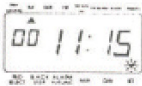
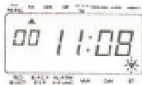
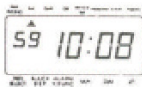




## Time & date change instructions for: Seiko 120

### Setting the Time

today, press the [D/M] key and select "10" (see ② left).

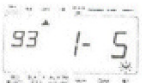
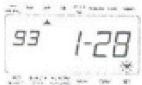


- 1 Press [SELECT] and set the ▲ mark to [TIME].
- 2 To change the hours, press [M/H] and select the desired hours (the seconds are automatically reset to 00).
- 3 To change the minutes, press [D/M] and select the desired minutes.
- 4 Press [SET] after checking the desired time appears on the display.  
The seconds are 0. Press [SET] accordingly to a time signal. The unit is now set to the correct time.

NOTE: To adjust the seconds, put the ▲ mark to [TIME], and press [SET]. This resets the seconds to 0.

10

### Setting the Date



- 1 Press [SELECT] and set the ▲ mark to [DATE].
- 2 To change the year, press [Y/FUNC] to display the desired year.
- 3 To change the month, press [M/H] to display the desired month.
- 4 To change the day, press [D/M] to display the desired day.
- 5 Press [SET] after checking the desired date appears on the display.



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