1. Start using MISSION2

1.1 Diving Safety

- Please read the user manual before using MISSION2 to ensure safe and proper use.
- The manual is based on the default settings of MISSION2.
- All dive gear will fail. It is not a question of whether it will fail, but when it will fail. There may also be bugs in the firmware. Do not use MISSION2 as your only diving instrument. You should have a detailed diving plan before each dive.
- Diving involves risk. Only trained divers should use the MISSION2. Dive computers are not a substitute for training. Do not use the MISSION2 on any dive beyond your certification level. Diving with an incorrect assessment of your ability and physical condition can result in injury or even death.
- MISSION2 is designed for recreational diving. Do not use MISSION2 for commercial diving applications.
- It is assumed that the diver's ascent rate is 10m/min(33ft/min). Ascending significantly faster than this will impact decompression calculations.
- Please follow the decompression stops advised by MISSION2. Violation will increase the risk of decompression sickness, which may lead to serious injury or death.
- The MISSION2 is a precision instrument. Take care to protect your computer from damaging shocks or chemical exposure. Store your MISSION2 out of direct sunlight and avoid exposure to excessive heat or leaving it in a vehicle exposed to the sun.
- Do not wear your MISSION2 in hot spring pools or saunas.
- After each day of diving, rinse the MISSION2 thoroughly with fresh water. Do not use high-pressure sprays to avoid damage to buttons or sensors. If the device is covered with dirt, soak it in fresh water. Do not use any solvents or detergents.
- Please use the Screen Guard included in the package. Replacement screen guards may be purchased from an authorized dealer.
- The dive computer is a personal device. Sharing shall be avoided as it may cause divers to misjudge diving information and cause serious injury.

1.2 What's in the box?

* MISSION2

* Charging Cable

* Scratch Guard*2

* Silicone strap

* Quick Start Guide

* Warranty card

1.3 Removing/replacing the strap

In addition to the originally provided long straps, MISSION2 has short straps available for purchase. If you need to adjust the length of the strap, you can replace strap according to the following instructions.

Change watch strap:
When removing the strap, push the strap spring clip to the right, lift it up to take out the strap, and release the strap spring clip. To replace a new strap, simply follow the opposite steps.

* The strap is a consumable item and when it must be replaced with a new strap, you can make a purchase through the dealer or directly at ATMOS.

1.4 Using MISSION2 for the first time

1.4.1 Button Function:

Press button A: Up/ Smart Notification Hold button A: Quick mobile phone Bluetooth On/Off
Press button B: Menu and Confirm
Press button C: Down/ Widget Hold button C: Stopwatch
Press button D: Return/ Setting
Press button E: Turning backlight On/Off Hold button E: Power Off

1.4.2 Power On/Off

Power On: Press and hold backlight button E for 3 seconds, or connect MISSION2 to the charging cable.

Power Off: Press and hold button E for 3 seconds while in watch mode.

1.4.3 Charge & Save Battery

Please make sure the charging points are clean and dry. Moisture and dirt can seriously affect charging efficiency and may cause damage. Please use a power adapter with safety certification (rated voltage: DC 5V/2A)

※Do not use connectors or fast chargers that exceed the rated voltage: DC 5V/2A. It will affect the lifespan of the battery.

Please ensure the charging cable is properly connected when charging. If the charging position is not aligned, it may result in an improper connection and cause the watch to overheat. It takes 2 hours to full charge, and the screen will display 100%.

※The lithium battery in MISSION2 can be damaged if not fully discharged. MISSION2 has an internal protection mechanism which will disconnection the battery before it is fully discharged. However, a small amount of discharge will still occur. If it is left unused for a long time without charging, the lithium battery will likely to be fully discharged or have a shorter lifespan.

To avoid battery damage, please do the following:

※ Please power off when not in use, and fully charge it every two months to maintain battery health

※ If it is powered off for too long, the first charge will take 2-3 hours to preserve the battery,

※ Avoid direct sunlight or left in vehicles exposed to sunlight.

1.5 App pairing and unpairing

Using the ATMOS App to sync the dive and activities log and other status

Download ATMOS App:

iOS: https://apple.co/31ouXTE	
Android: http://bit.ly/2WAfdNL	

※ App version may vary slightly depending on your mobile phone and software version

1. After logging in to the app, go to “Add device” to start pairing.

※ Enable Bluetooth on your mobile phone. Android users may need to authorize the connection to the device.

2. MISSION2 MENU → SETTING → SMART CONNECT → CONNECT TO MOBILE PHONE: (iOS & Android) ON

3. In the App: Select your MISSION2. Enter the 5 Pin code shown on MISSION2 to complete the connection.

※ Long press button A on the main screen to switch the Bluetooth on and off

Unpair

1. MISSION2: SETTING → SMART CONNECT → UNPAIR: YES
2. ATMOS App: Select, or swipe left to delete the paired MISSION2.
3. Your mobile phone: Bluetooth → Forget the device

1.6 Smart Notification

Smart Notification allows MISSION2 to display SMS messages and phone calls received on the paired smartphone. (iOS 10 or higher, Android)

To use the mobile phone notification function, go to MISSION2:
Settings → Connect to mobile phone → Message notification → All messages.
Press the button A on the main screen to view the notification and press button A or C to scroll up and down. All notifications will be cleared after a restart.

※ If “Call Only” is selected, the MISSION2 only displays call notifications.

1.7 Firmware Update

ATMOS regularly releases new firmware including new features, bug fixes and improvements. Keep the firmware of your MISSION2 updated.

Checking the firmware: Settings > System > About. The Model, SN, and FW will be displayed

Updating Firmware
Download PC tool:
1. MISSION2: Setting > Firmware update - the firmware update screen will appear
2. Connect MISSION2 with the PC via USB charging cable, and the FIRMWARE folder will appear.
3. Go to ATMOS official website: https://www.atmos.app/ to download the latest firmware
4. Double-click to open the zip file, and copy the files in the folder directly to the FIRMWARE folder
5. When the files are transferred, disconnect the charging cable and MISSION2 will automatically start updating.

1.8 Change & Customize Watch Face

MISSION2 offers a variety of watch faces in addition to the default Classic Analog.

1.8.1 Change Watch Face

Change via mobile APP
After pairing MISSION2 to the ATMOS App, go to the Watch Face option of Your Device and select the desired Watch Face

Change via MISSION2
Settings Menu > Watch Face> Press button A or C to scroll, and press button B to select the desired Watch Face.

1.8.2 Customize surfaces with photos

After pairing the ATMOS App with MISSION2, go to Your Device > Watch Face > Photo, select your desired photo from the album as your Watch Face

2. Widget

*** Most widgets can be enabled in Settings > Widget**

*** Press button C on the main screen to view widgets**

2.1 Heart rate measurement

※ The wrist optical heart rate sensor measures the heart rate with the LED optical sensor on the device. The blood flow per unit area in the blood vessel will change with the heart pulse, and the light sensor will obtain the change of the user's heart rate based on the change of the blood.

Enable Heart Rate: Settings > Widget > Heart Rate: On

Checking the heart rate: after enabling the widget, press button C on the main screen to scroll to the information page.

※ To ensure accuracy, MISSION2 should be worn correctly and should not be worn on the wrist joints.

※ When exercising or in daily use, MISSION2 should be snugly worn on the skin of the wrist to avoid uneven reflection of the light beam. Objects such as long-sleeved clothing or winter clothing shall also be avoided.

※ The heart rate function is disabled by default during dive or swimming.

※ The heart rate may vary greatly due to light wavelength absorption underwater, which in turn affects the optical detection.

Causes of abnormal heart rate:

- Avoid applying sunscreen or skin lotion, which will result in uneven reflection of light, and keep the wearing area clean.
- Arm hair, tattoos or skin tone, arm movement, subcutaneous blood flow, etc. may all affect heart rate measurements.
- In the cold weather or people with cold hands and feet have poor blood circulation, which affects blood flow and results in heart rate abnormally. Keeping hands and feet warm will improve the accuracy of heart rate.
- Please avoid scratches or damage to the heart rate sensor on the back of MISSION2
- The heart rate sensor should be kept clean.

Note:

※ MISSION2 is not a medical device, so the heart rate data should not be used as a reference for medical use or medical diagnosis.

※ When the heart rate function is enabled, it is less energy efficient.

2.2 Sleep Monitoring

※ The sleep monitoring function is currently only used for sleep monitoring at night, and cannot be monitored for naps and short-term sleep.

*** Enable sleep monitoring: Settings > Widget> Sleep Monitoring: On**

*** Viewing sleep: enable widgets and sleep monitoring, press button C on the main screen to scroll to the information page.**

* If the target sleep time is reached, the outer circle will be a complete circle
* On the sleep screen, press button B to view the weekly record.

※ Note: If MISSION2 is placed on the table during the sleep, it will also be determined as sleeping.

Dark: deep sleep | Light: light sleep

2.3 Steps & Calories

MISSION2 will count your daily steps and calories

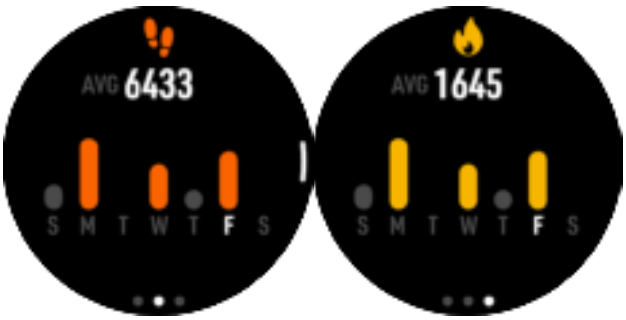
*** Enable Step & Calories: Settings > Widget > Step & Calories: ON**

*** Checking the step count & calories: after enabling the widget, press button C key on the main screen to scroll to the information page**

The orange outer circle is the step counter, and the yellow inner circle represents calories

* The increase in steps and calorie consumption will gradually form a circle. When the set target value is reached, it will be a complete circle.

* Press button B again on the steps and calories screen to enter individual step and calories information page. MISSION2 will display the weekly calories and steps average with the target value in the middle line.



※ The pedometer sensor will not display the number of steps you have taken immediately. MISSION2 will update on the display after a short delay.

※ Factors of abnormal step counting: Any vibrations or arm movements associated with walking, as well as repetitive and regular movements, may affect the step count.

Target value in the step counter and calories

Settings > Widget > Step & Calories Enter steps and calories.

2.4 Outdoor

MISSION2 will display sunrise and sunset times, altitude, and air pressure at current location with a graphic compass

*** Enable Outdoor: Settings > Widget > Outdoor: On**

2.4.1 Sunrise & Sunset time

Show sunrise and sunset information at current location

The sunrise and sunset time will only be displayed after the GPS positioning is successful. The time will not be displayed if the GPS positioning is not completed.

2.4.2 Altitude Calibration

Press button B in the sunrise and sunset screen to enter ALT altitude, the screen will display the altitude value and the change in altitude curve.

The change of weather will affect the reading of altitude and air pressure, such as low pressure of typhoon, high pressure of cold air mass. When the weather changes frequently, it is recommended to set the correct altitude reference value. If the weather is stable, no reference value setting is required.

Using GPS Calibration

There will be altitude data during GPS positioning. When there is a large altitude deviation or offset, this option is to use the GPS altitude to calibrate the current altitude.

Enter current altitude

When there is a large height deviation or offset, input the correct height of the location, such as the height displayed at the trailhead, as the height reference value to calibrate the current height.

2.4.3 Compass

※ **Calibration is recommended before every dive and outdoor activities to ensure the best experience.**

※ The compass is magnetically oriented and will be disturbed if it is too close to electric fields, magnets, and metal objects. The electronic compass is small and subject to interference. Please avoid wearing another computer, compass or metal objects next to the MISSION2. Calibration is recommended before every dive to ensure the best experience.

Compass Calibration

※ Select compass option, follow the instructions, move MISSION2 in an "∞" pattern. The bearing and OK will be displayed until the compass calibration is complete.

2.5 Tides

Tide information can be obtained after MISSION2 is connected to the App

*** Enable Tides: MISSION2 Settings > Widget > Tides: ON**

※ Take note! The actual tide level may be affected by the weather conditions, including atmospheric pressure, wind direction, rain, etc. Anyone using this function must make a safe judgment based on the current situation, so special attention should be paid when referring to the above information. Diving with an incorrect assessment of your ability and physical condition can result in injury or even death. Thus, the tidal information is for reference only!

Steps:

1. Open the APP and pair the watch with the APP
2. Please ensure the mobile phone has GPS turned on, and allow ATMOS App to obtain location information.
3. ATMOS App > Tides
4. Acquire the current location through the mobile phone GPS, or select the location via the search function
5. Please check MISSION2 Widget if tidal information is displayed

Tidal Encyclopedia

The phenomenon of rising sea level is called flood; the falling sea level is called ebb. When changing from high tide to low tide, when the water level reaches the relative highest, it is called high water; when changing from low tide to high tide, when the water level reaches the relative minimum, it is called low water.

-There are three types of tides, namely semidiurnal tides with two high and low tides a day, diurnal tides with only one high and low tide a day, and mixed tides in between.

2.6 Weather

Weather information of the current location can be obtained when MISSION2 is connected to the App.

*** Enable Weather: MISSION2 Settings > Widget > Weather: ON**

Steps:

Step 1 - Open the APP and pair the watch with the APP

Step 2 - Please ensure the mobile phone has GPS turned on, and allow ATMOS App to obtain location information.
Step 3 - Go to the weather widget, the weather data will be obtained and displayed

1. Open the APP and pair the watch with the APP
2. Please ensure the mobile phone has GPS turned on, and allow ATMOS App to obtain location information.
3. ATMOS App > Weather widget, obtain and display the weather data
4. Please check MISSION2 Widget if weather information is displayed

2.7 Stopwatch

Press and Hold button C for 2 seconds while in watch mode.

Press button A: Start
Press button B: Mark current time (4 set can be displayed)
Press button A: Stop
Press button A when stopped: Reset
Press and Hold button D for 2 seconds: Exit

2.8 Alarm Clock

MISSION2 provides three alarm clock settings
1. Go to Setting, select the alarm clock
2. Set the hours and minutes (12-hour clock will require choosing AM or PM)
3. Select Once, Weekday, Daily
4. Select vibration, sound, or both for Reminder

3. Dive Mode

3.1.1 Water Auto-on

※ **Do not rely on the water auto-on function. It is important to check all settings of the dive computer prior to descent on each dive.**

The MISSION2 default dive mode of auto-on is Scuba Mode. The default dive mode may be changed in SETTING. MISSION2 will display the selected dive mode when you enter water.

※ The default dive mode can be set to "Off" - when it is off, MISSION2 will not automatically turn on dive mode, and no icon will appear at the bottom of the time screen.

3.1.2 No Fly Time and Surface Interval

Due to residual nitrogen in the body after diving, please wait until the No Fly time icon disappears before flying or ascending to altitudes above 300m/1,000ft.

Upper-left: No fly time Icon. Displays for 24hrs starting from the moment you exit the water following the last dive. (Icon will be displayed when freedived over 40m)
Upper-right: Surface interval (S.I.) icon. Counter starts from the moment you exit the water following your last dive.

3.2 Scuba Mode

3.2.1 Scuba Preparation Screen and Operation

* The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete.
* The heart rate function is disabled by default during dive
* Press button C to enter the Advanced setting.
* Press button B button to start diving

3.2.2 Scuba Setting

Press button C in Scuba preparation screen to enter the Advanced Settings.

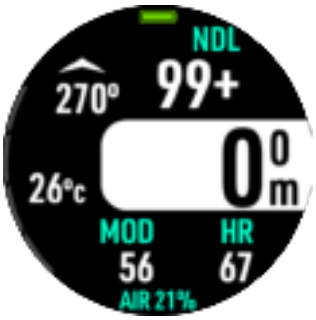
※ **Do not change any setting until you understand the effects**

Adjustable Function:

Dive Plan	※ **Dive plan is used to estimate the no-decompression limit for diving at the planned depth at a specified time in the future** See 3.2.5 Dive Plan
Dive Alarm	Time Alarm: Time Alarm display notifies the diver when the Dive Time has been reached. (1 set)
	Depth Alarm: Depth Alarm notifies the diver when the maximum depth has been reached. (1 set)
SPG Alarm	SPG Alarm notifies the pressure when the set dive time has been reached. (10 sets)
PPo2	Adjustable between 1.2 - 1.6, this setting is related to the MOD (Maximum Operation Depth).

Conservatism	Conservatism: HIGH (GF 35/75) Conservatism: MEDIUM (GF 40/85) Conservatism: LOW (GF 45/95) Conservatism: CUSTOM **! ! ! Adjusting GF (Gradient Factor) will affect decompression calculations. For more detail, please refer to Erik Baker's (Clearing up the Confusion About Deep Stops)**
Dive Site	See 4.1.2 Dive Site
Safety Stop	Ascend to 6 meters, start a 3-minute safety stop, and the countdown interval is 3-7 meters Set the ON/OFF and adjust the stop time.
Surface Internal Reminder	After returning to the surface for a surface interval, a notification for dive will be sent when the set surface interval has been reached
Freshwater/Seawater	Depth correction based on Freshwater/Seawater The density of salt water is about 3% higher than that of fresh water, and the depth of fresh water will be deeper under the same pressure value
Air/Nitrox Setting	While in Scuba Mode, Press button B to enter Advanced settings. Then scroll to the Air Mix (21-40%) and PPO2 (1.2-1.6) settings. **! ! ! Always check the oxygen percentage, and MOD before each dive. Do not exceed to prevent central nervous system (CNS) O2 toxicity.**
Tank Volume	Set the tank volume for diving, and enter the residual pressure to obtain the SAC after the dive to be displayed in the ATMOS App
Optical heart rate	The heart rate function is disabled by default during diving, and can be enabled according to personal needs
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Reset Nitrogen	Reset the residual nitrogen accumulated by the computer to zero. **! ! ! Do not change any setting until you understand the effects of NDL and DECO on diving after the nitrogen reset.**
Factory Reset	Restore settings to factory defaults

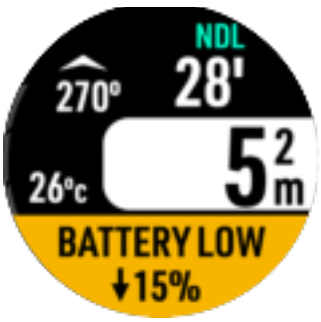
3.2.3 Scuba Screen Layout and Alarms

<table>
<tr><th colspan="2">Predive</th></tr>
<tr><td>Upper-left: Compass heading (Infinity will be displayed when the compass shall be calibrated)
Mid-left: Water temperature
Upper-right: NDL (No Decompression Limit)
(- - will be displayed if NDL is greater than 99+)
Mid-right: Current depth
Bottom-right: MOD - (Maximum Operation Depth)&HR
Bottom-right: 21% = AIR / 22-40% = NITROX</td><td> 
</td></tr>
<tr><th colspan="2">During the dive</th></tr>
<tr><td>Upper-left: Compass heading
Left: Ascent rate bar (m/min)Left: Water temperature
Upper-right: NDL (No Decompression Limit)
Mid-right: Current depth
Bottom-right: Dive time

※ Press button C to scroll and view maximum depth/average depth/ TTS & surface time/ heart rate
※ Press button E: Turns the backlight On/Off.

TTS (Time to surface) represents the time to ascent plus the time for decompression stops before you can surface (Safety stop time is not included)</td><td> 
</td></tr>
</table>

Mark Compass Heading	
Hold button B to enter the Mark Compass Heading in preparation screen or during dive. * Use button B to mark heading * Use button A to unmark heading	
View Compass Heading	
Hold button A to enter the Compass Heading in preparation screen or during dive. Hold button B to enter the Mark Compass Heading * Use button B to mark heading * Use button A to unmark heading	
Fast Ascent	
When the ascent speed exceeds 13m/min, the ascent rate bar will turn red, and MISSION2 will notify with a "Fast Ascent Alarm". if it continues for 5 seconds.	
Time Alarm	

Time Alarm display notifies the diver when the Dive Time has been reached.	
Depth Alarm	
Depth Alarm notifies the diver every minute when the maximum depth has been reached.	
Battery Low	
Battery Low Notifies the diver when battery power is low.	
Safety Stop	
The safety stop can be switched on and off, and can be set according to personal needs and dive plans. The default is ON.	

Safety Stop Pause	
The depth of the safety stop is 3-7 meters, beyond which the countdown will stop and a "Safety Stop Pause" reminder will appear.	
Safety Stop Clear	
Safety Clear notifies the diver when the safety stop is completed.	
NDL below 3mins	
LOW NDL notifies the diver every minute when the remaining NDL time is less than 3 mins.	
Decompression Stop	

After the NDL is up, it will enter the decompression state, and MISSION2 will notify the user with a "decompression stop need" reminder. The NDL indicator will be replaced by "Deco Stop", notifying the stop depth (6m) and decompression stop time (3 min). ! ! ! Please ascend slowly to the depth for a decompression stop . ! ! ! As ascending is decompression, it is possible to end decompression before reaching the depth for a decompression stop	
Missed Stop	
Missed Stop alarm appears when the diver has ascended above the Deco Stop ceiling depth. ! ! ! Please decent below the Deco Stop depth to continue decompression.	
Maximum Operation Depth	
Immediately ascend to a safe depth when seeing the MOD Alarm.	

CNS Oxygen Toxicity	
CNS Alarm appears when central nervous system toxicity loading percentage is greater than 85%.	
Time-to-Surface (TTS)	
TTS can be viewed in minutes by pressing button C. It is the sum of all decompression stops and ascent times on the current dive. It is based on the following calculations: * Assumes that the diver's ascent rate is 10m/min(33ft/min) * Follows decompression stops calculated by dive computer	
Check SPG	
SPG Alarm notifies the pressure when the set dive time has been reached.	

3.2.4 Scuba Log

Scuba Log can be viewed in Settings > Log

Description

Graphes: Press button B to display white time line, press button A or C to advance the time line Event: Green: Safety Stop Red: Ascent Too Fast White Framed Red : Decompression Yellow: Depth Alert ※ **All alarm will be recorded during dive**	

3.2.5 Dive Plan

※ **Dive plan is used to estimate the no-decompression limit (NDL) after a certain period of rest**

* Press button B to switch between depth and surface rest time.
* Press button A and C change the planned depth and surface rest time
* The above NDL is the calculation result

Example: If you continue to dive to 23m after a 45-minute surface internal, you will have a 22-minute NDL

3.2.6 High Altitude

MISSION2 will automatically read the air pressure at current location. It will calibrate the depth value according to the altitude at high altitude. Simply adjust the freshwater/seawater settings is enough.

3.3 Freedive Mode

The Freedive mode provides two choices: freedive (Depth mode) and pool (Dynamic apnea mode).

! ! ! If there is residual nitrogen in the body after scuba/gauge dive, do not freedive until the no-fly time is over.

3.3.1 Freedive Preparation Screen and Operation

Depth mode	Dynamic apnea mode
	
Depth mode * The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete. * The heart rate function is disabled by default during dive * Press button C to enter the Advanced setting. * Press button B button to start diving	Dynamic apnea mode: Set the pool distance before each start

3.3.2 Freedive Setting

Press button C in Freedive preparation screen to enter the Advanced Settings.

! ! ! Do not change any setting until you understand the effects

Adjustable Function:

Descent Alarm	Descent Alarm notifies the diver when the set depth has been reached.
Ascent Alarm	Ascent Alarm notifies the diver when the set depth has been reached.

Time Alarm	Time Alarm display notifies the diver when the Dive Time has been reached. (10 sets)
Surface Internal Reminder	Select between Default, Custom, and Off Default: "Surface Internal Completed" reminder will appear when the surface internal reaches twice the dive time
Dive Site	See 4.1.2 Dive Site
Freshwater/Seawater	Depth correction based on Freshwater/Seawater The density of salt water is about 3% higher than that of fresh water, and the depth of fresh water will be deeper under the same pressure value
Optical heart rate	The heart rate function is disabled by default during diving, and can be enabled according to personal needs
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Factory Reset	Restore settings to factory defaults

3.3.3 Freedive Screen Layout and Alarms

Depth mode

<table>
<tr><td colspan="2">Predive</td></tr>
<tr><td>Left: Water temperature
Upper-right: Stopwatch
Mid-right: Current depth
Bottom-right: Surface internal time</td><td> 
</td></tr>
<tr><td colspan="2">During the dive</td></tr>
</table>

Upper-right: Stopwatch (Button A: Start/Reset) Mid-right: Current depth Bottom-right: Dive time Upper-left: Dive count Left: Water temperature Press button E: Turns the backlight On/Off.	
Information displayed when returning to surface	
After returning to the surface, the maximum depth, dive time, and dive count will be displayed	
During surface internal	
Upper-left: current count of consecutive dives Left: Water temperature Upper-right: Stopwatch Mid-right: Surface internal time Bottom-right: Press button C to switch between maximum time/maximum depth/heart rate & time/compass -Press button D for page setting, save & exit	

Dynamic apnea mode

Predive

Upper: Heart rate Mid: Sets | Dive time Mid: Surface Internal time Bottom: Battery and time Press button A to start	
During the dive	
Press the button A to end	
End of dynamic apnea	
Enter distance	
During surface internal	
SI continues to accumulate The blue frame sets will increase with the number of dynamic apnea	

3.4 Gauge Mode

Gauge mode does not perform decompression calculations. It only displays depth, time, water temperature, and ascent rate with the functions of depth gauge and underwater timer.

! ! ! Scuba Mode will be locked for 24 hours after using gauge mode to dive. During the time, diving under Scuba Mode will only enable the Gauge Mode, please rest for 24 hours before scuba diving. Can be unlocked via Scuba > Advanced Setting

3.4.1 Gauge Preparation Screen and Operation

* The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete.
* The heart rate function is disabled by default during dive
* Press button C to enter the Advanced setting.
* Press button B button to start diving

3.4.2 Gauge Setting

Press button C in Gauge preparation screen to enter the Advanced Settings.

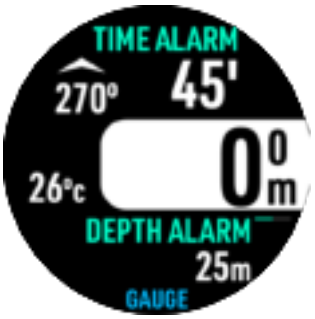
! ! ! Do not change any setting until you understand the effects

Adjustable Function:

Dive Alarm	Time Alarm: Time Alarm display notifies the diver when the Dive Time has been reached. (1 set)
	Depth Alarm: Depth Alarm notifies the diver every minute when the maximum depth has been reached. (1 set)
Dive Site	See 4.1.2 Dive Site

Freshwater/Seawater	Depth correction based on Freshwater/Seawater The density of salt water is about 3% higher than that of fresh water, and the depth of fresh water will be deeper under the same pressure value
Optical heart rate	The heart rate function is disabled by default during diving, and can be enabled according to personal needs
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Factory Reset	Restore settings to factory defaults

3.3.4 Gauge Screen Layout and Alarms

Predive	
Upper-left: Compass heading Mid-left: Water temperature Upper-right: Set time alarm Mid-right: Current depth Bottom-right: set depth alarm	
During the dive	
Upper-right: Stopwatch (Button A: Start/Reset) Mid-right: Current depth Bottom-right: Dive time Upper-left: Compass Mid-left: Water temperature - Press button E: Turns the backlight On/Off.	

4. GPS

4.1 Dive GPS

※ Before dive, MISSION2 would require to GPS positioning to mark entry and exit locations, and saved locations

※ MISSION2 is waterproof up to 100 meters. Thus, with the air-tight case, unlike mobile phones, which can expose the antenna for signal reception, the GPS function is only suitable for outdoor areas. **Weather, shade, and environment will all cause interference, and there is no guarantee that the GPS can be positioned.**

Correct Steps

1. Open environment without shades and magnetic field interference from electric towers
2. Surface facing the sky with no overlay
3. Enable GPS: enter "Dive Mode", "Nearby Dive Sites", "My List", "Saved Locations", and the blinking satellite icon indicates that the GPS signal is being acquired.

> P.S. You can use the mobile phone to sync with the GPS ephemeris function, go to Your Device in the ATMOS App, and select GPS (※It is not required, but it can greatly shorten the positioning time)

※ The first positioning takes longer, about 1-2 minutes. After 3 hours, it is recommended to download the ephemeris again through the App.

(4) MISSION2 will vibrate, and the icon will stop blinking after successful positioning.

4.1.1 Water entry and exit records

Water enter: When switching to the preparation screen before diving, a blinking GPS indicates that the GPS is being positioned, and the icon will stop blinking when the positioning is complete. Water enter will be recorded when diving after GPS positioning.

Water exit: MISSION2 will automatically locate and record the water exit before the end of dive.

The water entry and exit location can be displayed from the map when the long is synced to the APP. The arrow down is the water enter location, and the arrow up is the water exit location.

4.1.2 Dive Site

Dive Site function can be accessed in Scuba, Freedive, Gauge Mode's advanced setting prior to descent after the GPS positioning is complete.

1. Nearby Sites: Show 5 nearby dive sites in the ATMOS database.

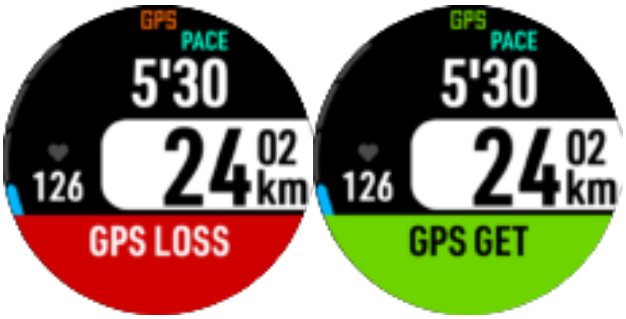
2. Add: Add new set of dive sites named by date and with GPS location * You can also add, synchronize, and change dive site names through ATMOS App

My List: View your Dive Sites

4.2 Onshore GPS

Outdoor sports: GPS positioning shall be completed before running, cycling, swimming, and ski/boarding, performing sports without GPS positioning will affect the accuracy of logging and calories.

When the GPS signal is interrupted, the GPS LOSS alarm will appear until the signal is re-received.



Factors that affect GPS positioning:

GPS signals are positioned through electromagnetic waves. When obstacles are encountered, signal reception will be affected, so positioning cannot be guaranteed.
The following are common disturbances:

* High-rise buildings: With cement wall of high-rise buildings and alleys on both sides, the signal received will be relatively less.
* Forest roads: Dense leaves and branches act as concrete walls, which will reduce the penetration of GPS electromagnetic waves.
* Adjacent to high-voltage towers: As electromagnetic waves of different frequencies will be generated during the transmission and distribution of high-voltage towers, which will interfere with the GPS signal reception.
* Base station electromagnetic waves
* Cloudy days & air pollution: thick clouds, water vapor in the clouds and metal components in air pollution may affect the GPS signal reception.

5. Activities

5.1 Running Mode

Running mode provides two choices of running (outdoor mode) and treadmill (indoor mode).

5.1.1 Running Preparation Screen and Operation

Running Mode: The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete. Heart rate will be displayed when turned ON.
Treadmill mode: The heart rate and sensor icon connection icon will be displayed, and no GPS positioning and APP track is displayed.

* Press button C to enter Setting
* Press button B to start activity

Running Mode	Treadmill
	

5.1.2 Running Terminology:

PACE: The time it takes to run or complete a kilometer or mile. For example, a runner says that he has a pace of 7 minutes, which means that he will run a kilometer in 7 minutes.
STRIDE: The distance between two feet after initial contact of one foot
CAD: Number of steps per minute a person takes during a run.
Lap Count: Record split pace by distance or time as a tool for runners to control or adjust their pace.

5.1.3 Running Settings

Press button C in running preparation screen to enter the Advanced Settings.
Adjustable Function:

Fields	Fields displayed on the running sub-screen - Adjust the displayed information, such as climb, temperature, altitude, etc.
Reminder:	Distance reminder: Distance reminder will appear when the set distance has been reached.

	Time reminder: Time reminder will appear when the set time has been reached.
Lap Count	Lap Count Button: Press button A to manually count the lap
	There are two modes for automatic lap count: Distance Lap Count: Count the lap automatically when the set distance has been reached. Time lap count: Count the lap automatically when the set time has been reached.
Auto Pause	When you stop running, MISSION2 will automatically pause, and the time will not continue to count.
Stride	Enter the stride distance - the default value is converted from the height value entered by user
Optical heart rate	Heart rate sensing function can be enabled according to needs
Sensors	Add sensors, such as heart rate monitor
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Factory Reset	Restore settings to factory defaults

5.1.4 Running Screen Layout and Alarms

<table>
<tr><td colspan="2">Running Main Screen</td></tr>
<tr><td>Upper-mid: heart rate
First field: distance
Second field: running time
Third field: pace
Bottom-mid: battery and time</td><td> 
</td></tr>
<tr><td colspan="2">Running sub-screen</td></tr>
</table>

Press button C in the main running screen to go to the sub-screen, and press button C again to return to the main screen The upper-left, upper-right, bottom-left, and bottom-right field information can go to the setting field to adjust the information you want to see, such as climb, temperature, altitude, etc.	
Automatic Lap Count	
The lap will be counted automatically when the set time or distance has been reached.	
Manual Lap Count	
Press button A to manually count the lap	
Auto Pause	

If you turn on the auto-pause function, when you stop moving forward, it will automatically pause, the time will not continue to be calculated, and it will automatically continue until you advance again.	
Pause and save	
Press button D on the main running screen, and the pause screen will appear Press button A to return to the main screen Press button C to save and exit	

5.2 Cycling Mode

Cycling mode provides outdoor mode and two options in indoor mode.

5.2.1 Cycling Preparation Screen and Operation

Cycling Mode: The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete. Heart rate will be displayed when turned ON. Indoor bicycle mode: The heart rate and sensor icon connection icon will be displayed, and no GPS positioning and APP track is displayed.

* Press button C to enter Setting
* Press button B to start activity

Cycling Mode	Indoor Cycling Mode
	

5.2.2 Cycling Terminology:

Speed: the distance traveled per hour, for example: the cyclist with a 25KM hourly rate, which means that he completed 25km in 1 hour.

Cadence CAD: The number of rotations. For example, one foot passing the same position on the circumference 90 times in one minute will be 90 RPM. (Recommended cadence: 90~110 rpm), the unit is RPM (Rotate per Minute)

Lap Count: Record the speed of the segment by distance or time, as a tool to control or adjust the speed.

Wheel diameter: Enter the wheel diameter of the bicycle, for example, 700*23C for road bikes is equivalent to 2096mm.

*Wheel sizes are usually marked on both sides of the tires. This is not a complete list. If you do not have your wheel diameter information, you can search the Internet and calculate the sizes that are not in the list.

Wheelset			
RIMS	mm	RIMS	mm
24 × 1.75	1890	27 × 1-3/8	2169
24 × 1-1/4	1905	29 x 2.1	2288
24 × 2.00	1925	29 x 2.2	2298
24 × 2.125	1965	29 x 2.3	2326
26 × 7/8	1920	650 x 20C	1938
26 × 1-1.0	1913	650 x 23C	1944
26 × 1	1952	650 × 35A	2090
26 × 1.25	1953	650 × 38B	2105
26 × 1-1/8	1970	650 × 38A	2125
26 × 1.40	2005	700 × 18C	2070
26 × 1.50	2010	700 × 19C	2080

26 × 1.75	2023	700 × 20C	2086
26 × 1.95	2050	700 × 23C	2096
26 × 2.00	2055	700 × 25C	2105
26 × 1-3/8	2068	700C Tubular	2130
26 × 2.10	2068	700 × 28C	2136
26 × 2.125	2070	700 × 30C	2146
26 × 2.35	2083	700 × 32C	2155
26 × 1-1/2	2100	700 × 35C	2168
26 × 3.00	2170	700 × 38C	2180
27 × 1	2145	700 × 40C	2200
27 × 1-1/8	2155	700 × 44C	2235
27 × 1-1/4	2161	700 × 45C	2242

5.2.3 Cycling Setting

Press button C in cycling preparation screen to enter the Advanced Settings.

Adjustable Function:

Fields	Fields displayed on the cycling sub-screen - Adjust the displayed information, such as climb, temperature, altitude, etc.
Reminder	Distance reminder: Distance reminder will appear when the set distance has been reached.
	Time Alarm: Time Alarm display notifies the diver when the Dive Time has been reached.
Lap Count	Lap Count Button: Press button A to manually count the lap

	There are two modes for automatic lap count: Distance Lap Count: Count the lap automatically when the set distance has been reached. Time lap count: Count the lap automatically when the set time has been reached.
Auto Pause	When you stop running, MISSION2 will automatically pause, and the time will not continue to count.
Wheel diameter	Enter the wheel size of the bike
Optical heart rate	Heart rate sensing function can be enabled according to needs
Sensors	Add sensors, such as heart rate monitor and cadence sensor
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Factory Reset	Restore settings to factory defaults

5.2.4 Cycling Screen Layout and Alarms

Cycling Main Screen	
Upper: Heart rate First field: distance Second field: cycling time Third field speed Bottom: Battery and time	
Cycling sub-screen	
Press button C in the main cycling screen to go to the sub-screen, and press button C again to return to the main screen The upper-left, upper-right, bottom-left, and bottom-right field information can	

go to the setting field to adjust the information you want to see, such as climb, temperature, altitude, etc.	
Automatic Lap Count	
The lap will be counted automatically when the set time or distance has been reached.	
Manual Lap Count	
Press button A to manually count the lap	
Auto Pause	
If you turn on the auto-pause function, when you stop moving forward, it will automatically pause, the time will not continue to be calculated, and it will automatically continue until you advance again.	

Pause and save	
Press button D on the main cycling screen, and the pause screen will appear Press button A to return to the main screen Press button C to save and exit	

5.3 Swimming Mode

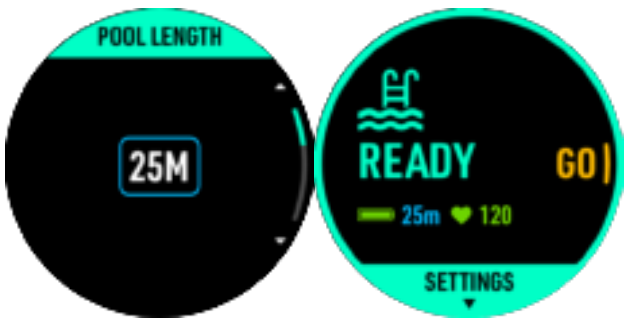
Swimming mode provides two choices of pool (indoor mode) and open water (outdoor mode).

5.3.1 Swimming Preparation Screen and Operation

Pool Mode: When using MISSION2 for the first time, please follow the manual to select the length of the pool or customize the distance. After setting the distance, MISSION2 will use this setting the next time you swim. If the distance changes, go to the Setting to change.

Open water: The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete. Heart rate will be displayed when turned ON.

* Press button C to enter Setting
* Press button B to start activity

Pool Mode	Open water
	

5.3.2 Swimming Terminology:

PACE/100M: 3 minutes and 21 seconds to complete 100m
SWIM TOTAL: Accumulated number of strokes
SWOLF: a measure of swimming efficiency
Calculation: "The number of strokes to complete a lap + the number of seconds to complete a lap" = SWOLF value. The lower the SWOLF, the higher the efficiency.

5.3.3 Swimming Setting

Press button C in swimming preparation screen to enter the Advanced Settings.
Adjustable Function:

Fields	Fields displayed on the swimming sub-screen - Adjust the displayed information, such as temperature, calories, SWOLF, etc.
Reminder:	Distance reminder: Distance reminder will appear when the set distance has been reached.
	Time Alarm: Time Alarm display notifies the diver when the Dive Time has been reached.
Swimming Distance	Enter the pool distance - 25m, 50m, or custom.
Lap Count (Open Water)	Lap Count Button: Press button A to manually count the lap
	There are two modes for automatic lap count: Distance Lap Count: Count the lap automatically when the set distance has been reached. Time lap count: Count the lap automatically when the set time has been reached.
Heart Rate	Heart rate sensing function can be enabled according to needs
Sensors	Add sensors, such as heart rate monitor
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise
Factory Reset	Restore settings to factory defaults

5.3.4 Swimming Screen Layout and Alarms

Pool Main Screen

Upper: Heart rate First field: distance Second field: Number of laps and swimming time Third field: 100m pace Bottom: Battery and time	
Open Water Main Screen	
Upper: Heart rate First field: distance Second field: Swimming time - (without turning) Third field: 100m pace Bottom: Battery and time	
Pool and Open Water sub-screen	
Press button C in the main swimming screen to go to the sub-screen, and press button C again to return to the main screen The upper-left, upper-right, bottom-left, and bottom-right field information can go to the setting field to adjust the information you want to see, such as climb, temperature, altitude, etc.	
Pause and save	

Press button D on the main swimming screen, and the pause screen will appear Press button A to return to the main screen Press button C to save and exit	

5.3.5 Inaccurate Information

When swimming in pool, the following conditions may result in inaccurate information:

1. Stop before reaching the end
2. Change swimming strokes in between
3. Swimming using a floating board without hand stroke
4. Dynamic Apnea without hand stroke
5. Side kicking, one arm stroke, back floating, and other informal strokes will affect the accuracy of the record.

* When swimming outdoors, it is necessary to ensure that the positioning is successful before the start to exercise. If the positioning is not successful before starting to move, the accuracy of the daily log record will be affected.

5.4 Ski/Board

※ Due to the characteristics of the battery, using MISSION2 in a sub-zero environment may encounter a situation where it cannot be powered on. It is recommended to power it on before entering an extremely cold environment. Avoid rinsing it with hot water when returning from a sub-zero environment to avoid damage caused by thermal expansion.

5.4.1 Ski/board Preparation Screen and Operation

* The GPS will start blinking and positioning. It will stop blinking and display a green light once the positioning is complete.
* Heart rate: People with cold weather or cold hands and feet will not be able to interpret the heart rate accurately due to the poor blood circulation efficiency in the body.

* Press button C to enter Setting
* Press button B to start activity

Skiing	Snowboarding

5.4.2 Ski/board Terminology:

Speed: The distance ski per hour.
Lap Count: Record the speed of the segment by distance or time, as a tool to control or adjust the speed.

5.4.3 Ski/board Setting

Press button C in ski/boarding preparation screen to enter the Advanced Settings.
Adjustable Function:

Fields	Fields displayed on the ski/board sub-screen - Adjust the displayed information, such as climb, temperature, altitude, etc.
Reminder:	Distance reminder: Distance reminder will appear when the set distance has been reached.
	Time reminder: Time reminder will appear when the set time has been reached.
Lap Count	Lap Count Button: Press button A to manually count the lap
	There are two modes for automatic lap count: Distance Lap Count: Count the lap automatically when the set distance has been reached. Time lap count: Count the lap automatically when the set time has been reached.
Auto Pause	When you stop running, MISSION2 will automatically pause, and the time will not continue to count.
Optical heart rate	Heart rate sensing function can be enabled according to needs
Sensors	Add sensors, such as heart rate monitor
Backlight	Adjust the backlight constant brightness, brightness level and backlight on wrist raise

Factory Reset	Restore settings to factory defaults

5.4.4 Ski/board Screen Layout and Alarms

Ski/board Main Screen	
Upper: Heart rate First field: distance Second field: time Third field speed Bottom: Battery and time	
Ski/board sub-screen	
Press button C on the main ski/board screen to go to the sub-screen, and press button C again to return to the main screen The upper-left, upper-right, bottom-left, and bottom-right field information can go to the setting field to adjust the information you want to see, such as climb, temperature, altitude, etc.	
Automatic Lap Count	

The lap will be counted automatically when the set time or distance has been reached.	
Manual Lap Count	
Press button A to manually count the lap	
Auto Pause	
If you turn on the auto-pause function, when you stop moving forward, it will automatically pause, the time will not continue to be calculated, and it will automatically continue until you advance again.	
Pause and save	

Press button D on the main ski/board screen, and the pause screen will appear. Press button A to return to the main screen Press button C to save and exit	

6. Storage and Maintenance

* MISSION2 bezel, buttons, charging port are made with highly corrosion resistant 316 stainless steel, but if the dirt and substances such as sweat is not cleaned after use, the oxygen exposed to the metal can destroy the metal surface, causing corrosion. After each day of diving, rinse the MISSION2 thoroughly with fresh water.

* To store your MISSION2, fully charge the computer then turn the MISSION2 off. Store your MISSION2 in a cool, dry place, protected from damaging shocks, heat, humidity, and away from sunlight

* MISSION2 uses lithium battery which has a characteristic of continuously discharging. Please avoid excessive discharge of the batteries which impacts the lifespan of the battery. Charge once every 2 months to extend the lifespan of the battery.

* Static electricity might cause MISSION2 to malfunction and strong static electricity can damage the electronic components.
* MISSION2 has a compass function, so strong magnetic field such as one emitted by medical equipment shall be avoided as it may cause the compass to fail or malfunction.

* MISSION2 can withstand the swaying, swinging and other movements of daily life and sports, but falling and strong impact may cause malfunctions and screen cracks.

* Avoid placing MISSION2 in direct sunlight or in vehicles exposed to sunlight and in extremely low temperature places. Extremely high and low temperatures will cause malfunction and damage to the electronic components of MISSION2.

FCC Statement
Federal Communication Commission Interference Statement
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This

equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

* Reorient or relocate the receiving antenna.
* Increase the separation between the equipment and receiver.
* Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
* Consult the dealer or an experienced radio/TV technician for help.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.
This device complies with Part 15 of the FCC Rules.
Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.
This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

Federal Communication Commission (FCC) Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End user must follow the specific operating instructions for satisfying RF exposure compliance.