

**Alarm Mode**

**Preferences Mode**

**Preferences**

PRESET: PERSONAL

PERSONAL  
 DATE FORMAT: DD-MM-YY  
 TIME: 24 HR  
 DISPLAY: METRIC

**Log Mode**

**Activity Mode**

**Heat Mode**

HEAT TIME: 20:00  
 HEAT TIDE: 18:36

HEAT TIMER  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

HEAT TIDE  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Heat Timer  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Heat Tide  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

**Surf Mode**

**Surf Comp**

HEAT TIME: 20:00  
 HEAT TIDE: 18:36

HEAT TIMER  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

HEAT TIDE  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Heat Timer  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Heat Tide  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Surf Large  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Surf Dashboard  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Surf Tide  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Surf Log  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

Surf Heart  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

End Surf  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

End Surf  
 HEAT TIME: 20:00  
 HEAT TIDE: 18:36

**GPS Mode**

**GPS Signal**

GPS SIGNAL

GPS DATA

**Time Mode**

**Time 1**

TIME

Time 2

Time 3

Time 4

Time 5

Dashboard

**Tide Mode**

**Tide**

BELLS BEACH

HEART

SUN

CHRONO

TIMER

**Moon Mode**

**MOON**

SUNRISE

SUNSET

**Chrono Mode**

**CHRONO**

**Timer Mode**

**TIMER**

PREFERENCES

SETTINGS

RIP CURL

7 SEP 21

KEYFLOW

ALARM

PREFERENCES

SETTINGS

LOG

ACTIVITY

SURF

TIME

TIDE

HEART

SUN

MOON

CHRONO

TIMER

APPENDIX

**Note:**

For Activity calibration requires user input on watch:  
 Gender  
 Age  
 Height  
 Weight  
 And/or requires iOS / desktop app data push/pull to retrieve/deliver updated user metrics

Additional calibration should occur via outdoor activity prior to any indoor activity. Eg. Set the user accelerometer step/pedals count in line with actual GPS data. Approximate 10-20 mins worth of outdoor activity.

User profile per watch - name identifiable in settings or visible in menu (multiple users aren't enabled).

**PHONE IDENTIFICATION**  
 Fully charged (Blue Bar do not flash)

**PHONE NOT IDENTIFIED**  
 (Black bars do not flash)

**APP ALERT**  
 Appears when the app is available within the app prompt an alert