

F3 Smart Watch

Operation Manual



Thanks for purchasing this product.
Please read this Manual carefully before use.

Model	F3	Screen Type	1.836"-inch
Battery capacity	3.85V/350mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	5-7Day
Waterproof level	3ATM	Weight of Product	48.5g
Operating Temperature	0°C-60°C	Bluetooth Version	5.3
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	6.61dBm



Scan the QR code
for more function information



Quick start guide

(EN)

1. Product overview



Physical button operation

Short press

- To return.
- To wake the screen when it is off.

Long press

- To turn on the watch.
- Under the power on state, long press for 8s to restart.

2. Turning on/off

Turning on

Whilst the watch is off, it automatically turns on when you put it on charge.



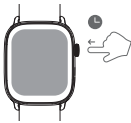
Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Long press the button to turn on the watch.

Turning off

To turn off the watch: go to Settings -> Turning off menu.

Rotate the encoder crown up and down to realize the slide switch of the watch interface.



App downloads and pairing

1. App downloads

Download and install the "VeryFit" app on the App Store, Google Play or by scanning the QR code below.



2. Pairing

Turn on VeryFit app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

Screen operation

Swipe up/down

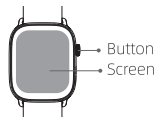
- To toggle through menu.
- To view long text/details.

Swipe left/right

- To toggle through menu.

Tap the screen

- To enter the menu.
- To operate according to the prompts.



Tap and hold on the screen

- To switch between watch faces.

Features

F3 has features such as 3ATM water resistance, ultra-long battery life, full-screen touch control, low latency, 100 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to "User Guide" section.

Care and maintenance

Three suggestions for use and maintenance:

- Keep the product clean;

- Keep the product dry;
- Do not wear the product too tight;

- Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.
- For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

Guide de démarrage rapide

(FR)

1. Synthèse du produit



Fonctionnement du bouton physique

Pression brève

- pour revenir en arrière.
- pour réveiller l'écran lorsqu'il est éteint.

Pression longue

- pour allumer la montre.
- pression longue pendant 8 s en état de démarrage pour redémarrer.

クイックスタートガイド

(JP)

1. 製品概要



物理ボタンの操作

短く押す

- 戻ります。
- 画面がオフの時、画面を起動します。

長く押す

- ウォッチの電源をオンにします。
- 電源オン状態で、8秒長押しすると再起動します。

2. 電源オン/オフ

電源オン

ウォッチがオフになっている間、充電を開始すると自動的にオンになります。

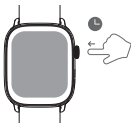


注意: 初回使用前にウォッチを充電してから起動してください。充電には必ず純正の電源アダプターを使用してください。

ボタンを長押ししてウォッチをオンにします。

電源オフ

ウォッチの電源を切るには: [設定]->[電源オフ]メニューに移動します。エンコーダークラウンを上下に回転させると、時計インターフェースのスライドスイッチが実現します。



アプリのダウンロードとペアリング

1. アプリのダウンロード

App Store、Google Playから、または下のQRコードをスキャンして「VeryFit」アプリをダウンロードしてインストールしてください。



2. ペアリング

VeryFitアプリをオンにする -> スマホでBluetooth接続を有効にする -> アプリでペアリングするデバイスを検索する（またはデバイスのQRコードをスキャンする） -> アプリ（またはデバイス）でペアリングを完了します。

画面の操作

上方向/下方向にスワイプ

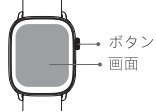
- メニューを切り替えます。
- 長いテキスト/詳細を表示します。

右方向/左方向にスワイプ

- メニューを切り替えます。

画面をタップする

- メニューを表示します。
- プロンプトに従って操作します。



画面をタップして長押しする

- ウォッチフェイスを切り替えます。

機能

F3には、3ATM耐水性、超長寿命バッテリー、全画面タッチコントロール、低レイテンシー、100種類のワークアウトモード、複数のクラウドウォッチフェイスなどの特徴があります。1日中の心拍数モニタリングやストレス検出、血中酸素の検出、睡眠モニタリングなどに対応しています。これらの機能の操作方法やFAQ（よくある質問）については、アプリをオンにして「ユーザーガイド」のセクションに進んでください。

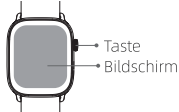
お手入れとメンテナンス

使用方法とメンテナンスについての3つのアドバイス:

- 清潔に保ってください;

Auf den Bildschirm tippen

- um das Menü aufzurufen.
- um gemäß den Aufforderungen zu arbeiten.



Bildschirm gedrückt halten

- um zwischen Zifferblättern umzuschalten.

Funktionen

Die F3 verfügt über Funktionen wie 3ATM Wasserbeständigkeit, ultralange Akkulaufzeit, Vollbild-Touch-Bedienung, geringe Latenz, 100 Trainingsmodi und mehrere Cloud-basierte Zifferblätter. Sie unterstützt Herzfrequenzüberwachung und Stresserkennung während des Tages, Blutsauerstofferkennung und Schlafüberwachung usw. Für eine Bedienungsanleitung und häufig gestellte Fragen zu diesen Funktionen, aktivieren Sie bitte die App und besuchen Sie den Abschnitt „Bedienungsanleitung“.

Pflege und Wartung

Drei Ratschläge zur Verwendung und Pflege:

- 乾燥した状態で保管してください;
- バンドを締め付けすぎないようにしてください;

- * 手入れの際には、家庭用クレンザーを使用しないでください。代わりに石けん成分不使用の洗淨剤を使用してください。
- * 頑固な汚れには、アルコールでアルコールでこすり洗いををお勧めします。

防水: ダイビング、海での水泳、またはサウナでの使用には適していません。スイミングプール、シャワー（冷水）、浅瀬での使用に適しています。

安全のための注意事項

- 本製品および付属品を極端な温度の場所に置かないでください。製品の故障、火災、爆発などの危険を引き起こす原因になります。

- 強い衝撃や震動から本製品を保護し、本製品や付属品を損傷させないようにして、製品の故障を回避してください。

- 本製品および付属品の分解・改造は、お客様ご自身で行わないでください。製品が故障した時のアフターサービスは弊社までお問い合わせください。

Guida introduttiva

(IT)

1. Panoramica prodotto



Funzionamento del pulsante fisico

Premere brevemente

- per tornare indietro.
- per riattivare lo schermo quando è spento.

Premere a lungo

- per accendere l'orologio.
- nello stato di accensione, premere a lungo per 8 secondi per riavviare.

2. Einschalten/Ausschalten

Einschalten

Solange die Uhr ausgeschaltet ist, schaltet sie sich automatisch ein, wenn Sie aufgeladen wird.



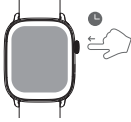
Hinweis: Laden Sie die Uhr auf, um sie vor Erstgebrauch zu aktivieren. Zum Laden muss das Original-Netzteil verwendet werden.

Halten Sie die Taste gedrückt, um die Uhr einzuschalten.

Ausschalten

Uhr ausschalten: Navigieren Sie im Menü zu Einstellungen -> Ausschalten.

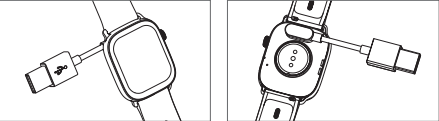
Drehen Sie die Geberkrone nach oben und unten, um den Schiebeschalter der Uhrenschnittstelle zu aktivieren.



2. Allumer/éteindre

Allumer

Lorsque la montre est éteinte, elle s'allume automatiquement lorsque vous la chargez.



Remarque : Chargez la montre pour l'activer avant la première utilisation. L'adaptateur d'alimentation d'origine doit être utilisé pour la charge.

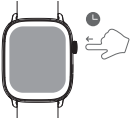
Appuyez longuement sur le bouton pour allumer la montre.

Éteindre

Pour éteindre la montre : accédez au menu

Réglages -> Éteindre.

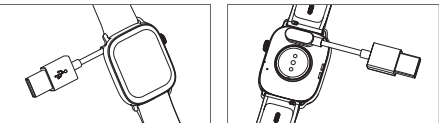
Tournez la couronne de l'encodeur de haut en bas pour réaliser l'interrupteur à glissière de l'interface de la montre.



2. Encendido/apagado

Encendido

Si el reloj está apagado, se enciende automáticamente al ponerlo a cargar.



Nota: Cargue el reloj para activarlo antes de usarlo por primera vez. Se debe usar el adaptador de corriente original para cargar.

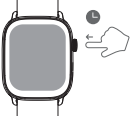
Mantenga pulsado el botón para encender el reloj.

Apagar

Para apagar el reloj: vaya al menú de Ajustes

-> Apagado.

Gire la corona del codificador hacia arriba y hacia abajo para activar el interruptor deslizante de la interfaz del reloj.



2. Accensione/Spegnimento

Accensione

Quando l'orologio è spento, si accende automaticamente durante la ricarica.



Nota: ricaricare l'orologio per attivarlo prima del primo utilizzo. Per la ricarica deve essere utilizzato un alimentatore originale.

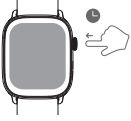
Premere a lungo il pulsante per accendere l'orologio.

Spegnimento

Per spegnere l'orologio: accedere a

Impostazioni -> Menu di spegnimento.

Ruotare la corona dell'encoder verso l'alto e verso il basso per realizzare l'interruttore a scorrimento dell'interfaccia dell'orologio.



Téléchargements d'applications et jumelage

1. Téléchargements d'applications

Téléchargez et installez l'application « VeryFit » à partir de l'App Store, de Google Play ou en scannant le code QR ci-dessous.



2. Jumelage

Activez l'application VeryFit -> Activez la connexion Bluetooth sur votre téléphone -> Recherchez dans l'application l'appareil à jumeler (ou scannez le code QR sur l'appareil) -> Terminez l'association dans l'application (ou sur l'appareil).

Fonctionnement de l'écran

Balayer vers le haut ou le bas.

- pour faire défiler le menu.
- pour afficher les longs textes/détails.

Balayer vers la gauche/droite

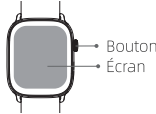
- pour faire défiler le menu.

Appuyer sur l'écran

- pour accéder au menu.
- pour utiliser en fonction des messages.

Maintenir le doigt appuyé sur l'écran

- pour alterner entre les cadrans de montre.



Caractéristiques

L'F3 dispose de caractéristiques telles que la résistance à l'eau de 3ATM, une autonomie de batterie ultra longue, un contrôle tactile total de l'écran, une faible latence, 100 modes d'entraînement et plusieurs cadrans de montre cloud. Elle prend en charge la surveillance du rythme cardiaque et la détection du stress tout au long de la journée, la détection de l'oxygène dans le sang et la surveillance du sommeil, etc. Pour les instructions d'utilisation et les FAQ sur ces caractéristiques, activez l'application et allez à la section « Guide de l'utilisateur ».

Soin et entretien

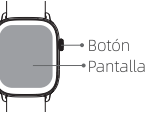
Trois suggestions d'utilisation et d'entretien :

Tocar la pantalla

- para acceder al menú.
- para operar siguiendo las indicaciones.

Mantener pulsada la pantalla

- para alternar entre las esferas de reloj.



Funciones

El F3 tiene funciones como la resistencia al agua 3ATM, vida de batería ultra larga, control táctil total de pantalla, baja latencia, 100 modos de ejercicio y múltiples esferas de reloj en la nube. Permite monitorizar la frecuencia cardíaca y detectar el estrés durante el día, calcular el oxígeno en sangre y monitorizar el sueño, etc. Para conocer las instrucciones de uso y las preguntas frecuentes acerca de estas funciones, abra la aplicación y vaya a la sección "Guía de usuario".

Cuidado y mantenimiento

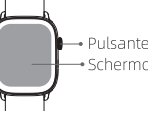
Tres recomendaciones de uso y mantenimiento:

Toccare lo schermo

- per accedere al menu.
- per operare secondo le indicazioni.

Toccare e tenere premuto sullo schermo

- per passare da un quadrante dell'orologio all'altro.



Funzionalità

Il modello F3 vanta funzionalità quali la resistenza all'acqua 3ATM, la durata della batteria ultra estesa, il controllo touch a schermo intero, la bassa latenza, 100 modalità di allenamento e diversi quadranti dell'orologio sul cloud. Supporta il monitoraggio della frequenza cardiaca e il rilevamento dello stress durante il giorno, il rilevamento dell'ossigeno nel sangue e il monitoraggio del sonno, ecc. Per le istruzioni per l'uso e le domande frequenti su queste funzionalità, accendere l'app e accedere alla sezione "Guida per l'utente".

Cura e manutenzione

Tre suggerimenti per l'uso e la manutenzione:

- Mantenere il prodotto pulito;
- Gardez le produit au sec;
- Ne portez pas le produit de manière trop serrée;
- * N'utilisez pas de nettoyeurs ménagers lors du nettoyage du produit. Utilisez plutôt des nettoyeurs sans savon.
- * Pour les taches tenaces, il est recommandé de les enlever en les frottant à l'alcool.

Étanche : Ne convient pas à la plongée, à la baignade en mer ou à un sauna. Convient pour une utilisation dans les piscines, douches (eau froide) et peu profondes.

Consignes de sécurité

- N'exposez pas le produit et ses accessoires à des températures extrêmes, sinon cela pourrait être source de risques tels qu'un dysfonctionnement du produit, un incendie ou une explosion.
- Protégez le produit contre les chocs ou les secousses forts, afin de n'endommager ni le produit ni ses accessoires, et éviter ainsi les dysfonctionnements du produit.
- Ne démontez ni ne modifiez le produit et ses accessoires par vous-même. Contactez-nous pour le service après-vente en cas de dysfonctionnement du produit.

- Mantenga el producto limpio;
 - Mantenga el producto seco;
 - No lleve el producto demasiado apretado;
 - * No utilice limpiadores domésticos para limpiar el producto. En su lugar, utilice limpiadores sin jabón.
 - * Para eliminar manchas persistentes, se recomienda eliminarlas frotando con alcohol.
- Impermeable: No es apto para usar durante la conducción, nadando en el mar o en una sauna. Es apto para usar en piscinas, duchas (agua fría) y aguas poco profundas.

Instrucciones de seguridad

- No coloque el producto y sus accesorios en lugares con temperaturas extremas, de lo contrario, podrían producirse riesgos como fallos del producto, incendios o explosiones.
- Proteja el producto contra golpes o sacudidas fuertes para que el producto y sus accesorios no resulten dañados y así evitar fallos del producto.
- No desmonte ni modifique el producto y sus accesorios usted mismo. En caso de fallo del producto, póngase en contacto con nosotros o con el servicio postventa.

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.

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

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.

CAUTION
The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction
- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

- Caution:
- If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
 - If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Wear and Care
Some users may experience skin irritation when using this product. To reduce the potential for irritation, please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists sweat, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and Seek medical advice in time.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

* Do not attach the magnetic part of the charging cable to other metals to avoid short-circuiting the contacts of the charging cable.

Bridgeport Advisory LLC
3330 W 38TH PL, CHICAGO, IL 60632, United States
0037566148
yliu@bridgeportadv.com
(708) 680-6688



The device meets the EU RoHS criterion.
Please refer to IEC 62321, EU RoHS Directive 2011/65/EU and revised directive.

EC DECLARATION OF CONFORMITY	
Reference number: CQASZ20260801738E	
Manufacturer name: Shenzhen DO Intelligent Technology Co., Ltd.	
Manufacturer address: 1F,2F, west of 3F,4F, 1st Building and 10-11F,3rd Building, Changyi Industrial Park, No.1 Liang Road, Xinxhi Community, Dalang Sub-district, Longhua District, Shenzhen City,Guangdong Province, P.R. China.	
This declaration of conformity is issued under the sole responsibility of the manufacturer, in accordance with the following Directive(s):	
Directive number: 2014/30/EU	EMC Directive
Directive number: 2014/53/EU	Radio Equipment Directive
Directive number: 2011/65/EU & (EU)2015/863	RoHSDirective
Directive number:	
it is hereby declared that:	
Product name: Smart Watch	
Model number: F3	
Colour photograph of product:	



UK DECLARATION OF CONFORMITY	
Reference number: CQASZ20260801739E	
Manufacturer name: Shenzhen DO Intelligent Technology Co., Ltd.	
Manufacturer address: 1F,2F, west of 3F,4F, 1st Building and 10-11F,3rd Building, Changyi Industrial Park, No.1 Liang Road, Xinxhi Community, Dalang Sub-district, Longhua District, Shenzhen City,Guangdong Province, P.R. China.	
This declaration of conformity is issued under the sole responsibility of the manufacturer, in accordance with the following Directive(s):	
Directive number: SI 2017/1206	Radio Equipment Regulations 2017
Directive number: SI 2016/1091	Electromagnetic Compatibility Regulations
Directive number: SI 2012/3032	RoHSDirective
Directive number:	
it is hereby declared that:	
Product name: Smart Watch	
Model number: F3	
Colour photograph of product:	



is in conformity with the applicable requirements of the following documents:		
Ref no. (e.g. BS EN 71- 1	Title	Edition/date
EN IEC 62368-1	Safety	2024+A11:2024
ETSI EN 300 328	Radio	V2.2.2 (2019-07)
EN 50663	Health	2017
EN 62479	Health	2010
ETSI EN 301 489-1	CE EMC	V2.2.3 (2019-11)
ETSI EN 301 489-17	CE EMC	V3.3.1(2024-09)
EN IEC 61000-3-2	CE EMC	2019/A2: 2024
EN 61000-3-3	CE EMC	2013/A2 : 2021
EN 55032	Emission	2015/A1: 2020
EN 55035	Immunity	2017/A11: 2020
IEC62321-3-1	ROHS	2026 RLV
IEC62321-5	ROHS	2013
IEC62321-4	ROHS	2013+A1:2017
IEC62321-7-1	ROHS	2015
IEC62321-7-2	ROHS	2017
IEC62321-6	ROHS	2015
IEC62321-8	ROHS	2017

Additional information:

Notified body name and no. (where applicable):

Description of notified body intervention:

Notified body certificate no. issued (where applicable):

I hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced specifications. The unit complies with all applicable Essential Requirements of the Directives.

Signed for and on behalf of:

Name: <i>Ming Dong</i>	Position:Production Manager
Place of issue: Shenzhen,China	Date of issue:AUG.15-2026



名称

F3说明书

材质

80G哑粉

尺寸

展开尺寸：490X200mm
成品尺寸：70X100mm

装订方式

7折页

颜色

四色印刷