

swatch®
TOUCH
ZERO ONE

IN
DETAIL

YOUR

USER MANUAL



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swatch

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GETTING STARTED

What is it all about?

**PARTNER UP WITH SWATCH.
THE TOUCH ZERO ONE
IS YOUR PERFECT BEACH
VOLLEYBALL COMPANION.
IT'S FUN. SMART. SPORTY.**

You can check the power of your spikes, calculate your steps, and see how many calories you burnt. It also measures how much you clap. Set your goals and see the progress!

All these functions are available on your watch:

It's a watch

Providing everything you expect from Swiss-made quality.

It's a step counter

Keeping track of your steps, the distance you travel each day, and the calories you burn.

It's a Beach Volleyball-companion

Measuring the power of your smashes. And counting the hits.



TIME



- T1 (Time zone 1)
- T2 (Time zone 2)
- DATE
- ALARM
- CHRONO
- TIMER

STEP



- STEPS
- KCAL
- KM / MI
- TIME

HIT



- ON / OFF
- POWER HITS
- HITS

GETTING STARTED

What is it all about?



Personalize it by buddying up via Bluetooth® with your smartphone: Select a virtual coach to spur you on, share your achievements with friends online – have fun.

AND BECAUSE IT'S A SWATCH,
IT'S EASY TO USE, WATER-RESISTANT,
AND FEATURES LONG BATTERY LIFE.

It's a clap-o-meter

Recording the intensity and amount of your applause.

It's a goalsetter

Rewarding you on your progress.

It's personalized

Being individual when it comes to “talking your language.”

It's interactive

Sharing data with your smartphone. Thus delivering more fun.

CLAP



- ON / OFF
- POWER CLAPS
- CLAPS

COACH



- ON / OFF
- 00.10 – 99.90

SETTINGS



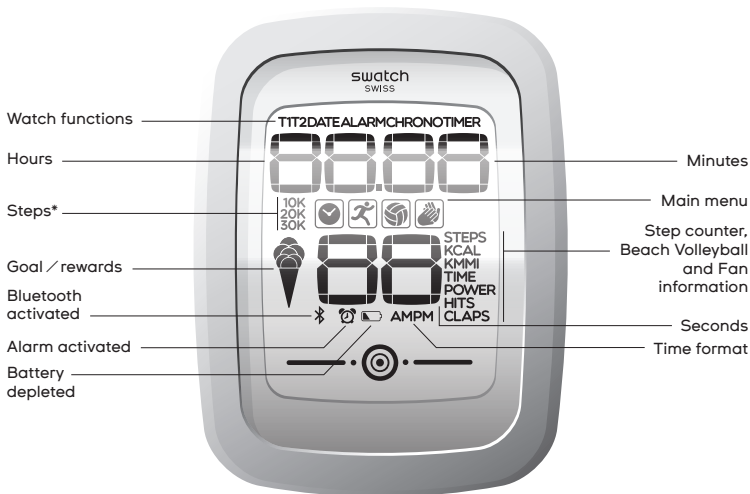
- beep ON / OFF
- 24 hr. / 12 hr.
- Date EU / US
- dist. KM / dist. MI

CONNECT



- ON / OFF

The watch display explained



* Shortcut for cumulated steps
(e.g. 10K = 10,000 steps)

Unlocked watch mode: Control your watch

Navigation on your watch is easy and simple – it is all based on two levels. On **level 1** you browse through the main menu. On **level 2** you adjust settings or get information for the selected function.

Example for navigation and settings illustrated on opposite page:

- 1 Long press to unlock the watch.
- 2 Browse through main menu / level 1. Quick touch to access functions on level 2.
- 3 Browse through functions on level 2 and select the function with a quick touch.
- 4 Swipe for increasing or decreasing values.
- 5 Confirm every step with a quick touch. A high-pitched beep and the display blinking three times confirm your settings.

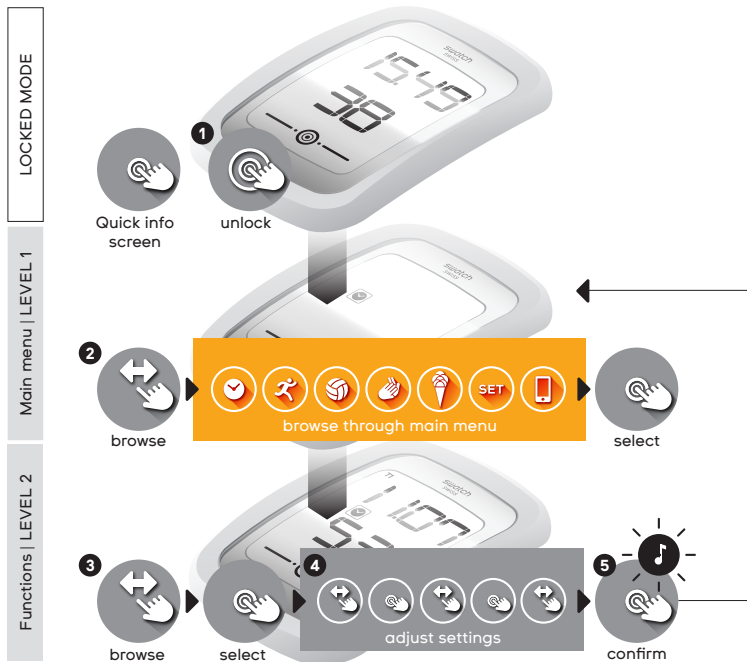
Locked watch mode: Quick info screen

Gain a quick overview of the most relevant information when watch is in locked mode. A simple quick touch on the touchscreen and the watch immediately displays the most relevant information. It is an automatically displayed sequence of information; the watch returns by default to the watch screen.



GETTING STARTED

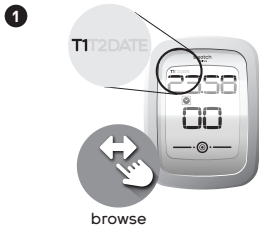
How to activate it



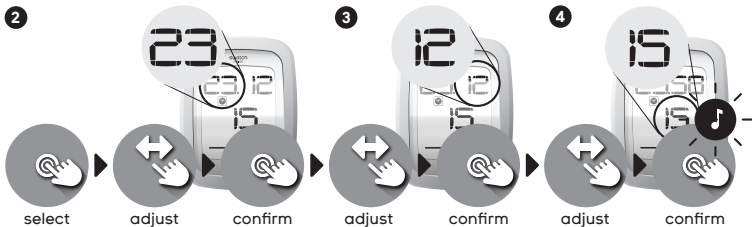


Setting TIME and DATE

To set T1, T2, and DATE, the same procedure can be followed. Select main function “Watch.”



- 1 Swipe to choose T1, T2, or DATE.
- 2 After selecting, swipe to adjust hours / day. Confirm. Next value is ready to adjust.
- 3 Swipe to adjust minutes / month. Confirm. Next value is ready to adjust.
- 4 Swipe to adjust seconds / year. Confirm.

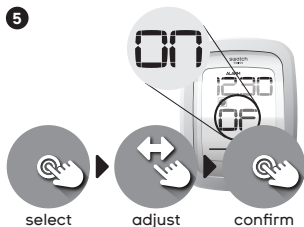




Setting ALARM

Select main function “Watch,” and go to ALARM.

5



select

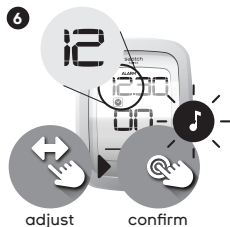
adjust

confirm

5 Turn ALARM ON or OFF.

6 Set hours / minutes.

6



adjust

confirm

Alarm time can only be set, if the ALARM is turned ON.
Alarm clock icon is visible if alarm is turned ON.

Using CHRONO Function

Select main function “Watch,” and go to CHRONO.

7



confirm

7 CHRONO starts counting immediately after selecting.

8 Stop, go on, stop, reset. Long press sets the value at 00.00.

8



stop

go on

stop

reset

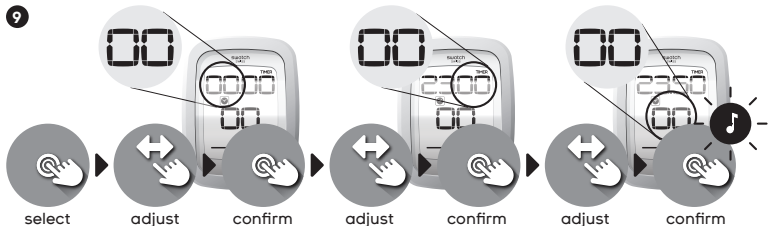
If CHRONO is running, after 10 sec. watch times out to the locked mode.



Setting TIMER

Select main function “Watch,” and go to TIMER.

- 9 After selecting, swipe to adjust hours, minutes, seconds. Confirm.
- 10 Start, stop, go on, and reset.



10



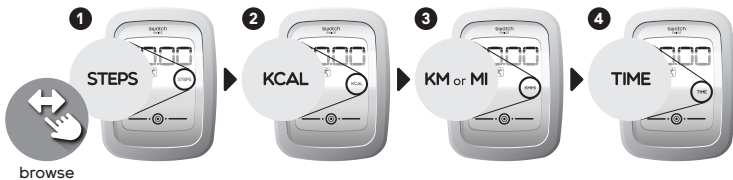
If TIMER is running, after 10 sec. the watch times out to the locked mode. It will return automatically to the TIMER 5 sec. before the timer period gets to the end.



Browse through statistics

Select main function “Step counter.”

- 1 STEPS (amount of daily steps done).
- 2 KCAL (daily burnt calories).
- 3 KM (daily distance travelled).
- 4 TIME (daily activity time).



No modifications can be done on these functions, only information is provided.

Step counter is always on, unless the Beach Volleyball or Fan function has been activated.

- Max. steps displayed per day: 39,999.
Afterward the counter starts at 1 again.
- Max. steps memorized per day: 65,000.
- Data is stored for max. 31 days.
- Automatic resetting at 00.00 each night.



10K stands for 10,000 steps
20K stands for 20,000 steps
30K stands for 30,000 steps

Step counter calculations are based on average body measurements. Adjust your watch to your exact body data via the app to receive even more accurate results.

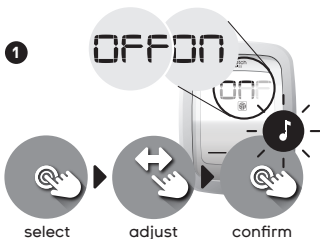
FUNCTIONS



Activating / deactivating

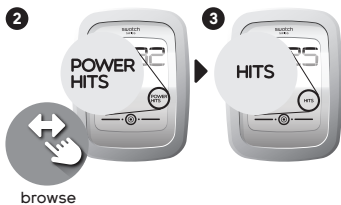
Select main function "Beach Volleyball."

- 1 Turn function ON or OFF.



Browse through options

- 2 POWER HITS.
- 3 HITS (cumulated hits).



Watch must be worn on your active playing hand.

The memory is able to record a maximum game duration of 4 hours, or up to 4 games, or a maximum of 1,700 hits.

The value displayed goes from 01 - 99.

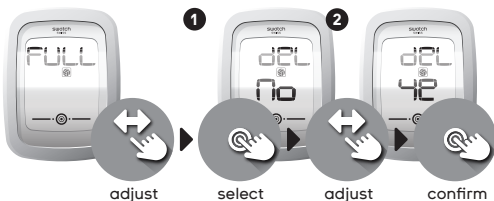
The higher the value, the more powerful your hit.



Deleting FULL DATA

The watch will indicate when the memory is full. Synchronize the data with your smartphone prior to clearing the data on your watch. Select main function “Beach Volleyball.”

- 1 Select “deL.”
- 2 Swipe from “NO” to “YE” (YES) and confirm to start clearing the data memory.



When the memory is full, watch stops counting POWER HITS or HITS.



Connect with your smartphone and set the following parameters:

- Active playing hand
- Amateur or pro

With the app, you can hide the Beach Volleyball program and reactivate it at any time.

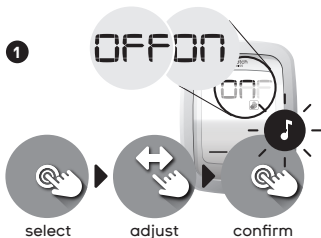
If Beach Volleyball is ON, step counter is deactivated. As soon as Beach Volleyball is turned OFF, watch continues to count steps.



Activating / deactivating

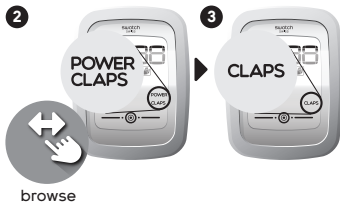
Select main function “Fan.”

- 1 Turn function ON or OFF.



Browse options

- 2 POWER CLAPS.
- 3 CLAPS (cumulated claps).



The value displayed goes from 01 – 99.
The higher the value, the more powerful your applause.

- 1 Connect with your smartphone to get additional information.

With the app, you can hide the Fan program and reactivate it at any time.

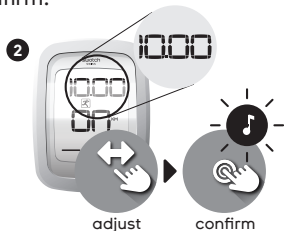
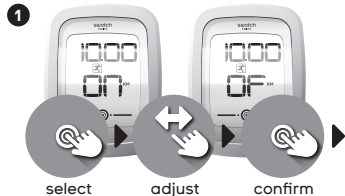
If Fan is ON, step counter is deactivated.
As soon as Fan is turned OFF, watch continues to count steps.



Setting goals

Select main function “GOAL.”

- 1 The goal is turned ON: select to turn it OFF or to adapt the distance.
- 2 Set your goal (distance for the day in km or miles for the day) and confirm.



The ice-cream icon on your watch symbolizes your progress on the daily goal:



1 / 3rd
reached



2 / 3rd
reached



Daily goal
reached!



To further enhance the motivation to reach your goals, connect with your smartphone and let the virtual coach motivate you. You can also set your goal via the app.



SETTINGS

Browse through options

Select main function “Settings.”

1 Swipe to choose beep, time and date format, distance.

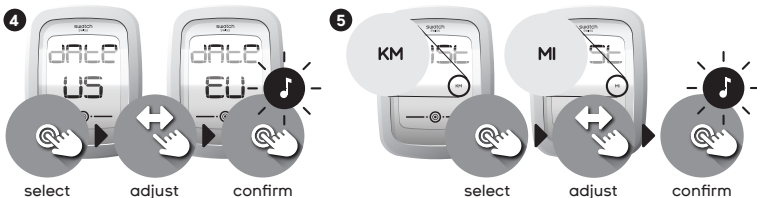
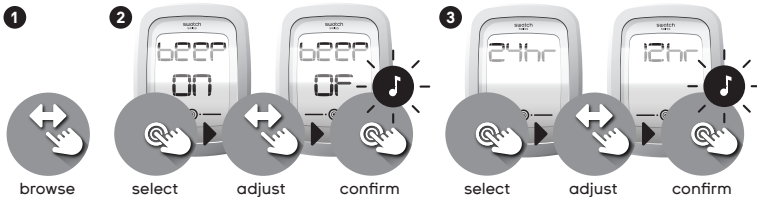
Select parameters

2 beep (turning ON or OFF).

3 24hr. / 12hr.

4 date (EU or US).

5 distance (in kilometers or miles).



All these settings can also be modified via the app.



More fun with the app

Ready for more features and fun? Simply download the Swatch Touch Zero One app and connect your watch with your smartphone.

Get access to:

- Detailed statistics of all your achievements
- Graphical overview of your performance
- A virtual coach that motivates you
- Options to personalize your watch
- The possibility to share your achievements with the community

Touch Zero One is compatible with most iOS® and Android™ devices running the latest software versions.

Download app on:

- App Store
- Google Play™

Alternatively go to www.swatch.com and download the app directly from the Web site.

Note: Software updates for your watch might be automatically installed via Bluetooth; the transfer can last up to 5 minutes. Do not interrupt the communication.



Supported Android devices have the following specifications:

Bluetooth-Version 4.0LE, Android 4.4 or higher

Most iOS devices are supported. Touch Zero One currently supports the following devices: iPhone® 4S or higher

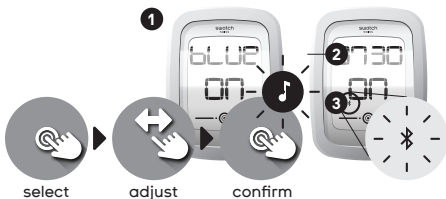
Your device needs to be running the latest iOS version.



Pairing

The first time you use the watch with your smartphone, the devices need to be “paired.” After that, they connect automatically. Select main function “BLUE.”

- 1 Turn function ON.
- 2 Match the security code.
- 3 Pairing of the two devices starts.



A 4-digit code appears on your watch display. Choose the corresponding code appearing on your smartphone.

4



In the app, choose SETTINGS / MY PROFILE and select BACKUP to start the backup process. To avoid loss of data, back up the data regularly.

Synchronizing

Select main function “BLUE.”

- 1 Turn function ON.
- 4 Start the synchronization from the app. Bluetooth icon is visible on the display.

Before connecting, make sure Bluetooth is activated on your smartphone. When pairing the two items or synchronizing the data, keep the watch and smartphone as close as possible.



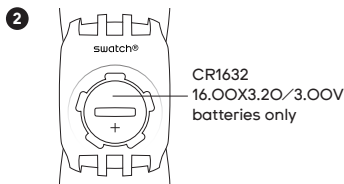
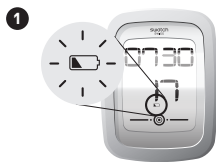
After data transfer, deactivate your Bluetooth connection. As long as Bluetooth function is ON, no other function can be accessed.

TAKING CARE OF YOUR WATCH: BATTERY AND MORE...

Battery

- 1 When the battery symbol appears on the watch, your battery is depleted. Make sure the battery is replaced soon.
- 2 Use correct battery type.

Your personal settings from the app have to be synchronized with the watch again after changing the battery.



When the battery is almost depleted, the step counting is no longer recorded, the Beach Volleyball and Fan function are no longer accessible, and the Bluetooth connection cannot be activated.

When replacing the battery, be careful not to damage the (+) terminal, which is on the side. The (-) terminal is at the bottom.

TAKING CARE OF YOUR WATCH: BATTERY AND MORE...

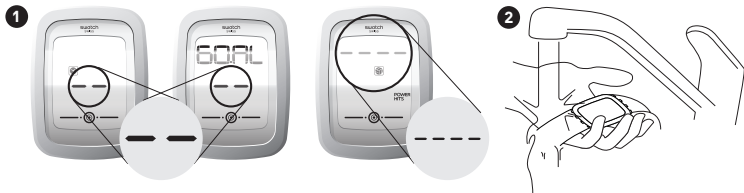
Additional Information

Troubleshooting

1 If a screen with bars instead of figures appears, please remove battery and reinsert it after 10 seconds to restart the watch. If the problem persists, please contact your nearest Swatch retailer.

Cleaning

2 Carefully rinse watch strap with cold water only. Do not use any soap or detergents.



Warning Note

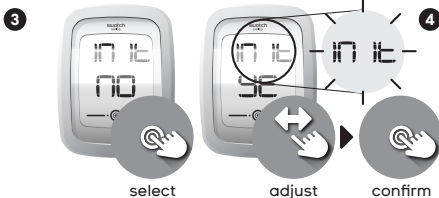
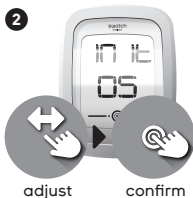
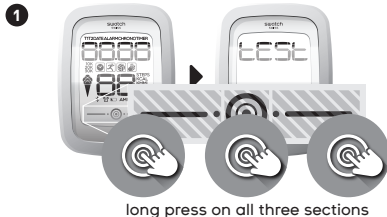
Watch purpose: The information provided by this watch is not meant to be used for any medical or treatment purposes; it is all purely fun information.

RESTORE TO FACTORY SETTINGS

How to proceed

Remove battery. Wait until display information disappears. Put battery back in again and wait for the following process to be completed:

- Watch starts to beep for 2 sec.
- System reloads, then beep stops.
- Display turns on for 5 sec.



- 1** Wait for 1 sec. Then touch all 3 touchscreen sections at the same time until display says “test.”
- 2** Swipe to choose “In1 O5.” Select with quick touch.
- 3** Quick touch to change setting. Swipe from “NO” to “YE” (YES) and confirm the data restoration with a quick touch.
- 4** The restoring is confirmed by blinking.