USER MANUAL

Please Read This Manual Carefully Before Using The Product

INTRODUCTION

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, reminder, etc., which can enrich your smart life and scientifically guide the exercise health. For a better experience, please read the operation guide carefully before using the watch.

WATERPROOF:

Supports waterproof
(the bracelet is not resistant to water vapour, warm water, hot water).

PRODUCT CONFIGURATION:

Host x1 | Manual x 1 | Strap x1 | Charging cable x1

OPERATING INSTRUCTIONS

1. Slide down the dial interface to enter the control centre.
2. Slide up the dial interface to enter the message list.
3. Slide right in dial interface to enter function menu.
4. Slide left on the dial interface to enter the first level card function.

ACTIVATION AND CONNECTION

Long press the crown for 3-5 seconds

APP DOWNLOAD:

1. iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;
2. Android mobile phones can also be downloaded by searching for "DaFit" in the application market, and iOS mobile phones can be downloaded by searching for "DaFit" in the AppStore.

Google Play | App Store

CONNECT THE WATCH:

1. Watch factory first boot, make sure the mobile phone to open the Bluetooth.
2. In the settings to find the "add device", in the list of scanned devices click on your device.
3. In the page pop-up Bluetooth pairing box with Bluetooth connectivity pairing success that binding is complete.

BLUETOOTH RECONNECT:

1. Beyond the Bluetooth connection range bracelet Bluetooth will be disconnected, when entering the Bluetooth connection range, open the APP Bluetooth will be automatically connected;
2. Close the background of the application, restart the mobile phone or one key to clean up the application, the Bluetooth will be disconnected again, and it will be connected automatically after opening the APP again;
3. APP running in the background of the mobile phone is easy to be shut down by the phone, Android mobile phones can open the self-starting authority of the APP within the permission settings to prevent the Bluetooth connection instability caused by the disconnection problem.

STANDARD FEATURES

1. **Activity**
Record daily steps, active calories, and exercise duration.
2. **Messages**
After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.
3. **Sleep**
Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.
4. **Stress**
By monitoring our stress levels, we can help us better manage to improveour physical and mental health, and release stress to improve our positivemood.
5. **Heart rate**
Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60~100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.
6. **Blood Pressure**
Support blood pressure measurement, during the measurement, please relax your body, put your hand flat and wait for the value to be measured.
7. **SpO2**
Click Start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 95~100%.
8. **Exercise**
123 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end it on the exercise page.
9. **Exercise Records**
You can view historical exercise record data, including exercise duration, calories, h eart rate and other data details.
10. **Shutter**
After connecting to your phone and turning on the camera control, the watch can be used as a remote control for your phone's camera.
11. **Player**
When connected to Bluetooth, you can play and control music from your mobile phone.
12. **Calculators**
Add calculator and other utilities to support daily simple calculation operations.
13. **Stopwatch**
Click on the stopwatch icon to enter the stopwatch function, and you can perform counting operations during the time period.
14. **Timer**
Switch on this function to select or set your own countdown time to switch on the countdown.
15. **Alarm**
Add your own alarm reminders and the watch will display the alarm icon and vibrate at the set time.
16. **Flashlight**
Turn on the flashlight in a dark environment the screen will remain white and always lit, tap the screen to toggle on or off.
17. **Weather**
You can check the weather information of the last 7 days at any time after connecting your mobile phone to sync the data.
18. **Sedentary Reminders**
This function will detect the user's activity within a set period of time (default 60 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.
19. **Water Reminder**
Switching on this feature the watch alerts you when it's time to drink at the scheduled drinking time.
20. **Cycle Tracking**
Add the physiological cycle within the app and the watch will make a reminder close to the date.
21. **Battery Level Reminder**
The watch alerts you when the battery is low, when it's charging, and when it's fully charged.
22. **Goal Reached**
Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.
23. **Wearing Error Alert**
If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.
24. **Find Phone**
After connecting the mobile phone, turn on this feature click on the mobile phone will beep to help the user to quickly find the mobile phone.
25. **Multi-dial Switching**
Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial market.
26. **Menu View**
Includes a variety of menu display modes that the user can choose to switch between according to preference.
27. **Custom Cards**
Supports customisation of the order in which the first level cards are discharged and related functions.
28. **Settings**
Perform different setting operations of the watch, including brightness, duration of resting, flipping the wrist to light up the screen, vibration and ringing, do not disturb mode, call settings, switch off, restore factory, and local information.

OPTIONAL FEATURES

1. **Phone Call**
Connect the Bluetooth for calls, you can choose dialling from the watch side to achieve the call function on the watch side, the call contains contacts and call logs, and you can add frequently used contacts on the client side.
2. **E-Card**
The watch supports displaying electronic business cards, add business cards on the APP side to display them on the watch side.

COMMON TROUBLE

1. The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.
2. The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;
3. Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

NOTES

1. The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;
2. The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).
3. Some functions may vary according to the software version, please check the version and update it in time.

FCC STATEMENT
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.
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 radi o 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: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

FCC Radiation Exposure Statement:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

用户
使用说明书

使用产品前请仔细阅读本使用说明书

前言

感谢您选择本公司的智能运动手表，手表融合了运动、健康、目标达成、消息推送、智能提醒等多项智能功能，可以丰富你的智能生活，科学引导运动健康。为了更好的体验，请在使用手表前仔细阅读操作指南。

防水:

支持防水
(手环不防水蒸气、温水、热水).

产品配置:

主机 x1 | 说明书 x 1 | 表带 x1 | 充电线 x1

操作说明

1. 在表盘界面下滑进入控制中心
2. 在表盘界面上滑进入消息列表
3. 在表盘界面右滑进入功能菜单
4. 在表盘界面左滑进入一级卡片功能

连接与激活

长按表冠3-5秒开关机

应用下载:

1. iOS/安卓手机用户：通过手机扫一扫功能扫描图中二维码，当页面跳转后，选择对应的方式进行下载。
2. 安卓手机也可以在应用市场搜索“DaFit”下载，iOS手机可在AppStore搜索“DaFit”下载。

Google Play | App Store

连接手表:

1. 手表出厂第一次开机，确保手机开启蓝牙。
2. 在设置中找到 “添加设备”，在扫描到的设备列表点击你的设备。
3. 在页面弹出蓝牙配对框与蓝牙连接配对成功后即绑定完成。

蓝牙重连:

1. 超出蓝牙连接范围手环蓝牙将断开，当进入蓝牙连接范围时，打开APP蓝牙会自动通连接。
2. 关闭应用后台、重启手机或一键清理应用，蓝牙会再次断开，再次打开APP后自动连接。
3. APP在手机后台运行容易被手机关闭，安卓手机可在权限设置内开启APP的自启动权限，防止蓝牙连接不稳定造成的断联问题。

标配功能

1. 活动中心
2. 消息
3. 睡眠
4. 压力

选配功能

1. **通话**
连接通话蓝牙，可以从手表端选择拨号，在手表端实现通话功能，通话包含联系人和通话记录，也可以在客户端添加常用联系人
2. **电子名片**
手表支持展示电子名片，在APP端添加名片即可在手表端展示

常见故障

1. 手表无法开机，按开机键时长过短，按下3秒以上，电池电量过低，请使用充电座充电。
2. 手表无法正常充电，检查充电触点是否正常与手表接触，充电器是否正常，当电量过低时，需要充电一会才会显示充电界面。
3. 软件问题可尝试通过恢复出厂设置进行操作解决(此功能会清除相关数据请谨慎操作)。

注意事项

1. 本产品的健康数据测量结果仅供参考，不作为任何医疗用途及依据，如身体感到不适请及时就医，遵从医生指导，不可根据产品测量结果自我诊断以及治疗。
2. 手表/手环不防水蒸气、温水、热水，可以防生活溅水(不建议手表/手环游泳，可能会受水压影响)。
3. 部分功能针对软件版本会有所差异，请及时检查版本并更新。