

## Setting the time and date

1

To begin Date and Time Setup  
wake up the stat by  
tapping any button.  
then press and hold the  
**CONFIRM** button for 3 seconds



Hold down for 3 seconds



2

The Programme (**Pr o9**)  
screen will then appear



3

Press the **RIGHT** arrow button  
once so you see the the **hr**  
screen, then press **CONFIRM**

Press



Then



4

Press **< or >**

to select a 12 or  
24 hour clock.

When your chosen  
clock is flashing

press   
to make your selection



5

Press **^ or v**  
to choose the **HOUR**

Then press 



6


Press **^ or v**  
to choose the **MINUTES**

Then press 



## Setting the time and date Continued

7

Press  or   
to choose the **YEAR**

Then press  



8

Press  or   
to choose the **MONTH**

Then press  



9

Press  or   
to choose the **DAY**

Then press  



10

TIME and DATE SETUP is  
now complete.

