Setting the moon phase indication

1. Pull the crown out to position 1.
2. Rotate the crown clockwise to set the time.
   - Refer to a newspaper or other source to see actual moon phase.
   - Use the indicated moon phase only as a reference.
   - Appearance of the indication may differ in some models.
   - The moon phase can be set more accurately when it is new or full moon.

<table>
<thead>
<tr>
<th>Moon phase</th>
<th>New moon</th>
<th>First quarter moon</th>
<th>Full moon</th>
<th>Last quarter moon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunar age</td>
<td>About 0</td>
<td>About 7</td>
<td>About 15</td>
<td>About 22</td>
</tr>
<tr>
<td>Tide</td>
<td>Spring tide</td>
<td>Neap tide</td>
<td>Spring tide</td>
<td>Neap tide</td>
</tr>
</tbody>
</table>

3. Push the crown in to position 0 to finish the procedure.

Setting the time and the day of week

1. Pull the crown out to position 2 when the second hand points 0 second.
   The second hand stops.

2. Rotate the crown clockwise to set the time and the day-of-week hand.
   - Change of day-of-week indication shows it just became AM. Take care the time set is AM or PM.

3. Push the crown in to position 0 in accordance with a reliable time source.

Setting the date

- Do not adjust the date indication while the watch shows 9:00 PM ~ 0:00 AM. Otherwise, the date indication may change incorrectly thereafter.
- Date indication adjustment is required on the first days of March, May, July, October and December.

1. Pull the crown out to position 1.
2. Rotate the crown counterclockwise to set the date hand.
3. Push the crown in to position 0 to finish the procedure.