

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual (PDF) carefully to ensure correct use.

This instruction manual (PDF) explains usage of several models. You can see the summary of functional difference of models on the table on page 8.

You can access the web instruction manual in addition through the URL: <https://www.citizenwatch-global.com/support/>

Some models may be equipped with enhanced features and functions such as slide rules and tachymeters. To see how to use such features and functions, which is not covered with the instruction manual, and other information, access the CITIZEN support page (<https://www.citizenwatch-global.com/support/>).

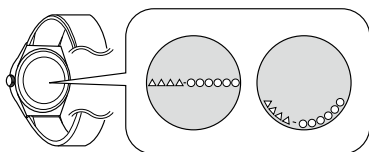
Models covered by this instruction manual

This instruction manual explains usage of watches with the movement numbers below.

B	B023	B035	B036	B690			
E	E000	E001	E005	E010	E011	E013	E015
	E016	E030	E031	E033	E035	E036	E037
	E068	E100	E101	E105	E106	E110	E111
	E115	E116	E118	E168			
J	J015	J165					

To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back (see the figure on the right). The first 4 characters of the case number represent the movement number of the watch. In the example, “△△△△” is the movement number. The engraving position may differ depending on watch model.



Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages 5 - 7) and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

DANGER	Highly likely to cause death or serious injury
WARNING	Can cause serious injury or death
CAUTION	Can or will cause minor or moderate injury or damage

- Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

Warning (caution) symbol followed by prohibited matters.
Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Features



Eco-Drive

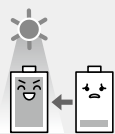
No periodical battery replacement is needed. This watch is fueled by light.

- "Eco-Drive" is an original technology of Citizen.

CONTENTS

Before using this watch	2
Band adjustment	2
Protective stickers.....	2
How to use a specially designed crown/button.....	2
Component identification	2
Setting the time	3
Adjusting the calendar	3
Charging your watch	4
When the watch reaches a low charge state (insufficient charge warning function)	4
Charging time by environment and battery duration.....	5
When you will not use the watch for a long time.....	5
When the stopped watch is exposed to light	5
Troubleshooting	5
Eco-Drive watch handling precautions	5
Water resistance	6
Precautionary items and usage limitations	6
Specifications	8
List of functions of models.....	8

Before using this watch



This watch has a rechargeable cell which is charged by exposing the dial to light. Expose the dial to direct sunlight regularly to charge the watch. For details of charging, see page 4.

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).

Consult an authorized service center. Other shops may charge for, or may not provide, the service.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed crown

Some models are equipped with a specially designed crown to prevent accidental operation.

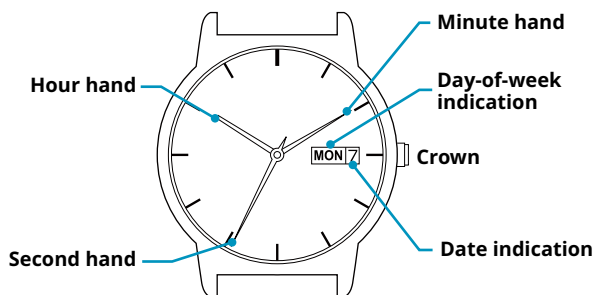
Screw down crown

Unlock the crown/button prior to operate your watch.

	Unlock	Lock
Screw down crown	<p>Rotate the crown counterclockwise until it releases from the case.</p>	<p>Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.</p>

Component identification

- The illustrations in this instruction manual may differ from the actual appearance of your watch.
- A solar cell is placed under the dial.



About the second hand

The position of the second hand may differ depending on models. Moreover, some models do not have the second hand.

Models with the second hand		Models with no second hand
Standard second hand	Small second hand	

About the calendar

Some models do not have the calendar. The position and indication of the calendar may differ depending on models.

Models with the calendar		Models with no calendar
Date and day of week	Date only	

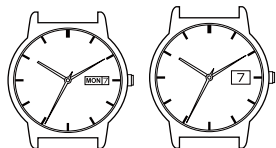
Crown's position

Models with the calendar	Models with no calendar



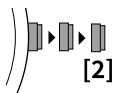
Setting the time

Models with the calendar



1 Pull the crown out to position [2].

- When you use a watch with the second hand, pull out the crown when the hand points 0 second.



2 Rotate the crown to set the time.

- Move the hands 4 or 5 minutes forward and move them back to the time you want to set it more precisely.
- Hour, minute and calendar move synchronously. Check movement of date indication to set AM/PM correctly.

3 Push the crown in to position [0] in accordance with a reliable time source to finish the procedure.

Models with no calendar



1 Pull the crown out to position [1].

- When you use a watch with the second hand, pull out the crown when the hand points 0 second.

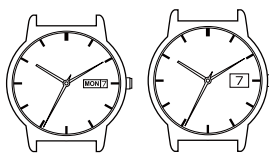


2 Rotate the crown to set the time.

- Move the hands 4 or 5 minutes forward and move them back to the time you want to set it more precisely.

3 Push the crown in to position [0] in accordance with a reliable time source to finish the procedure.

Adjusting the calendar



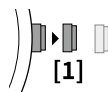
On models with the calendar, adjust date indication (and day-of-week indication if equipped).

- Adjusting the calendar in a certain period of time on the watch may cause incorrect change of indication. Do not adjust the calendar when the watch indicates time shown below.

Models with date and day of week indication	Models with date indication only
<p>9:00 PM - 1:00 AM</p>	<p>9:00 PM - 4:30 AM</p>

- Change of day-of-week indication starts around 1:00 AM and ends after 4:00 AM.
- The date indication based on the 31-day calendar. Calendar 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 to adjust the date and day of week.

- Rotating counterclockwise: date indication changes.
- Rotating clockwise: day-of-week indication changes. (Nothing changes on models with date indication only.)

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

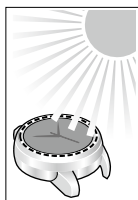
Charging your watch

This watch has a solar cell under the dial and stores the power generated by the cell in its built-in rechargeable cell.

The cell is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance, be sure to:

- Put the watch in a location where the dial is exposed to bright light such as by the window even when it is not used.
- Expose its dial to direct sunlight for 5 or 6 hours at least every week.
- Avoid leaving it in dark places for long periods of time.



CAUTION

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause movement malfunction.
- If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.
- The watch stops charging automatically after finishing (overcharging prevention function). The function prevents damage to performance of the watch and rechargeable cell due to overcharging.

When the watch reaches a low charge state (insufficient charge warning function)

When the power reserve becomes low on models equipped with "insufficient charge warning function", motion of the second hand or the minute hand changes to tell you charging is required. Expose the dial of your watch to light to charge it immediately.

- You can see if the function is equipped with your watch on the table on page 8.

Models with the second hand

The second hand moves once every 2 seconds (two-second interval movement).

Normal movement	Two-second interval movement

- Time and calendar are indicated correctly during insufficient charge warning state (two-second interval movement).
- Charging the watch during insufficient charge warning state (two-second interval movement) makes movement of the second hand normal.
- If you left the watch without charging for a few days after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.
- During normal movement, the second hand moves once every second.

Models with no second hand (B023 only)

The minute hand moves once every minute (one-minute interval movement).

Normal movement	One-minute interval movement

- Time and calendar are indicated correctly during insufficient charge warning state (one-minute interval movement).
- Charging the watch during insufficient charge warning state (one-minute interval movement) makes movement of the minute hand normal.
- If you left the watch without charging for a few days after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.
- During normal movement, the minute hand moves once every 20 seconds.

Time setting warning function

When a watch is charged and restarts after stopping, its hand moves as below and tell you its time is incorrect on some models. After charging the watch sufficiently, adjust the time.

- You can see if the function is equipped with your watch on the table on page 8.

Models with the second hand

The second hand moves three times every 4 seconds (irregular two-second interval movement).

Normal movement	Irregular two-second interval movement

- The watch returns to normal movement after time adjustment.

Models with no second hand (B023 only)

The minute hand moves twice every minute (irregular one-minute interval movement).

Normal movement	Irregular one-minute interval movement

- The watch returns to normal movement after time adjustment.

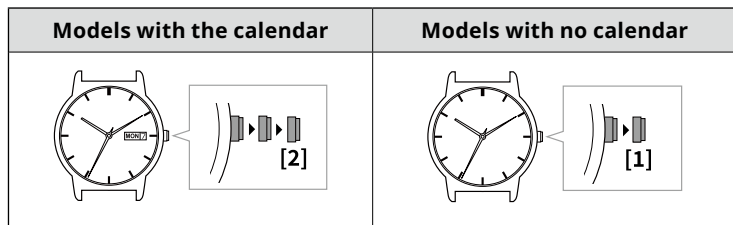
Charging time by environment and battery duration

Charging time and battery duration may be different depending on models. See pages 9 - 16 for details.

When you will not use the watch for a long time

Do not keep this watch in a dark place. Keep it in a place where its dial is exposed to light.

You can save current consumption by pulling the crown out as the figures below show to stop moving of the watch (power conserving status).



When the stopped watch is exposed to light

On some models, the second hand starts moving in two-second interval soon after the watch is exposed to light (quick start function).

- You can see if the function is equipped with your watch on the table on page 8.
- Light of indoor illumination may not be enough to keep it moving.
- Expose it brighter light and keep charging until the second hand moves every seconds.
- On models which do not have the quick start function, it takes more time to start moving in two-second interval. For them, expose to brighter light and keep charging until the second hand gets to move every second.

Troubleshooting

- When your watch still has problems even after trying remedies below, consult an authorized service center.

Movement of a hand seems strange.

Symptom	Remedies	Page
The second hand moves once every two seconds. (on a model equipped with the second hand)	Insufficient charge warning function is active. Power reserve of the watch is nearly empty. Charge immediately.	4
The minute hand moves once every minute. (on a model with no second hand)	Insufficient charge warning function is active. Power reserve of the watch is nearly empty. Charge immediately.	4
The second hand does not move.	Push the crown in to position [0].	2
No hands move.	Its power reserve may be insufficient. Charge the watch under direct sunlight until it returns to normal movement.	4

Calendar is incorrect.

Symptom	Remedies	Page
The calendar changes at about noon.	Adjust the time again to set AM and PM correct.	3

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

- Long sleeves may inhibit light transmission to your watch. This may result in your watch losing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, try to place it in as bright a location as possible. This will ensure optimal operation.

⚠ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause the movement to malfunction.

Ex.:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp. When charging under an incandescent lamp, be sure to leave 50 cm (20 inches) or more between the lamp and the watch to avoid exposing the watch to excessive heat.



- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.

<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate.

⚠ WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch. If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing. If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.

⚠ WARNING Use Only the Specified Battery

- Never use a battery other than the rechargeable cell specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer. When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Water resistance

WARNING Water resistance

- Refer to the watch dial and/or the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- **WATER RESIST(ANT) xx bar** may also be indicated as **W.R.xx bar**.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to be worn while skin diving or scuba diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba diving or saturated diving using helium gas.

Name		Non-water resistant	Everyday-use water resistant watch	Upgraded everyday use water resistant watch	
Indication	Dial or Case back	-	WATER RESIST	W. R. 5 bar	W. R. 10 bar W. R. 20 bar
Specification		Non-water resistant	Water-resistant to 3 atmospheres	Water-resistant to 5 atmospheres	Water-resistant to 10 and 20 atmospheres
Water-related use	Minor exposure to water (washing face, rain, etc.)	NO	OK	OK	OK
	Swimming and general washing work	NO	NO	OK	OK
	Skin diving, marine sports	NO	NO	NO	OK
	SCUBA diving using an air tank	NO	NO	NO	NO
	Saturation diving using helium gas	NO	NO	NO	NO
	Operate the crown or button when the watch is wet	NO	NO	NO	NO

Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed. It may cause an unexpected injury or a rash.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate (use the crown and/or buttons) the watch when it is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration or dirt. In addition, they are made of natural material and will be worn, deformed and discolored over time. It is recommended to replace with a new one periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.

(Continued on the next page)



Precautionary items and usage limitations (continued)

- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).
Consult an authorized service center. Other shops may charge for, or may not provide, the service.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately.
Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- Do not use the watch in environment with chemicals or corrosive gasses. If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

⚠ CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration unnoticed soiling such as that caused by perspiration. Be sure to keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.
In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

When Luminous Paint is used for your watch

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Repair

When a caution such as "SERVICE CENTER REPAIR ONLY" or "DON'T OPEN!" is engraved on the case back of the watch, all parts of it, except for the band, are to be repaired only at the authorized service center. This is because special technologies and equipment are required to perform repairs, inspections and adjustments. Please consult the shop where you purchased your watch or service center when having your watch repaired.



Specifications

Model	B023/B035/B036/B690 E000/E001/E005/E010/E011/E013/E015/E016/E030/E031/E033/E035/E036/E037/E068/E100/E101/E105/E106/E110/E111/E115/E116/E118/E168 J015/J165
Type	Analog solar-powered watch
Timekeeping accuracy	Average monthly accuracy: ± 15 seconds when worn at normal operation temperatures (between $+5^{\circ}\text{C}$ - $+35^{\circ}\text{C}$ ($+41^{\circ}\text{F}$ - $+95^{\circ}\text{F}$))
Operating temperature range	-10°C (14°F) to $+60^{\circ}\text{C}$ (140°F)
Display functions	See "List of functions of models" below.
Duration	See "Charging time, duration and warning time" (pages 9 - 16).
Battery	Rechargeable cell (manganese dioxide lithium cell), 1pc.

Specifications and contents are subject to change without prior notice.

List of functions of models

Cal. No.	Display functions		Insufficient charge warning function	Quick start function	Time setting warning function	Overcharging prevention function
	Time	Calendar				
B023	Hours, minutes	-	✓	-	✓	✓
B035	Hours, minutes, seconds	-	✓	-	-	✓
B036						
B690	Hours, minutes, seconds	Date	✓	✓	-	✓
E000	Hours, minutes, seconds	Day of week, date	✓	✓	✓	✓
E001	Hours, minutes, seconds	Day of week, date	✓	✓	-	✓
E005						
E010	Hours, minutes, seconds	Date	✓	✓	✓	✓
E011	Hours, minutes, seconds	Date	✓	✓	-	✓
E013						
E015						
E016						
E030	Hours, minutes, seconds	-	✓	✓	✓	✓
E031	Hours, minutes, seconds	-	✓	✓	-	✓
E033						
E035						
E036						
E037	Hours, minutes, seconds	Date	✓	✓	-	✓
E068						
E100	Hours, minutes, seconds	Day of week, date	✓	✓	✓	✓
E101	Hours, minutes, seconds	Day of week, date	✓	✓	-	✓
E105						
E106						
E110	Hours, minutes, seconds	Date	✓	✓	✓	✓
E111	Hours, minutes, seconds	Date	✓	✓	-	✓
E115						
E116						
E118						
E168						
J015	Hours, minutes	Date	-	-	-	✓
J165						



Charging time, duration and warning time

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

B023

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	1 minute	45 minutes	11 hours
Outdoors (cloudy)	10,000	6 minutes	6.5 hours	60 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	18 minutes	25 hours	190 hours
Interior lighting	500	2 hours	150 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after one-minute interval movement starts: about 14 days

B035/B036

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	30 minutes	11 hours
Outdoors (cloudy)	10,000	12 minutes	4 hours	60 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	14 hours	190 hours
Interior lighting	500	4 hours	100 hours	-

- Battery duration after charging it fully: about 7 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

B690

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	1 hour	10 hours
Outdoors (cloudy)	10,000	12 minutes	9.5 hours	70 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	35 hours	230 hours
Interior lighting	500	4 hours	240 hours	-

- Battery duration after charging it fully: about 9 months
- Warning time until the watch stops after two-second interval movement starts: about 7 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E000

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	4 minutes	31 minutes	12 hours
Outdoors (cloudy)	10,000	10 minutes	3.5 hours	35 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	31 minutes	11 hours	120 hours
Interior lighting	500	3.5 hours	69 hours	780 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E001

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	11 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	40 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	130 hours
Interior lighting	500	4 hours	60 hours	910 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E005

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	9 minutes	40 hours
Outdoors (cloudy)	10,000	15 minutes	1.5 hours	100 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	50 minutes	5 hours	300 hours
Interior lighting	500	5 hours	40 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E010

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	4 minutes	31 minutes	12 hours
Outdoors (cloudy)	10,000	10 minutes	3.5 hours	35 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	31 minutes	11 hours	120 hours
Interior lighting	500	3.5 hours	69 hours	780 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E011/E013

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	11 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	40 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	130 hours
Interior lighting	500	4 hours	60 hours	910 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E015/E016

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	9 minutes	40 hours
Outdoors (cloudy)	10,000	15 minutes	1.5 hours	100 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	50 minutes	5 hours	300 hours
Interior lighting	500	5 hours	40 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E030

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	4 minutes	31 minutes	12 hours
Outdoors (cloudy)	10,000	10 minutes	3.5 hours	35 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	31 minutes	11 hours	120 hours
Interior lighting	500	3.5 hours	69 hours	780 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E031/E033

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	11 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	40 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	130 hours
Interior lighting	500	4 hours	60 hours	910 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E035/E036/E037

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	9 minutes	40 hours
Outdoors (cloudy)	10,000	15 minutes	1.5 hours	100 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	50 minutes	5 hours	300 hours
Interior lighting	500	5 hours	40 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E068

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	11 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	40 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	130 hours
Interior lighting	500	4 hours	60 hours	910 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E100

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	3 minutes	21 minutes	7.6 hours
Outdoors (cloudy)	10,000	8 minutes	2.5 hours	27 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	25 minutes	8.5 hours	92 hours
Interior lighting	500	2.5 hours	53 hours	605 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E101

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	12 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	45 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	150 hours
Interior lighting	500	4 hours	60 hours	-

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E105

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	9 minutes	40 hours
Outdoors (cloudy)	10,000	15 minutes	1.5 hours	100 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	50 minutes	5 hours	300 hours
Interior lighting	500	5 hours	40 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E106

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	12 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	45 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	150 hours
Interior lighting	500	4 hours	60 hours	-

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E110

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	3 minutes	21 minutes	8 hours
Outdoors (cloudy)	10,000	8 minutes	2.5 hours	27 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	25 minutes	8.5 hours	92 hours
Interior lighting	500	2.5 hours	53 hours	605 hours

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

E111

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	12 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	45 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	150 hours
Interior lighting	500	4 hours	60 hours	-

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E115/E116/E118

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	9 minutes	40 hours
Outdoors (cloudy)	10,000	15 minutes	1.5 hours	100 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	50 minutes	5 hours	300 hours
Interior lighting	500	5 hours	40 hours	-

- Battery duration after charging it fully: about 1 year
- Warning time until the watch stops after two-second interval movement starts: about 4 days

E168

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	18 minutes	12 hours
Outdoors (cloudy)	10,000	12 minutes	3 hours	45 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	40 minutes	8 hours	150 hours
Interior lighting	500	4 hours	60 hours	-

- Battery duration after charging it fully: about 6 months
- Warning time until the watch stops after two-second interval movement starts: about 4 days



Charging time, duration and warning time (continued)

Approximate charging times shown below are those when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

J015/J165

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	2 minutes	45 minutes	11 hours
Outdoors (cloudy)	10,000	10 minutes	7 hours	60 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	35 minutes	25 hours	180 hours
Interior lighting	500	3.5 hours	190 hours	-

- Battery duration after charging it fully: about 9 months
- Warning time until the watch stops after two-second interval movement starts: none (The insufficient charge warning function is not equipped)

When you use a diver's watch

Indication example

	Diver's watch	Standard watch
Dial		
Case back		

Check if your watch is a diver's watch referring to the indication example below.

When it is a diver's watch, be sure to read through "Precautions to be taken when diving" and "About water depth measurement function" on the following.

A "diver's watch" is the watch for diving. It has water resistance performance enough for SCUBA or other kind of diving and is equipped with special functions for diving. Indication such as "DIVERS" or "xxx m" is shown on the dial or case back of a diver's watch.

Precautions to be taken when diving

When you use a diver's watch, read through this "Precautions to be taken when diving" after checking details of water resistance performance on our company web site.

<https://www.citizenwatch-global.com/support/maintenance/wr.html>
 • Watches which have the name "Water resistant for saturation diving" or "Water resistant for diving" defined on the web page above are diver's watches. Watches other than those should not be used for SCUBA or saturation diving.



⊘ PROHIBITED Do not use this watch while diving when...

- Do not use your watch while diving when the watch stops or exhibits any abnormal operation.
- Do not use your watch for diving when the watch shows insufficient charge warning or low battery warning through moving the second hand every two-second.

⚠ CAUTION Diving with the watch

- Persons using the diver's watch are strongly recommended to receive proper instruction and training pertaining to diving and observe those rules at all times.
- Please use this watch properly only after you fully understand the operating procedures and cautions. Using this watch other than as indicated in this instruction manual may result in failure of the watch to function properly.
- Check the water-resistant indications on the watch face or the case back. Never dive beyond the indicated depth.

⚠ CAUTION Check items before diving

- Check the items below before using this watch for diving.
- Make sure that the watch is running correctly (check the movements of the time/calendar).
 - Make sure that the watch is powered enough for diving:
 - Mechanical type: check if the mainspring is fully wound.
 - Battery type: check if the low battery warning function is deactivated (when the function is equipped).
 - Solar-powered type: Check if the watch is sufficiently charged and the insufficient charge warning function (2-second interval movement) is deactivated.
 - Check to see if the crown is properly pushed in and the screw down push button is securely locked.
 - Make sure that the band is firmly anchored to the watch body.
 - Make sure that there are no cracks or other damage to the watch band or the glass face.
 - Make sure that the rotating bezel (register ring) rotates properly.
 - For details of usage of the rotating bezel, see our company web site.
- <https://www.citizenwatch-global.com/support/exterior/index.html>



⚠ CAUTION During diving

- Do not push any push buttons or pull out the crown in the water. Operating any of them in water may cause trouble including deterioration of water resistance.
- Be careful not to hit the watch against hard objects such as equipment or rocks.

⚠ CAUTION After diving

- Check to see if the crown is pushed in and the screw down push button is locked before removing the sea water, dirt, and sand attached to the watch with fresh water. Then, wipe the fresh water.

⚠ WARNING To keep water resistance performance

- The packing used for a watch is a consumable part and will deteriorate over long-term use. Deterioration may lead to water penetration, causing the watch to malfunction or stop. Consult an authorized service center for inspection (for a charge) every 2 or 3 years, and replace the packing, glass or other parts as necessary.

Performance for diving of a diver's watch

Indication example on the dial or case back	• DIVER'S xxx m • AIR DIVER'S xxx m • DIVER'S WATCH xxx m	• DIVER'S WATCH xxx m FOR SATURATION DIVING • Professional DIVER'S xxx m • He-GAS DIVER'S xxx m
Specification example	xxx m water resistant	
Name	Water-resistant watch for SCUBA diving	Water-resistant watch for saturation diving
Performance for diving	SCUBA diving using an air tank	
	You cannot use it for saturation diving using helium gas.	Saturation diving using helium gas

- Diver's watches of our company conform with the standard ISO6425: 1996 or ISO 6425: 2018.
- For water resistance performance or functions in other scenes than diving, refer also to other precautions on the instruction manual.

Indication example on the dial or case back		• DIVER'S xxx m • AIR DIVER'S xxx m • DIVER'S WATCH xxx m	• DIVER'S WATCH xxx m FOR SATURATION DIVING • Professional DIVER'S xxx m • He-GAS DIVER'S xxx m
Water-related use	Minor exposure to water (washing face, rain, etc.)	OK	OK
	Swimming and general washing work	OK	OK
	Skin diving, marine sports	OK	OK
	SCUBA diving using an air tank	OK	OK
	Saturation diving using helium gas	NO	OK
	Operate the crown or button when the watch is wet	NO	NO

About water depth measurement function

When your watch has the water depth measurement function, be sure to read through articles below.

⚠ DANGER	The water-depth measurement function of this watch is not certified as a measuring instrument by the authorities. Be sure to use a specialized instrument along with this watch when diving. Do not rely solely on this watch's function.
⚠ WARNING	Do not use the water depth measurement function of the watch in the following cases: <ul style="list-style-type: none"> • When actions or situation judgments involving risks are required. • When the situation requires special treatments. • When charging is not enough or the low battery warning function is activated.

⚠ CAUTION

- Measurement results may be inaccurate in the following cases:
 - When water depth changes sharply.
 - When any foreign object sticks around the hydraulic pressure sensor.

⚠ CAUTION Before measurement

- Before diving, be sure to take instructions and training for safety diving.
- Check the items below.
 - Commercial specialized devices for diving are prepared.
 - The band of the watch is not worn or damaged.
 - No foreign objects stick around the hydraulic pressure sensor or water sensor.
 - The crown and buttons are locked.
 - The watch is charged enough or its battery life is long enough.
 - Indication such as "OVER" which means unavailability of measurement is not shown.
 - Time indicated on the watch is correct.

⚠ CAUTION Diving at high altitude and in fresh water

- Be sure to complete special safety training before diving in fresh water or at high altitude.
- Do not use this watch at altitudes over 4 000 m (13 124 ft), because accurate measurement is not possible.
- The water depth measurement function measures pressure and convert the value into depth in sea water (density 1.025). Therefore, when diving in fresh water (density 1.000), the actual depth will be 2.5 % deeper than the depth displayed on the watch. Measurement example in fresh water: 20 m (66 ft) (indicated depth) x 1.025 = 20.5 m (68 ft) (actual depth)

Repair

All parts of this watch, except for the band, are to be repaired only at the authorized service center.

This is because special technologies and equipment are required to perform repairs, inspections and adjustments. Please consult the shop where you purchased your watch or service center when having your watch repaired.