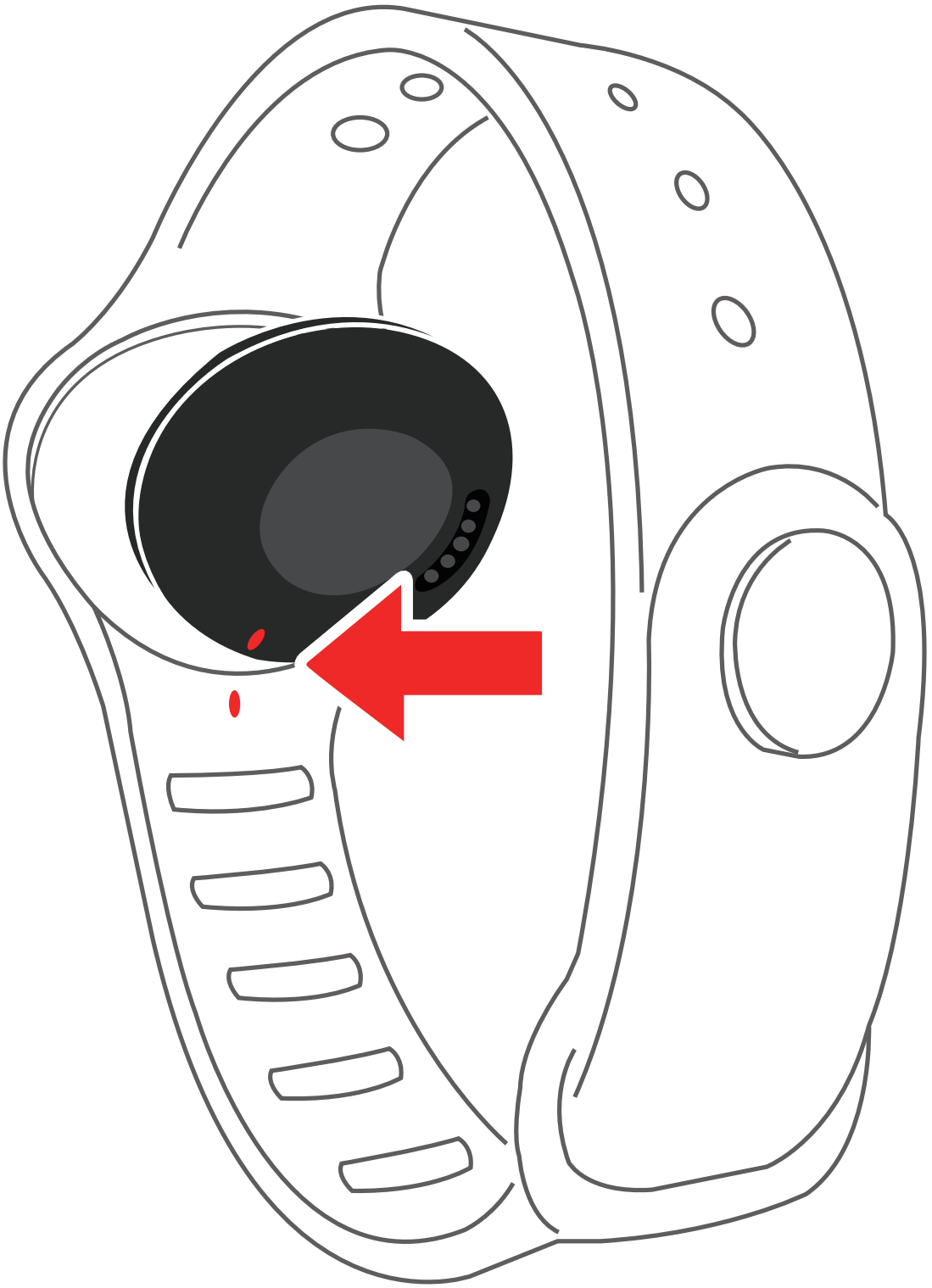
L16

Activity+Sleep Tracking Smartwatch

Direction for product use



Operating environment

Operation temperature

-20°C to +40°C

Waterproof

IP67.

Battery life

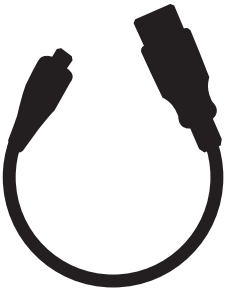
Up to 5 days.

Articles in the box

A

B

C



D

A：Wristband

B：Charger

C：Micro-USB connection line

D：Manual

Overview of the device

1. Charging

2. APP setup

3. Device operation

4. Screen operation

5. Device function

6. Setup

7. Service and support

Charging

Please charge the watch for two hours before the initial use.

Plug the USB connection line into the power.

Please connect the charger with your wristband.

Charging

Connect the USB connection line with the charger.

The charger is well-matched with the wristband back, place and fit it together.

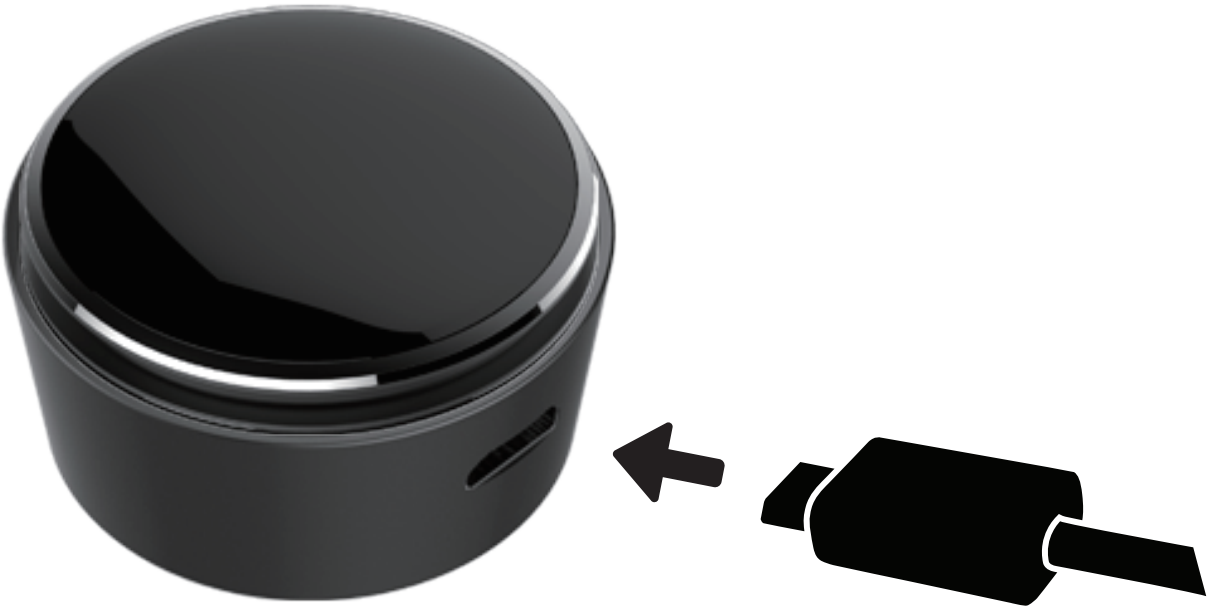
Charging

Plug the Micro-USB connection line to the wristband charger.

Plug the USB connection line into the power.

The screen will show the charging icon. When the power is full, the full charge icon will be shown on the screen.

It takes two hours for full chargeing. The screen will display the low-power icon if the power is less than 10%.



Download the APP

Download the watch APP：

Please search for “Wristfit” in the App store and Android application store at first, then download and install the App in your mobile device.

Mobile device compatibility:

iOS 7+，Bluetooth 4.0 BLE，iPhone 4s+，iPad3+，iPad Mini+，iPod touch5+

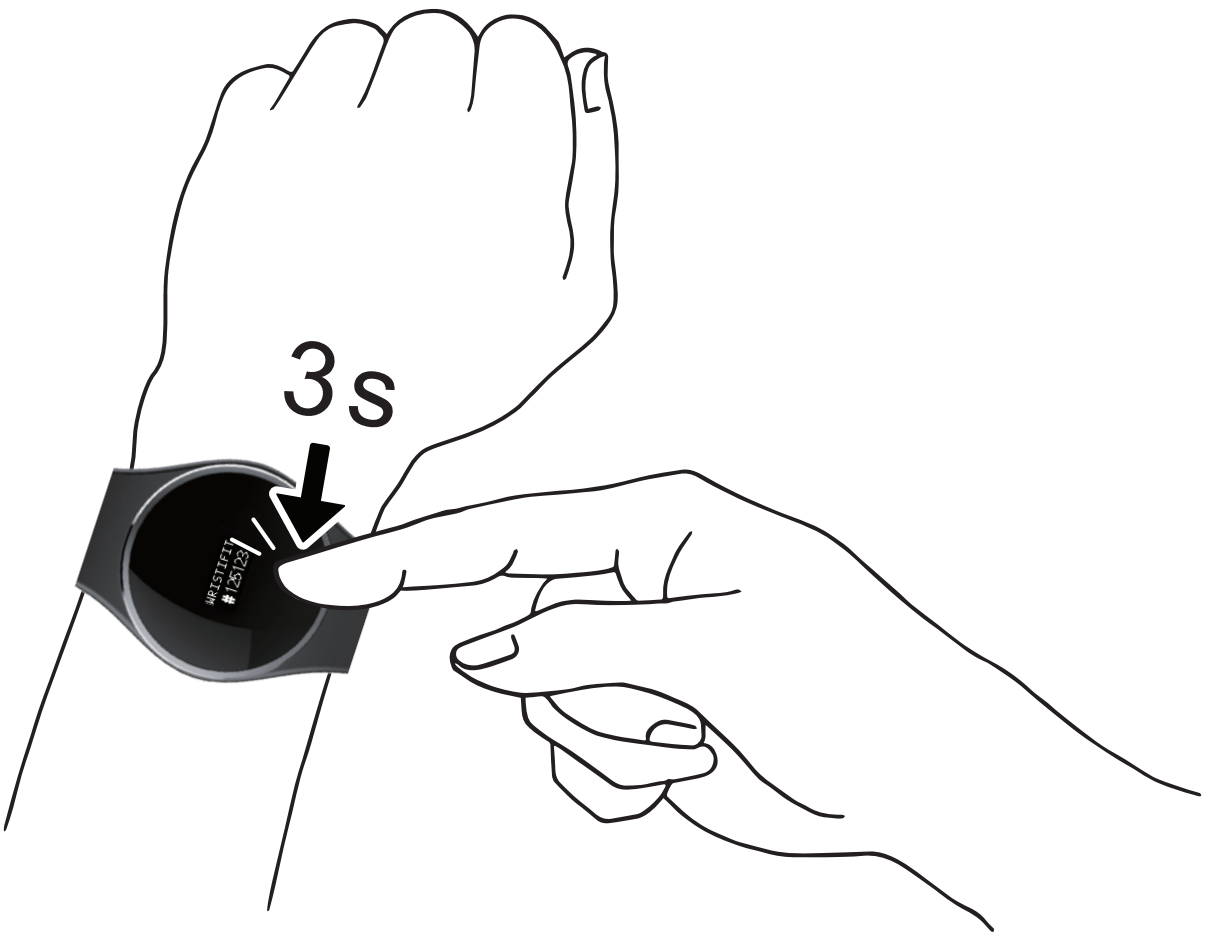
Android 4.3 +，Bluetooth 4.0 BLE

Available on the App Store

ANDROID APP ON Google play

Device Initialization

The device will display WRISTIFIT #125123 when you first use it. Please press the button for more than 3 seconds until time displays on the screen, that means the initialization is completed.



Connect the APP

1. Open your mobile device's Bluetooth;

2. Open the Wristfit App on your mobile device;

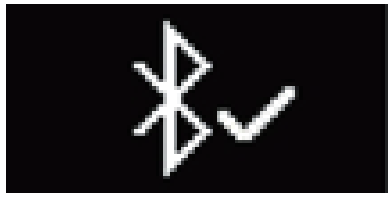
If you are a new member, please register, or log on an existing account. After finishing your personal information setting, please click the setup;

3. Please confirm the wirstband is around your mobile device, and select Wristfit from the App Bluetooth list;

4. The pairing demand will be displayed on the wristband.

Touch the wristband screen to accept the pairing;

5. After pairing successfully, your wristband and mobile device will receive a notice.



If the pairing fails, please repeat the same step and try again. The wristband can not pair with different accounts at the same time. So if you want to pair with the writband with other accounts, please unpair the wristband on the APP, and cancel the existing pairing.

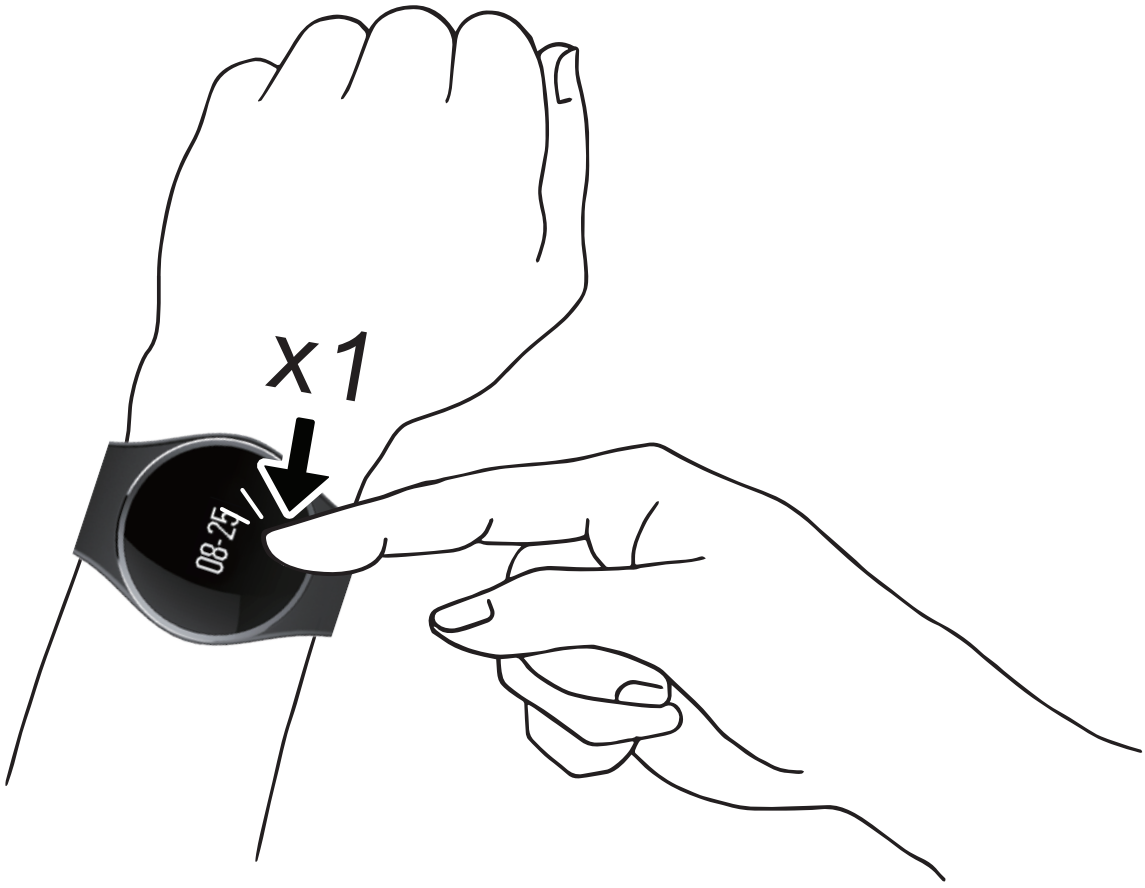
Awakening device

Click the touch area of the display screen to activate the device.

The wristband touch screen only makes response when pointing at the designated touch area.

The wristband screen will be turned off when it is not in use. Please click the touch area to awaken the device.

Please use the fingertip rather than the nail for pointing, so that the wristband can make the correct response.



Screen operation

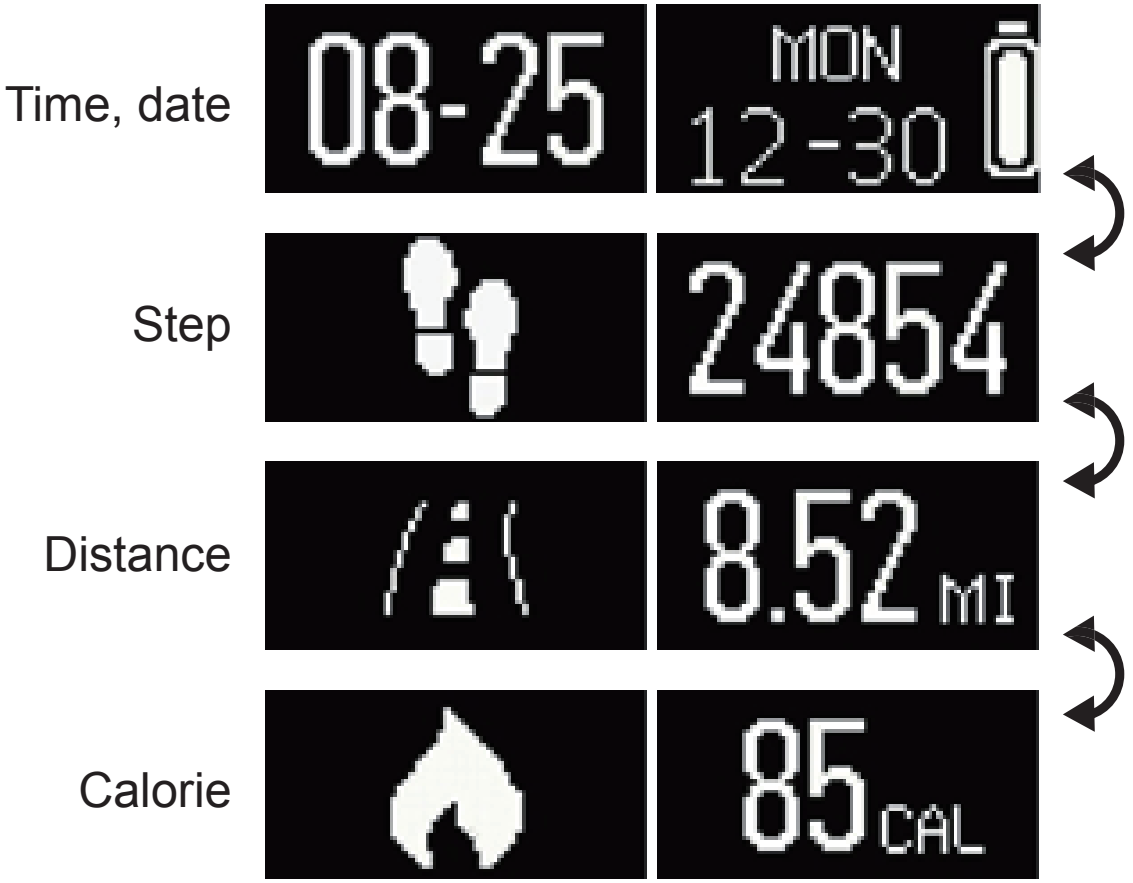
All screen operations are completed by using your fingertip to touch the screen surface.

Switch the interface by clicking the touch area.

sleep mode.

Click on the App Preset sleep to enter your desired sleeping time and wake up time automatically. Close it, the wristband will not enter the sleep mode.

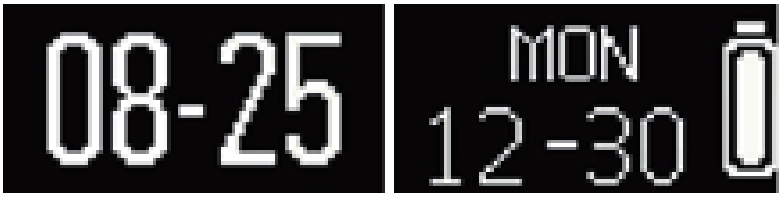
Main menu

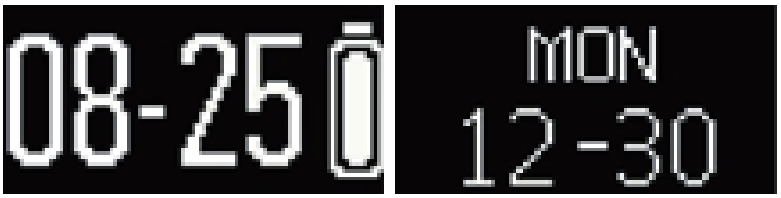


Click the screen touch area to switch the interface.

Clock interface

Time, date, power level





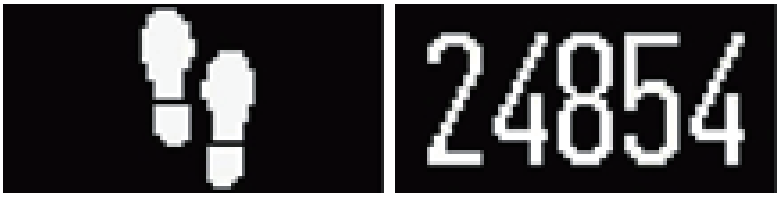
The time and date of the wristband will synchronize with your paired mobile device automatically.

You may manually set the time and date you like via the setting of Wristfit App.

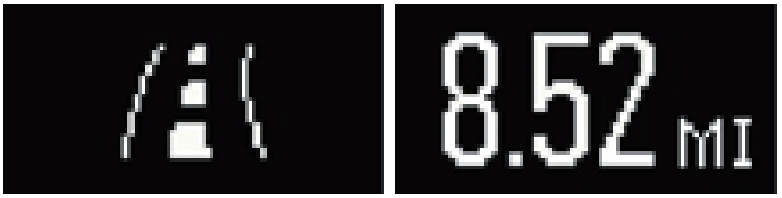
Please confirm your wristband is fully charged to avoid time reset.

Step, calorie, distance

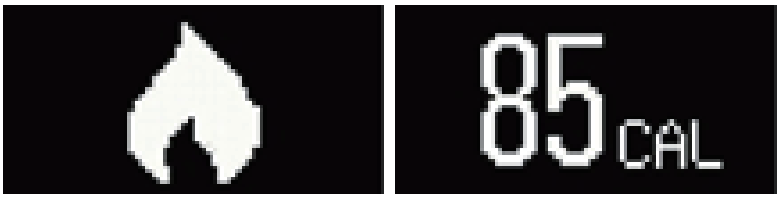
Step



Distance



Calorie



The whole-day walking steps, distance and burnt calorie of yours can be monitored by the wristband, and you can click the touch screen display area and check the data displayed on the wristband, or you can monitor your activity data and historic records via the Wristfit App. You can check your daily target completion process through the main activity picture, and also the detailed figures of your daily, weekly and monthly performance. The activity monitor will reset every day at midnight. If you need to upload the latest activity data of yours, please remember to click the upper right synchronization icon of the App.

Sleep mode

Click on the App Preset sleep to enter your desired sleeping time and wake up time automatically. Close it, the wristband will not enter the sleep mode.

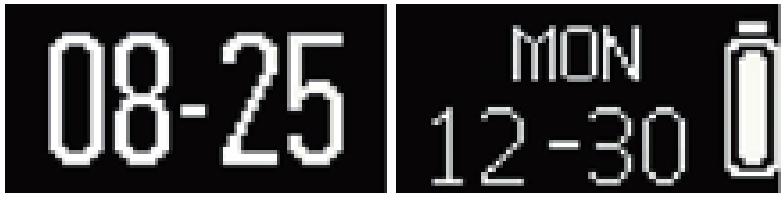
Time

Sleep icon

Touch the screen to switch the interface.

Power level

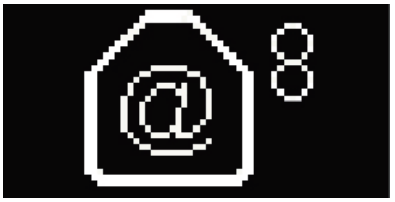
Check the electric quantity of the battery on the main interface



To achieve the optimal use effect, the electric quantity of the battery should not be lower than 20%.

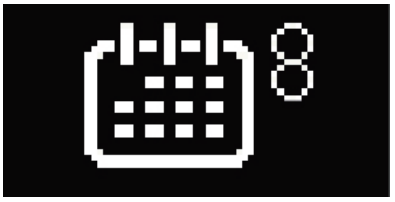
Notifications

Social contact message reminding



Email reminding

Message reminding



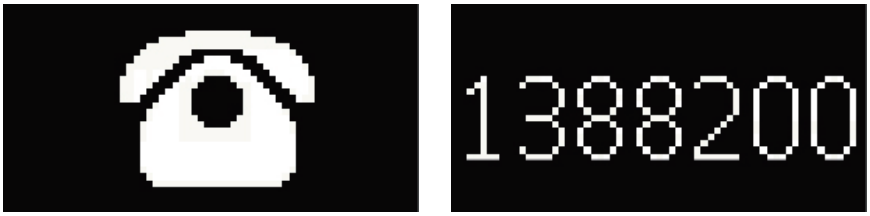
Calendar matter reminding

Missed call reminding

Bluetooth disconnection reminding

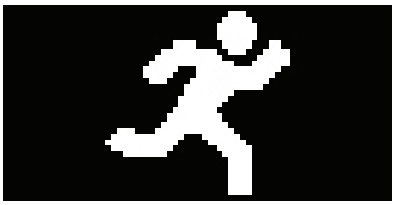
The wristband supports calls, missed calls, messages, emails, social contact media activities, calendar matters and anti-loss notifications. Open Wristfit App, click “setup＞notifications”, and select the notification you want to receive. If you want to stop using some notifications, please slide the radio button to the left and click the wristband screen to neglect the notifications. Otherwise, the notifications will show up again when the screen is activated next time.

Caller identification

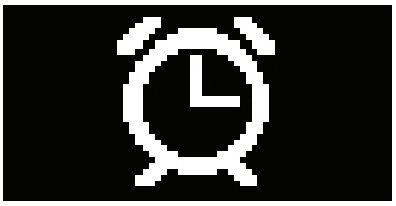


The caller identification only supports Chinese and English.

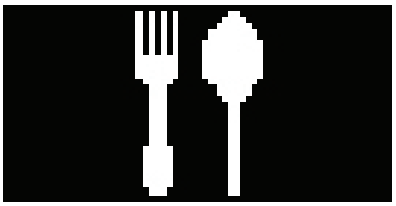
Reminders

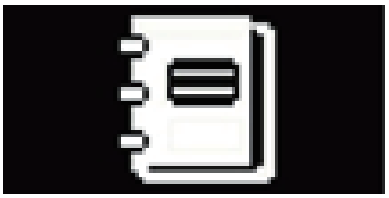

Sport

Sleep


Wake up

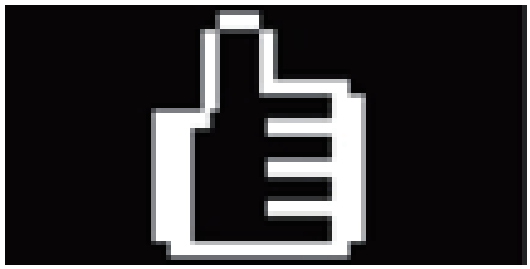
Medicine


Eat


User-defined

Click the “reminders” option of Wristfit App to add daily reminding. You can set 6 kinds of daily reminding for the most, and you may select the provision type, preference time and date. Your wristband will vibrate slightly and display the corresponding reminding icon to remind you. Click the wristband to neglect the reminding. If not, the reminding will appear two minutes later.

Target



Click the “target” option of the Wristfit App to set the target of daily walking step, walking distance, burnt calorie and sleep hours. Click the synchronization button on the upper right to save your target setting. When the target is reached, your wristband will vibrate slightly and display the target completion icon.

Troubleshooting

Data synchronization failure by the APP

1. Please check if the network and Bluetooth of your mobile phone have been opened. The network and Bluetooth of your mobile phone need to be opened at the same time for data synchronization.
2. Please check if the wristband is around your mobile phone and please confirm the connection distance is within 5 meters.
3. Please confirm the binding with your wristband is successful.

Failure of wristband binding with the APP

1. Please check if the network and Bluetooth of your mobile phone have been turned on. The network and Bluetooth of your mobile phone need to be turned on at the same time for wristband binding.
2. Please check if the wristband is around the mobile phone and please confirm the connection distance is within 5 meters.
3. Please check the wristband has not bound with other accounts.

FCC Statement

1. 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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. 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.