

Smart Watch

KR100

User Manual



APP: Da Fit

1. Download and Pairing

1.1 Power On

Press and hold the side button to turn "On".

1.2 Install the App

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

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



(For downloading the APP only)

1.3 Open the Mobile App and Select the Device to Bind

Step 1: Turn on Bluetooth on your phone.

Step 2: Open the "Da-Fit" application and tap "Add Device" to connect.

Step 3: Open the phone menu on the watch.



Step 4: Check the last four digits of the MAC address in the watch menu under "About", e.g., "0000". Then go to the phone's "Set Bluetooth" and search for the Bluetooth name matching the last four digits, such as "0000", to complete the BT connection as shown below. Note: Turn on the call switch in the watch settings menu. For iOS, a pop-up window will appear on the APP — check whether linking is allowed and click to allow the call connection.

2. Smart Band Functions

2.1 Time Interface

2.1.1 Power On: Press and hold the side button for 3 seconds.

2.1.2 Power Off: On the time interface, press the side button for 3 seconds, then swipe right to "Power Off".

2.1.3 Switch Watch Face: From the main face, long-press the screen to replace with various watch faces. You can download watch faces from the app or upload your favorite image as a watch face.

2.2 Function Menu

2.2.1 Activity Record (Step Counter)



2.2.2 Sleep Monitor

Sleep Monitoring Time: All-day detection



2.2.3 Heart Rate Monitor



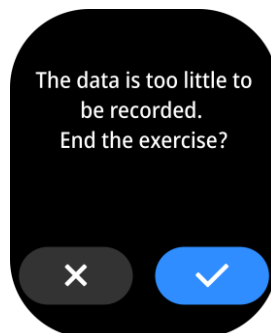
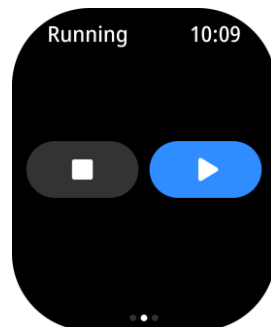
2.2.4 Blood Pressure Monitor (Partial Function)

Monitors blood pressure data and syncs to the Da Fit App.

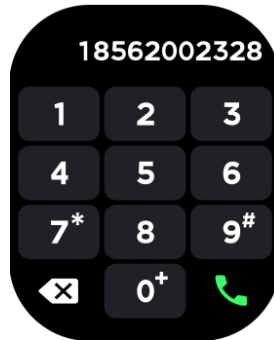
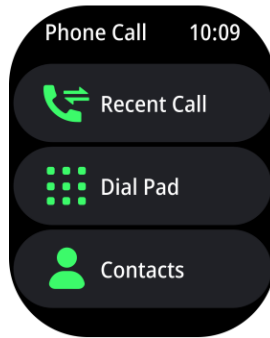
2.2.5 Sports (107 Sports Modes: Walking, Running, Cycling, Jump Rope, Badminton, Basketball, Football, etc.)

All sports data will be synced to the Da Fit App on your phone.

Select the sport mode you want, start the test, and all sports data will be displayed: mileage, calories, heart rate, as shown below. Swipe left on the screen to exit or pause the sport test.



2.2.6 Bluetooth Calling



2.2.7 Altitude & Barometric Pressure Function

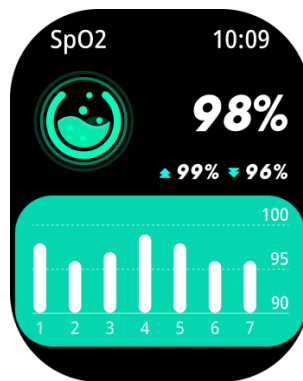


2.2.8 Compass Function (Shake calibration required; please place the watch flat on a horizontal surface during measurement)



2.2.9 Blood Oxygen Detection (Tap the screen to monitor)

Note: This measurement data is for reference only. Do not use for medical purposes.



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



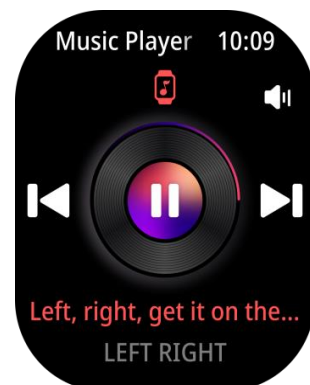
2.2.11 Remote Camera Shutter

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

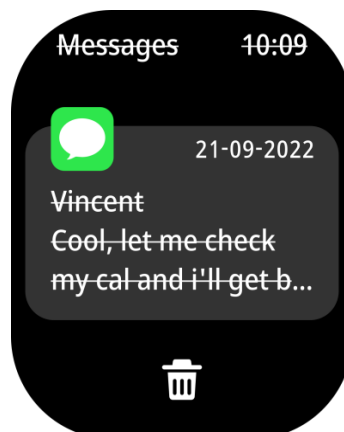
iOS: Enter the smart band "Shutter", make sure the phone camera is open, then shake the band or tap the icon.



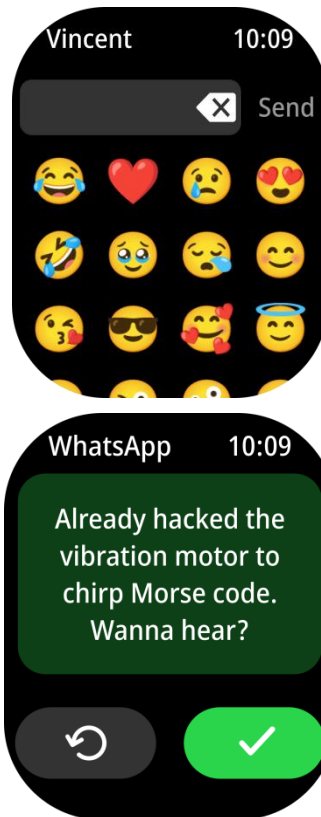
2.2.12 Music Player (Connect via BT music: tap the center icon to pause/resume, tap the left icon for previous song, tap the right icon for next song)



2.2.13 Notification Push (Open Da Fit app "Notifications" for social apps such as Facebook, Twitter, Skype, etc. Note for Android: Da Fit app / Notifications / Accessibility — enable "Da Fit")



2.2.14 WhatsApp Reply Function (Android only; iPhone pending development)



3. Pop-up Menu (Swipe Down from the Main Dial)

The pop-up menu includes the following functions:

Do Not Disturb Mode
Drainage Mode
Find Phone
Brightness Adjustment
APP Connection Status
Call Switch
Flashlight



4. Da Fit App Functions

4.1 Data Synchronization

All measurement data from the smart band will be synced to the Da Fit app on your phone, including: steps, sleep monitoring, heart rate, blood pressure, blood oxygen, etc., as shown below.

4.2 Smart Band Connection Interface

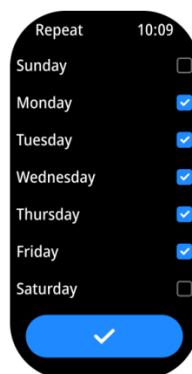
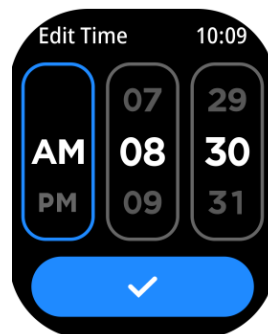
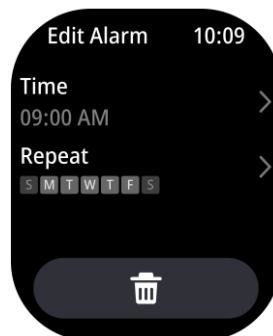
4.2.1 Watch Face (Multiple interface options, 1 custom watch face, AI watch face interface)





4.2.2 Notifications (Enable message push for social apps such as WeChat, Facebook, WhatsApp, Twitter, etc.)

4.2.3 Alarm (3 options)



4.2.4 Health Reminder (Partial Function)

Health reminder settings synced from the Da Fit App.

4.2.5 Others (Find My Smart Band, Time Format, Do Not Disturb Settings, Sedentary Reminder, All-day Heart Rate Monitor, All-day Stress, Power Saving Mode, Unit Format, Screen-on Time, Quick View Screen, Heart Rate Warning, Weather, Menstrual Cycle Reminder)

- 1. Find My Watch:** After the phone and smart watch are successfully connected via Bluetooth, the watch will vibrate and ring.
- 2. Time Format** (2 options: 12-hour and 24-hour formats).
- 3. Do Not Disturb mode settings.**
- 4. Sedentary Reminder** (Active period: 10:00 AM to 10:00 PM).
- 5. All-day Heart Rate Monitor** (Enable to detect your heart rate throughout the day).
- 6. All-day Stress Monitor** (When enabled, the smart watch records your stress in real time).
- 7. Power Saving Mode** (Screen brightness is reduced and call switch is turned off).
- 8. Screen-on Time Setting** (Screen-on duration can be selected between 5-30 seconds).
- 9. Heart Rate Warning** (By default, your maximum heart rate is 187 BPM. If it exceeds the default value, a warning will be issued).
- 10. Quick View Screen:** Wake the screen (Enable and select the active time period).
- 11. Weather** (Enable weather, select your desired city or use auto-location; the band will display the weather for the located city).
- 12. Menstrual Cycle Reminder.**

Note: Please be aware that the above functions work based on activating and saving the relevant settings.

Frequently Asked Questions (FAQ)

Q1: Why does the smart band automatically disconnect from Bluetooth when the Android screen turns off?

- 1> Lock the background APP. When the Da-Fit process is cleared, the smart band will disconnect from the phone.
- 2> Set the APP to auto-start.
- 3> Unrestricted background operation. Android phones with the APP installed default to intelligently restricting background operations. The APP should be manually set to have no restrictions.

Q2: Why can't the smart band receive message push notifications?

- 1> Please confirm that you have enabled the message push switch on the phone client.
- 2> Please confirm that messages can be displayed normally in the phone notification bar. Message push on the smart band is done by reading messages from the phone notification bar. If there are no messages in the phone notification bar, the smart band will not receive message push notifications. (You need to find the notification settings in your phone settings and enable notification switches for WeChat, QQ, calls, SMS, and the phone client.)
- 3> Open phone Settings. Type "Notification Access" in the top search box and re-open Da-Fit.

Q3: Why can't I take a hot bath while wearing the smart bracelet?

Answer: The bath water temperature is relatively high, producing a large amount of steam. These steam molecules have a small molecular radius in the gas phase and can easily penetrate the smart bracelet through gaps in the casing. When the temperature drops, the steam condenses into liquid-phase droplets, which can easily cause internal short circuits in the smart bracelet, damaging the circuit board and ultimately damaging the smart bracelet.

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.

Any 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.

FCC Radiation Exposure statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.