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## Setting Date & Time on Your Reebok Pulse

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Your Reebok Pulse gives you flexible options to keep the date and time accurate — whether you want to sync automatically with your phone or adjust it manually.

### **Sync with Your Phone (Recommended)**

By default, your watch will automatically sync its date and time with your paired smartphone via the Reebok Connect app.

This ensures:

- Instant updates when daylight saving time changes
- Automatic adjustments when you travel across time zones

### **24-Hour Clock Option**

You can choose which time format you prefer:

- 12-hour (AM/PM)
- 24-hour (military time)

Switch between formats at any time in the watch settings.

### **Manual Date & Time Adjustment**

If you prefer not to sync with your phone, you can manually set the date and time directly on the watch.

### **Tips**

- For the most accurate time, keep your watch connected to the app on a regular basis.
- When traveling, simply syncing with your phone will automatically update the clock to the correct local time.