How to set the Time, Date & Day:
Pull the crown out to position 1. Turn the crown clockwise to set date. Pull the crown out to position 2 & rotate crown clockwise to set the day, and then set the time. Push the crown back to position 0. Do not change the date between 9 pm & 1 am as it may not change properly.

How to operate the Stopwatch:
Restart & stop the stopwatch by pressing pusher A. To stop & reset the stopwatch press B.