Refer to user manual first

Dear customer, thank you for purchasing our product. Please read the instructions carefully before using the product and keep the manual for future reference.

Note: Slight deviation of the measurement results may occur due to individual differences. Please refer to the actual product for further details.

Introduction Indication

Accessories List

- Watch ×1
- Charging Cable ×1
- Manual ×1

Functions

(1) Receiving call tips

(2) Sedentary reminder, 1-10(180 groups)

(3) Alarm clock, 1-10(30 groups) or(180days)

(4) Alarm: 1-10(8)

(5) Sleep: 1-10(8)

(6) Alarm: 1-10(1)

(7) Call Record : Receive, missed

(8) Sleep Monitor

(9) Heart Rate Monitor : Continuous Monitor

(10) Blood Pressure Monitor

(11) Blood oxygen monitor: Continuous Monitor

(12) Function will be updated according to the actual product, please pay attention to the official Group.

Operation Guide

Power on/off

Long press the button for 3 seconds to power on/off

Pairing

Pairing with mobile phone

Unpair

Unpair the watch

Reset

Reset the watch

Screen display

Screen display: Click twice to turn on the screen

Screen off: Long press the button for 3 seconds to turn off the screen

Screen switch: Click the button to switch the screen

Screen lock

Screen lock: Long press the button for 3 seconds to lock the screen

Screen unlock: Long press the button for 3 seconds to unlock the screen

Functions Categories

(1) Sports Function

Sports Function: Click the button for 3 seconds to enter the sport function interface, then click the button to select the sport mode, and then click the button to start the sport mode.

(2) Function Introduction and Operation

Function Introduction: Click the button for 3 seconds to enter the function interface, then click the button to select the function, and then click the button to enter the function interface.

(3) Charging Function

Charging Function: Connect the charging cable to the charging port of the watch, and the watch will start charging.

(4) Notification: Wechat, Facebook, Twitter, SMS and Incoming Call

Notification: Wechat, Facebook, Twitter, SMS and Incoming Call

How to wear

1. Wear the watch on the wrist, fitting it as closely as possible to the wrist for optimal sport mode.

2. Adjust the watch band to the appropriate length and tightness for optimal sleep monitoring and sport mode.

Using mobile devices to set up the sport function:

1. Download and install the Google Play or App Store application on your mobile phone.

2. Search for "Wearfit" in the application store, download and install the application, and sign up for an account.

3. Open the Wearfit application, enter the "Device" interface, and click "Add Device" to search for nearby Bluetooth devices. Select the corresponding device to complete the pairing.

4. Enter the "Sport" interface, select the sport mode you need, and click the button to start sports.

Charging

1. Connect the charging cable to the charging port of the watch, and the watch will start charging. The charging cable is shown in the diagram.

2. When the battery is fully charged, the watch will automatically stop charging. The charging time is approximately 2 hours.

Touch Sensitive and Charging

1. Touch sensitive: Lightly touch the touch sensitive area of the watch with your finger, and the watch will vibrate and the screen will light up.

2. Charging: Place the charging cable on the charging port of the watch, and the watch will start charging. The charging cable is shown in the diagram.

Sport

1. Walking Mode

2. Running Mode

3. Cycling Mode

4. Swimming Mode

5. Mountain Climbing Mode

6. Outdoor Walking Mode

7. Outdoor Running Mode

8. Outdoor Cycling Mode

9. Yoga Mode

10. Dance Mode

11. Basketball Mode

12. Football Mode

13. Badminton Mode

14. Table Tennis Mode

15. Tennis Mode

16. Volleyball Mode

17. Golf Mode

18. Baseball Mode

19. Rugby Mode

20. Cricket Mode

21. Hockey Mode

22. Other Sports Mode

Under harmful environment

Avoid the equipment falling or collision and other guarantee good functionality by taking protective measures.

Calorie Analysis

1. Calorie Analysis

1. Calorie consumption is calculated accurately and displayed on the screen. 2. Based on the calorie consumption, the system provides personalized exercise recommendations.

Memory

1. The watch can store up to 7 days, 7 days, and 30 days of sport data for easy review. Memory capacity is limited.

Tend to time and recharging

1. Tend to time: The watch can be set to automatically or manually adjust the time. 2. Recharging: Connect the charging cable to the charging port of the watch, and the watch will start charging. The charging time is approximately 2 hours.

Sleep Monitor

1. Sleep Monitor: The watch can automatically record sleep data and provide sleep quality analysis. 2. Sleep Quality: The watch can provide sleep quality analysis based on sleep data, including deep sleep, light sleep, and wakefulness.

Heart Rate Monitor

1. Heart Rate Monitor: The watch can continuously monitor heart rate and provide real-time heart rate data. 2. Heart Rate Alarm: The watch can set heart rate alarms, and when the heart rate exceeds the set value, the watch will vibrate and display a prompt.

Blood Pressure Monitor

1. Blood Pressure Monitor: The watch can measure blood pressure and provide real-time blood pressure data. 2. Blood Pressure Alarm: The watch can set blood pressure alarms, and when the blood pressure exceeds the set value, the watch will vibrate and display a prompt.

Blood oxygen monitor

1. Blood Oxygen Monitor: The watch can continuously monitor blood oxygen levels and provide real-time blood oxygen data. 2. Blood Oxygen Alarm: The watch can set blood oxygen alarms, and when the blood oxygen exceeds the set value, the watch will vibrate and display a prompt.

FAQ

1. What is your warranty period?

Firstly, we ensure that all Wearfit products are free of quality issues. The second "Wearfit" warranty period is 12 months.

2. Is it waterproof?

All watches have waterproof capacity, IP67 and IP68 are waterproof.

3. What type of Bluetooth do the watches use?

Bluetooth 4.0 and 5.0, compatible with iOS 8.0 and Android 4.4 and above.

4. Can I use the watch when it is charging?

No, the watch will stop working when it is charging.

5. How long does the battery last?

The battery lasts for 5 days on average, depending on usage.

6. Can I use the watch while swimming?

Yes, the watch is waterproof and can be used while swimming.

7. Can I use the watch while showering?

Yes, the watch is waterproof and can be used while showering.

8. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

9. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

10. Can I use the watch while exercising?

Yes, the watch can be used while exercising to monitor your heart rate and other exercise data.

11. Can I use the watch while washing my hands?

Yes, the watch can be used while washing your hands.

12. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

13. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

14. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

15. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

16. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

17. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

18. Can I use the watch while showering?

Yes, the watch can be used while showering.

19. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

20. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

21. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

22. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

23. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

24. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

25. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

26. Can I use the watch while showering?

Yes, the watch can be used while showering.

27. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

28. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

29. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

30. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

31. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

32. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

33. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

34. Can I use the watch while showering?

Yes, the watch can be used while showering.

35. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

36. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

37. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

38. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

39. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

40. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

41. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

42. Can I use the watch while showering?

Yes, the watch can be used while showering.

43. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

44. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

45. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

46. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

47. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

48. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

49. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

50. Can I use the watch while showering?

Yes, the watch can be used while showering.

51. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

52. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

53. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

54. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

55. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

56. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

57. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

58. Can I use the watch while showering?

Yes, the watch can be used while showering.

59. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

60. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

61. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

62. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

63. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

64. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

65. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

66. Can I use the watch while showering?

Yes, the watch can be used while showering.

67. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

68. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

69. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

70. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

71. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

72. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

73. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

74. Can I use the watch while showering?

Yes, the watch can be used while showering.

75. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

76. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

77. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

78. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

79. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

80. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

81. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

82. Can I use the watch while showering?

Yes, the watch can be used while showering.

83. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

84. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

85. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

86. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

87. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

88. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

89. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

90. Can I use the watch while showering?

Yes, the watch can be used while showering.

91. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

92. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

93. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

94. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

95. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

96. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

97. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

98. Can I use the watch while showering?

Yes, the watch can be used while showering.

99. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

100. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

101. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

102. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

103. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

104. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

105. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

106. Can I use the watch while showering?

Yes, the watch can be used while showering.

107. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

108. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

109. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

110. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

111. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

112. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

113. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

114. Can I use the watch while showering?

Yes, the watch can be used while showering.

115. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

116. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

117. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

118. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

119. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

120. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

121. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

122. Can I use the watch while showering?

Yes, the watch can be used while showering.

123. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

124. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

125. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

126. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

127. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

128. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

129. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

130. Can I use the watch while showering?

Yes, the watch can be used while showering.

131. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

132. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

133. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

134. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

135. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

136. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

137. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

138. Can I use the watch while showering?

Yes, the watch can be used while showering.

139. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

140. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

141. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

142. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

143. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

144. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

145. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

146. Can I use the watch while showering?

Yes, the watch can be used while showering.

147. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

148. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

149. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

150. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

151. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

152. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

153. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

154. Can I use the watch while showering?

Yes, the watch can be used while showering.

155. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

156. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

157. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

158. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

159. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

160. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

161. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

162. Can I use the watch while showering?

Yes, the watch can be used while showering.

163. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

164. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

165. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

166. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

167. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

168. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

169. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

170. Can I use the watch while showering?

Yes, the watch can be used while showering.

171. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

172. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

173. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

174. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

175. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

176. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

177. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

178. Can I use the watch while showering?

Yes, the watch can be used while showering.

179. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

180. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

181. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

182. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

183. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

184. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

185. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

186. Can I use the watch while showering?

Yes, the watch can be used while showering.

187. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

188. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

189. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

190. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

191. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

192. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

193. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

194. Can I use the watch while showering?

Yes, the watch can be used while showering.

195. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

196. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

197. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

198. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

199. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

200. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

201. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

202. Can I use the watch while showering?

Yes, the watch can be used while showering.

203. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

204. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

205. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

206. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

207. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

208. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

209. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

210. Can I use the watch while showering?

Yes, the watch can be used while showering.

211. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

212. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

213. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

214. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

215. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

216. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

217. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

218. Can I use the watch while showering?

Yes, the watch can be used while showering.

219. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

220. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

221. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

222. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

223. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

224. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

225. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

226. Can I use the watch while showering?

Yes, the watch can be used while showering.

227. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

228. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

229. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

230. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

231. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

232. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

233. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

234. Can I use the watch while showering?

Yes, the watch can be used while showering.

235. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

236. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

237. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

238. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

239. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

240. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

241. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

242. Can I use the watch while showering?

Yes, the watch can be used while showering.

243. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

244. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

245. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

246. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

247. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

248. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

249. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

250. Can I use the watch while showering?

Yes, the watch can be used while showering.

251. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

252. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

253. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

254. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

255. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

256. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

257. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

258. Can I use the watch while showering?

Yes, the watch can be used while showering.

259. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

260. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

261. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

262. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

263. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

264. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

265. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

266. Can I use the watch while showering?

Yes, the watch can be used while showering.

267. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

268. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

269. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

270. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

271. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

272. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

273. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

274. Can I use the watch while showering?

Yes, the watch can be used while showering.

275. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

276. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

277. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

278. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

279. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

280. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

281. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

282. Can I use the watch while showering?

Yes, the watch can be used while showering.

283. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

284. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

285. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

286. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

287. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

288. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

289. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

290. Can I use the watch while showering?

Yes, the watch can be used while showering.

291. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

292. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

293. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

294. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

295. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

296. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

297. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

298. Can I use the watch while showering?

Yes, the watch can be used while showering.

299. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

300. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

301. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

302. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

303. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

304. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

305. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

306. Can I use the watch while showering?

Yes, the watch can be used while showering.

307. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

308. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

309. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

310. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

311. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

312. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

313. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

314. Can I use the watch while showering?

Yes, the watch can be used while showering.

315. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

316. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

317. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

318. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

319. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

320. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

321. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

322. Can I use the watch while showering?

Yes, the watch can be used while showering.

323. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

324. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

325. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

326. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

327. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

328. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

329. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

330. Can I use the watch while showering?

Yes, the watch can be used while showering.

331. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

332. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

333. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

334. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

335. Can I use the watch while hiking?

Yes, the watch can be used while hiking to monitor your heart rate and other exercise data.

336. Can I use the watch while playing sports?

Yes, the watch can be used while playing sports to monitor your heart rate and other exercise data.

337. Can I use the watch while sleeping?

Yes, the watch can be used while sleeping to monitor your sleep quality.

338. Can I use the watch while showering?

Yes, the watch can be used while showering.

339. Can I use the watch while diving?

No, the watch is not designed for diving and should not be used while diving.

340. Can I use the watch while swimming?

Yes, the watch can be used while swimming.

341. Can I use the watch while cycling?

Yes, the watch can be used while cycling to monitor your heart rate and other exercise data.

342. Can I use the watch while running?

Yes, the watch can be used while running to monitor your heart rate and other exercise data.

343. Can I use the watch while hiking?