens by pressing (A).

#### Example:

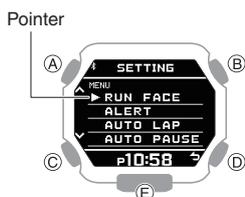


## Setting Up Alerts

You can use G-SHOCK MOVE to specify alert intervals to keep you informed of your calories burned and elapsed time while training. Then, the watch will perform a sound and/or vibration alert operation whenever an alert interval value is reached while you are training. Use watch operations to enable or disable alerts.

### Specifying the Alert Interval (Target Alert)

1. Enter the Timekeeping Mode.  
 ◉ [Navigating Between Modes](#)
2. Press (B).  
 This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
 This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [ALERT].
5. Press (B).
6. Use (A) and (C) to select the item whose setting you want to change.

[CALORIES]	Calories burned
[TIME 1]	Time 1
[TIME 2]	Time 2

7. Press (B).
8. Use (A) and (C) to select an alert setting.

[OFF]	Disabled
[ON (REPEAT)]	Enabled (repeat)
[ON (1 TIME)]	Enabled (one time)

- While [ON (REPEAT)] is selected, an alert operation is performed whenever an alert interval value is reached.

9. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alert setting screen will re-appear.

- If you want to configure settings for another item, repeat steps 6 through 9.

10. Press (D) twice to exit the setting screen.

### Important!

- To specify the alert interval for each item, use G-SHOCK MOVE. Note that you cannot configure settings using watch operations.

### Note

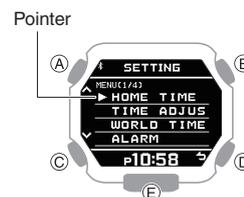
- You can also use G-SHOCK MOVE to enable or disable alerts.

## Specifying the Distance Unit

### Important!

- When Tokyo (TOKYO) is the Home City, the distance unit is fixed as kilometers (km) and cannot be changed.

1. Enter the Timekeeping Mode.  
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [DISTANCE].
6. Press (B).
7. Use (A) and (C) to select a distance unit.

[KILOMETER]	Kilometers
[MILE]	Miles

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

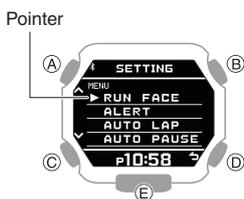
- You can also use G-SHOCK MOVE to change the distance unit.

## Enabling Auto Lap Timing

While Auto Lap Timing is enabled, each time you run the distance you specified with G-SHOCK MOVE the lap time will be recorded automatically.

🔗 [Specifying the Distance for Auto Lap Timing](#)

1. Enter the Timekeeping Mode.  
🔗 [Navigating Between Modes](#)
2. Press (B).  
This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [AUTO LAP].
5. Press (B).
6. Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
7. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
8. Press (D) to exit the setting screen.

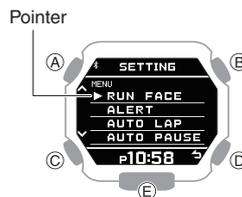
### Note

- You can also use G-SHOCK MOVE to enable or disable Auto Lap Timing.

## Enabling Auto Pause

While Auto Pause is enabled, timing will pause whenever you stop running.

1. Enter the Timekeeping Mode.  
🔗 [Navigating Between Modes](#)
2. Press (B).  
This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [AUTO PAUSE].
5. Press (B).
6. Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
7. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Training Mode setting screen will re-appear.
8. Press (D) to exit the setting screen.

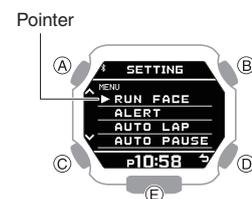
### Note

- You can also use G-SHOCK MOVE to enable or disable Auto Pause.

## Specifying the Screen to be Displayed During Running (RUN FACE)

You can customize the items on the three screens can be displayed during run timing (Training Mode).

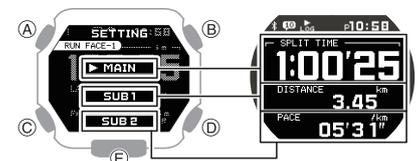
1. Enter the Timekeeping Mode.  
🔗 [Navigating Between Modes](#)
2. Press (B).  
This displays the Training Mode screen.
3. Hold down (A) for at least two seconds.  
This displays the Training Mode setting screen.



4. Use (A) and (C) to move the pointer to [RUN FACE].
5. Press (B).
6. Use (A) and (C) to select the customize screen (RUN FACE).



7. Press (B).
8. Use (A) and (C) to select the display area whose contents you want to change.



9. Press (B).

10. Use (A) and (C) to select the item you want to in the currently selected display area.

[SPLIT TIME]	Split time
[DISTANCE]	Running distance
[PACE]	Pace
[LAP TIME]	Lap time
[LAP DISTANCE]	Lap distance
[LAP PACE]	Lap pace
[AVG.PACE]	Average pace
[SPEED]	Speed
[AVG.SPEED]	Average speed
[CALORIES]	Calories burned
[TIME]	Time
[DATE]	Day

- If you want to change the contents of another display area, press (D) and then select the display area you want. Repeat steps 8, 9, and 10 above as required.

11. Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the RUN FACE setting screen will re-appear.

12. Press (D) twice to exit the setting screen.

### Note

- You can also use G-SHOCK MOVE to customize display screen items.

## Settings Configured with the Application

Some Training Function settings can be configured using either watch operations or G-SHOCK MOVE, while some settings must be configured using G-SHOCK MOVE.

### Settings that can be configured on the watch or using G-SHOCK MOVE

- Customization of screens displayed during run timing
- Alert enable/disable
- Distance unit
- Auto Lap Timing enable/disable
- Auto Pause enable/disable

### Settings that can be configured using G-SHOCK MOVE only

- Auto Lap screen display item: [SPLIT TIME] or [DISTANCE]
- Alert calories burned interval
- Alert time interval
- Auto Lap Timing distance

## Viewing Training Log Records

Your watch stores data (log records) acquired during run timing. There is enough memory to store up to 100 log records.

You can tell how much storage space is available by checking the  indicator.

### • During run timing

Indicator:	Meaning:
 Displayed	Storage space available
 Flashing	Storage space low
 Flashing	Storage memory full

### • Not during run timing

Indicator:	Meaning:
None	Storage space available
 Displayed	Storage space low
 Displayed	Storage memory full

### Training Log Data Accuracy

- Your watch calculates step counts, calories burned, and other information based on data picked up by its built-in sensors. No guarantees are made concerning the statistics and values calculated by this watch, so they should be used as general reference information only.

## Viewable Training Log Items

The items below are shown on the Training Log screen.

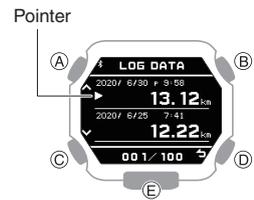
[DISTANCE]	Running distance
[TIME]	Travel time
[PACE]	Pace
[CALORIES]	Calories burned
[CADENCE]	Cadence

## Viewing Recorded Log Data Records

1. Enter the Training Log Mode.  
[Navigating Between Modes](#)



2. Press (B).  
This displays the training log list.



3. Use (A) and (C) to move the pointer to the log data record you want to view.

4. Press (B).

This displays the selected log data items.



5. Use (A) and (C) to move the pointer to the item whose details you want to view.

6. Press (B).

This displays details about the selected item.



- You can use (A) and (C) to scroll screen contents.

7. Hold down (C) for at least one second to return to the Timekeeping Mode.

### Note

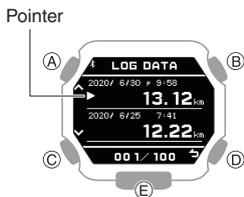
- Pressing (D) during the above procedure will go back one screen.

## Deleting a Particular Log Data Record

1. Enter the Training Log Mode.  
[Navigating Between Modes](#)



2. Press (B).  
 This displays the training log list.



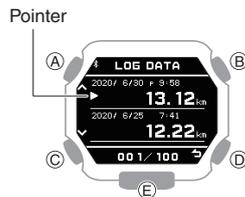
3. Use (A) and (C) to move the pointer to the data you want to delete.
4. Hold down (A) for at least two seconds.  
 This displays a delete menu.
5. Use (A) and (C) to move the pointer to [ONE].
6. Press (B).
7. Use (A) and (C) to move the pointer to [EXECUTE].  
 To cancel log data deletion, move the pointer to [CANCEL].
8. Press (B).  
 After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

## Deleting All Log Data Records

1. Enter the Training Log Mode.  
[Navigating Between Modes](#)



2. Press (B).  
 This displays the training log list.



3. Hold down (A) for at least two seconds.  
 This displays a delete menu.
4. Use (A) and (C) to move the pointer to [ALL].
5. Press (B).
6. Use (A) and (C) to move the pointer to [EXECUTE].  
 To cancel log data deletion, move the pointer to [CANCEL].
7. Press (B).  
 This displays a confirmation screen.
8. Use (A) and (C) to move the pointer to [YES].
9. Press (B).  
 After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Training Log Mode screen will re-appear.

## Receiving Phone Notifications

You can use your watch to check the details of incoming calls, mail, and SNS alerts and information that are received by a phone connected to the watch by Bluetooth. The watch can have up to 10 notifications stored in its memory.

- To receive notifications from your phone, you need to pair the watch with it.  
[Getting Ready](#)

The number of new messages is shown on the Timekeeping Mode display.

New messages



You can use the Notification Mode to check notification types and whether there are any new messages.

New Messages Received



No New Messages Received



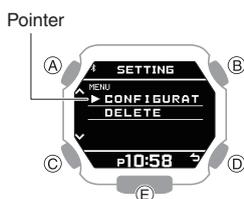
This indicator:	Means this:
	Mail
	SNS
	Incoming calls, missed calls
	Schedule
	Other

- While notification receive is enabled, reception of a notification causes its contents to appear on the display, regardless of the mode (Notification Cut-in).  
[Enabling and Disabling Incoming Call Notifications](#)

## Enabling and Disabling Incoming Call Notifications

You can enable or disable notification receive as required.

1. Enter the Notification Mode.  
[Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
3. Hold down (A) for at least two seconds.  
 This displays the Notification Mode setting screen.



4. Use (A) and (C) to move the pointer to [CONFIGURATION].
5. Press (B).
6. Use (A) and (C) to select a notification receive ON/OFF setting.

[ON]	Enables receive and notification cut-in display.
[ON (RUN OFF)]	Disables receive during run timing only.
[OFF]	Disables receive and notification cut-in display.

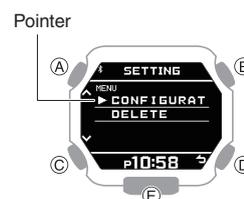
- Notification cut-in displays the contents of a received notification, regardless of the watch mode.
  - After about 30 seconds, the display will return to what it was before the notification cut-in appeared.
7. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Notification Mode setting screen will re-appear.
  8. Press (D) to exit the setting screen.

## Displaying Notification Contents

1. Enter the Notification Mode.  
[Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
  - The notification list can contain up to 10 notifications.
  - Addition of a notification to the list when it already contains 10 notifications, will cause the oldest notification in the list to be deleted to make room for the new one.
3. Use (A) and (C) to move the pointer to the title of the notification you want to view.
4. Press (B).  
 This displays the details of the notification. From 83 to 100 double-width characters are displayed for the body text.
  - You can use (A) and (C) to scroll.
  - To return to the notification list, press (D).
  - To return to the Timekeeping Mode, hold down (C) for at least one second.

## Deleting a Particular Notification

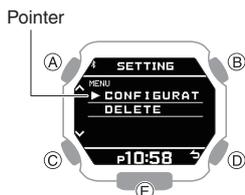
1. Enter the Notification Mode.  
[Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
3. Use (A) and (C) to move the pointer to the title of the notification you want to delete.
4. Hold down (A) for at least two seconds.  
 This displays the Notification Mode setting screen.



5. Use (A) and (C) to move the pointer to [DELETE].
6. Press (B).
7. Use (A) and (C) to move the pointer to [ONE].
8. Press (B).
9. Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel data deletion, move the pointer to [CANCEL].
10. Press (B).  
 After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

## Deleting All Notifications

1. Enter the Notification Mode.  
[🔍 Navigating Between Modes](#)
2. Press (B).  
 This displays the notification list.
3. Hold down (A) for at least two seconds.  
 This displays the Notification Mode setting screen.



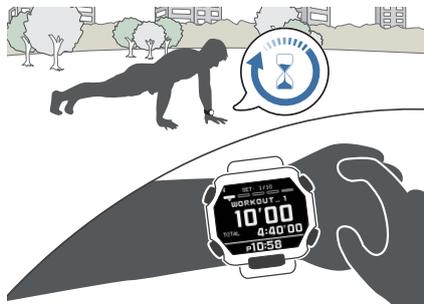
4. Use (A) and (C) to move the pointer to [DELETE].
5. Press (B).
6. Use (A) and (C) to move the pointer to [ALL].
7. Press (B).
8. Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel data deletion, move the pointer to [CANCEL].
9. Press (B).  
 This displays a confirmation screen.
10. Use (A) and (C) to move the pointer to [YES].
11. Press (B).

After the data delete operation is complete, [DELETE COMPLETED] will appear for a few seconds, and then the Notification Mode screen will re-appear.

## Timer

The timer counts down from a start time specified by you. The watch performs a sound and/or vibration operation when the end of the countdown is reached.

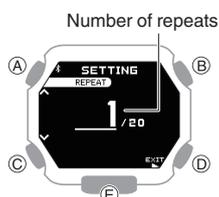
- The sound and/or vibration alert operations will not be performed while battery power is low.



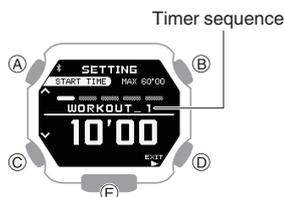
## Setting the Timer Start Time

The start time can be set in 1-second units up to 60 minutes.

1. Enter the Timer Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the number of timer repeats (1 to 20) setting screen.



3. Use (A) and (C) to specify the number of timer repeats (Auto Repeat).
4. Press (B).
5. Use (A) and (C) to specify the position of the timer in the sequence.

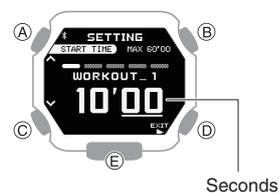


6. Press (B).  
 This moves the cursor to the minutes setting.

7. Use (A) and (C) to change the minutes setting.



8. Press (B).  
 This moves the cursor to the seconds setting.
9. Use (A) and (C) to change the seconds setting.



10. Press (B).
11. Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

12. Press (B) to complete the setting operation.

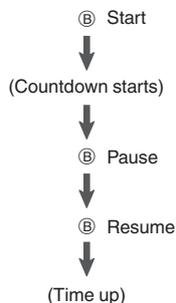
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.

### Note

- To exit the timer setting operation at any point, press (D) and advance to step 11.

## Using the Timer

1. Enter the Timer Mode.  
[🔍 Navigating Between Modes](#)
2. Use the operations below to perform a timer operation.



- The watch performs a sound and/or vibration operation for 10 seconds when the end of the countdown is reached.
  - You can reset a paused countdown to its start time, by pressing (D).
3. Press any button to stop the sound and/or vibration operation.

## Using the Programmable Timer for Interval Training

### Overview

You can configure settings for multiple timers so they perform different count downs one after the other to create an interval timer. You can use the programmable timer to create a sequence for interval training that alternates jogging with sprinting.

For example, you could configure an interval timer as shown below and have intervals ① through ④ repeat 10 times.

### Timer Settings

- [WORKOUT\_1]: 10 minutes 00 seconds
- [WORKOUT\_2]: 4 minutes 00 seconds
- [WORKOUT\_3]: 10 minutes 00 seconds
- [WORKOUT\_4]: 4 minutes 00 seconds
- Sets: 10

### Interval Training Workout

- ① Jog: 10 minutes 00 seconds
- ② Sprint 1 km: 4 minutes 00 seconds
- ③ Jog: 10 minutes 00 seconds
- ④ Sprint 1 km: 4 minutes 00 seconds

### Note

- You can configure up to five different timers to repeat up to 20 times (Auto Repeat).
- You can use G-SHOCK MOVE to change a timer name. A name can include a combination of up to 14 alphabetic letters (A to Z), numbers (0 to 9), and symbols. The timers in the examples in this section are giving names like [WORKOUT\_1].

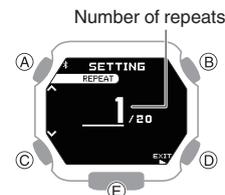
## Configuring Programmable Timer Settings

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

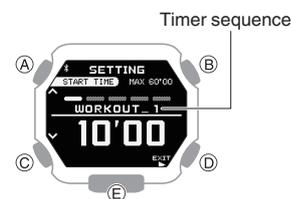
### 🔍 Using the Timer

1. Enter the Timer Mode.  
[🔍 Navigating Between Modes](#)

2. Hold down (A) for at least two seconds.  
 This displays the number of timer repeats (1 to 20) setting screen.



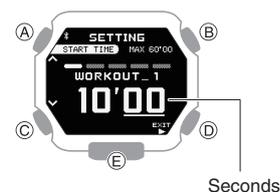
3. Use (A) and (C) to specify the number of timer repeats (Auto Repeat).
4. Press (B).
5. Use (A) and (C) to specify the position of the timer in the sequence.
  - To setup the first timer, setup [WORKOUT\_1].



6. Press (B).  
 This causes the cursor to appear at the minutes setting of the first timer.
7. Use (A) and (C) to change the minutes setting.



8. Press (B).  
 This causes the cursor to move to the seconds setting of the first timer.
9. Use (A) and (C) to change the seconds setting.



10. Press (B).

- Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the number of repeats setting.

- Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the Timer Mode screen will re-appear.

- Repeat steps 2 through 12 as many times as necessary to configure the settings of the other timers.

### Note

- To exit the program setting operation at any point, press (D) and advance to step 11.

## Using a Programmable Timer

- Enter the Timer Mode.  
[Navigating Between Modes](#)
- Press (B) to start the timer countdown.



- To pause an ongoing timer countdown, press (B). You can reset a paused countdown to its start time, by pressing (D).
- When there is a multiple timer countdown operation in progress, you can immediately terminate the current countdown and start the next countdown by holding down (A) for at least two seconds.

## Stopwatch

The stopwatch can be used to perform 1-second unit elapsed time measurement up to 99 hours, 59 minutes, 59 seconds.

It can also measure split times.



## Measuring Elapsed Time

- Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.



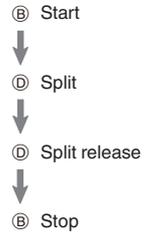
Hour, minute, second



- Press (D) to reset the stopwatch to all zeros.

## Measuring a Split Time

- Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
- Use the operations below to measure elapsed time.



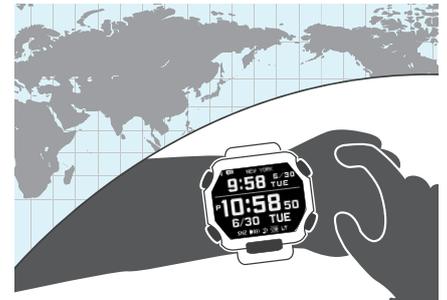
Hour, minute, second



- Press (D) to reset the stopwatch to all zeros.

## World Time

World Time lets you look up the current time in any one of 38 cities around the globe, and UTC (Coordinated Universal Time).



### Note

- World Time cities that can be selected only by using G-SHOCK MOVE cannot be selected using watch operations.  
[Configuring World Time Settings](#)

## Checking World Time

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Use (A) to display the World Time.  
[Selecting a Timekeeping Mode Digital Display Format](#)

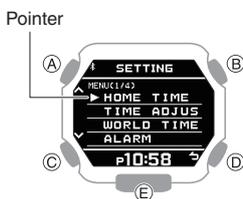
This displays to the current World Time City and the current time there.



## World Time City Setting

Use the procedure in this section to select a World Time city.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [WORLD TIME].
4. Press (B).  
This displays the World Time setting screen.
5. Use (A) and (C) to move the pointer to [CITY].
6. Press (B).  
This displays a menu of World Time Cities.



7. Use (A) and (C) to move the pointer to the city you want to use.
8. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.  
This will display the current time and date in the selected city.

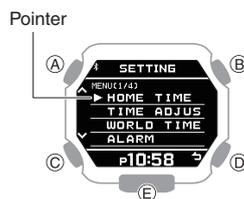


### Note

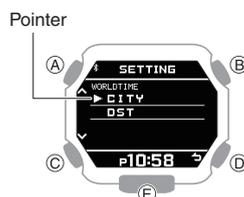
- If you currently have a World Time City that is selectable with G-SHOCK MOVE only and then use watch operation to change to a different city, the G-SHOCK MOVE city information will be deleted from the watch.  
[Configuring World Time Settings](#)

## Configuring the Summer Time Setting

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [WORLD TIME].
4. Press (B).  
This displays the World Time setting screen.



5. Use (A) and (C) to move the pointer to [DST].
6. Press (B).
7. Use (A) and (C) to select a summer time setting.

[AUTO]	The watch switches between standard time and summer time automatically.
[OFF]	The watch always indicates standard time.
[ON]	The watch always indicates summer time.

8. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the World Time setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, [AUTO] lets you use the watch without switching manually between summer time and standard time.
- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.

## Alarms

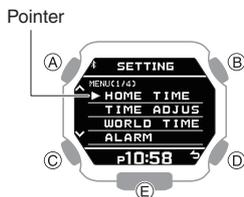
The watch performs a sound and/or vibration operation when an alarm time is reached. You can set up to four different alarms.

- The sound and/or vibration alert operations will not be performed while battery power is low.
- When snooze is enabled for an alarm, it will sound every five minutes up to seven times.



## Configuring Alarm Settings

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



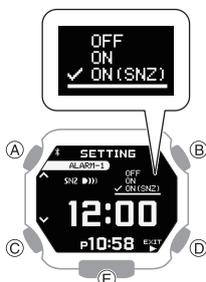
- Use (A) and (C) to move the pointer to [ALARM].
- Press (B).
- Use (A) and (C) to move the pointer to the alarm you want to set.



- Press (B).
- Use (A) and (C) to select an alarm and snooze function ON/OFF setting.

[OFF]	Disables alarms, disables snooze.
[ON]	Enables alarms, disables snooze.
[ON (SNZ)]	Enables alarms, enables snooze.

- The currently selected setting will be indicated by a check mark (✓) to the left.



- Press (B).
- Use (A) and (C) to set the alarm hour.
- Press (B).
- Use (A) and (C) to set the alarm minute.
- Press (B).
- Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

- Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.

- Turning on an alarm causes to appear on the display to the right of the time setting. If snooze is enabled, [SNZ] also appears.

- Press (D) twice to exit the setting screen.

### Note

- To exit the alarm setting operation at any point, press (D) and advance to step 13.

### ● To stop a sounding alarm

While an alarm sound and/or vibration operation is being performed, press any button to stop it.

### Note

- When snooze is enabled for an alarm, alarm sound and/or vibration will repeat every five minutes, up to seven times. To stop an alarm's ongoing snooze operation, turn off the alarm.

## Turning Off an Alarm

To stop an alarm sound and/or vibration operation, perform the steps below to turn it off.

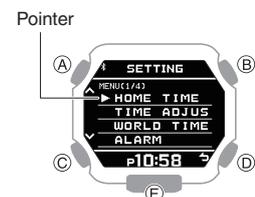
- To reactivate an alarm sound and/or vibration operation, turn it back on.

### Note

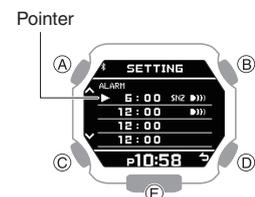
- An indicators is displayed while any one of the alarms is turned on.
- The alarm indicator is not displayed while all of the alarms are turned off.



- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [ALARM].
- Press (B).
- Use (A) and (C) to move the pointer to the alarm you want to turn off.



6. Press (B).
7. Use (A) and (C) to select [OFF].
8. Press (B).
9. Use (A) and (C) to select whether or not you want to save your current settings.

[YES]	Saves current settings.
[NO]	Discards current settings.
[RETURN]	Returns to the alarm setting screen.

10. Press (B) to complete the setting operation.  
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the alarm setting selection screen will re-appear.
11. Press (D) twice to exit the setting screen.
  - Turning off all alarms will cause  (alarm) to disappear from the display.

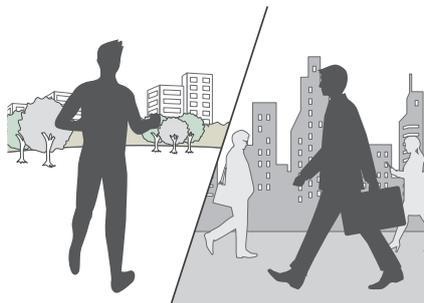


### Note

- If  (alarm) is still displayed, it means that at least one of the other alarms is still turned on. To turn off all of the alarms repeat steps 5 through 10 until the  (alarm) indicator is no longer displayed.

## Pedometer

You can use the pedometer to keep track of your step count while walking, engaging in your normal daily activities, etc.



### Counting Steps

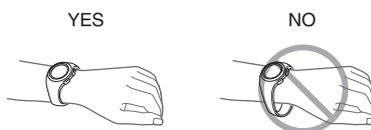
If you are wearing the watch correctly, the pedometer will count your steps as you walk or engage in your normal daily activities.

#### Important!

- Since this watch's pedometer is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

#### ● Getting Ready

To enable the most accurate step count, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain correct measurement.



#### ● Counting Steps

The pedometer will start counting your steps when you start walking.

#### ● To check the step count

Display the TIME+DAILY screen.

 [Selecting a Timekeeping Mode Digital Display Format](#)

#### Note

- The step count can show a value up to 99,999 steps. If the step count exceeds 99,999, the maximum value (99,999) remains on the display.
- To prevent miscounts, the displayed count does not increase for about 10 seconds after you start walking. After you have been walking for about 10 seconds, the correct count appears, including the steps you took during the previous 10 seconds.
- The step count is reset to zero at midnight each day.
- To save power, measurement stops automatically if you take off the watch (no watch movement) and do not perform any operation for two or three minutes.

### Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surface that causes a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 10 seconds or less

## Other Settings

This section explains other watch settings you can configure.

### Button Operation Sound Setting

Use the procedure below to enable or disable the tone that sounds when you press a button.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [BEEP].
4. Press (B).
5. Use (A) and (C) to move the pointer to [OPERATION].
6. Press (B).
7. Use (A) and (C) to move the pointer to [ON] (enabled) or [OFF] (disabled).
8. Press (B) to complete the setting operation.

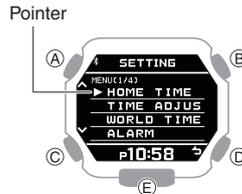
After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.

- is displayed in the Timekeeping Mode while the operation tone is disabled.
9. Press (D) twice to exit the setting screen.

### Configuring Notification Sound Settings

You can use the procedure below to enable or disable the notification sound.

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [BEEP].
4. Press (B).
5. Use (A) and (C) to move the pointer to [NOTIFICATION].
6. Press (B).
7. Use (A) and (C) to select a notification sound ON/OFF setting.

[ALL ON]	Enables sound for all notifications.
[USER]	Enables sound only for items specified by you.
[ALL OFF]	Disables sound for all notifications.

#### Note

- The configuration of [USER] notifications can be changed using G-SHOCK MOVE.

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the BEEP (sound) setting screen will re-appear.
  - is displayed in the Timekeeping Mode while the notification tone is disabled.
9. Press (D) twice to exit the setting screen.

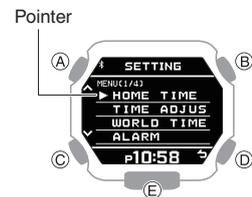
### Configuring Vibration Settings

In addition to operation sounds and notification sounds, your watch also uses vibration for alerts. You can use the procedure below to enable or disable vibration.

- The icon is shown on the Timekeeping Mode display while operation vibration or notification vibration is enabled.

#### Configuring Operation Vibration Settings

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



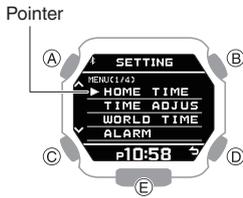
3. Use (A) and (C) to move the pointer to [VIBRATION].
4. Press (B).
5. Use (A) and (C) to move the pointer to [OPERATION].
6. Press (B).
7. Use (A) and (C) to enable or disable operation vibration.

[ON]	Enables operation vibration.
[OFF]	Disables operation vibration.

8. Press (B).  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
9. Press (D) twice to exit the setting screen.

## ● Configuring Notification Vibration Settings

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [VIBRATION].
4. Press (B).
5. Use (A) and (C) to move the pointer to [NOTIFICATION].
6. Press (B).
7. Use (A) and (C) to select a notification vibration ON/OFF setting.

[ALL ON]	Enables vibration for all notifications.
[USER]	Enables vibration only for items specified by you.
[ALL OFF]	Disables vibration for all notifications.

### Note

- The configuration of [USER] notifications can be changed using G-SHOCK MOVE.

8. Press (B).  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the vibration setting selection screen will re-appear.
9. Press (D) twice to exit the setting screen.

## Specifying the Height and Weight Units

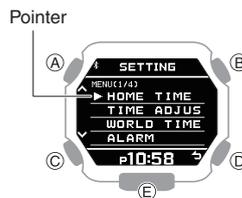
You can specify the units of measurement used for height and weight.

- You can select either centimeters (cm) or feet (ft) as the height unit.
- You can select either kilograms (kg) or pounds (lb) as the weight unit.

### Important!

- When Tokyo (TOKYO) is the Home City, the height unit is fixed as centimeters (cm) and the weight unit is fixed as kilograms (kg), and these settings cannot be changed.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to select the unit setting item.

[HEIGHT]	Height unit
[WEIGHT]	Weight unit

6. Press (B).
7. Use (A) and (C) to select the unit you want.
  - Height

[CENTIMETER]	Centimeters
[FEET]	Feet

- Weight

[KILOGRAM]	Kilograms
[POUND]	Pounds

8. Press (B) to complete the setting operation.  
 After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.
9. Press (D) twice to exit the setting screen.

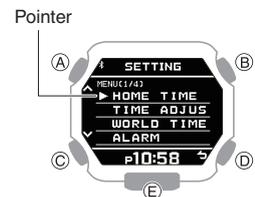
## Specifying the Calorie Display Unit

You can select either calories (cal) or joules (J) as the calories burned unit.

### Important!

- When Tokyo (TOKYO) is the Home City, the unit is fixed as calories (cal) and cannot be changed.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [UNIT].
4. Press (B).
5. Use (A) and (C) to move the pointer to [CALORIES].
6. Press (B).
7. Use (A) and (C) to select the calorie unit you want.

[CALORIE]	Calories
[JOULE]	Joules

- Press (B) to complete the setting operation.

After the setting operation is complete, [SETTING COMPLETED] will appear for a few seconds, and then the unit setting screen will re-appear.

- Press (D) twice to exit the setting screen.

## Screen Off Function

To prevent screen burn in, this function turns off the display when the watch is removed from the wrist and not being used at the time of day specified with G-SHOCK MOVE.

- Any one of the events below will turn the display back on.
  - Wearing the watch
  - Operating a button
  - Elapse of three hours

### Note

- G-SHOCK MOVE can be used to specify the screen off trigger time. Note that you cannot configure this setting using watch operations. The initial factory default setting is 2:00 a.m.

## Resetting Watch Settings

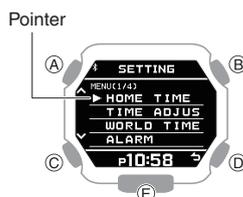
This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Stopwatch
- Timer
- Alarm
- Profile

### Important!

- The watch cannot be reset while its Airplane Mode is enabled.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



- Use (A) and (C) to move the pointer to [RESET ALL SETTINGS].
- Press (B).
- Use (A) and (C) to move the pointer to [EXECUTE].
  - To cancel the reset operation, move the pointer to [CANCEL].
- Press (B).
- Use (A) and (C) to move the pointer to [YES].
  - To stop the reset operation, move the pointer to [NO].
- Press (B).  
 The watch will return to the Timekeeping Mode after the reset operation is complete. The reset operation is complete when [AC] appears in the lower right corner of the display.
- Press (A) to clear [AC] from the display.

### Note

- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

## Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

### City Table

City	Offset
UTC	Coordinated Universal Time 0
LONDON	London 0
PARIS	Paris +1
ATHENS	Athens +2
JEDDAH	Jeddah +3
TEHRAN	Tehran +3.5
DUBAI	Dubai +4
KABUL	Kabul +4.5
KARACHI	Karachi +5
DELHI	Delhi +5.5
KATHMANDU	Kathmandu +5.75
DHAKA	Dhaka +6
YANGON	Yangon +6.5
BANGKOK	Bangkok +7
HONG KONG	Hong Kong +8
EUCLA	Eucla +8.75
TOKYO	Tokyo +9
ADELAIDE	Adelaide +9.5
SYDNEY	Sydney +10
LORD HOWE ISLAND	Lord Howe Island +10.5
NOUMEA	Noumea +11
WELLINGTON	Wellington +12
CHATHAM ISLAND	Chatham Islands +12.75
NUKU'ALOFA	Nuku'alofa +13
KIRITIMATI	Kiritimati +14
BAKER ISLAND	Baker Island -12
PAGO PAGO	Pago Pago -11
HONOLULU	Honolulu -10
MARQUESAS ISLANDS	Marquesas Islands -9.5
ANCHORAGE	Anchorage -9
LOS ANGELES	Los Angeles -8
DENVER	Denver -7
CHICAGO	Chicago -6
NEW YORK	New York -5
HALIFAX	Halifax -4
ST. JOHN'S	St. John's -3.5
RIO DE JANEIRO	Rio de Janeiro -3
F. DE NORONHA	Fernando de Noronha -2
PRAIA	Praia -1

- The information in the above table is current as of January 2020.
- Time zones may change and UTC differentials may become different from those shown in the table above. If this happens, connect the watch with a phone to update the watch with the latest time zone information.

## Summer Time Table

When [AUTO] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

### Note

- Summer time start and end dates for your current location may be different from those shown below. If this happens, you can have new summer time information for your Home City and World Time city sent to the watch by connecting the watch with a phone. If the watch is not connected with a phone, you can change the summer time setting manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Tehran	00:00, March 22 or 21	00:00, September 22 or 21
Sydney, Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Lord Howe Island	02:00, first Sunday in October	02:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Chatham Islands	02:45, last Sunday in September	03:45, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
St. John's	02:00, second Sunday in March	02:00, first Sunday in November

- The information in the above table is current as of January 2020.

## Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy :

±15 seconds per month average when time adjustment by communication with a phone is not possible.

### Basic Functions :

Hour, minute, second, month, day, day of the week  
a.m./p.m. (P), 24-hour timekeeping  
Full Auto Calendar (2000 to 2099)

### Mobile Link :

Function linking by wireless connection with Bluetooth® compatible devices\*

\* Operation enhanced by Mobile Link

Auto Time Adjustment

Simple time setting

World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time

Watch settings

Tide Graph: Information on approximately 3,300 global points

Phone finder

Data updating

Updating of time zone and summer time rule information

Training Function

Calculation and display of distance, speed, pace, and other information

Training plan creation

Training function settings

Target alerts

Training log data management

Training log data and lap data management

Training analysis results

Notifications

Communication Specifications

Bluetooth®

Frequency band: 2400MHz to 2480MHz  
Maximum transmission power: 0 dBm (1 mW)

Communication range: Up to 2 meters (depends on environment)

### Tide/Moon, Sunrise/Sunset Functions :

Tide Graph (50 selectable preset points\* around the world)

Moon data (Moon age, Moon phase)

Sunrise and sunset times

\* Subject to updates by connection between the watch and phone.

## Training Function :

Distance, speed, pace, and other information calculated using accelerometer data  
 Auto/Manual lap  
 Auto Pause  
 Target alert (time, calories burned) enable/disable  
 Training display customization

## Training log data :

Up to 100 runs, up to 140 lap records per run  
 Measured time, distance, pace, calories burned

## Step Count :

Step count measurement using a 3-axis accelerometer  
 Step count display range: 0 to 99,999 steps  
 Step count reset: Auto reset at midnight each day  
 Step count accuracy: ±3% (According to vibration testing)

## Stopwatch :

Measuring unit: 1 second  
 Measuring capacity: 99:59'59" (100 hours)  
 Split times

## Countdown Timer :

Setting unit: 1 second  
 Measuring unit: 1 second  
 Maximum setting: 60 minutes  
 Up to five start times  
 Auto Repeat

## World Time :

Displays current time in 38 cities (38 time zones)\* and UTC, Auto DST  
 \* Subject to updates by connection between the watch and a phone.

## Other :

LED backlight (Auto Light, Super Illuminator, afterglow, 1.5 or 3-second selectable illumination duration)  
 Screen off function  
 Operation sound enable/disable  
 Vibration  
 Airplane Mode  
 4 alarms (with snooze)

## Power Supply :

CR2032 x 1  
 Battery life: Approximately 2 years  
 Conditions  
 Display: 21 hours/day  
 Step counting: 12 hours/day  
 Bluetooth Connection Time: 12 hours/day  
 Notifications (including vibration): 20 times/day  
 Run Timing: 2 hours/week  
 Alarm: Once (10 seconds)/day  
 Illumination: Once (1.5 seconds)/day

Usage conditions may cause actual battery life to be shorter.

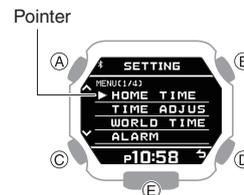
### Note

- Battery life is approximately 18 months under the conditions below.
  - Bluetooth Connection Time: 18 hours/day
  - Notifications (including vibration): 50 times/day
  - Run Timing: 4 hours/week
- Battery life is approximately 12 months under the conditions below.
  - Bluetooth Connection Time: 24 hours/day
  - Notifications (including vibration): 150 times/day
  - Run Timing: 7 hours/week

Specifications are subject to change without notice.

## Checking Wireless Compliance Information

1. Enter the Timekeeping Mode.  
 ◉ [Navigating Between Modes](#)
2. Hold down (A) for at least two seconds.  
 This displays the Timekeeping Mode setting screen.



3. Use (A) and (C) to move the pointer to [REGULATORY].
4. Press (B).
5. Use (A) and (C) to select the information you want to view.
6. Hold down (C) for at least one second to return to the Timekeeping Mode.

## Mobile Link Precautions

### ● Legal Precautions

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.  
<https://world.casio.com/ce/BLE/>

- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

### ● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.

- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

### ● Stopping Radio Wave Emission by This Watch

The  on the display indicates that the watch is emitting radio waves.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, enable the Airplane Mode.

 [Using the Watch in a Medical Facility or Aircraft](#)

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## Troubleshooting

### I can't pair the watch with a phone.

**Q1** I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.

For information about supported phone models, visit the CASIO Website.

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

Did you install G-SHOCK MOVE on your phone?

G-SHOCK MOVE needs to be installed on your phone in order to connect with the watch.

 [① Install the required app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

#### iPhone Users

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "G-SHOCK MOVE" → On

#### Android Users

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use G-SHOCK MOVE. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

### I can't reconnect the watch and phone.

**Q1** The watch will not re-connect with the phone after they are disconnected.

Is G-SHOCK MOVE running?

The watch cannot re-connect with your phone unless G-SHOCK MOVE is running on the phone. On your phone's home screen, tap the G-SHOCK MOVE icon. Perform the operation shown on the screen that appears to pair with the watch.

 [③ Pair the watch with a phone.](#)

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the G-SHOCK MOVE icon. Perform the operation shown on the screen to pair with the watch.

 [③ Pair the watch with a phone.](#)

**Q2** I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone's Airplane Mode is enabled. Disable your phone's Airplane Mode. On its home screen, tap the "G-SHOCK MOVE" icon. Next, perform the operation shown on the screen to pair with the watch.

 [③ Pair the watch with a phone.](#)

**Q3** I can't connect while the watch is in the Airplane Mode.

Exit the watch's Airplane Mode.

 [Using the Watch in a Medical Facility or Aircraft](#)

**Q4** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, turn on Bluetooth. Then on its home screen, tap the "G-SHOCK MOVE" icon. Next, perform the operation shown on the screen to pair with the watch.

 [③ Pair the watch with a phone.](#)

**Q5** I can't connect after turning off the phone.

Turn on your phone. On its home screen, tap the G-SHOCK MOVE icon. Next, perform the operation shown on the screen to pair with the watch.

 [③ Pair the watch with a phone.](#)

## Phone-Watch Connection

**Q1** I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on again, and then tap the G-SHOCK MOVE icon. Perform the operation shown on the screen to pair with the watch.

🔗 ③ [Pair the watch with a phone.](#)

Is the watch in the Airplane Mode?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

Has the watch been re-paired with the phone?

Delete the pairing information from G-SHOCK MOVE and your phone (iPhone only), and then re-pair them.

🔗 [Deleting Pairing Information from G-SHOCK MOVE](#)

🔗 [iPhone Only](#)  
[Deleting the phone's pairing information](#)

🔗 ③ [Pair the watch with a phone.](#)

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.

🔗 [Deleting Pairing Information from the Watch](#)

🔗 ③ [Pair the watch with a phone.](#)

## Changing to a Different Phone Model

**Q1** How do I connect my watch to a different phone?

Pair the watch with the phone.

🔗 [If you purchase another phone](#)

## Auto Time Adjustment by Bluetooth Connection (Time Adjustment)

**Q1** When does the watch adjust its time?

Your watch can connect with a paired phone to adjust its time setting. Auto time adjustment is performed at the times described below.

- After your phone's time zone or summer time setting is changed
- After 24 hours or more have passed since the last time adjustment using Bluetooth connection
- After 24 hours or more have passed since the last home city change or time adjustment using watch operation

**Q2** Auto time setting is not correct.

Is ✂ displayed?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Adjustment is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Note that auto time adjustment is not performed for 24 hours after you adjust the time setting manually on the watch. Auto time adjustment will resume after 24 hours.

Have 24 hours or more passed since the last manual time adjustment or city change?

Auto time adjustment is not performed for 24 hours after a manual time adjustment or city change. Auto time adjustment will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

🔗 [Using the Watch in a Medical Facility or Aircraft](#)

**Q3** Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

## Pedometer

**Q1** Displayed step count is not correct.

While the watch is on your wrist, the pedometer may detect non-step movements and count them as steps.

🔗 [Counting Steps](#)

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.

🔗 [Causes of Incorrect Step Count](#)

**Q2** The step count does not increase.

To avoid miscounting of non-walking movements, the step count is not displayed at the beginning of a walk.

It appears only after you have continued walking for about 10 seconds, with the number of steps you took during the first 10 seconds included in to the total.

**Q3** [ERROR] appears when using the pedometer.

[ERROR] (error) is displayed when sensor operation is disabled because of sensor or internal circuitry malfunction.

If the indicator remains on the display for more than three minutes or if it frequently appears, it could indicate a faulty sensor.

Contact a CASIO service center or your original retailer.

## Tide Level

**Q1** High tide and low tide information is not shown when I display the tide screen.

To check high tide and low tide information, use G-SHOCK MOVE or watch operations to specify a port.

**Q2** There are differences between the watch's tide information and actual tide information.

Since the high tide and low tide times and tide levels of the Tide Graph are calculated based on past data, the calculated data may be different from actual tide information.

Also note that the degree of the error can be affected by terrain, weather, and other conditions. Use the tide information of this watch for reference only.

Be sure to check accurate tide forecast information issued by various organizations, and do not use the tide information of this watch to determine tide levels used for navigation or any other purpose where there is the risk of danger.

## Alarms

**Q1** There is no sound and/or vibration operation performed for alarms.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

[🔗 Configuring Alarm Settings](#)

## Battery

**Q1**  is displayed.

 appears on the display when battery voltage goes low. Have the battery replaced.

Request battery replacement from a CASIO service center or your original retailer.

[🔗 Battery Replacement](#)