



1. When wear the watch and want to see the time or date, press left button is ok, **both** buttons are can make the LED turn red and you can see the time and date clearly;
2. When you want to see the time, press the Top Right button, you will **see** the **time**, if you want to see the date, press the Top Right button again, then, the screen show the **date**, press third time, the screen will show the second.
3. When you want **to** change time, do in this way, first, press the Top **Right Button**, when the screen shows time, then please **press** the Bottom Right button, you will **see** the Hour number is jumping, please press the Top Right button to change the hours, after hours time confirmed, please press the Bottom Right button to adjust the minutes times, the **adjust way** is same as adjust hours, then, you can adjust month, date in the same way.
4. Have a try and you will find it's very easy to handle it.
5. If still have any other questions about the watch, please contact us.