USING ALARM

1. Go to Daily Norms settings. Read more on "Norms settings" help.
2. Select "Morning & Afternoon".
3. Adjust the timer. Use the switch to enable/disable the alarm.

Repeat the steps above to adjust Holy mass alarm.

Text Font　　　　　Helvetica　>

18

High Contrast　　　　OFF

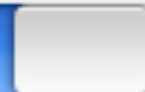Orientations　　　　　>

Daily Norms

Morning & Afternoon: 30 mins　>　　**2**

Holy Mass: 10 mins　　　　>

Norms remaining　　ON

| 28 |
| 29 |

0 hours	**30 mins**
1	31
2	32

Morning Alarm

3

Timer   ON