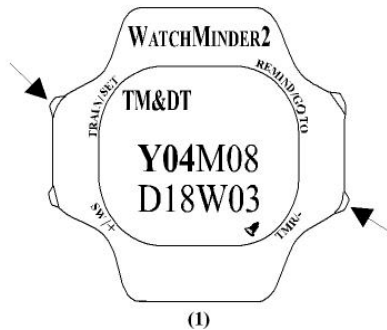


WatchMinder2 Quick Start Instructions

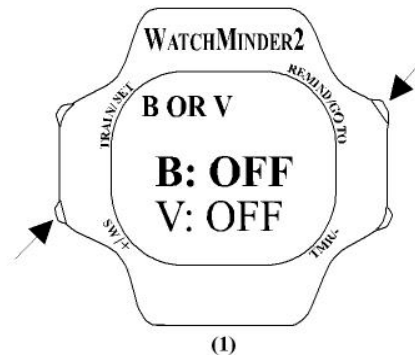
Thank you for purchasing the WatchMinder2. In order to quickly get the WatchMinder operational, you will first need to set the time/date and then turn the vibration feature to “on.” Please follow these steps and then follow the final directions to set training and reminder alerts.

I. First Step: Set the Time and Date



1. Start by pushing and holding down TRAIN/SET, then immediately push TMR.
 2. Y will appear with a number blinking. Push + or – to adjust the Year up or down. Push REMIND to set Year.
 3. M will appear with a number blinking. Push + or – to adjust the Month up or down. Push REMIND to set Month.
 4. D will appear with a number blinking. Push + or – to adjust the Day up or down. Push REMIND to set Day.
 5. W will appear. DO NOT PUSH + or -. Immediately push REMIND.
 6. H will appear with a number blinking. Push + or – to adjust Hour up or down. This is a 24 hour clock, so add 12 to the PM time (2pm is 14). Push REMIND to set Hour.
 7. M will appear with a number blinking. Push + or – to adjust Minutes up or down. Push REMIND to set Minute.
 8. S will appear with a number blinking. Push + or – to adjust Seconds up or down. Push TRAIN to set Second.
- The correct Time and Date will appear.

II. Second Step: Turn Vibration On



1. Start by pushing and holding down REMIND, then immediately push SW.
2. B (bell alert) will appear with OFF blinking. Push REMIND.
3. V (vibration alert) will appear with OFF blinking. Push + or - and ON will appear. Push TRAIN. Vibration alert is set and icon will appear at bottom of screen.

OVER

Setting up the Fixed Interval Training Mode

1. Start by pushing TRAIN. NEW blinks. Push REMIND twice until SET blinks.
2. Push TRAIN. First message appears. (If this does not happen, there is a message in the memory and you must delete it before proceeding further. Go to REV and then DEL. See Instruction manual)
3. Push + or - to scroll through the list of messages. Push REMIND to choose a message.
4. FIX blinks (fixed time interval). Push REMIND.
4. The interval minutes (which is the amount of time between 2 and 60 minutes between training messages) appears blinking. Push + or - until the desired interval minute duration appears. Push REMIND to set the desired interval.
5. The next screen shows the START (S) and END (E) times for your training program.
6. The Start hour 00 will appear blinking. Push + or - until the desired Start hour appears. Push REMIND to set.
7. The Start minutes 00 will appear blinking. Push + or - until the desired Start minutes appear. Push REMIND to set.
8. The End hour 00 will appear blinking. Push + or - until the desired End hour appears. Push REMIND to set.
9. The E minutes 00 will appear blinking. Push + or - until the desired End minutes appear. Push TRAIN to set. (Please remember, your programmed training cycle will begin after the appointed START time. This may be the next day.)

Setting up the Reminder Mode

1. Start by pushing REMIND. NEW blinks. Push REMIND twice until SET appears. Push TRAIN.
2. First message will be blinking. Push + or - to scroll through the list of messages. Push REMIND to choose a desired message.
4. YEAR 00 will blink. You do not need to set the year. Push REMIND.
5. MO 00 will appear blinking. You do not need to set the month. Push REMIND.
6. DATE 00 will appear blinking. You do not need to set the date. Push REMIND.
7. WEEK 00 will appear blinking. You do not need to set the week. Push REMIND.
8. HOUR 00 will appear blinking. Push + or - until the desired hour appears. Push REMIND.
9. MIN 00 will appear blinking. Push + or - until the desired minute appears. Push TRAIN to set. Push + or - to exit reminder mode and go back to the current time of day. (If you wish to program another reminder, you continue by pushing REMIND until SET appears. Push TRAIN and re-do steps 2 through 9 again.)

Please refer to the instruction manual for more detailed instructions.