Thank you for purchasing a CITIZEN watch. To ensure correct use, please read these instructions carefully. Please confirm that the CITIZEN International Guarantee Card is included for your possible claim.

Vielen Dank für den Kauf dieser CITIZEN Uhr. Bitte lesen Sie diese Anleitung durch, um mit den Funktionen dieser Uhr vertraut zu werden. Überprüfen Sie bitte in Ihrem eigenen Interesse, ob der Uhr die internationale CITIZEN Garantiekarte beigelegt ist.

Nous vous remercions d'avoir porté votre choix sur une montre CITIZEN. Pour assurer une utilisation correcte, veuillez lire ces instructions attentivement. Veuillez vous assurer que la carte de garantie internationale CITIZEN est fournie pour toute réclamation éventuelle.

Muchas gracias por la compra de este reloj CITIZEN. Para asegurar un uso correcto, lea detenidamente estas instrucciones. Verifique de que la tarjeta de Garantía Internacional de CITIZEN le sea suministrada con el reloj en el momento de la compra, de esta manera, podrá reclamar servicios de acuerdo con los términos de la garantía.

Grazie per aver scelto un orologio CITIZEN. Per la sicurezza di un uso corretto, si prega di leggere attentamente le istruzioni. Inoltre abbiate la cortesia di assicurarvi che la carta di garanzia internazionale CITIZEN sia inclusa in caso di un eventuale reclamo.

Muito obrigado por adquirir um relógio CITIZEN. Para garantir uma utilização correta, por favor leia estas instruções atentamente. Confirme também se o Cartão Internacional de Garantia da CITIZEN acompanha o relógio. Ele será necessário no caso de uma possível reclamação.

承蒙購買CITIZEN錶。為確保正確的使用，敬請仔細閱讀此使用指南。請確認同附的CITIZEN國際保證卡，以享受免費修理之權利。

承蒙惠购CITIZEN表，谨致谢意。为确保正确使用，敬请仔细阅读此使用指南。请确认随附的CITIZEN国际保证卡，以享受免费修理的权利。

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

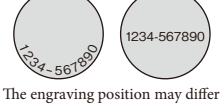
After reading, be sure to store this manual in a safe place should it be needed for future reference.

* The case has different features depending on the model.
  Details of model specific features may not be outlined in this manual. See " http://www.citizenwatch.jp/support/default.htm ".

To determine the movement number

Your watch features a case number engraved on the case back (refer to figure to the right).
On the case back, a number composed of four + six alphanumeric characters (or more) is engraved.
In the example on the right, "1234" is the movement number.

<Engraving position example>



The engraving position may differ depending on watch model.

Safety Precautions

This manual may contain certain safety advisories. Your watch should be used in accordance with these advisories at all times to ensure optimal enjoyment of your watch and to prevent injury to yourself, other persons and/or damage to property.

▪ Safety advisories are categorized and depicted in this manual as follows:

⚠ **DANGER**	Highly likely to cause death or serious injury
⚠ **WARNING**	May cause serious injury or death
⚠ **CAUTION**	May or will cause minor or moderate injury or damage

▪ Important instructions are categorized and depicted in this manual as follows:

⚠	Warning (caution) symbol followed by instructions that should be followed and/or precautions that should be observed.
⊘	Warning (caution) symbol followed by prohibited use and/or operation advisory.

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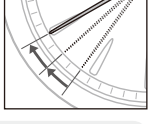
Features

◆ Eco-Drive (solar powered) watch

The watch operates by converting sunlight and other light into electrical energy. Once the rechargeable cell is fully charged, the watch will function for approximately 8 months.

◆ Insufficient charge warning



If the power becomes very low, the second hand advances at 2-second intervals, indicating that charging is necessary. When the second hand starts to advance at 2-second intervals, expose the watch to light until it is fully charged.

If the watch is not exposed to light within approximately 5 days after the insufficient charge warning starts, the watch will stop.

◆ Quick start function

When the stopped watch is exposed to light, it starts operating again.

After quick start, expose the watch to light until it is fully charged. Set the correct time before using the watch.

Guide to Charging Time

Below are the approximate times needed for charging when exposing the watch dial to light continuously. Please use this table as a reference only.

Illuminance (Lx)	Environment	Charging time (approximate)		
		Charging time to work for one day	Charging time to start working normally (second hand moves in 1-second steps) when the rechargeable cell is empty	Charging time to the fully charged state when the rechargeable cell is empty
10000 to 100000	Outdoors (sunny sky, cloudy sky)	7 to 25 minutes	4 to 15 hours	30 to 120 hours
3000	20 cm under a fluorescent lamp (30 W)	50 minutes	30 hours	240 hours
500	Interior lighting	4 hours	200 hours	—

* To charge the rechargeable cell fully, it is recommended to expose the dial to direct sunlight. A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell fully.

This watch will run for approximately 8 months from a **full charge** without further exposure to light.

Notes Before Use

◆ Notes before use - Protective stickers

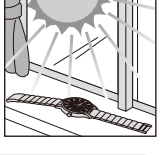
Prior to the watch being shipped from the manufacturing plant, its glass, case, metal band, and metal parts of the clasp are covered with stickers to protect them from getting fingerprints or scratches during transit from the plant to the store. If the watch is worn without first removing these stickers, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.
For this reason, please be sure to peel off the stickers before wearing the watch.

◆ Notes on charging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light, such as direct sunlight or fluorescent lamps. After taking off the watch, put it in a location where the dial is exposed to bright light, such as by a window.

For optimal performance, perform the following:

- **Expose the watch with the dial facing towards direct sunlight for five to six hours at least once a month.**
- **Do not store the watch in a dark place with no light for a prolonged period of time.**



- When the watch is regularly covered with long sleeves, it may not be charged sufficiently. Try to keep the watch exposed to light sufficient for charging.
- Do not charge the watch at a high temperature (about 60°C/140˚F or higher).

◆ About the crown

Some models use screw down system for the crown.
Accidental operations can be prevented when the watch is not being operated by locking the crown. To operate the watch, release the lock.

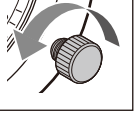
- If your watch does not have a screw down crown, operations can be performed without locking or unlocking the crown.

Before operation

Unlock the crown

Rotate the crown to the left (counterclockwise).

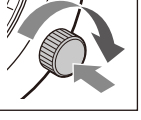
When the screw lock is released, the crown extends to the normal position.



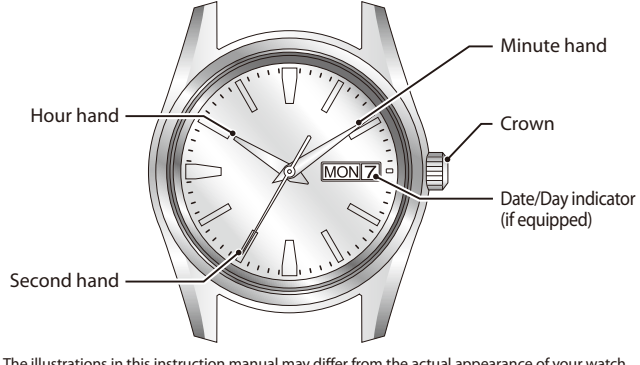
After operation

Lock the crown

Press the crown and rotate it to the right (clockwise) to tighten the screw lock.



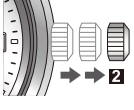
Component identification



* The illustrations in this instruction manual may differ from the actual appearance of your watch.

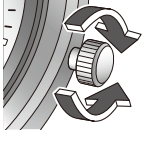
Setting the Time

1 Pull the crown out to position 2.



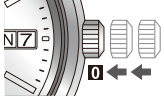
Pull out the crown just as the second hand is at the 0 second position in order to accurately align to the second.

2 Rotate the crown to set the time.



For more accurate adjustment, first set the minute hand forward by five minutes and then return it to the correct time.

3 Press the crown back into its normal position.



Refer the time signal and push the crown to set the time.

Be sure to secure if the watch has a screw down crown.
Water may enter your watch.

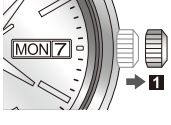
Setting the Calendar (For models with Date/Day indication)

Avoid adjusting the calendar when the hands indicate the following times.
The calendar may not be changed correctly.

Date indication model:
Approximately from 9 p.m. to 1:00 a.m.

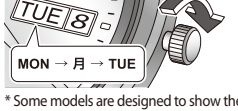
Date/Day indication model:
Approximately from 9 p.m. to 4:30 a.m.

1 Pull the crown out to position 1.



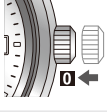
2 Rotate the crown counterclockwise to set the date.

For models with Day indication:
Rotate the crown clockwise to set the day.



* Some models are designed to show the day indication in languages other than Japanese and English.

3 Press the crown back into its normal position.



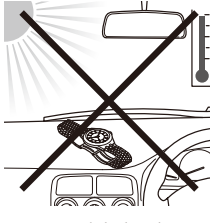
Be sure to secure if the watch has a screw down crown.
Water may enter your watch.

Eco-Drive (solar powered) Watch Handling Precautions

<Always be Sure to Expose Your Watch to Light Regularly>

- Your watch enjoys regular exposure to light. Wearing in situations that prevent light exposure such as long shirt or coat sleeves will prevent your watch from receiving light sufficient for charging. In these instances, supplemental charging may be needed.
- When you take your watch off, try and place it in a bright location. This will ensure your watch receives light for charging and will continue to operate properly. Storing your watch in dark places for extended periods of time may cause the stored energy to become depleted and your watch to stop.

⚠ CAUTION Recharging Precautions



- Do not charge your watch at high temperatures (60°C/140°F) as this may cause damage to sensitive components and the watch to malfunction.

  Examples:

  - Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.

    * When charging your watch under an incandescent lamp, be sure to leave 50 cm (19-11/16 inches) distance between the lamp and the watch to avoid excessive heat. Never use a halogen lamp for recharging as these generate excessive heat.
  - Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.

<Replacement of Rechargeable Cell>

- Your watch features a cell that does not need regular replacement.
  However, after an extended period of time, power consumption may increase due to deterioration of lubrication in the movement. This may result in shorter than expected run time. Be sure to have your watch regularly inspected by an Authorized Service Center.
  Note: Regular maintenance is not covered under the terms of the warranty.

⚠ WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch.
  If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
  If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.

⚠ WARNING Use Only the Specified Rechargeable Cell

- Never install a conventional battery in your watch. Only use the specified rechargeable cell.
  Your watch is designed to operate only with the original type of rechargeable cell. It is not designed to run or be used with a conventional type of battery. Installing such a battery may result in overcharging which may cause the battery to burst. This can cause damage to the watch and injury to the wearer.
  If for any reason the rechargeable cell needs replacement, be sure to use only the original type rechargeable cell. We recommend contacting your nearest Authorized Service Center for this service.

Water resistance

⚠ WARNING Water Resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly.
  (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.

Name	Indication Dial or Case back	Specification	Water-related use Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Operate the crown or button when the watch is wet
Non-water resistant	———	Non-water resistant	**NO**	**NO**	**NO**	**NO**	**NO**
Everyday-use water resistant watch	WATER RESIST(ANT)	Water-resistant to 3 atmospheres	**OK**	**NO**	**NO**	**NO**	**NO**
Upgraded everyday use water-resistant watch	WATER RESIST(ANT) 5 bar	Water-resistant to 5 atmospheres	**OK**	**OK**	**NO**	**NO**	**NO**
	WATER RESIST(ANT) 10/20 bar	Water-resistant to 10 or 20 atmospheres	**OK**	**OK**	**OK**	**NO**	**NO**

Water resistance

- Non-water resistant watches cannot be used underwater or in environments in contact with water.
- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush. If your watch is not water resistant, be sure not to get the case of the watch wet.

Precautions and usage limitations

⚠ CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- DO NOT wear your watch while in a sauna, jacuzzi or other location where it may become excessively hot. This may result in burns to the wearer and/or malfunction of your watch.
- Be careful when putting on or taking off your watch since there is a risk of pinching your skin or damaging your fingernails depending on the manner in which the band is fastened.

⚠ CAUTION Precautions

- Always wear your watch with the crown pushed in to the normal position. If your crown is a screw down type, be sure it is properly screwed down (locked) to the case.
- Do not operate the crown or any buttons when the watch is wet. This may allow the entrance of moisture and cause damage to sensitive components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult Authorized Service Center for inspection and/or repair.
- If a watch of upgraded water resistance for daily use is immersed in sea water or subjected to excessive perspiration, thoroughly rinse with fresh water and wipe completely dry with a soft cloth.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, buttons, etc.) may come off.

⚠ CAUTION When Wearing Your Watch

<Band>

- The durability of a leather, cloth, or natural skin strap may be affected by moisture and perspiration. Moreover, wet leather may cause a rash. Be sure to keep your strap dry and clean.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear your watch too tightly. Try to leave enough space between the watch and your skin to allow adequate ventilation.

- A rubber type strap may become stained by dyes or soils found in clothing and other accessories. Since these stains may become permanent, take caution when wearing your watch with items that may transfer color (articles of clothing, purses, dyed bracelets, etc.).
- Solvents, moisture and perspiration may cause the strap to deteriorate. Be sure to replace a strap that has become dried, brittle, or cracked to prevent loss due to strap failure.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may malfunction if exposed to intense static electricity.

<Magnetism>

- Analog type quartz watches are powered by a motor that utilizes a small magnet. The operation of this motor can be disturbed if the watch is subjected to magnetic items resulting in the malfunction of the watch. Do not allow the watch to come into close proximity to magnetic items such as “health” bracelets or necklaces, coin trays, latches found in cabinets and refrigerators, certain clasps of handbags and cell phone pouches, cell phone speakers, certain sporting accessories, MRI equipment, etc.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come in contact with the watch, they may cause discoloration, deterioration and damage materials of the watch. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

⚠ CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
  Note: Do not operate the crown or any buttons when the watch is wet.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.

- The case and band of the watch come in to direct contact with the skin. This may result in unnoticed accumulations of dirt and foreign matter caused by normal wear. Accumulated matter may cause rust, discoloration, and premature wear. Be sure to regularly clean your watch with a soft cloth. If severe accumulations occur, you may need to have your case and/or bracelet professionally cleaned.
- In some instances, accumulations of dirt and foreign matter may cause skin reactions. This may also occur due to certain allergies beyond our control. If this occurs, immediately discontinue use of your watch and consult your physician.
- Leather, cloth, and other natural skin straps may become discolored or brittle from moisture, perspiration and/or accumulated dirt. To maximize the life of your strap, be sure to keep your leather band clean and dry by wiping it with a soft cloth each day.

⚠ CAUTION Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

Maintenance

Daily maintenance

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- Wipe off dirt, perspiration, and water from the case and glass with a clean soft cloth occasionally.
- To clean a metal, plastic, or rubber watchband, wash away dirt with water. Use a soft brush to remove dust and dirt stuck in the gaps in a metal band.
- Do not use a polishing type of cloth as this may damage the surface and certain treatments.
- Do not use solvents (thinner, benzine, etc.), as they may damage the finish.

Periodical inspections

Your watch needs an inspection once every two or three years for safety and longer usage. To keep your watch water-resistant, the gaskets and other components need to be replaced regularly. Other parts need to be inspected and replaced if necessary.
Always ask for genuine Citizen parts upon replacement.

Information

About the Watch with Luminous Paint

Your watch may feature luminous treatment to the dial and hands to aid you in reading the watch in dimly lit environments. This luminous treatment stores light from both natural and artificial sources. It is free from any radioactive substance or any other material that may be harmful to the environment or human body.

- The light emission of the luminous material gradually decreases as time passes.
- The duration and amount of light emitted will vary depending on the brightness, type of and distance from the light source, exposure time and amount/size of luminous treatment.
- When not exposed to a light source, light emission from the luminous treatment will start off bright and gradually diminish over a period of hours. The duration of visible light emission will vary with type of and duration of light exposure as well as size of luminous features of your watch.

Specifications

Model	J7∗/J8∗	Type	Analog solar-powered watch
Timekeeping accuracy	Within ±15 seconds per month when worn at normal operation temperatures (between +5˚C/41˚F and +35˚C/95˚F)		
Operating temperature range	−10˚C/14˚F to +60˚C/140˚F		
Display functions	• Time: Hour, minute, second • Calendar: date, day of the week (only for the models with date/ day indication)		
Continuous operation times	• Fully charged to fully discharged: Approx. 8 months (Normal use condition) • From insufficient charge warning display until stop: Approx. 5 days		
Battery	Rechargeable cell (lithium button cell), 1pc.		
Additional functions	• Solar power function • Overcharging prevention function • Insufficient charge warning function (2-second interval movement)		