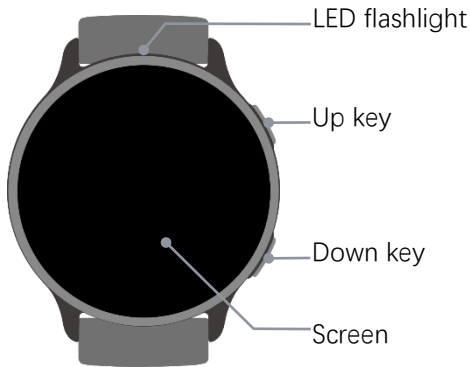
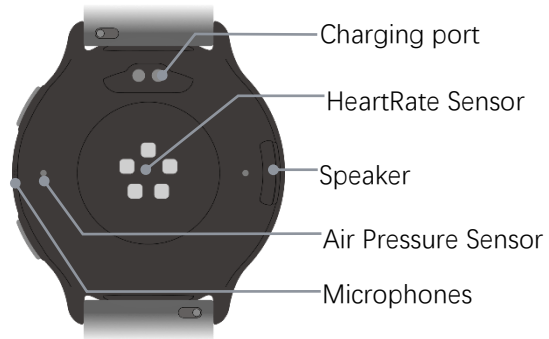


Product Manual

Learn about the products



Product Front



Product Back

start usingss

① Wear → ② Turn on the watch → ③ Set the watch → ④ Start using it

These next steps will take you about 5 to 10 minutes, so choose a suitable time to start.

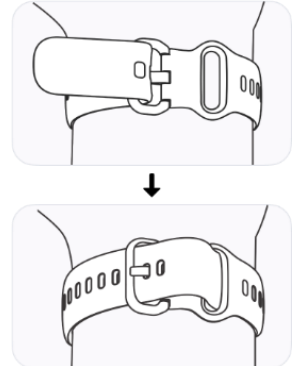
① Wearing a watch

In order for the watch to measure your data more accurately, there are two things to keep in mind:

Step 1: Thread the long strap through the buckle of the short strap.

Step 2: Adjust to a comfortable tightness, then secure the hole in the long strap to the buckle of the short strap.

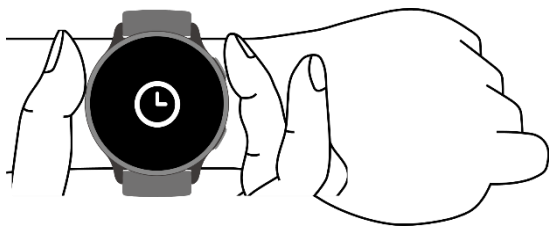
Step 3: Tuck the end of the long strap into the two loops on the short strap.



② Switch on

Press and hold "Up key" until the start-up screen appears.

Tip: If the watch does not switch on, it may have run out of battery power due to prolonged storage. Please charge the watch for about 10 minutes and wait for it to switch on automatically.



③ Setting the watch

Step 1: Download the Fitbeing app



Go to the app shop in your phone, search for Fitbeing and install it.

- For Android phones, go to the corresponding app shop

- iPhone Go to App Store



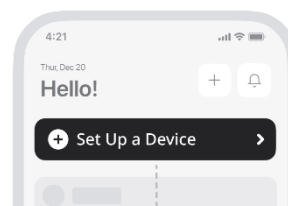
You can also use your mobile phone to scan the QR code below to quickly access the app shop to reach the **Fitbeing app** and choose to install it.

Step 2: Pairing with the App

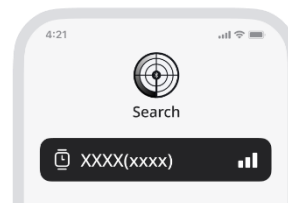
Enter **Fitbeing app** and click "Pairing Device" on the homepage. Through the "Bluetooth search", follow the guide to pair and set "**XXXX**", and then you can use the watch after completion.

Attention:

1. Do not pair directly in the Bluetooth list of your mobile phone system to avoid the Fitbeing app not being able to connect to the watch.
2. Please allow the Fitbeing app to gain access to your phone's "Bluetooth, Location, Camera" to ensure successful pairing.



Bluetooth search



④ Getting Started

Touch screen operation

Supports full screen touch (swipe, tap, long press)

Key operation



Slide up



Slide left



Slide right



Slide down

Operation	Status	Function
Single-press any button	Screen Off	Wake screen
Single-press upper button	Watch Face Interface	Access menu
Single-press upper button	Non-Watch Face Interface	Return to watch face
Press and hold upper button	Powered On	Shortcut function (App settings)
Press and hold upper button	Powered Off	Power on
Single-press lower button	Watch Face Interface	Workout mode
Single-press lower button	Non-Watch Face Interface	Return to previous menu
Press and hold any button for 12 seconds	Powered On	Force reset

Product Features

Notification Centre

Slide down on the main dial to bring up the notification centre.

In the Fitbeing app, you can set the apps that need to be notified on your watch, and you can turn off apps that don't need to be notified.

Synchronise iOS phone notifications:

1. Ensure that the Bluetooth of the mobile phone your watch is paired with is switched on and remains within connection range (within 10 metres) of the watch;
2. In System Bluetooth, enable the "Share system notifications" permission for your watch's Bluetooth.

Synchronise your Android phone notifications:

1. Ensure that the Bluetooth of the mobile phone your watch is paired with is switched on and remains within connection range (within 10 metres) of the watch;
2. Ensure that your mobile phone system has granted 'Bluetooth', 'Location' and 'Notifications' permissions for the Fitbeing app; and keep the app running at all times.



Control Center

Slide up the control centre on the main dial to enable "Focus Mode", "Always On", "Underwater Lock" and quickly adjust "Brightness" and other settings.

status message



	Battery level: displays the current remaining battery level of the watch
	Bluetooth Connection: Displays the Bluetooth connection status between the watch and the paired mobile phone

shortcut

	Focus Mode: You can choose sleep mode or do not disturb mode.
	Sleep mode: constant light and wrist lift function is invalid, and add do not disturb mode strategy
	Do Not Disturb Mode: Messages and incoming calls are not alerted with a ringtone. Alarms and timers alert normally

	Always On Mode: Enable Always On Mode, the watch will always display the off screen dial when the screen is off.
	Wrist Lift Screen: Enable Wrist Lift Screen, the screen will light up automatically when you lift your wrist.
	Torch: Switch on the torch function.
	Lock / Drain: When enabled, the watch will lock to avoid water ingress, press and hold the crown after locking to unlock and drain the watch.
	Find mobile phone: helps you call your paired mobile phone when you are near it.
	Volume Alert: When turned on, it changes to silent mode.
	Screen Brightness: Swipe up and down to adjust the brightness of the screen.

Shortcut cards

Swipe left or right on the main dial to quickly switch between browsing: advice, activity, heart rate, sleep, weather or sports.

Activity: you can view the number of steps, calories and distance for the day.

Heart rate: Heart rate measurement will start automatically on this page; you can view the heart rate data of the last 6 hours.

Sleep: View sleep times, fall asleep and wake up times, and the last seven days of sleep data.

Suggestions: recently used apps, and a quick overview of health, exercise and other data, as well as control of music playback

Weather: You can view the weather for the last 12 hours.

Exercise: you can view a week's worth of exercise, and you can quickly start the last exercise

On the watch you can swipe left or right to view the functions with activity, health, sleep, weather, sports or tools.



dial

1. **Change dial:** Press and hold the screen for 1 second on the dial to access the list and select the dial you want to change.
2. **Add a new dial:**
 - a. In the Fitbeing app, tap “Profile → My Watch → Face Gallery” and select your preferred watch face;
 - b. After editing your favourite dial in "Dial Details", tap "Install";
 - c. In "My Dials" you can delete installed dials and modify the customisation options of the dials.
3. **Personalisation:**
 - a. Photo Dial: You can add multiple photos to your watch as the wallpaper of the dial, and you can quickly switch between them when you tap the s-disc;
 - b. Custom dials: In some dials that support custom settings, you can set the dial's colour, style or shortcuts according to preferences, and quickly launch apps in your watch when you tap a shortcut on the dial.
4. **Turns on the constant light mode:**
 - a. In the Control Centre, the dial "Always On Display" can be quickly turned on or off;
 - b. In the watch, "Settings→Display & Brightness", you can switch the dial "Always On Display" on or off;
 - c. You can also set the “Screen-off Display” for your watch in the Fitbeing APP under “Profile → My Watch → Display & Brightness.”
5. **Status bar:**



Priority: Underwater lock>Sleep>Do not disturb>Red dot>Low battery

	Underwater lock: When underwater lock mode is enabled, an underwater lock icon is displayed above the dial
	Sleep mode: When sleep mode is on, the sleep icon will be displayed above the dial
	Do Not Disturb Mode: When Do Not Disturb Mode is turned on, the Do Not Disturb icon will be displayed above the dial
	Unread notification: When unread red dot reminder is turned on, the watch receives a message and a red dot is displayed above the dial.
	Low battery: When the battery level is below 20%, a low battery indication will be displayed above the dial

Activity and health

1. Daily activity log

Browse Data

1. Press the crown of the watch to enter the app centre, select "Activity" to enter the app to view active calories, workout length, standing time, steps and distance, as well as the day's exercise data and breathing training data.
2. Shortcut card "Activity" on the right side of the dial for quick access to key information

Setting goals: You can set your daily activity, exercise, standing, and step goals in the Fitbeing app
→ Profile → My Goals.



2. Pedometer

Record hourly step logs

1. Press the rotary crown to enter the application centre, tap "pedometer" to enter the pedometer interface.
2. Tallying the average number of steps for the day



3. Heart Health

Equipped with a wrist-mounted optical sensor, the watch supports 24-hour continuous measurement and recording of your heart rate to help you keep an eye on changes in your health.

Measurement of heart rate:

1. Wear the watch normally, keeping your arms flat;
2. Hold still for 10 seconds to measure your current heart rate.

You can browse more historical data on stress via the Fitbeing app.

All-day automatic measurement: When your watch is connected to your phone, you can go to the Fitbeing app → Profile → My Watch → Health Data Measurement to turn the "Heart Rate & HRV" button on or off. After turning it on, when you are wearing your watch, it will automatically measure and record your heart rate changes throughout the day.



Resting heart rate: Also known as the quiet heart rate, this is the number of heartbeats per minute in a quiet state of wakefulness and inactivity. Exercise can keep the resting heart rate in a relatively slow and stable range.

HRV: Heart rate variability (HRV) is the variability of heartbeat-by-heartbeat cycle differences, which contains information about the regulation of the cardiovascular system by neurohumoral factors, thus determining their contribution to the condition and prevention of cardiovascular and other diseases.

1. After opening the "Heart Rate & HRV" button in the app, the watch will automatically measure

your heart rate throughout the day.

2. If you want to turn off automatic measurements, you can set the app to turn off all-day heart rate measurements.
3. After synchronising the measurement data with the App, the HRV data can be viewed in the App.

4. Blood oxygen saturation

Measurement of blood oxygen:

1. Wear the watch normally, keeping your arms flat;
2. Click on "Start Measurement" and remain stationary for 30 seconds to measure your current oxygen saturation value.

You can browse more historical data about your stress via the Fitbeing app.



5. Emotional stress

Measurement of stress:

1. Wear the watch normally, keeping your arms flat;
2. Click on "Start Measurement" and remain stationary for 20 seconds to measure your current pressure value.

You can get more historical data on pressure through the Fitbeing app.



6. Sleep monitoring

When you wear the watch to sleep, the watch automatically recognises when you go to sleep, when you wake up, and when you are in deep sleep, light sleep, rapid eye movement, and awake for hours.

1. Press the rotating crown to enter the application centre, tap "Sleep" to enter and view your sleep history;
2. The watch displays the day's sleep data and the time of each sleep stage.

You can also view historical sleep data in the Fitbeing app.



7. Menstrual tracking

Recording and predicting menstrual periods:

1. When you are on your period, you can quickly record your period and its status in the Period Tracker;
2. The watch automatically calculates based on the cycle you set and predicts for you the dates of future periods, fertile windows, safe periods and other key stages.

After syncing to the App, you can also browse the history or check your period forecast more easily.



8. Breathing exercises

1. Press the rotary crown to enter the application centre, tap "Breathing Training" to enter the interface;
2. You can set the "Breathing Rate" or "Training Time", and then click "Start" to begin the breathing training;
3. Inhale slowly as the animation unfolds, then exhale as it closes;
4. To end the animation before it finishes, swipe the screen to the right and tap "End".



Motions tracking

Go to Sports and select a sport to start logging.

Exercisee

Type of sport

The watch supports outdoor walking, indoor walking, outdoor running, indoor running, outdoor cycling, indoor cycling, elliptical, yoga... And other 100+ exercise modes.

You can record the data of your exercise by choosing the workout that suits you according to different scenarios.

Start the movement:

1. Press the rotating crown to enter the application centre, tap "Sports" to enter the sports interface, and select the most recent sports by swiping left and right.
2. During a workout, press the rotating crown to pause the workout (you can set whether this takes effect at Fitbeing);
3. During exercise, by swiping left and right, you can perform operations such as "Pause Exercise", "End Exercise", "Control Mobile Phone to Play Music" and so on.
4. After each exercise, you can view detailed exercise data in the end screen.

GPS positioning:

Please note that the watch GPS needs to stay connected to satellites when you are doing outdoor sports:

1. When initiating positioning, you need to wait for the GPS to connect to the satellite, which can significantly reduce positioning time in open areas;
2. When the "📶" icon is blinking, it indicates that positioning is in progress, and when it stops blinking it indicates successful positioning.
3. When travelling through tunnels, dense forests, tall buildings and under bridges, the connection effect with the satellite may be affected, resulting in brief signal loss, please try to do outdoor sports in open areas.



Attention:

- If the exercise time is too short, the results of this exercise will not be recorded;
- After a single exercise, please click the End button so as not to affect the statistical accuracy of the exercise data recording;
- You can click on Exercise Records on the Fitbeing app page to view historical detailed exercise data.

More applications

1. alarm

Setting the alarm

1. Press the rotary crown to enter the application centre, tap "Alarm" to enter the alarm interface;
2. Click on the "+" number to add an alarm, if you don't select a repeating date, that is, a single alarm, you can select a repeating alarm, such as: daily, weekday, weekend, or you can select a specific repeating week;
3. Tap the "Done" icon to complete the settings;



Remind me later: After setting an alarm, you can set the Remind me later function, which can help you delay the alarm reminder for 10 minutes.

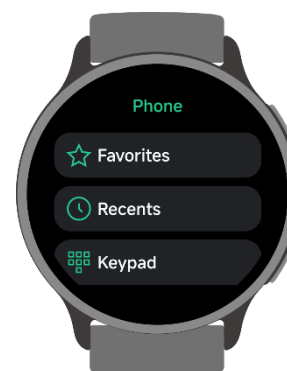
End Alarm Clock: Alarm clock reminds you by vibration and ringing, click "Stop" to end the alarm clock reminder. If "Remind me later" is enabled, you can delay the reminder for 10 minutes by clicking "Remind me later".

Delete Alarm Clock: In the "Alarm Clock" interface, click the alarm clock you want to delete to enter the alarm clock editing interface, click "Delete" to delete the alarm clock.

2. Bluetooth calling

Tap "Calls" in the app centre to enter Calls, you can browse the recent call history and frequently used contacts.

1. You can make phone calls from your recent call history, frequently used contacts, and the dialling keys;
2. When you receive an incoming call on your mobile phone, you can tap the "Answer Button" to answer the call on your watch.
3. Frequently used contacts can be set up in the Fitbeing app. Tap on "Profile → My Watch → Bluetooth Calling, then edit, add, or delete contacts in the frequently used contacts section. You can add up to 20 frequently used contacts.



Note: Calls need to be made within a good Bluetooth communication distance from your mobile phone.

3. compass

In the app centre, tap "Compass" to enter the app

1. You can judge the actual bearing that your front is facing by the arrow's point and scale
2. The directions and readings shown in the screen will help you find the right way forward.
3. By using the "Altitude" displayed in the screen, you can know the height of your current location compared to the standard sea level

Note: Altitude is calculated from standard atmospheric pressure using a barometric pressure sensor and requires a connected App to calibrate the accuracy of the measurement. It is recommended to calibrate every 12 hours or open the App when you are ready to get the altitude to ensure the accuracy is sufficiently accurate.



4. stopwatch

1. Press the rotary crown to enter the application centre, tap "Stopwatch" to enter the stopwatch interface;
2. Click on "Start" to start the timer, click on "Sections" to count, click on "Stop" to pause the timer, click on "Reset " to clear the stopwatch to zero;
3. Slide right or press to rotate the crown to exit the stopwatch application but not to end the stopwatch function.



5. World Clock

1. Press the rotary crown to enter the application centre, tap "World Clock" to enter the world clock interface;
2. Here the timecard is displayed by city, including: city name, current time, and time difference from the location city;
3. You can add or remove cities from the world clock in the Fitbeing app by tapping "Profile → My Watch → World Clock." You can also reorder the cities as needed, with a maximum of 10 cities displayed.



6. Timers

1. Press the rotary crown to enter the application centre, tap "Timer" to enter the timer interface s
2. You can choose the default timer, including: 1 minute, 2 minutes, 5 minutes, 10 minutes, 30 minutes, 60 minutes, and click any length to start the timer.
3. You can also choose custom timer to set your countdown time, click "Custom" to start the countdown, click "⏸" to pause the countdown, click "✕" to end the countdown.



7. Weather

Once you've turned on location permissions in the App and synced it with your watch, you can view local weather information on your watch.

Up to 6 hours of weather can be displayed, please open the App at least once every 6 hours to synchronise the weather.

Weather shortcut card: Swipe right twice on the main interface of the watch to enter the weather shortcut card, the screen will display your location, weather, temperature and other information.

Weather app:

1. Press the rotary crown to enter the application centre, tap "Weather" to enter the weather interface, the screen will display your location, weather, temperature and other information;
2. You can also add weather information for up to 5 cities in the Fitbeing app. Click "Profile → My Watch → Weather" to set it up.



8. Remote-Controlled photography

You need to turn on the camera function of your mobile phone in advance and make sure that the Bluetooth connection between the watch and your mobile phone is successful. Make sure that the distance between the two is not too far, try to keep within 10 metres and there is no object in between.

1. Press the rotary crown to enter the application centre, tap "Camera Control" to enter the remote control photo interface;
2. You can control your phone's camera by tapping the "shutter button" to take a picture;
3. Make sure the watch is connected to your mobile phone and turn on the photo function on your mobile phone.

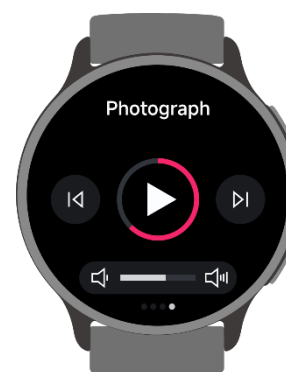


9. Music control

Music playback can be controlled on the watch when the watch and mobile phone remain connected. If not connected, you will be prompted to connect the Fitbeing app

1. Press the rotating crown to enter the application centre, tap "Music Control" to enter the music control page.
2. Tap the "Play/Pause" button to play or pause your mobile phone.
3. Click on the Volume Up/Down and Rotary buttons to control the volume down and up respectively.
4. Tap "Previous" or "Next" to switch between the previous and next song.

Tip: It is recommended to use the system's own or mainstream music player, otherwise you may not be able to control the mobile phone to play music due to compatibility issues.



10. Find My Phone

Make sure the watch and phone are connected and Fitbeing needs to be switched on.

1. Press the rotating crown to enter the application centre and tap "Find Phone" to access the music control page.
2. Tap the icon and the phone will ring and vibrate.

Note: iPhone requires that the phone is not on silent.



11. LED flashlight

Double-click on the upper button to turn on: quickly press the upper button twice in the power-on state to quickly turn the torch on or off.

Control centre on: Swipe up on the watch home screen > tap the flashlight button to enter the flashlight interface.

LED Flashing Switch: Rapidly press the upper button three times to enable or disable the LED flashing function.

Click the corresponding brightness adjustment button in the torch interface, you can open the torch to use the LED lighting function, you can use different brightness lighting effect according to your needs.

Note: Turning on the LED flashlight for a long time will reduce the watch life and cause the watch to heat up, please use this function with discretion.



Upgrade Watch

- Open the app, go to “Profile → My Watch → Firmware Upgrade.” When an upgrade is available, an upgrade prompt will appear on your watch. Tap the prompt to access the upgrade page, select the “Install” option, and follow the on-screen instructions to complete the upgrade process.
- During the firmware upgrade process, make sure that the watch remains connected to your smartphone and that the watch is charged to at least 30%.

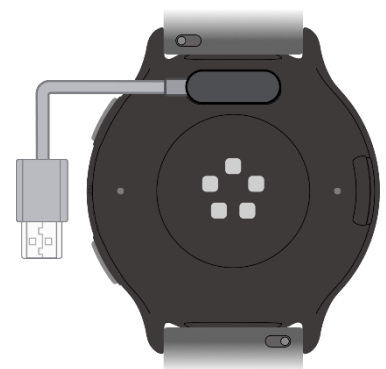
The upgrade process may take a few minutes or even longer, depending on the model of the watch and the size of the installation file.

Attention:

1. Do not interrupt the connection until the upgrade is complete, or the device may experience a system exception that prevents normal use.
2. After the upgrade is complete, the watch will automatically reboot and update to the latest version of firmware.
3. After the update is complete, make sure that the watch and smartphone remain connected and check that the watch functions are working properly.

Charging the watch

Insert the charging cable into a standard USB power source and attach the other end to the charging contact on the watch face. When charging is successful, the charging logo appears on the watch screen.



- Cable extension on the same side as the crown
- Be sure to use a standard USB power supply with an output of 5V=1A and above.
- Wipe the charging contacts of the watch clean before charging to remove any residual sweat or water.

Wear and Care

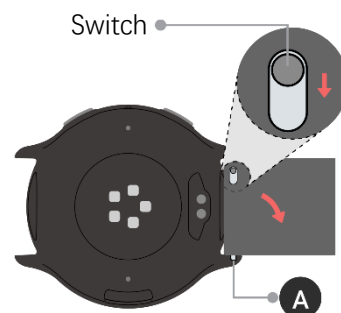
- It is recommended that you remove your watch for approximately one hour per day. If you experience discomfort or irritation, such as redness, tingling or a burning sensation, remove the watch and rest your wrist.
- To maintain hygiene, clean your watch and wrists regularly, especially after exercise and sweating. Avoid using hand sanitisers, shower gels, dishwashing liquid or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean your watch band.

1. Replace the watch band

Removing the watchband

Lift the toggle lever from the guide slot

1. Push towards the other side of the strap and hold
2. Gently pull the band out of the watch body

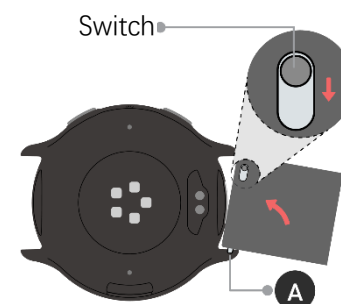


Install the watchband

Insert the metal pin at position "A" in the figure below into the hole where the strap meets.

1. Push and hold the toggle lever towards the other side of the strap
2. Press the strap into the watch body

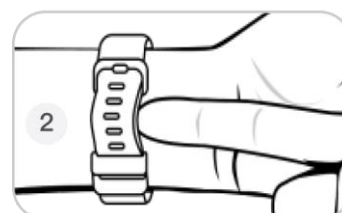
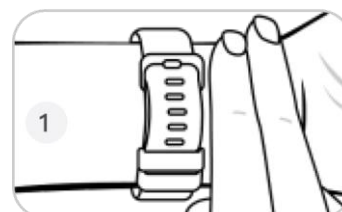
Pull the strap to confirm successful installation



2. Wearing Precautions

In order for the watch to measure your data more accurately, there are two things to keep in mind:

1. Fit the watch to a position approximately two fingers' width from the wrist bone.
2. The watch band is adjusted to a comfortable level of elasticity: keeping the gap between the band and the wrist about the size of a finger allows the back of the watch to rest against the skin while also ensuring comfort.



caveat

- Disassembling the watch by yourself (except for replacement of the strap) will result in a loss of security.
- Forcibly opening the watch case may cause a short circuit in the internal circuit, resulting in heat or fire.
- The watch is not intended for use in high-temperature environments up to 60°C, which may cause a risk of battery leakage or even explosion.
- This product has been tested and approved in accordance with IP68 waterproofing, but it is not suitable for bathing, diving, water skiing or other activities involving high temperature, heat or high speed running water; and the waterproof performance is not permanent, and the waterproof performance will be invalidated if the product's structure is damaged.
- Watches should be cleaned frequently to prevent dirt and dust from building up. A soft cloth can be used to gently wipe the watch face. To keep the watch clean and dry avoid using a cloth that is too damp and using any external heat source (e.g., a hair dryer) to keep the watch dry. Do not clean while charging and do not use cleaning products or compressed air when cleaning.

- Do not press hard on the digital rotating crown of the watch as this may cause damage without warranty.
- Repeatedly bend the cable attached to the charging element with any other metal wires or cables, do not coil the cable with sharp corners, and periodically inspect the cable and connector for kinks, breaks, bends, or other damage.
- The watch may be due to the firmware upgrade, the interface or the use of the way to change is a normal phenomenon, please refer to the product's upgrade introduction shall prevail.

If you encounter abnormal situations (e.g. safe mode, sensor abnormality, interface lag, etc.), long press the button for 12 seconds to reboot and recover.

Help & Guides

If you encounter any issues while using the product, please visit the Fitbeing app and go to "Profile → Help & Feedback" to find a solution.

If you encounter problems related to the use of the product, please scan the QR code below for more help.



Product Specification

Body Dimensions	42mm × 47mm × 11mm
Display Screen	1.32" AMOLED
Display Resolution	466 × 466
Battery Capacity	350 mAh
Bluetooth Connectivity	Bluetooth 5.3
CPU	ATS3085S
GPS	UC7510
Gravity Sensor	LSM6DSOETR3 (6-axis)
Barometric Pressure Sensor	SPL07-003
Geomagnetic Sensor	QMC6308
Water Resistance	5ATM
System Compatibility	iOS 13.0 or above / Android 9.0 or above

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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 Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in portable exposure condition without restriction.