

UK

User Manual



Welcome to use our high-performance wristband smartwatch, creating a thoughtful health experience for you.

Please charge before using.

For any inquiries about the product, please feel free to contact us. If you wish to activate the 2-year free warranty service, please contact us through the after-sales email below. We will definitely assist you and resolve your issue within 24 hours.

APP: Da Fit

1. Download and Pair

1.1 Long-press the side button to power on.

1.2 Scan the QR code below to install the Da-Fit APP or download "Da-Fit" from the app store, and install it via Google Play.

Compatible Systems: Android 4.4 and above, iOS 8.0 and above.



1.3 Open the mobile APP, select the device you want to pair in the device list in the APP.

Step 1: Turn on the phone's Bluetooth.

Step 2: Open the "Da-Fit" application, click "Add Device" to establish a connection.

Step 3: Open the phone menu on the watch.



Step 4: Look for the last four digits of the MAC address in the watch's menu under "About," such as "0000," then go to your phone's "Set Bluetooth" to search for the Bluetooth name that matches the last four digits, "0000," to complete the BT connection, as shown below.

Note: Turn on the call switch in the watch's settings menu. For iOS system's APP side, a window will pop up to check if you allow the connection. Click to allow the call connection."

2. Smart Bracelet Functions

2.1 Time Interface

2.1.1 Power On: Hold the side button for 3 seconds.

2.1.2 Power Off: On the time interface, press the side button for 3 seconds, then click the 'V' icon to power off.

2.1.3 Switch Faces: Based on the main interface, long-press the screen to access 7 interface options. The first dial can be manually replaced with custom images or photos from the app. The eighth dial can be selected from the dial library.

2.2 Function Menu.

2.2.1 Activity Records (Step Records)



2.2.2 Sleep Monitor.

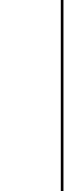
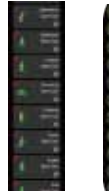
Sleep Monitoring Time: 8:00 PM to 10:00 AM. Please ensure the wristband device is worn.



2.2.5 Heart Rate Monitor (For 24-hour monitoring, please open 'All-day Heart Rate' under the 'Other' menu in the Da Fit app)



2.2.4 Exercise (107 Sports Modes: Walking, Running, Cycling, Jump Rope, Badminton, Basketball, Soccer; all exercise data will synchronize to the Da Fit app on your phone.)



Select the sports mode you desire, start the test, and display all exercise data: distance, calories, heart rate, as shown in the figure below; the left sliding screen can be used to exit or pause the exercise test.



2.2.5 Bluetooth Calling



2.2.8 Weather (Swipe up on the screen to view this week's weather information)



2.2.9 Blinds

Android: Open Da Fit app, enter 'Shutter' from the smart bracelet, shake the bracelet or tap to take a photo.

iOS: Enter 'Shutter' on the smart bracelet, make sure the phone's camera is open, shake the bracelet or tap the icon.



2.2.10 Music Player (Input BT music, tap the middle icon to pause or resume, tap the left icon to play the previous song, tap the right icon to play the next song)



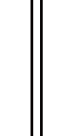
2.2.11 Notification Push (Open Da Fit app 'Notifications,' enable accessibility for social apps such as Facebook, Twitter, Skype, etc. Note for Android phones: In Da Fit app/Notifications/Accessibility, enable 'Da Fit'.)



2.2.12 Venetian Blinds



3. Pop-up Menu (Swipe down the screen from the main watch face)



Do Not Disturb Mode
Remaining Battery
App Connection Status
Settings
Brightness Adjustment
PM/AM Display
Quick QR Code Display
Flashlight



4. Features on Da Fit App



4.1 Data Sync
All measurement data from the smart bracelet will synchronize on the Da Fit app on your phone, including: steps, sleep monitor, heart rate, blood pressure, blood oxygen, and other data, as shown in the figure below.

