Four buttons on this watch are known as: LIGHT, MODE, RESET, and START

TO SELECT THE DISPLAY MODE
Push the Mode Button in order to select one of the following four display modes in the following order: Normal Time -> Stop Watch -> Alarm Set, -> Time Reset

In the Normal Time Mode, the Day of Week, the Hour, Minute and Second are displayed (none flash). If the alarm icon at the bottom left is displayed, the alarm is turned on.

TO DISPLAY THE DATE
In Normal Time Mode, Press the START button.

TO DISPLAY THE ALARM TIME
In Normal Time Mode, push the RESET button.

A P indicates PM, an A indicates AM. H indicates a 24 hour clock.
If the time is set as a 24 hour clock, the alarm will also show only as 24 hours with a H.

TO STOP/START THE ALARM
In Normal Time Mode, hold the RESET button while pressing the START button to toggle the Alarm icon on and off.

TO STOP/START THE HOURLY CHIME
In Normal Time Mode, hold the RESET button while pressing the MODE button to toggle the hourly chime on and off. When all the days of the week are displayed, the hourly chime is on.
TO SET THE TIME

Press the MODE button x 3 until the hour is flashing.

To set the Minute press the RESET button x 1. Press the START button to increase the minutes.

Press the RESET button again to toggle through Hours -> Date -> Month -> Day of Week -> Seconds

Press the START button to increase the setting you are on.

TO SET THE ALARM

Note: The alarm is turned on every time the Alarm is set.

Press the MODE button x 2 until the hour is flashing.

Press the START button to increase the hours

Press the RESET button to select minutes.

Press the START button to increase the minutes

A P indicates PM, an A indicates AM. H indicates a 24 hour clock.
If the time is set as a 24 hour clock, the alarm will also show only as 24 hours with a H.

Press the MODE button to finish and return to the time.

TO USE THE STOP WATCH

Press the MODE button x 1

Press the START button to start timing.

Press the RESET button to reset the stop watch to zero.

To record a LAP time, press the RESET button when the stop watch is running. Press RESET again to return to the live stop watch.