

ENGLISH



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All relevant terms at a glance

TIME **Mode with time functions**

DATE	Date function
ALARM	Alarm function
TIMER	Countdown function
CHRONO	Stopwatch function
A.M.	Daytime from 00.00 – 12.00
P.M.	Daytime from 12.00 – 24.00
Swatch .beat	Internet time

ACTIVITY **Mode with activity functions**

%TODAY	Achievement level of the goal
KCAL	Daily burnt calories
STEPS	Number of steps
Daily goal	Targets set for activity over 24 hours

FAN **Mode with fan functions**

FAN HEAT	Overall action from fan activity, power and number of claps, and number of la-ola/waves
FAN RANK	Standings of fan activities

CONNECT **Connecting watch and smartphone**

SYNC	Data synchronising
SETTINGS	App settings on smartphone
MY PROFILE	Profile settings on smartphone
BACKUP	Saving files onto cloud storage

ON	Turning functions on
OFF	Turning functions off



INTRODUCTION

Getting started

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

TIME

Time. Date. Alarm.
Timer. Chrono.
Swatch .beat



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 po-
tential with the app.
Share with others.



WATER RESISTANCE

3.0 bar.

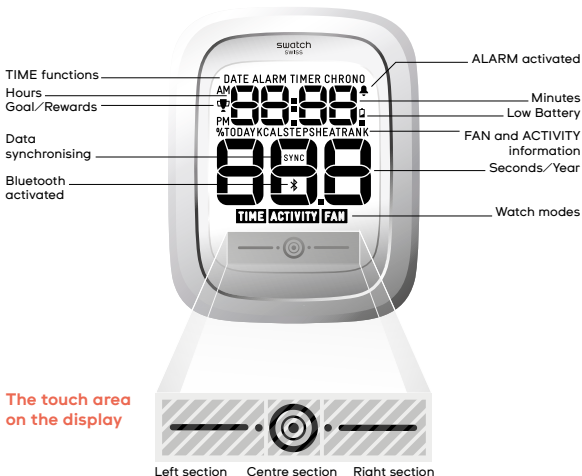


LONG BATTERY LIFE

Has a long-lasting
battery.



The watch display explained



The touch area on the display



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

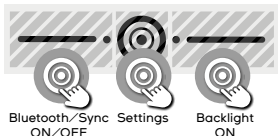


Long press

- Access settings
- Turn functions ON/OFF



Long press
on the right section
for backlight



NAVIGATION

Getting started



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.



Quick access to the TIME settings can be had with a single long press.



Access the TIME settings when on TIME with a long press.



Switch between the modes by swiping.



These functions are available in **TIME mode**:



Use quick taps to browse these functions.



A TIME



B DATE



C ALARM



D TIMER



E CHRONO



F Swatch .beat



A 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.

1 Hours



2 Minutes



3 Seconds



4 Time Format



B Access the DATE settings:



Swipe to access the TIME mode.



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



Long press to access the DATE settings.

- 1 Swipe to adjust days.
Quick tap to confirm.
- 2 Swipe to adjust months.
Quick tap to confirm.
- 3 Swipe to adjust years.
Quick tap to confirm.



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



Ⓒ Access the ALARM* settings:



Swipe to access the TIME mode.



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



Long press to turn the ALARM ON (or OFF).

- ❶ Swipe to adjust hours. Quick tap to confirm.
- ❷ Swipe to adjust minutes. Quick tap to confirm.
- ❸ Alarm-symbol indicates an activated ALARM.

*ALARM Ringtones can be changed from the mobile-app.

❶ Hours



adjust

confirm

❷ Minutes



adjust

confirm/activate

❸ Activated



D Access the TIMER settings:



Swipe to access the TIME mode.



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



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).

1 Hours



adjust

confirm

2 Minutes



adjust

confirm

3 Seconds



adjust

confirm

4



start/stop

5



reset

E 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.

1

start/stop/continue

2

reset

If CHRONO is ON, the watch does not drop automatically into the low power mode.



F 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.

1 Swatch .beat



2



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

swatch
.beat

These functions are available in **ACTIVITY** mode:



Use quick taps to browse these functions.



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.



Browse ACTIVITY*:

Swipe to access the
ACTIVITY mode.



Quick tap to browse the
ACTIVITY functions.

1 CURRENT ACTIVITY.

2 %TODAY.

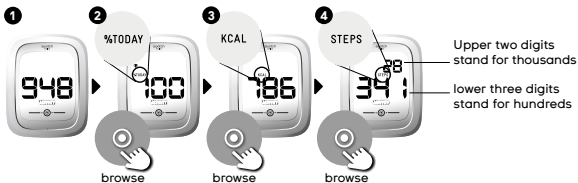
3 KCAL.

4 STEPS*.

Another quick tap brings you back
to CURRENT ACTIVITY.

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

* The step counter is always on.



- 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:



Use quick taps to browse these functions.



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.



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*.



*After 3 hours, the FAN HEAT function switches off automatically.

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**.



**No modifications can be made on the FAN RANK.



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.



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.



Turn ON



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

Additional Information

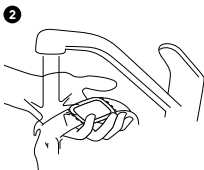
Troubleshooting

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.



TROUBLESHOOTING AND MORE

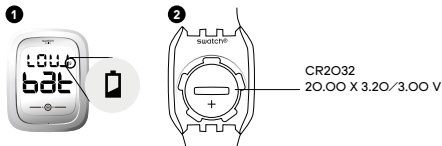
Additional Information

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.



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 back-light function, cannot be activated.

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

RESTORE TO DEFAULT USER SETTINGS

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



Give a long press on all three sections simultaneously.

- 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.

