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INTRODUCTION

Have more fun on the run with the Swatch Touch Zero Two.

**TIME**

**ACTIVITY**
Measure activity. Set goals. Check your achievements. Count your steps.

**FAN**
Measure the power of claps and number of la-ola/waves.

**COMMUNITY-APP**
Unleash your potential with the app. Share with others.

**WATER RESISTANCE**
3.0 bar.

**LONG BATTERY LIFE**
Has a long-lasting battery.
The watch display explained

TIME functions
Hours
Goal/Rewards
Data synchronising
Bluetooth activated

DATE ALARM TIMER CHRONO
AM
PM
%TODAYKCALSTEPSHEATRANK
SYNC
TIME ACTIVITY FAN

ALARM activated
Minutes
Low Battery
FAN and ACTIVITY information
Seconds/Year
Watch modes

The touch area on the display

Left section Centre section Right section
Control the watch with a fingertip.

**Swipe**
- Access and switch between modes
- Adjust settings

**Quick tap**
- Access and browse functions
- Start, stop and continue functions
- Confirm settings

**Long press**
- Access settings
- Turn functions ON/OFF

Long press on the right section for backlight
Access everything in a few steps.

**Low power mode (start screen)**
The watch drops into low power mode* during inactivity.

*Activated functions are still running in the background.

**Modes**
The modes TIME, ACTIVITY and FAN contain all of the main watch functions.

**Functions**
In each mode, specific functions can be accessed and viewed in detail.

**Settings**
Adjust the TIME settings* according to your needs.

*No settings are possible for ACTIVITY.
These functions are available in TIME mode:

- **A** TIME
- **B** DATE
- **C** ALARM
- **D** TIMER
- **E** CHRONO
- **F** Swatch .beat

Use quick taps to browse these functions.
Access the TIME settings:

- Swipe to access the TIME mode.
- Quick tap to browse the TIME functions. Go to TIME.
- Long press to access the TIME settings.

1. Swipe to adjust hours. Quick tap to confirm.
2. Swipe to adjust minutes. Quick tap to confirm.
3. Swipe to adjust seconds. Quick tap to confirm.
4. Swipe to adjust format 12/24*. Quick tap to confirm.

Quick access to the TIME settings from low power mode with a single long press.

* Changing the hour format also changes the date format.
Access the DATE settings:

1. Swipe to access the TIME mode.
2. Quick tap to browse the TIME functions. Go to DATE.
3. Long press to access the DATE settings.

Quick access to the DATE settings from the low power mode with a quick tap, followed by a long press.

1. Day
2. Month
3. Year

Adjust confirm adjust confirm adjust confirm
Access the ALARM* settings:

1. Swipe to access the TIME mode.
2. Quick tap to browse the TIME functions. Go to ALARM.
3. Long press to turn the ALARM ON (or OFF).

1. Swipe to adjust hours. Quick tap to confirm.
2. Swipe to adjust minutes. Quick tap to confirm.
3. Alarm-symbol indicates an activated ALARM.

*ALARM Ringtones can be changed from the mobile-app.
Access the TIMER settings:

1. Swipe to access the TIME mode.
2. Quick tap to browse the TIME functions. Go to TIMER.
3. Long press to access the TIMER settings.

1. Swipe to adjust hours. Quick tap to confirm.
2. Swipe to adjust minutes. Quick tap to confirm.
3. Swipe to adjust seconds. Quick tap to confirm.
4. Quick taps on left or right section to start, stop and continue.
5. Long press on the centre section to reset (only in timer setting mode).
Access the CHRONO settings:

Swipe to access the TIME mode.

Quick tap to browse the TIME functions. Go to CHRONO.

1. CHRONO starts running immediately after a quick tap on the left or right section. Another tap on the same sections stops CHRONO. To continue, tap again.

2. Long press on the centre section resets the value to 00.00.00.0.

If CHRONO is ON, the watch does not drop automatically into the low power mode.
Access the Swatch .beat*:

- Swipe to access the TIME mode.
- Quick tap to browse the TIME functions. Go to BEAT.
- Long press to access the BEAT settings.

1. Swipe to adjust hours. Quick tap to confirm.
2. Swatch .beat (Internet time).

What is it? Swatch has divided up the day into 1,000 beats. One Swatch .beat is equivalent to 1.0 minute, 26.4 seconds.

Why use Internet time?
Get to know the benefits in detail. Scan the QR-Code or visit our website: www.swatch.com/internet-time
These functions are available in ACTIVITY mode:

**CURRENT ACTIVITY**
- Check how active you are now.
- The more active you are, the higher the number: 0 means no activity; 999 is maximum activity.
- The value is updated every 5 seconds.
- Average hourly activity is logged and displayed graphically on the app.

**% TODAY**
- An average goal is set by default. Set your own daily goal on the app.
- Your daily goal is defined for your average activity over 24 hours.
- Check what percentage of it you’ve reached: 0.0% means you’ve done nothing; 100% means goal achieved (indicated by the trophy symbol.)
- The value is refreshed every minute.
- It is logged hourly and transferred once it’s synced to the app.

**KCAL**
Daily burnt calories are based on the step counter.

**STEPS**
Number of steps taken daily.

Use quick taps to browse these functions.
Browse ACTIVITY*:

- Swipe to access the ACTIVITY mode.
- Quick tap to browse the ACTIVITY functions.

* No modifications can be made on these functions; only information is provided.

* The step counter is always on.

Upper two digits stand for thousands
Lower three digits stand for hundreds

1. CURRENT ACTIVITY.
2. %TODAY.
3. KCAL.
4. STEPS*.

Another quick tap brings you back to CURRENT ACTIVITY.

- Max. steps memorised per day: 65,000. Afterwards, displays as ‘FULL’ for the day.
- Data is stored for a maximum of 31 days.
- The value of % today resets at midnight to 0%.

Step counter calculations are based on average body measurements. Adjust your watch to your exact body data via the app on your smartphone to receive even more accurate results.
These functions are available in FAN mode:

**A FAN HEAT**
- The FAN HEAT displays your overall performance from: 1. fan activity; 2. the number and power of claps; and 3. the number of la-ola/waves.
- The value is only tracked and displayed when you’ve turned on FAN HEAT.
- The more la-ola/waves and claps performed, the higher the value: 0 is no action; 999 is maximum action.
- The value is refreshed every 5 seconds.

**B FAN RANK**
- The FAN RANK displays your rank.
- Information is sent to you from the app.
- The average fan heat of every 5-minute period is logged and displayed graphically on your app.

Use quick taps to browse these functions.
**A** Turn the FAN HEAT ON/OFF.

- Swipe to access the FAN mode.
- Quick tap to browse the FAN functions. Go to HEAT.

1. Long press to turn the HEAT function ON or OFF*.

**B** Browse FAN RANK functions.

- Swipe to access the FAN mode.
- Quick tap to browse the FAN functions. Go to RANK.

2. See the RANK functions**.

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- **A** Turn the FAN HEAT ON/OFF.
  - *After 3 hours, the FAN HEAT function switches off automatically.
  - Turn ON/OFF

- **B** Browse FAN RANK functions.
  - **No modifications can be made on the FAN RANK.**
  - **browse**

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- **A** A maximum 10 times 3 hours of FAN HEAT sessions can be stored on the watch. Sessions beyond that will continuously overwrite the earlier sessions. Therefore, make sure to regularly synchronise your watch (uploading data on the smartphone) to prevent any loss of data.

- **B** RANK information can be updated via the app on your smartphone only. Therefore, make sure to regularly synchronise your watch (uploading data on the smartphone) in order to have the most accurate RANK.
Start synchronising:

Long press on the left section to turn the Bluetooth function ON.

1. The blinking Bluetooth icon indicates BACKUP can now be started from the app.
2. A rotating figure indicates that data is getting uploaded.

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

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

After the data transfer, deactivate your Bluetooth connection. As long as the Bluetooth function is ON, no other function can be accessed.
More fun with the app
Expand your possibilities. Simply download the Swatch Touch Zero app and connect your watch with your smartphone.

The Swatch Touch Zero Two watch 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 website.

Note: Software updates for your watch might be automatically installed via Bluetooth; the transfer can last up to 15 minutes. Do not interrupt the connection.

Supported Android devices have the following specifications:
Bluetooth-Version 4.BLE, Android 4.4 or higher.

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

Your device needs to be running the latest iOS version.
TROUBLESHOOTING AND MORE

Troubleshooting
① If a screen with bars instead of figures appears, please remove the battery and reinsert it after 2 minutes to restart the watch. If the problem persists, please contact your nearest Swatch retailer.

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

1. When the battery symbol appears on the watch, your battery is low. Make sure the battery is replaced soon.
2. For replacement, go to the nearest Swatch retailer.

**Beep**

The audible signal beep is by default turned OFF and can be turned ON (OFF) with the Swatch Touch Zero app.

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**Caution:** There is a risk of overheating and injury if the battery is changed by an incorrect type. Dispose of the used batteries according to the instructions.

When the battery is almost depleted, the step counting and activity is no longer recorded, the FAN function is no longer accessible and the Bluetooth connection, as well as the backlight function, 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.
How to restore

1. Remove the battery. Wait 2 minutes. Put the battery back in again and wait for the following process to be completed:
   - The watch starts to beep for 2 seconds.
   - The system reloads, then the beep stops.
   - The display turns on for 5 seconds.

2. Wait another second. Then touch all 3 touchscreen sections at the same time until the display says ‘tESt.’
3. Quick tap (tESt) and swipe to choose ‘InIt O6.’ Quick tap again to enter into the function.
4. Long press (YES) to confirm the data restoration.
5. Swipe to ‘End’ and quick tap to confirm in order to restart the watch. The watch beeps for 2 seconds until the restart has been completed.

Give a long press on all three sections simultaneously.