

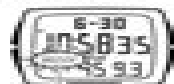
Operation Guide 3099

CASIO

Getting Acquainted

Thank you for purchasing this CASIO product. To ensure that it can provide you with the years of service for which it is designed, be sure to read this manual carefully and follow the instructions contained herein.

Low Battery Warning



Recover indicator

If you use the light or alarms a number of times during a short period, a RECON (recover) indicator flashes on the display and the following operations become disabled as the battery level recovers.

- Pedometer functions
- Alarm and hourly time signal
- Illumination

Normal operation should return after the battery level recovers, but if the RECON indicator appears frequently you should have the watch's battery replaced.

About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in watch mode. Further details and technical information can be found in the "Reference" section.

General Guide

Timekeeping Mode

PM Indicator (PM indicator for AM)



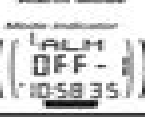
Exercise Walking Mode



Recall Mode



Alarm Mode



Stopwatch Mode



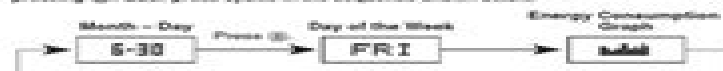
Personal Data Setting Mode



- Use (C) to navigate between modes.
- See "Top Display Area" and "Bottom Display Area" for information about controlling what appears in the top area and the bottom area of the Timekeeping Mode screen.
- Pressing (D) in any mode will illuminate the display for 1.5 seconds.

Top Display Area

You can select what is displayed in the top area of the Timekeeping Mode screen by pressing (B). Each press cycles in the sequence shown below.



Energy Consumption Graph

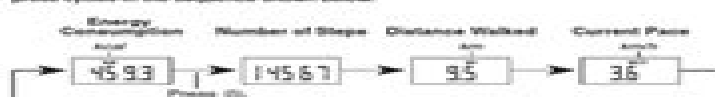
The energy consumption graph shows your energy consumption (based on the number of steps counted) for up to the past seven days.

- Unit = kcal.
- Note that each "bar" of the graph is made up of two display dot columns. Day 5 in the example below indicates energy consumption of 250.1 to 299.9 kcal. Day 3 indicates 250.1 to 300 kcal.



Bottom Display Area

You can select what data is displayed in the bottom area of the Timekeeping Mode screen by pressing (D). Each value is the cumulative total for the current date. Each press cycles in the sequence shown below.



- The energy consumption value, distance walked, and current pace are displayed using the units you selected under "To configure personal information settings".

Using the Watch's Pedometer Functions

Your watch has a built-in pedometer that counts the number of steps you take while walking. It uses this count to calculate distance, pace, and other data. Some of the calculated data is based on personal information you need to input before using the watch. Measured and calculated data can be saved in watch memory for later recall whenever you need it.

Important!

- Before trying to use the watch's pedometer functions, you first need to configure personal information settings.

Normal Walking and Exercise Walking

There are two types of walking that can be measured by your watch: normal walking and exercise walking.

Note

- If you have both normal walking and exercise walking measurement turned on, the watch will give priority to exercise walking.
- Normal walking and exercise walking continue to count your steps while turned on, even if you change to another mode. The only time your steps are not counted is when an alarm is sounding or while a setting screen (indicated by a flashing setting) is on the display.

Normal Walking Measurement

Use normal walking measurement when you want to count the number of steps you take as you go about your normal daily life. You can turn on normal walking measurement in the Timekeeping Mode.

Exercise Walking Measurement

As its name suggests, exercise walking measurement is intended for counting your steps while walking briskly, as part of an exercise program. To turn on exercise walking measurement, you need to enter the Exercise Walking Mode.

Configuring Personal Information

You need to preset the following personal information before the watch can calculate your energy consumption and other data based on the number of steps you take while walking.

- Your current weight
- Your normal walking stride length
- Your exercise walking stride length
- Your age
- Your gender
- The energy consumption unit you want to use
- The weight unit you want to use
- The stride length unit you want to use
- The sensitivity level you want to use

You need to enter the Personal Data Setting Mode to configure personal information settings. While in the Timekeeping Mode, press (D) five times to enter the Personal Data Setting Mode.

Casio Phys Manual

John Rounce



Casio Phys Manual:

The Mad Math Manual Ahmad W. Chamoun, 2022-07-20 After studying and teaching math and science over the years I realized that many good opportunities for learning and teaching important and essential things were missing from the resources that were available Included in this book are many exercises techniques and insights that strengthen a learner's mathematical and logical abilities which are simply not to be found anywhere else Also included are things which I have learned from different disparate places that for the student's convenience have all been gathered into one place and which I attempted to explain in simpler terms than what is currently available After all it is hard enough to learn these concepts let alone have to shift through all of the data to find what really pertains to one's study Some of the material presented are things which I myself found to be the most confusing In this regard I hope that the manual can be a great resource for students trying to learn more about math and science as well as the workings of nature Even though it is unlikely a reader will be able to understand all of the material presented on their own and without the presence of a teacher having another resource in which the material and concepts are presented in a unique and simpler way is highly useful Generally when people learn about math and science they are usually not satisfied by the answer that their teacher or textbook has to give on why nature settled on a certain constant or equation It's mind boggling to me how many people fail to acknowledge the relatedness of many physical constants as well as the logic behind some of the greatest discoveries and in effect are missing out on a lot of the beauty behind science and the workings of nature

Moody's International Manual, 1993 **El-Hi Textbooks & Serials in Print, 2000**, 2000 *Maths for Advanced Physics* John Rounce, 2002 Written by teachers and fully covering the 2002 A Level maths specifications for biology this text is useful for both classroom work and homework exercises Relevant for AS and A2 Levels of study and designed to be accessible and friendly in format its aim is to provide clear and concise explanations of mathematical concepts and how these are then applied in biology Worked examples are included throughout encouraging students to grasp the subject matter with ease Examination style questions and answer sections provide an opportunity for continuous progression and to consolidate learning

Subject Guide to Books in Print, 1993 **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff, R R Bowker Publishing, 1996-09

Proceedings of the ACM SIGPLAN--SIGSOFT Workshop on Program Analysis for Software Tools and Engineering, 1998

ACM SIGPLAN Notices, 1998 Precalculus with Texas Instrument Calculator Lawrence G. Gilligan, Gilligan, 1991

Engineering Technology Problem Solving H. Irvine, 2024-11-01 This book covers the main special functions that are available on the two most popular calculators the Texas Instruments TI 55 and the Hewlett Packard HP 33E It is designed for use by beginning engineering and technical students and as a handbook for calculator applications

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