


CHOOSING DEFAULT MODE AT POWER UP

Symbol on LCD Screen	Function
F (default setting)	Video Mode (F means "Filming")
P	Single Shot Photo Mode
3	Triple Shot Photo Mode
PES	Photo Every "X" Seconds Mode

CHOOSING VIDEO RESOLUTION

Symbol on LCD Screen	Description	Resolution	Frames per Second	Suggested Use
r1	Wide Angle Standard Definition 16:9	WVGA (848x480)	60	when smaller file size is desired
r2	Widest HD Video 16:9 @ 30 fps	720p (1280 x 720)	30	when mounting on vehicles or gear, when a very wide angle is desired but vertical viewing area is not as important
r3	Widest HD Video 16:9 @ 60 fps	720p (1280 x 720)	60	same as r2 but with ultra slow motion playback
r4(default resolution)	Tallest HD Video Max Overall View 4:3	960p (1280 x 960)	30	when mounting on your body, helmet, surfboard or chest harness, this mode offers the most vertical viewing area of all resolutions
r5	Full HD Highest Resolution 16:9	1080p (1920x1080)	30	when vehicle or gear mounted, best choice for highest quality in-car filming. 25% narrower field of view (127°) compared to 170° view of other resolutions

CHOOSING EXPOSURE SETTING

Symbol on LCD Screen	Function
Cnt (default setting)	Center weighted average meter is best for normal outdoor and indoor lighting conditions.
SPt  This icon appears on LCD when spot meter is active	Spot meter is primarily for shooting from inside of a car or other dark space looking out into a brighter outside setting. Spot meter adjusts the exposure for the absolute center of the scene, for example the road ahead instead of the interior of the car. If you are wanting optimum exposure of the <i>inside</i> of the car, filming mainly the driver for example, choose Cnt center weighted average to expose for the inside of the car.

UPSIDE DOWN IMAGE CAPTURE

Symbol on LCD Screen	Function
UP (default setting)	saves photos and videos in a normal "right side up" orientation
UPd	saves photos and videos upside down so that they appear right side up when you review on your computer or TV. The video camera and photo icons will blink quickly on the LCD screen to reminding you that you are saving photos and videos in upside down mode.

CHOOSING PHOTO EVERY 2, 5, 10, 30, 60 SECONDS TIMING

Symbol on LCD Screen	Function
P2 / P5 / P10 / P30 / P60	shoots photos in 2 / 5 / 10 / 30 / or 60 second intervals

CHOOSING LED BLINKING ON / OFF

Symbol on LCD Screen	Function
bLO (default setting)	LED blinking ON
bLF	LED blinking OFF

CHOOSING BEEPING SOUND ON / OFF

Symbol on LCD Screen	Function
bPO (default setting)	beeping sound ON
bPF	beeping sound OFF

CHOOSING NTSC / PAL SETTING

Symbol on LCD Screen	Function
nSC (default setting)	NTSC TV setting for North America
PAL	PAL TV setting for most regions outside of North America.

DELETE LAST FILE SAVED

Symbol on LCD Screen	Function
LSt	To delete last file saved to camera, press SHUTTER button when LSt is on screen. LSt will start blinking as a warning.
LSt (blinking) TO CHOOSE NO DELETE	"LSt" will blink for 5 seconds. If you do nothing..."LSt" will stop blinking and the file will NOT be deleted. You can press the POWER/MODE button to advance to the next option in the SET menu.
LSt (blinking) TO CHOOSE YES DELETE	If you press the shutter button while LSt is blinking, you will deleted the last saved file from the SD card.

DELETE ALL FILES AND FORMAT SD CARD

Symbol on LCD Screen	Function
ALL	To delete all files and FORMAT SD card, press SHUTTER button when ALL is on screen. ALL will start blinking as a warning.
ALL (blinking) TO CHOOSE NO FORMAT	"ALL" will blink for 5 seconds. If you do nothing..."ALL" will stop blinking and the SD card will NOT be formatted. You can press the POWER/MODE button to advance to the next option in the SET menu.
ALL (blinking) TO CHOOSE YES FORMAT	If you press the shutter button while ALL is blinking, you will format the SD card, losing all files and data. IMPORTANT: this will format your card and all data on the card will be deleted.

AUTO POWER OFF SETTING

Symbol on LCD Screen	Function
OFF (default setting)	camera will only turn off if manually turned off
60	camera will turn off 60 seconds after last button press (unless recording video or shooting automatic photos)
120	camera will turn off 120 seconds (2 minutes) after last button press (unless recording video or shooting automatic photos)
300	camera will turn off 300 seconds (5 minutes) after last button press (unless recording video or shooting automatic photos)

SETTING THE TIME AND DATE

Symbol on LCD Screen	Function
dAt	When you see "dAt" on the screen, press SHUTTER button to set the time and date.
Y09 - Y30	Press POWER/MODE button to toggle from Y09 (2009) to Y30 (2030). Press SHUTTER to advance to next date setting.
01 - 12	Press POWER/MODE button to toggle from 01 (January) to 12 (December). Press SHUTTER to advance to next date setting.
d01 - d31	Press POWER/MODE button to toggle from d01 (1st day of month) to d31 (31st day of month). Press SHUTTER to advance to next date setting.
H00- H23	Press POWER/MODE button to toggle from H00 (12 a.m. military time) to H23 (11 p.m. military time). Press SHUTTER to advance to next date setting.
00 - 59	Press POWER/MODE button to toggle from 00 (zero minutes) to 59 (59 minutes). Press SHUTTER to advance to next date setting.