How to program Timex-TE111

To set the time: hold down the TIME button until Day flashes,
Use +/- to adjust then hold down time until hour flashes..Repeat until set.

To program,
1. hold down PROG until the cursor starts to flash at 12:00
2. Press PROG to advance to the day or day group you want to program.
3. Press + to advance the cursor to the desired ON time
4. Press mode until display reads "on"
5. Use the + to move the cursor to the desired ON duration? Clock shows this also.
6. Press mode until "off" is displayed, then advance the cursor thru the period the outlet should be off.
7. Press MODE to select as the ON or OFF period
8. Press TIME to exit programming.
9. Press PROG again to program another set of days.