



Default is Month/Date/Day

COUNTING UP

- 1: Pressing Set once
Brings you to 0:00:00
- 2: Press Start to
begin Counting up.
Press again to stop.
Press Reset to bring
you back to 0:00:00.

COUNTING UP TO A SET NUMBER

- 1: To change Target time
Press SET for 5 seconds,
the display will start Flashing.
Press RESET or START/STOP
to change Time.
- 2: Pressing SET
brings you to
0:00:00 and ready
to begin Counting.
- 3: Press START to begin.
- 4: When you reach
the Target number,
the Alarm will sound.
- 5: Press RESET
to Halt Alarm.



Default is Month/Date/Day

Counting Down from a set number

- 1: Press SET Twice brings you to the Default, 2:00:00.
- 2: To set your own Countdown time, Press SET button and hold. Release when LCD Flashes.
- 3: Press RESET or START/STOP button to change the Time.
- 4: Press SET.
- 5: Press Start to begin count down.
- 6: When you reach the Target number, the Alarm will sound.
- 7: Press RESET to Halt Alarm.
- 8: Pressing SET Twice again will bring you to your last Program setting.





Default is Month/Date/Day

LCD READ-OUT

- 1: Pressing SET 3 times brings you to the Time for 10 seconds. Then to the Year for 3 seconds. Then back to Month/Date/Day.

