

F168 Fitness Tracker

Quick Start Guide



This quick start guide will support you getting started using your fitness tracker.

All pictures in this guide are for illustration purposes only. Actual product may vary due to product firmware and app upgrades.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not expose your device to extremely high or low temperatures.
- Do not leave your device near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy - never allow children or pets to play with this product. Always store the product out of the reach of children. The device themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

- A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.
- Do NOT disassemble, modify, manufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.

- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen level readings are for reference only and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The device relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics. Location, however, may not be completely accurate, including step, sleep, distance, heart rate, blood oxygen and calorie data.

FCC ID: 24596-F168

NOTES:

- NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, in accordance with section 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference to a residential installation. This equipment generates use 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.

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

This device complies with Part 15 of the FCC Rules. Operation is subject to the following 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.

FCC Radiation Exposure Statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Assemble

1

Push the bands in following the direction of the arrow.

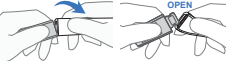


OK

Disassemble

2

Gently pull the bands off the tracker body following the direction of the arrow.



DO NOT pull the bands horizontally

Charging

3

Please charge your tracker for at least 5 minutes to have it activated before initial use.



1 Insert the USB plug of the charging cable into a USB charger.



2 Attach the other end to the charging contacts on the back of the tracker. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the battery icon with percent charged appears on the screen.

Controls

4

This is a non-touch screen, please use the touch key to choose functions.



Display Screen

Touch Key

Press

- Wake the screen
- Choose functions

Hold

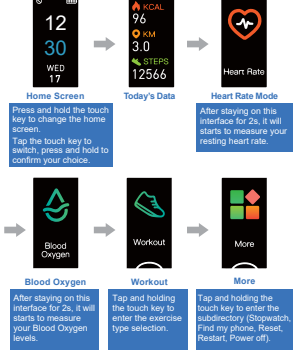
- Tap and hold it to turn on
- Enter the function
- Start / End the sport mode



Heart rate and Blood Oxygen sensor

Charging USB port

Main Functions



Installing the Runnfit App

5

You can download Runnfit app from App Store/Google Play or scan the QR codes below to download.



iOS 9.0 or later
Android 4.4 or later

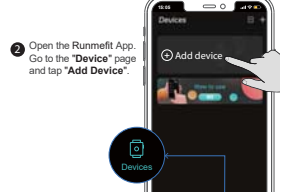
Note:
Runnfit app is only compatible with smartphones, not tablets or PCs.

Pairing

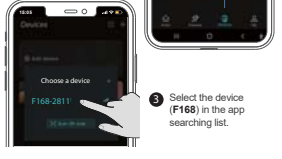
6



1 Turn on the Bluetooth of your phone.



2 Open the Runnfit App. Go to the "Device" page and tap "Add Device".



3 Select the device (F168) in the app searching list.



4 Pairing has completed successfully when the app displays "Paired successfully".

App Main Interfaces

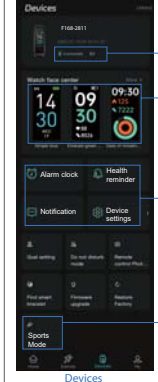


Health (Home)

Swipe down to sync data.

Tap to see details.

Connection Status



Devices

Connection Status

Connected 100%

Disconnected Reconnect

You can customize the home screen of the tracker.

Customize your alarm clock.

Sedentary reminder

Drink water reminder

Enable / disable messages notification.

Device settings: Adjust screen brightness, wake on wrist raise, etc.

Sports Mode:

You can set up to 4 different sports modes from 16 sports modes to display on the tracker screen.

Basic Specifications

Model No.: F168

Working Voltage: 5V-500mA

Battery Capacity: 105mAh

Charging Time: 1.5 hours

Screen: 0.96" Color

Bluetooth Version: 5.2

Waterproof Rating: IP67

Working Temperature: -10°C - 45°C

FAQ

1. Failed to find the device when pairing.

It is possible that when you connected the device, you linked directly to the Bluetooth of the mobile phone system. Therefore, the connected device needs to be connected to the APP and not join in the phone settings. If the Bluetooth has found in the phone settings, please unbind in the phone settings first, and then enter the APP to search for Bluetooth to bound.

Note: A Bluetooth pairing request will pop up when the tracker has connected to the iOS system. You need to click Allow pairing to connect the device normally.

2. The App can't synchronize the data of the tracker.

The Bluetooth wireless connection may have signal interference and other reasons, which may cause the link or data synchronization time to be too long. Therefore, it is better to restart the phone's Bluetooth and the App before pairing.

3. The watch cannot be charged.

Please make sure that the positive and negative poles of the charging port are not reversed and that the charger is powered on, when the battery of the tracker is too low, there will be a period of battery pre-charging time. Please remove the device host from the power supply once fully charged. Prolonged charging may shorten the battery's life.

Important Safety Guide



Please do not wear your tracker too tight.



If your tracker gets wet (for example after sweating or showering), clean and dry it thoroughly before putting it back on your wrist.



Make sure your skin is dry before you put your tracker back on.



Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the tracker regularly.