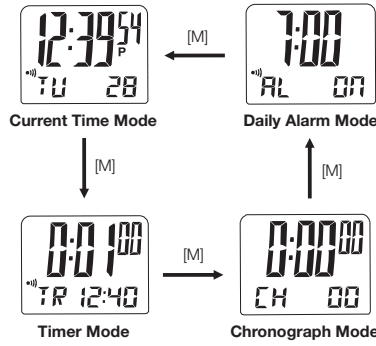




FILActive  
FAT003DG  
www.fila.com/watch

User  
MANUAL  
FM-717.1

### 3 Major Function Modes



### 5 Countdown Timer Mode - Countdown Timer Display



- Countdown Timer Mode**
- This Watch includes a countdown timer function which timekeeping for the elapse of a fix period of time (target time).
  - When a target time is set for the timer, the Watch will start running from the target time to zero.
  - The measurement unit of the timer is 1 second, and its measuring capacity is 23 hours and 59 minutes 59 second.

- Countdown Timer Display**
- When the Countdown Display is selected, the Watch will show the following items on the display:
    - The target time (hour, minute) is exhibited on the 1st row of the display.
    - The current time (hour, minute) is exhibited on the 2nd row of the display.

### 1 Design of the Watch

Thank you for purchasing this watch. Please read this manual thoroughly before using the watch!



- Mode Button [M]**
- To select among the Current Time, Timer, Chronograph and Daily Alarm.
  - To select among the setting items during setting display.

- Start/Stop Button [S/S]**
- To increase the digits during setting display.
  - To activate the 'start' or 'stop' function during Chronograph mode or Timer mode.
  - To turn ON/OFF the Daily Alarm

- Lap/Reset Button [L/R]**
- To decrease the digits during setting display.
  - To activate the 'lap' or 'reset' function during chronograph mode.
  - To turn ON/OFF the Daily Alarm

- EL Button [EL]**
- To turn on the EL back light for about 3 seconds.

- Touch Button [T]**
- To turn on the EL back light for about 3 seconds when touch button function is turn on.

**NOTE:** The major key operations are summarized on the above paragraphs, however please read the coming chapters for the detail operations.

### 2 Specifications

- Current Time Mode**
- Time System: AM, PM, Hour, minute, second
  - Time Format: 12-hour or 24-hour format
  - Calendar: Month, date and day of week display (Auto-Calendar function for leap year and day of week)

- Countdown Timer**
- Resolution: 1 second
  - Measuring Range: 23 hours 59 minutes 59 seconds
  - Timer Sounds: beep once at 9 to 1 second(s), 2 Beep continuously for 15 seconds at 0 second.

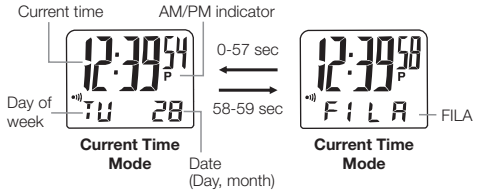
- Chronograph Mode**
- Resolution: 1/100 second
  - Measuring Range: 23 hours 59 minutes 59.99 seconds
  - Lap memory: 30 lap memory

- Alarm Mode**
- Daily alarm
  - Alarm sound: 20 seconds

- Water Resistant**
- 3 ATM

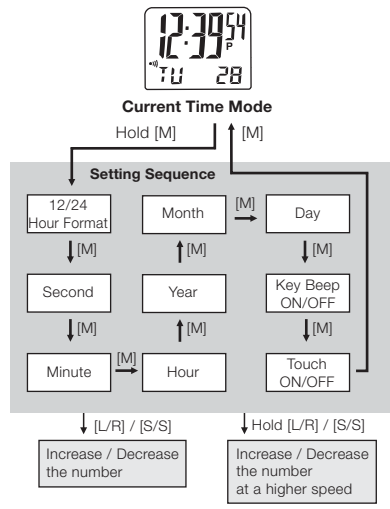
\* These specifications might be changed without prior notice.

### 4 Current Time Mode - Current Time Display



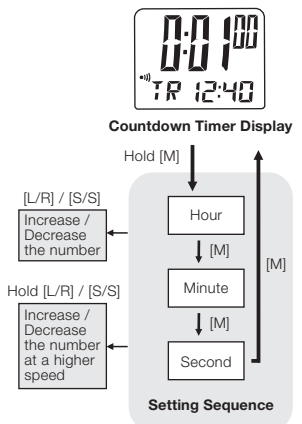
- Current Time Display**
- When the Current Time Mode is selected, the Watch will show the following items on the display:
    - The current time (hour, minute, second) is exhibited on the 1st row of the display.
    - The day of week and date of the current time are exhibited on the 2nd row of the display.
    - The FILA word will show at every 58 & 59 seconds.

### 4.1 Current Time Mode - Setting the Current Time



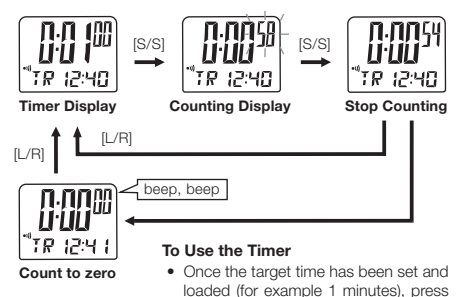
- How to Set the Current Time**
- To select the setting display, hold down the [M] button for 2 seconds in the Current Time Mode.
  - In setting display, press the [M] button to change the selection following the adjacent diagram.
    - When one of the setting items (minute, hour, day, month, year) is flashing (selected), press the [S/S] or [L/R] button to increase / decrease the number. (Hold down the button to change the number at a higher speed).
    - When the second digits are flashing (selected), press the [S/S] or [L/R] button to reset the digits to "00".
    - When 12/24 hour format setting is selected, press the [S/S] button to select between 12 and 24 hour format.
    - When key beep or Touch setting is selected, press the [S/S] or [L/R] button to select between ON and OFF.
  - When the setting is completed, hold down the [M] button or press the [M] button (after "Touch" setting is completed) to exit the setting display. The Watch will also exit the setting display if NO keystroke has been activated for 1 minute.

### 5.1 Countdown Timer Mode - Setting the Countdown Timer

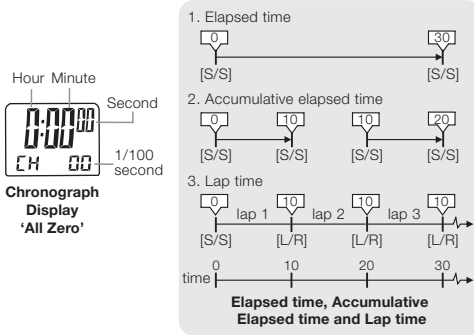


- How to Set the Countdown Timer**
- To select the setting display, hold down the [M] button for 2 seconds in the Countdown Timer Mode, and then the 'Hour' digits start flashing on the display.
  - In setting display, press the [M] button to move the flashing following adjacent diagram to select among different settings.
  - When one of the settings (hour, minute, second) is flashing, press the [L/R] / [S/S] button to change the number (hold down the button to change the number at a higher speed).
  - When the setting is completed, hold [M] button or press the [M] button (after "second" setting is completed) to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

### 5.2 Countdown Timer Mode - Using the Countdown Timer



- To Use the Timer**
- Once the target time has been set and loaded (for example 1 minutes), press the [S/S] button to start the measurement (the digits will start running); press the [S/S] button once again to stop the measurement (the digits will stop running).
  - The current time will be exhibited on the 2nd row of display throughout the measurement.
- How to Reload the Timer**
- To reload the timer display to original target time prior to the timer counts to zero, press the [L/R] button to re-load the timer during the timer is stopped.
  - Or press the [L/R] button to reload after the Watch counted to zero.
- Timer Alarm Sound**
- During the counting, the Watch will beep once when it comes to the last 10 second (s).
  - When the timer counts to zero, the Watch will beep for 15 seconds.

**Chronograph Mode**

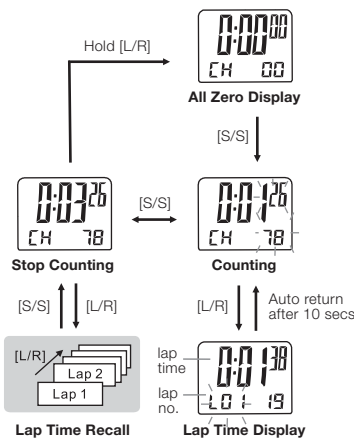
- This Watch includes a stopwatch function which measures:
  - Elapsed time, accumulative elapsed time (multi-phase elapsed time) and Lap time (get a elapsed time without stopping the counting).
- The measuring capacity of the chronograph:
  - Measuring unit: 1/100 second,
  - Measuring range: 23 hours, 59 minutes and 59.99 second,
  - Lap Memory: a maximum of 30 laps.

**Chronograph Display**

- When the Chronograph Display is selected, the Watch will show the following items on the display:
  - During the chronograph is counting or stopped: The accumulative elapsed time is exhibited on the 1st and 2nd row.
  - During the Lap Display is displaying: The current lap time and the lap number is exhibited on the 1st and 2nd row respectively.

## 6.1

## Chronograph Mode - Using the Chronograph

**How to Measure Elapse Time**

- During the 'All Zero' Display, press the [S/S] button once will start the counting, and press the [S/S] button again will stop the counting.
- The elapsed time between the above 2 key-strokes will be exhibited on the display. Repeat the above key operations to get the accumulative elapsed time.

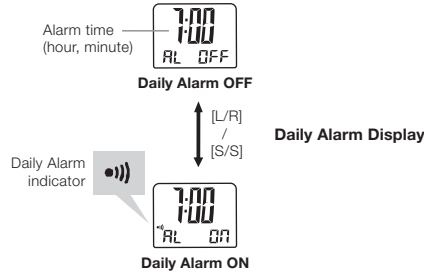
**How to Get a Lap Time**

- When the chronograph is counting, press the [L/R] button to get and view the Lap Display.
- In the Lap Display, the current lap number and lap time will appear on the 1st and 2nd row of the display respectively.
- Repeat the above key operations to get another lap time.

**How to Recall the Lap Time and Reset the Chronograph**

- During the chronograph is stopped:
  - Press the [L/R] button to recall the recorded lap times one by one, or
  - Hold down the [L/R] button for about 2 seconds to reset the chronograph.

**NOTE:** If the Chronograph is reset, the lap time will be cleared at the same time.

**Daily Alarm Mode**

- This Watch includes a daily alarm function for the current time.
- When the daily alarm is ON, the Watch will beep for 20 seconds at the alarm time every day.

**Daily Alarm Display**

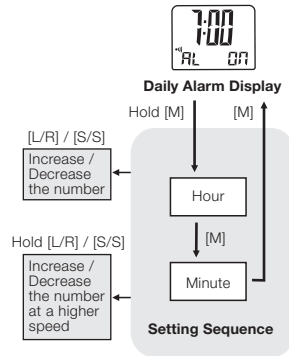
- When the Daily Alarm Mode is selected, the daily alarm time (hour, minute) is exhibited on the display.

**To Set the Daily Alarm ON/OFF**

- To set the daily alarm between ON and OFF, press the [L/R] button in the Daily Alarm Display.
- When the daily alarm indicator '●' is appeared, the daily alarm is ON.

## 7.1

## Daily Alarm Mode - Setting the Daily Alarm

**How to Set the Daily Alarm**

- To select the setting display, hold down the [M] button for 2 seconds in the Daily Alarm Mode, and then the 'hour' digits will start flashing.
- In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
- During one of the settings (minute, hour) is flashing, press the [L/R] / [S/S] button to change the number; hold down the [L/R] / [S/S] button to change the number at a higher speed.
- When the setting is completed, hold [M] button or press the [M] button (after "minute" setting is completed) to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

## 8

## Power Saving Mode

**Current Time Mode**

any button ↑ ↓ Hold [S/S]

**Power Saving Mode**

(LCD display turned off)

**Power Saving Mode**

- This Watch includes a Power Saving Function. User can turn off the LCD display temporarily if the Watch is not in use for some days, so that the battery can last longer.

**NOTE:** Even the LCD display is OFF, the timekeeping function is still running normally in Power Saving Mode.

**How to Enter/Exit the Power Saving Mode**

- To enter Power Saving Mode: Hold down [S/S] in Current Time Mode for few seconds, and the LCD display will be turned OFF.
- To exit Power Saving Mode: Press any button once in Power Saving Mode, and the LCD display will be resumed.

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

## 10

## Precautions for Straps

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

## 11

## Precautions for Water Resistance

All FILA watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
Level of resistance	Light spray perspiration, light rain, etc	Bathing, etc	Swimming, etc
3ATM (30 meters)	F		
5ATM (50 meters)	F	F	
10ATM (100 meters)	F	F	F

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.

## 12

## Precautions for Battery

**Battery Life**

The battery in your FILA watch is estimated to last for 2 years.

**Battery Replacement**

If the watch is out of battery, you are recommended to go to the authorized FILA service center for correct battery replacement in order to retain a valid warranty and avoid any damage on the water resistance function.

**WARNING!**

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.