



USER MANUAL

The pictures and descriptions in this manual are used to guide the user's operation for reference only, please refer to the actual goods.

APP Download

Scan the QR code to download and install Da Fit APP on the phone (supports IOS9.0 and above & Android 4.4 and above, not fit all mobile phone models, please refer to the actual one)



Watch charging and activated

First time to use the watch, please make sure the battery is fully charged and it takes 2 hours to be fully charged. Put the watch in the center of the wireless charger for charging. (as shown)



APP Download

Open the Da Fit APP on your mobile phone, set your personal information



Enter the device interface and click on "ADD A DEVICE"



Scan the watch and start binding



Read the watch and complete the pairing

Note:

Right-slide on the main dial interface of watch to view MAC address, You can use the MAC address from the device list to determine your device. The device name and the corresponding MAC address are paired. The device is

Features

Performance/Performance/Performance

The watch has counted the number of steps taken every day, the walking distance, the number of calories burned, and other data. It can also be used as a pedometer.



Sleeping Monitor

User wear the watch to sleep can detect the length of sleep, the number of awakenings, the quality of sleep, and the number of awakenings. It can also be used as a sleep monitor.



Heart Rate Monitor

Monitor the heart rate in real-time, and it can also be used as a heart rate monitor. It can also be used as a heart rate monitor.



Breath Training

Click breathe can start breathing. The instruction is to breathe in and out. It can also be used as a breathing training tool.



Hand Pressure Monitor

Monitor the hand pressure in real-time, and it can also be used as a hand pressure monitor. It can also be used as a hand pressure monitor.



Hand Temperature Monitor

Monitor the hand temperature in real-time, and it can also be used as a hand temperature monitor. It can also be used as a hand temperature monitor.



Weather Report

Weather forecast will be displayed today and tomorrow's weather. It can also be used as a weather report tool.



Message Notification

At each page, click to view the message notification page. It can also be used as a message notification tool.



Camera control

After connecting to the camera, you can directly click the camera icon to take a photo. It can also be used as a camera control tool.



Music Control

After connecting to the music, you can directly click the music icon to play the music. It can also be used as a music control tool.



Secondary reminder

Reminder can be set in the app. After connecting to the watch, the watch will remind you of the reminder. It can also be used as a reminder tool.



Main Interface / Watch

Click the main interface to view the main interface. It can also be used as a main interface tool.



FAQ

Why does the blood pressure data is different from the hypertension?

The difference between the measurement and the measurement is determined by a variety of factors, the measurement error of the measurement is to be noted, and the measurement error of the measurement is to be noted.

Why can't I wear the smart watch to take a bath & hot springs & swim?

The watch is not waterproof, it is not suitable for taking a bath, hot springs, and swimming. It is not suitable for taking a bath, hot springs, and swimming.

Why the watch can't receive the message notification?

Check whether the phone background will automatically close up the app which not correctly used, it will cause the watch cannot receive the message notification. It can also be used as a message notification tool.

For Android :

1. Confirm that the watch is turned on in the watch list.
2. Confirm that the message can be displayed normally in the notification bar.

For iPhone :

1. Confirm that the watch is turned on in the watch list.
2. Confirm that the message can be displayed normally in the notification bar.

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void 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.

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.