



**15.6" DIGITAL E-CALENDAR
& PHOTO FRAME
USER MANUAL**

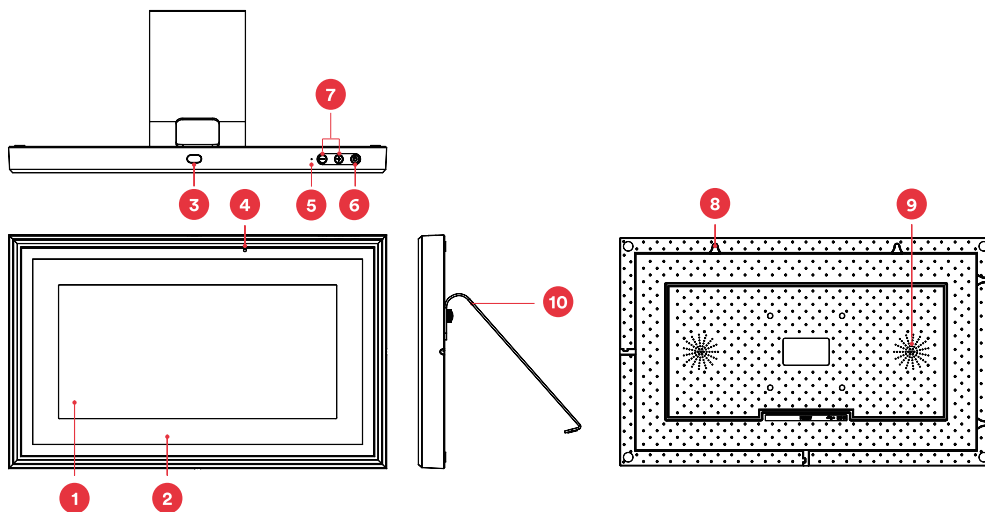
MODEL : TCA156-PW

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DIGITAL E-CALENDAR & PHOTO FRAME OVERVIEW



- 1 Touch Screen
- 2 Fixed Frame
- 3 USB Type-C
- 4 Light Sensor
- 5 Reset Button
- 6 Power On/Off Button
- 7 Volume ±
- 8 Wall Mount Hole
- 9 Speaker
- 10 Stand

FEATURES

- Supports 2.4G WiFi
- Built-in Memory: 32GB
- Screen Resolution: 1920 x 1080

SPECIFICATIONS

Dimensions	393 x 243 x 28 mm(excluding stand)
Adapter	DC 12V/2A
Screen	15.6 inch TFT LED
Resolution	1920 × 1080 Resolution, IPS Display
Aspect Ratio	16:9
Picture Format	JPG/JPEG/PNG
Video Format	3GP, MP4 (phone app support MOV)
External Storage	NA
Built-in Memory	RAM 2GB; ROM 32GB
Packing list	1 x Digital E-Calendar, 1 x Power Adapter, 1x Stand, User Manual

GETTING STARTED

Congratulations on your new **AOC 15.6"** Digital E-Calendar & Photo Frame.

If this is your first time using the device, simply follow the on-screen instructions during setup. Once completed, you'll be able to easily manage your family's schedules, tasks, and shared moments - all in one place.

The **AOC 15.6"** Digital E-Calendar & Photo Frame has a smart display that's designed to help families stay organised and connected. It allows you to view and manage schedules, tasks, and lists created across devices. With the choice between horizontal and vertical placement, it fits seamlessly into any space in your home.

Whale Framely app

The Whale Framely mobile app is available on iOS and Android.

With the app, you can:

- Create and manage events anytime, anywhere.
- Sync with third-party calendars.
- Stay connected with your family on the go.

HOW TO DOWNLOAD THE WHALE FRAMELY APP

You can download the app using one of the following methods:

- Scan the QR code provided with your device.
- Download from your app store:
 1. Android: Search 'Whale Framely' on Google Play
 2. iOS: Search 'Whale Framely' on the App Store

Download the app by scanning the QR code.



Android



iOS

GETTING STARTED

When you power on the calendar for the first time, follow these steps:



1. Select Language:

Choose your preferred language for the device.



2. Connect to Wi-Fi:

Ensure the device is connected to a stable internet network.



3. Set Date and Time:

Confirm the correct time zone and system time.



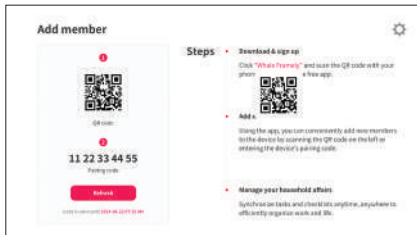
4. Set up your Device as new:

If prompted, update to the latest version before continuing.



5. Update Software (recommended):

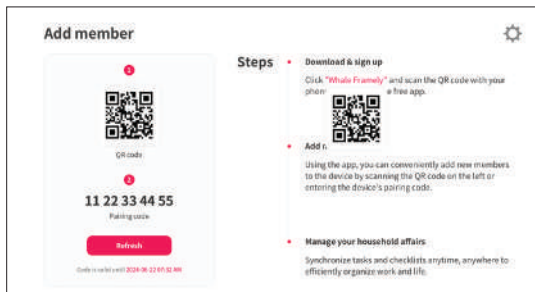
If prompted, update to the latest version before continuing.



6. Add Family Members:

Invite family members to start sharing schedules and tasks.

ADD MEMBERS TO THE CALENDAR



1. Please first ensure:

- The device is connected to the internet.
- The Whale Framely app is installed on your phone.

2. When the device starts:

- A pairing code and QR code will be generated (valid for 48 hours).

3. Share the code with family members via:

- SMS, email, or messaging apps.

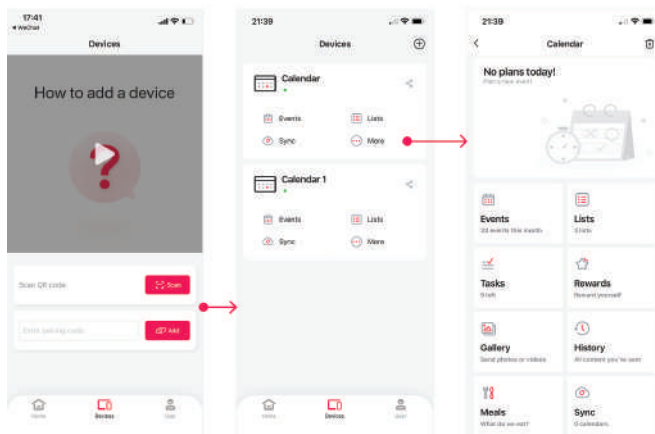
4. On the mobile app:

- Go to Devices.
- Scan the QR code or enter the pairing code.

Note:

After pairing, all connected devices will appear in the **Devices** page.

Tap a device name to switch between devices.



DASHBOARD

The Dashboard allows you to customise your home screen with widgets for quick access to important information such as schedules, tasks, weather, and photos.

Edit mode

To enter Edit mode:

- Press and hold any widget on the screen.

Manage widgets

Move a widget

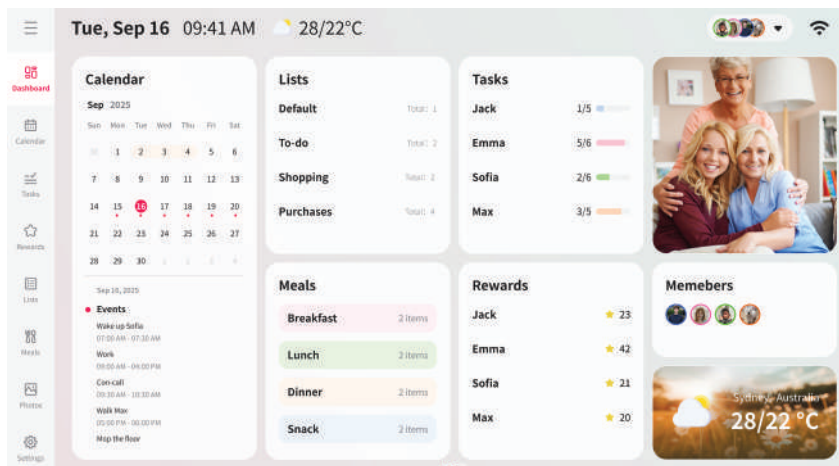
- Press and hold → Drag to desired position.

Remove a widget

- Tap the '–' icon → Confirm removal.

Add a widget

1. Tap **Add Widget**.
2. Choose a widget type (Calendar, Schedule, Tasks, Weather, etc).
3. Select a layout.
4. Tap **Add Widget**.
5. Tap **OK** to save.



CALENDAR

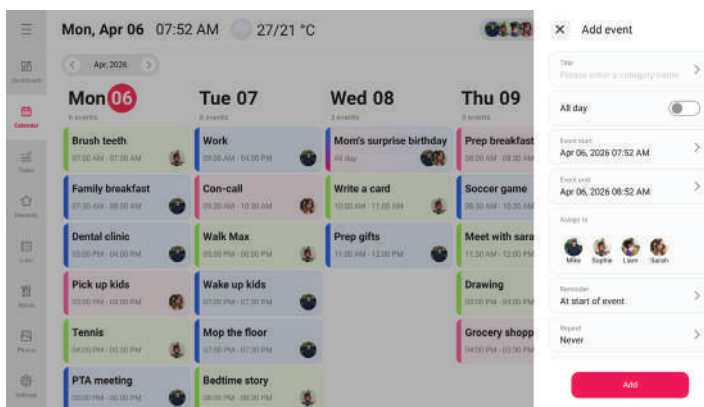
The Calendar helps you organise and manage events with flexible viewing options.

Add an event

You can create events directly on the device. All events will automatically sync with the mobile app.

Steps:

1. Open the **Calendar** module.
2. Tap the '+' icon.
3. Enter event details (title, time, members, etc).
4. Tap **Add to save**.



View options

Switch between different views based on your needs:

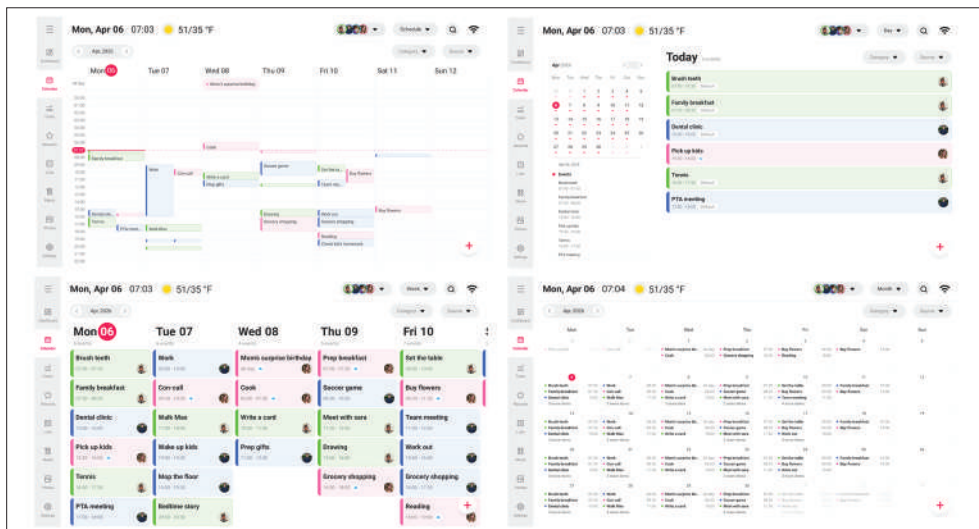
- **Day view:** Displays all events for a single day.
- **Week view:** Overview of the week.
- **Month view:** Ideal for long-term planning.
- **Events view:** Displays events along a 24-hour timeline.

View event details

- Tap any event to view details such as title, time, and description.

Edit an event

- Open the event.
- Tap Edit.
- Make changes and save.



Delete an event

- Open the event.
- Tap **Delete**.
- Confirm deletion.

Note: Deleted events cannot be recovered.

Filter events

You can filter events by:

- **Member:** View events for selected members only.
- **Category:** Organise by event type (personal, health, etc).
- **Third-party calendars:** View synced external events.

Search

Use keywords to quickly find specific events.

Category management

Organize your events and lists with custom categories. You can freely create, edit, or delete categories.

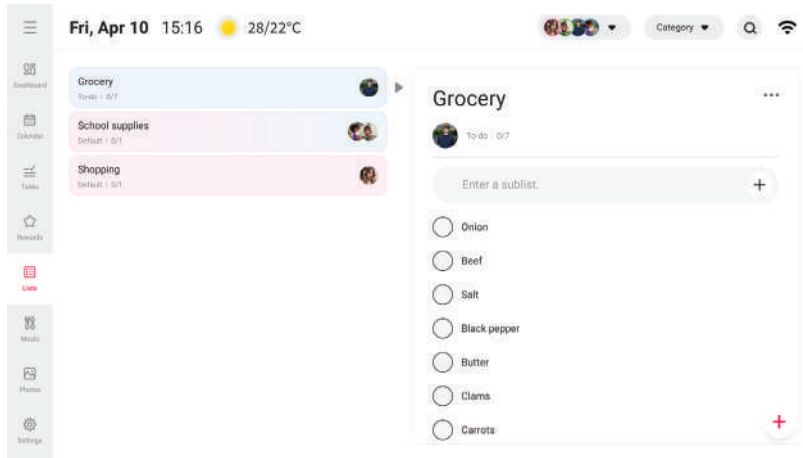
If a category contains items, deleting it gives two options:

Delete category and data – All events/tasks in this category will be permanently removed. This action cannot be undone.

Move category and data – Move all data to another category first, then delete the original category. No data will be lost.

LISTS

Lists help you organise tasks and track completion easily.

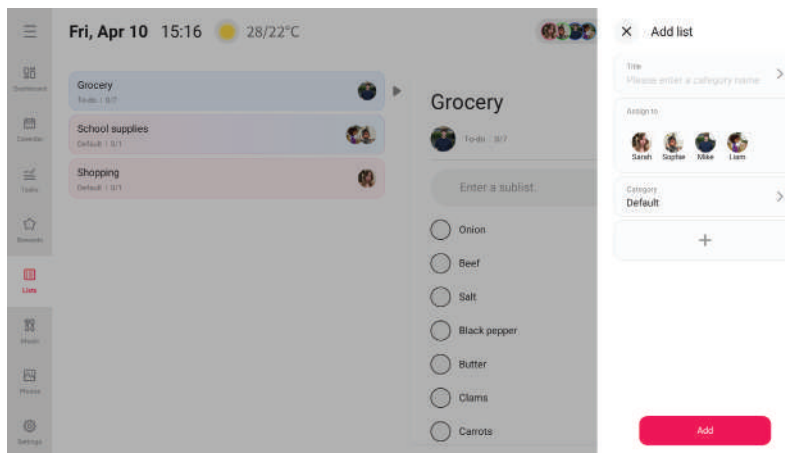


Create a list

Lists created on the device will sync automatically with the app.

Steps:

1. Open the **Lists** module.
2. Tap the '+' icon.
3. Enter list details (title, creator, etc).
4. Tap **Add**.



View list tasks

- Tap a list to view all tasks.
- Check completion status at a glance.

Manage lists

Mark tasks complete

- Tap the circle next to a task.

Reorder tasks

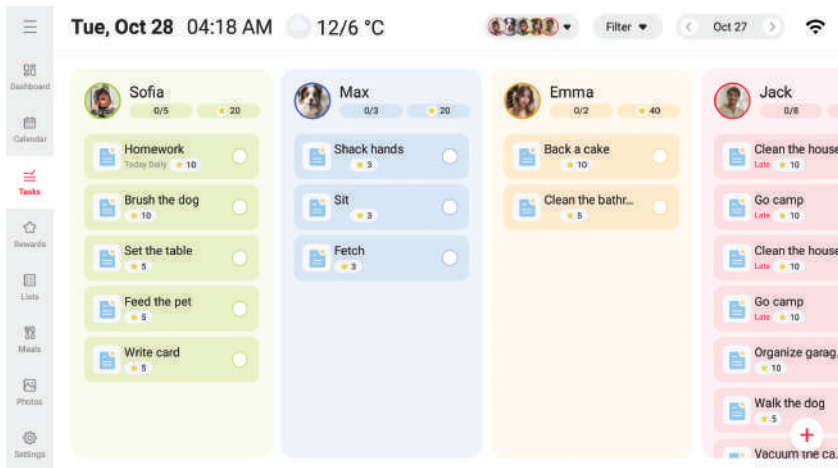
- Press and hold a task → Drag to reorder.

Copy a list

- Tap the list title → Select copy option.

TASKS

Tasks help you stay on top of daily responsibilities such as chores or reminders

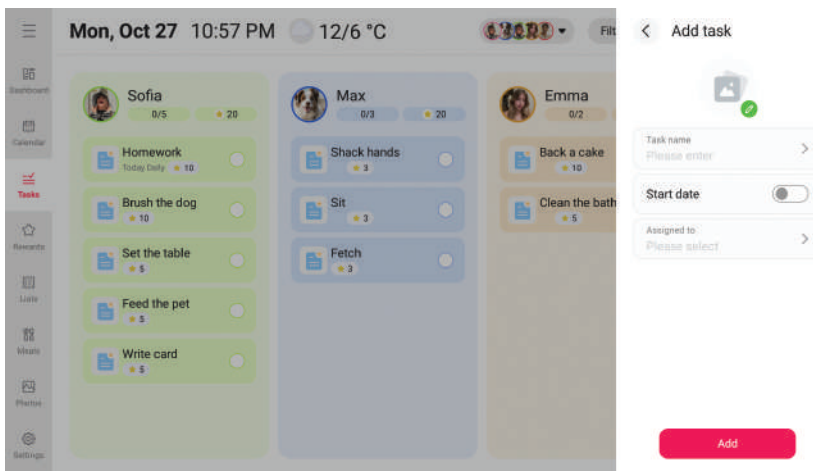


Create a task

Tasks created on the device will sync with the app.

Steps:

1. Open the **Tasks** module.
2. Tap the '+' icon.
3. Enter:
 - Task name.
 - Date and time.
 - Assigned members.
4. Tap **Add**.



View Task Details

Tap a task to view details such as time and rewards (stars).

Manage Tasks

Reorder tasks

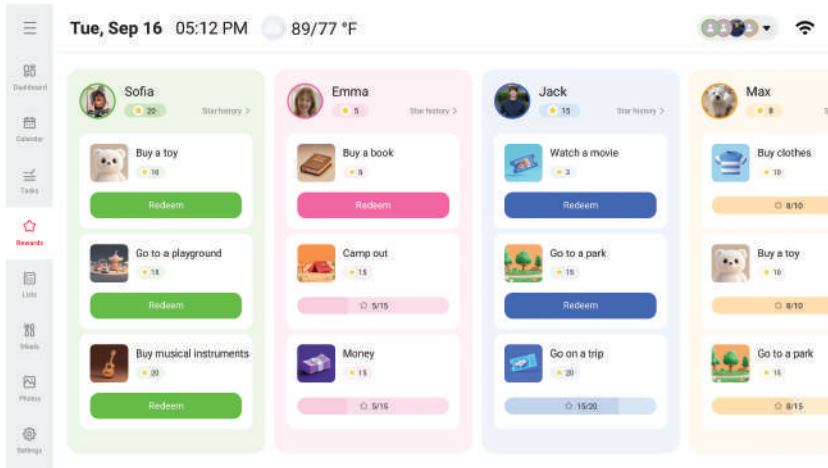
- Press and hold a task → Drag to reorder.

Note:

Star-based tasks must be created in the **mobile app**.

REWARDS

Rewards help motivate children by tracking progress and encouraging goal completion.



View Rewards

1. Tap a reward to see details such as:

- Reward name.
- Required stars.

Redeem Rewards

1. Open the Rewards module.
2. Select a member.
3. Tap Redeem on the chosen reward.

Note:

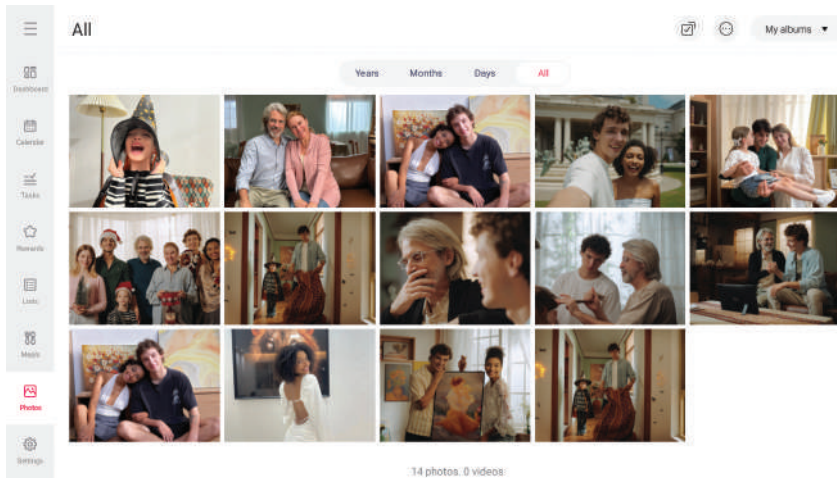
Rewards can only be created in the Whale Framely app.

The device supports viewing and redemption only.

PHOTOS

Share and enjoy photos and videos on your Whale Framely Calendar.

Photos uploaded via the mobile app can be viewed and managed directly on the device.



Features

Flexible browsing

- View content in chronological or reverse order.
- Filter by photos or videos.

Search by time

- Quickly locate images from specific dates.

Custom albums

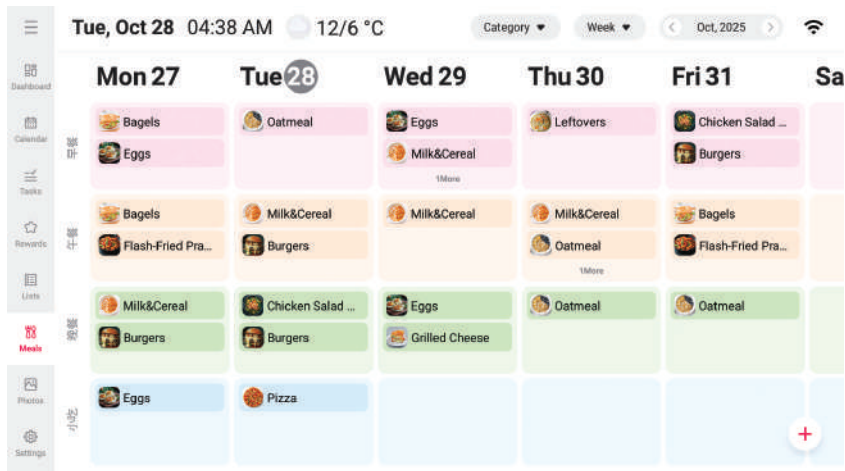
- Create albums based on themes, people, or events.

Slideshows

- Play albums with custom order and display settings.

Screensaver mode

- Use photos as a screensaver for your device.



Create a meal plan

1. Open the Meals module.
2. Select a time slot or tap '+
3. Choose recipes (multiple selections supported).
4. Tap Add to Plan.

View meal details

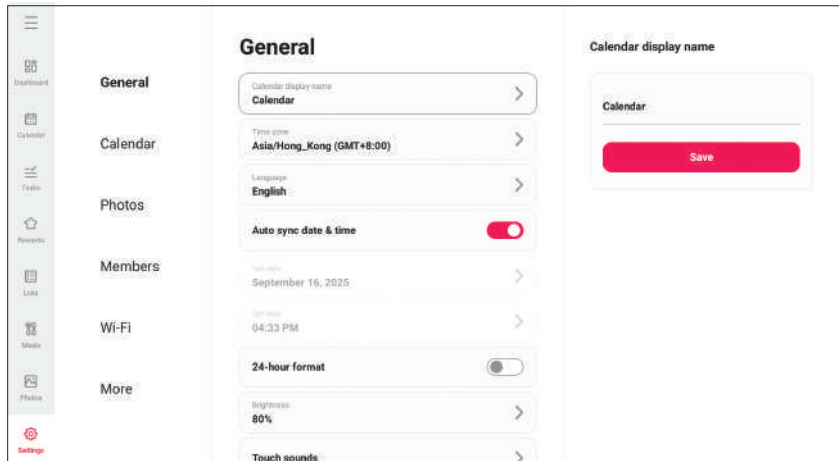
Tap a meal to view:

- Recipe name.
- Ingredients.
- Additional details.

SETTINGS

Use Settings to customise your device experience.

General



Calendar name

Rename your device for easy identification.

Time zone

Set your correct time zone.

Language

Choose your preferred language.

Date and Time

- Automatic: Syncs with internet time.
- Manual: Set time manually if needed.

24-hour format

Enable or disable 24-hour time display.

Brightness

Adjust screen brightness.

Touch sound

Enable or disable touch feedback sounds.

Font Size

Choose from:

- Small / Medium / Large / Extra Large.

Sleep mode

Automatically turn the screen off during selected hours to save power.

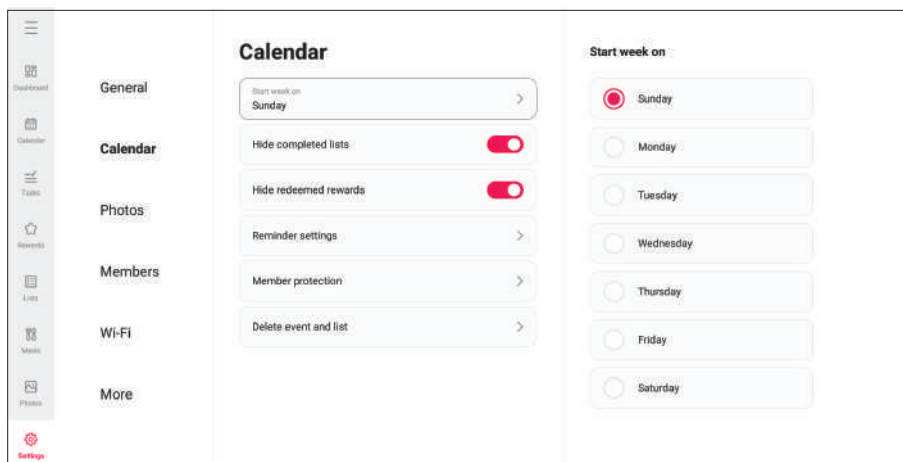
- Default: 20:00 – 08:00.
- You can customise start and end times.

Reset device

This resets the device to factory settings and permanently deletes all data, including:

- Photos.
- Members.
- Settings.

CALENDAR



Calendar settings

Hide completed lists

Show or hide completed tasks.

Reminder settings

- Enable/disable reminders.
- Adjust volume and sound.
- Set duration and visual alerts.

Account protection

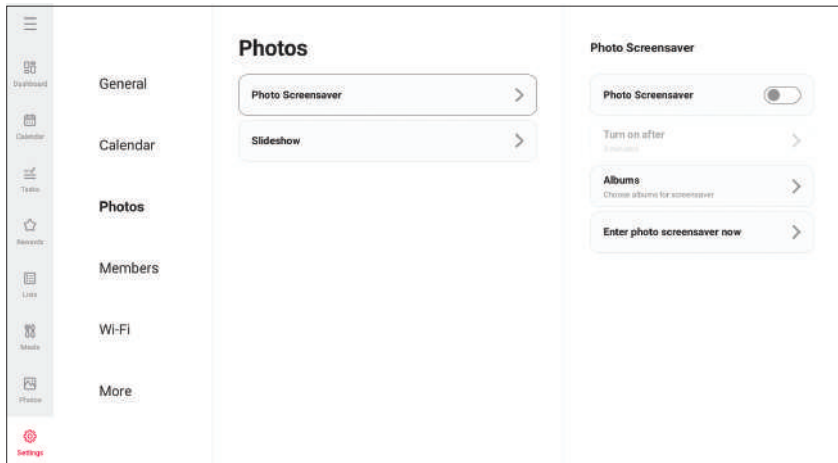
Prevents accidental deletion of important data - especially by children.

Bulk delete

Delete multiple events and lists at once.

PHOTOS

Photo settings



Screensaver settings

- Select album.
- Set activation timer.

Slideshow settings

- Adjust interval and display mode.
- Enable/disable video autoplay and sound.

Background Effect

- Choose a background style to display when a photo does not fill the screen.

Fill Frame

Adjust how photos are scaled to fit the screen.

Video volume

- Adjust the sound level of videos.

Video autoplay

- Enable to play videos automatically. Disable to pause videos by default.

Video mute

- Enable to play videos with sound muted.

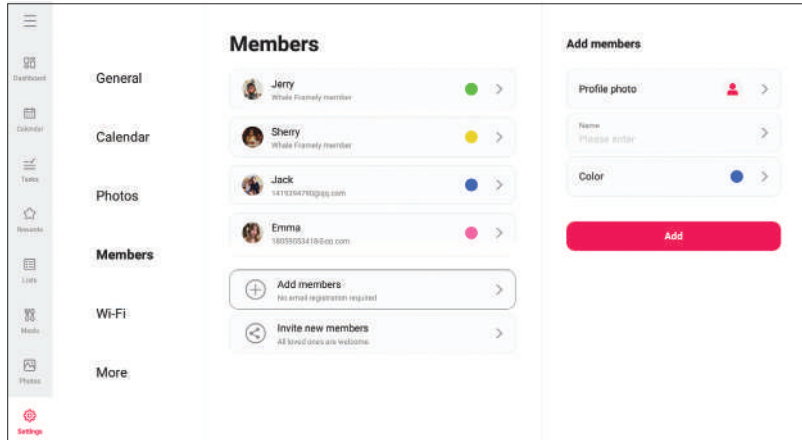
Weather and time

- Enable to display weather and time on the slide show. Disable to hide them.

MEMBERS

Manage all connected users.

This list shows all connected members who can manage calendar events.



Add member

1. Tap Add Member.
2. Enter name, photo, and colour.
3. Tap Add.

Invite member

Invite a new member to manage the events together, simply tap the 'Invite new members'.
Share pairing code or QR code.

Remove member

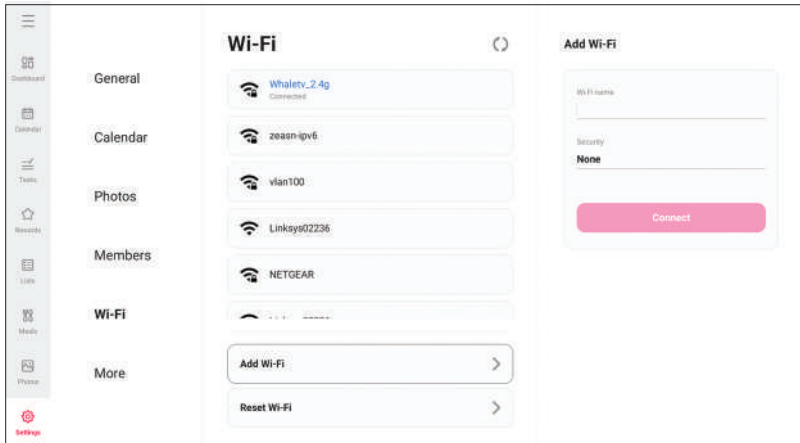
Removes access and associated content.

Member permission description

Permissions:

- **Device:** All members have full control.
- **App:** Limited permissions for other users.

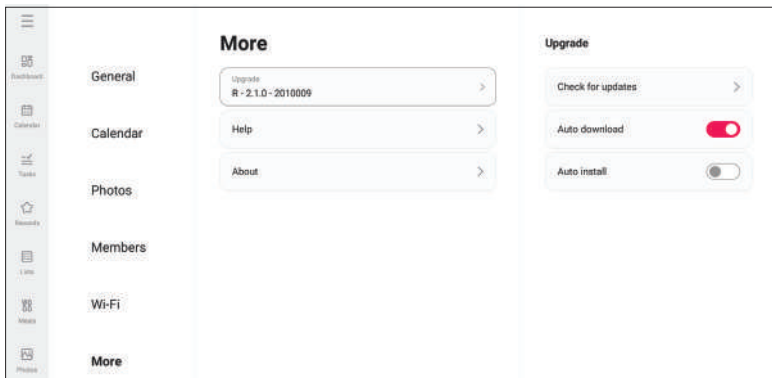
WI-FI



Wi-Fi settings

- Connect to Wi-Fi.
- View network details.
- Add hidden networks.
- Reset Wi-Fi if needed.

SYSTEM (MORE)



System (More)

Software update

- Enable automatic download/install.
- Or update manually.

Help and support

- FAQ section.
- Contact: whaleframely.support@whaletv.com

About

- View device information (model, version, etc).

WHALE FRAMELY APP FEATURES AND SETTINGS

QUICK SETUP

The app allows you to manage your calendar remotely.

Login options**1. Visitor account**

- Temporary.
- Data not saved.

2. Email account

- Data stored in cloud.
- Recommended.

3. Third-party login

- Google / Apple / Facebook.

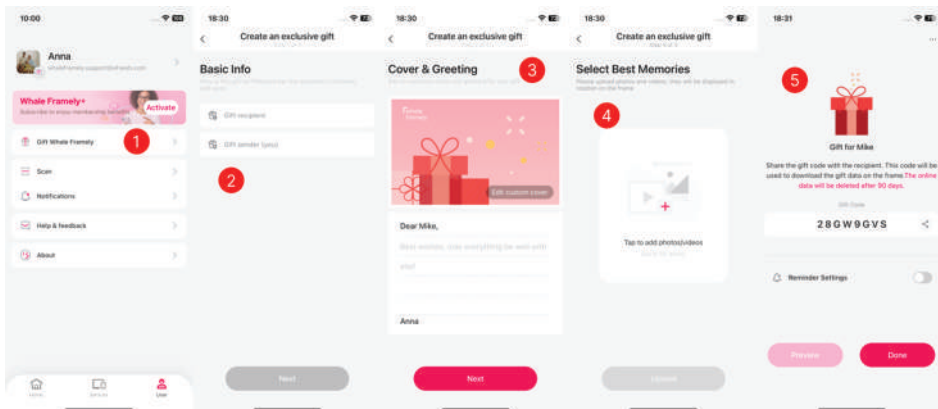
GIFT

Create a special surprise for your loved ones through the app. When the recipient enters the “Gift Code” on their device, they will automatically receive your preset message and selected photos. Your gift can be delivered at any time.

How to Create a Gift Code

1. Go to the “User” page and tap “Gift Whale Framely”.
2. Fill in the required information.
3. Customize the cover image and greeting message.
4. Tap to upload photos and videos. You can upload up to 50 photos and/or videos at a time.
5. Once the gift is created, the system will generate a Gift Code that you can share directly with your friend.

After receiving the device, simply go to the Calendar Name page during the setup process, tap the “I Have a Gift Code” option, enter the Gift Code, and claim your exclusive gift.



SYNC CALENDAR

Supported platforms

- Google Calendar.
- Outlook.
- iCloud.
- Yahoo.
- Cozi.
- TeamSnap.
- ICS (URL sync).

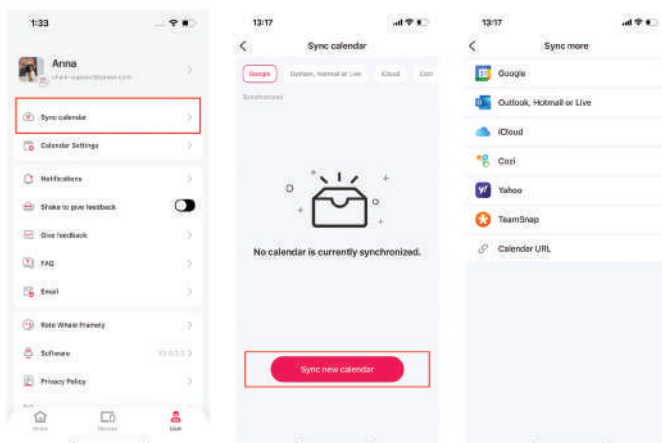
Key features

- Automatic updates from external calendars.
- Optional **two-way sync** (Google/iCloud/Outlook).

Note: Visitor accounts do not support syncing.

General sync steps

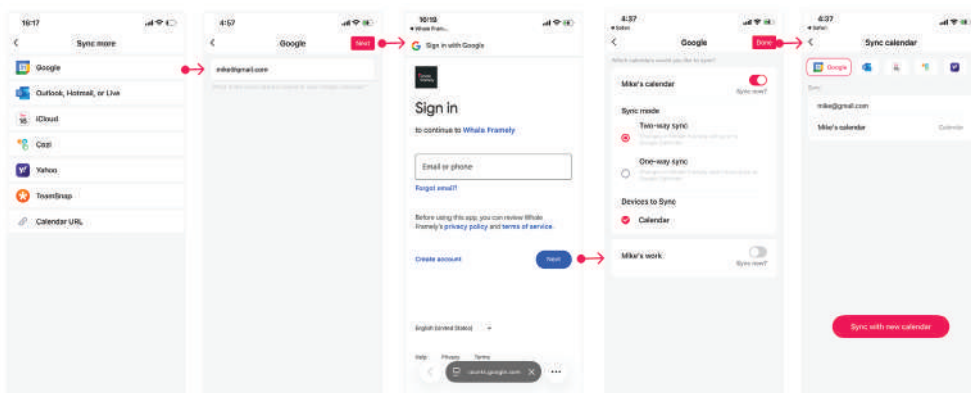
1. Open the Whale Framely app on your mobile device.
2. Go to **User** → **Sync Calendar**.
3. Select a platform.
4. Authorise access.
5. Choose calendars to sync.



SYNC GOOGLE CALENDAR

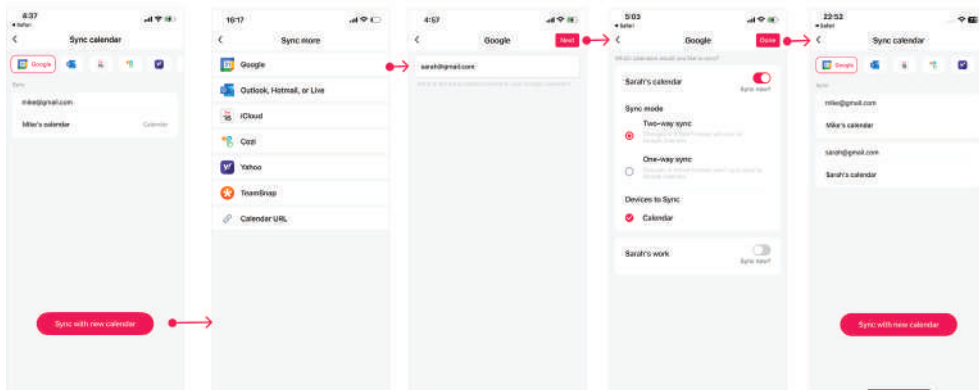
To sync your Google Calendar with Whale Framely, follow these steps:

1. Open the **Whale Framely App** and log in to your account.
2. Tap **User** (bottom right corner), then select Sync Calendar.
3. Choose **Google Calendar** from the list of available options.
4. Authorise access:
 - On the pop-up screen, sign in with your Google account.
 - Grant permission for Whale Framely to access your calendar.
5. After authorisation, you will see a list of your Google calendars.
 - Select **all calendars** or choose specific ones to sync.
6. Once syncing is complete, you can manage settings such as:
 - Sync mode (**one-way or two-way**).
 - Synced devices.
 - Synced events.
 - Remove sync (disconnect).



If you have already synced one Google Calendar account and want to sync another Google Calendar account, please follow these steps:

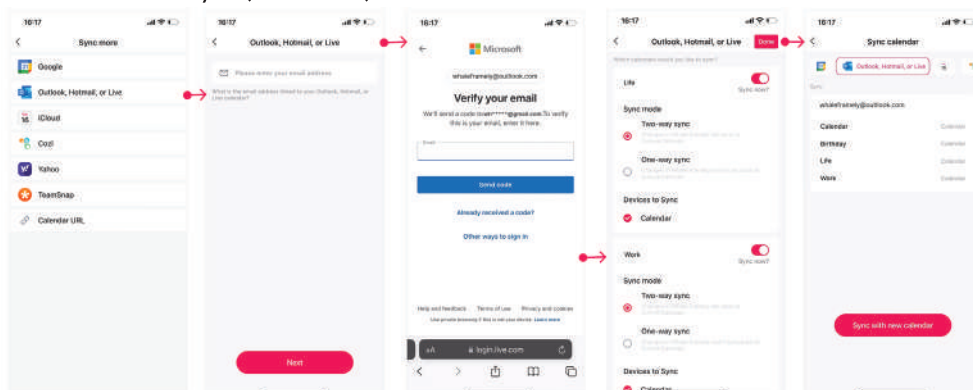
1. Tap **“Sync Calendar”**
2. Tap **“Sync with new calendar”**
3. Choose **Google** and enter a new Google account you want to sync
4. After successful login, select the calendars you want to sync from the list.
5. Once selected, the system will start syncing the chosen calendars from this account and you can change which calendars to sync with.



SYNC OUTLOOK CALENDAR

To sync your Outlook Calendar with Whale Framely, follow these steps:

1. Open the **Whale Framely App** and log in to your account.
2. Tap User (bottom right corner), then select **Sync Calendar**.
3. Choose **Outlook** from the list of available options.
4. Authorise access:
 - On the pop-up screen, sign in with your Microsoft account.
 - Grant permission for Whale Framely to access your calendar.
5. After authorisation, you will see a list of your Outlook calendars.
 - Select **all calendars** or choose specific ones to sync.
6. Once syncing is complete, you can manage settings such as:
 - Synced devices + Sync mode(one-way or two-way).
 - Synced events.
 - Remove sync (disconnect).



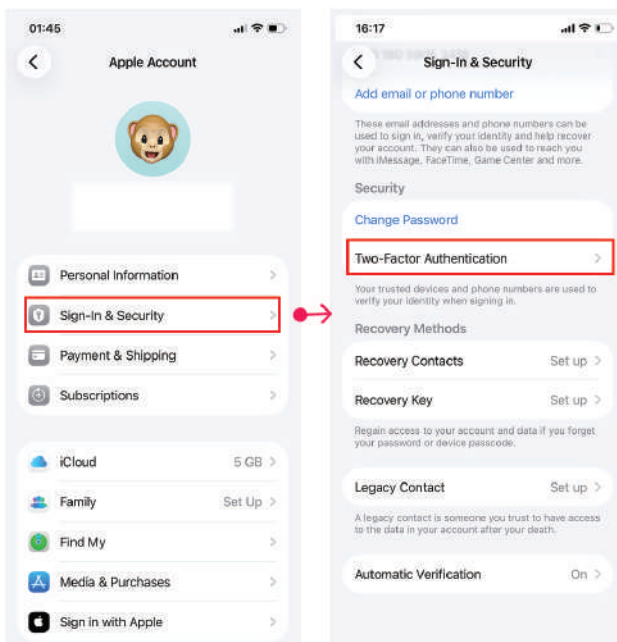
SYNC ICLOUD CALENDAR

To sync your iCloud calendar with Whale Framely, please follow these steps:

1. Open your “**Whale Framely**” App and log into your account.
2. Tap “**User**” in the main menu to access the User page, then select “**Sync Calendar**” to open the calendar sync settings.
3. In the calendar sync settings, select “iCloud”.
4. Before continuing, please make sure the following requirements are completed in your Apple account:

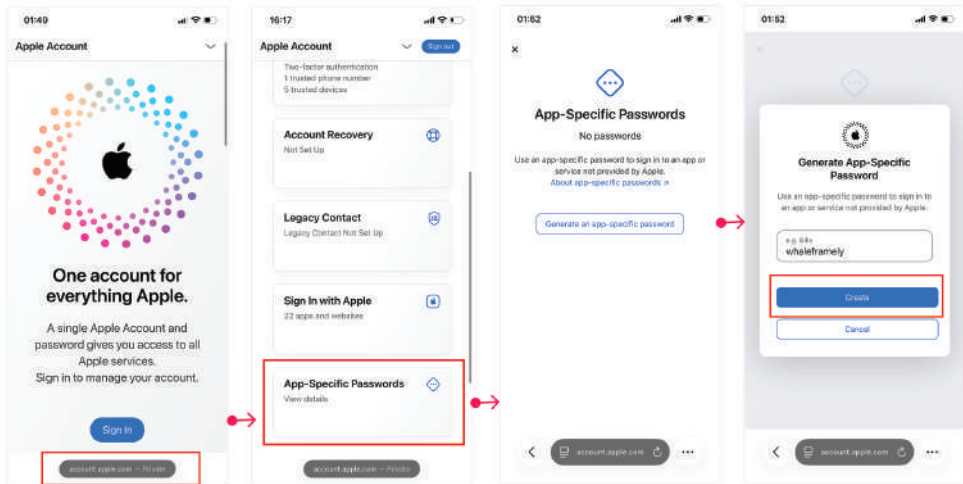
Set up two-factor authentication

- Open the iOS Settings app.
- Tap your **Apple account**.
- Tap **Sign-In & Security**.
- Tap Two-Factor Authentication.
- Under two-factor authentication, make sure there is at least one device available for verification. If no devices are listed, add a trusted phone number.



Create an App-Specific Password

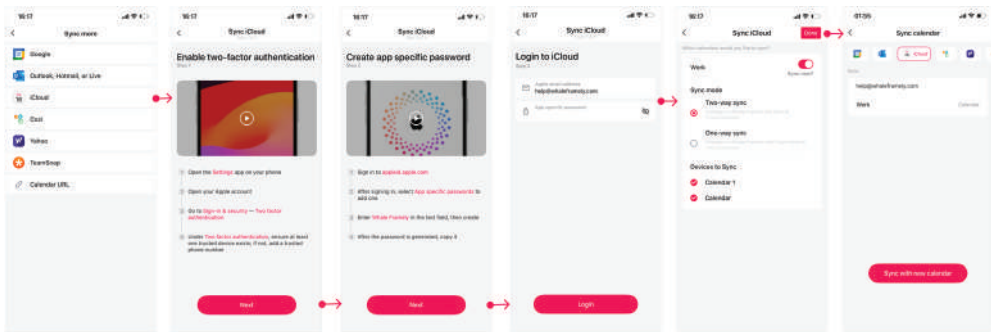
- Sign in to appleid.apple.com
- Use your password to sign in (do not use Face ID).
- Scroll down and select App-Specific Passwords.
- Give the app-specific password a name.
- Tap **Create**.



5. Enter your Apple ID and app-specific password in the app.
6. After iCloud Calendar authorisation is complete, you will see a list of all iCloud calendars. You can choose to sync all calendars or select specific calendars to sync.

Once synchronisation is completed, you will return to the iCloud Calendar management page. Here, you can configure synchronisation settings, including:

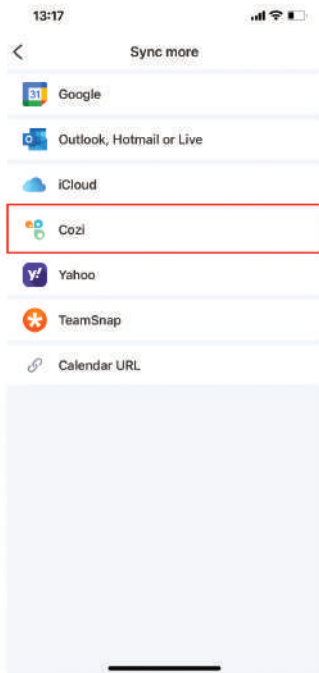
1. One-way or two-way synchronisation
2. Synced devices
3. Synced events
4. Synchronisation cancellation options
5. Other synchronisation preferences



SYNC COZI CALENDAR

To sync your Cozi calendar with Whale Framely, follow these steps:

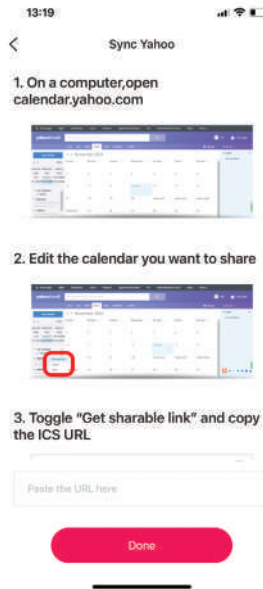
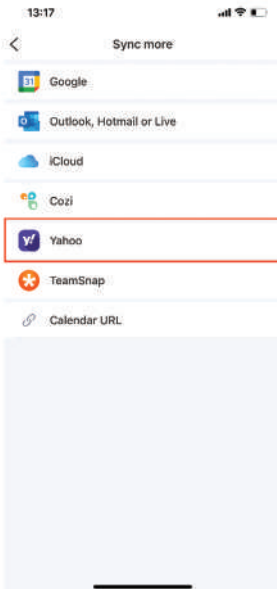
1. Open the **Cozi app** on your mobile device.
2. Access Family Settings:
 - iOS: Tap **Family** in the bottom bar.
 - Android: Tap the **menu icon** (top left), then select **Family**.
3. Go to **Settings**.
4. Tap **Share Cozi Calendar**, then copy the calendar URL.
5. Open the **Whale Framely App**, tap User, then select **Sync Calendar**.
6. Choose **Cozi**, then paste the copied URL into the input field.
7. Once syncing is complete, you can manage settings such as:
 - Synced devices.
 - Synced events.
 - Remove sync (disconnect).



SYNC YAHOO CALENDAR

To sync your Yahoo calendar with Whale Framely, follow these steps:

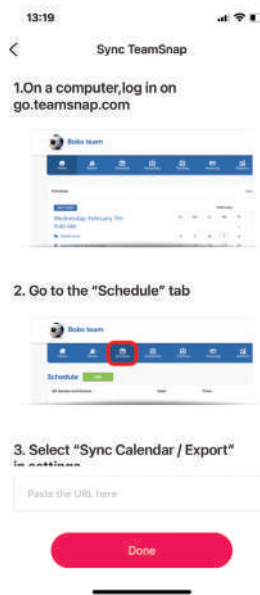
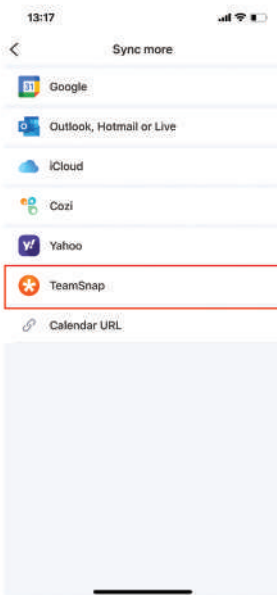
1. Open your web browser and go to **calendar.yahoo.com**
2. Select the calendar you want to share, then copy the calendar URL.
3. Open the **Whale Framely App**, tap **User**, then select **Sync Calendar**.
4. Choose **Yahoo**, then paste the copied URL into the input field.
5. Once syncing is complete, you can manage settings such as:
 - Synced devices.
 - Synced events.
 - Remove sync (disconnect).



SYNC TEAMSNAP CALENDAR

To sync your TeamSnap calendar with Whale Framely, follow these steps:

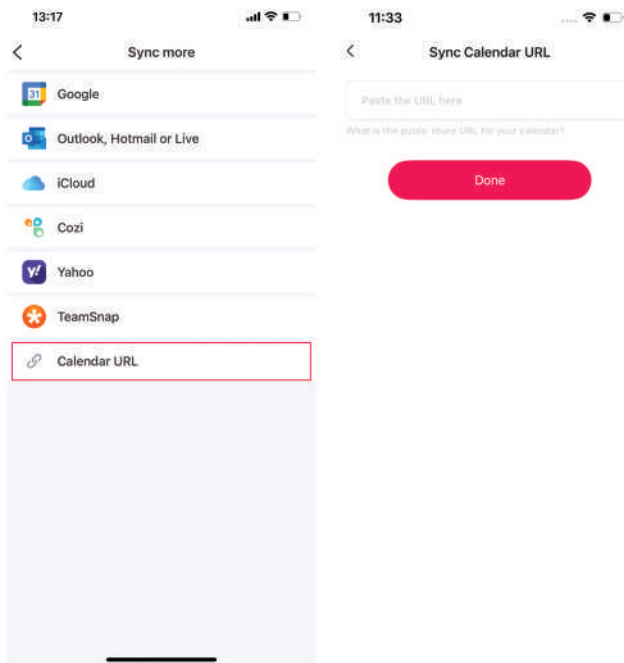
1. Open your web browser and go to **go.teamsnap.com**
2. Navigate to the Events tab, then go to **Settings → Sync Calendar / Export**.
3. Copy the URL for either **Full Calendar** or **Matches Only**.
4. Open the **Whale Framely App**, tap User, then select **Sync Calendar**.
5. Choose **TeamSnap**, then paste the copied URL into the input field.
6. Once syncing is complete, you can manage settings such as:
 - Synced devices.
 - Synced events.
 - Remove sync (disconnect).



SYNC EXTERNAL CALENDAR (URL)

To sync an external calendar using a URL, follow these steps:

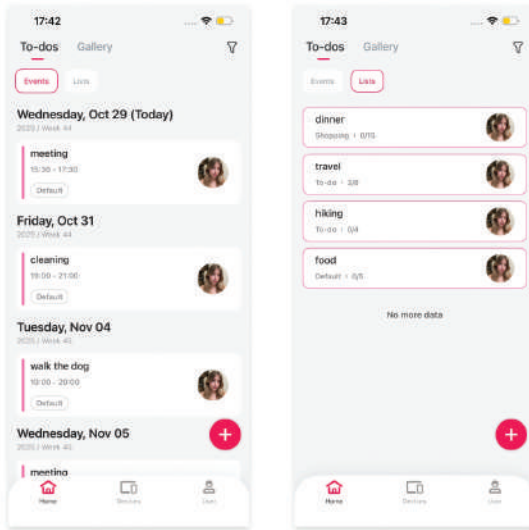
1. Obtain the calendar URL (ICS format) from your external calendar provider.
2. Open the **Whale Framely App**, tap **User**, then select **Sync Calendar**.
3. Choose **URL Sync**, then paste the copied URL into the input field.
4. Once syncing is complete, you can manage settings such as:
 - Synced devices.
 - Synced events.
 - Remove sync (disconnect).



HOME

The Home module shows your personal events and lists.

Note: This module only displays your personal events and lists, not those of other family members.



MY EVENTS

How to share the newly created events with multiple calendars.

Create an event

1. Open the **Whale Framely App** and go to the **Home** module.
2. In the bottom right corner of the screen, click the '+' icon and select '**events**' from the pop-up.
3. Enter details.
4. Set sharing options: Select the calendar(s) to share the event with and assign to the members.
5. Tap **Save** and your newly created event will then be instantly displayed on the selected calendar(s).

Event settings

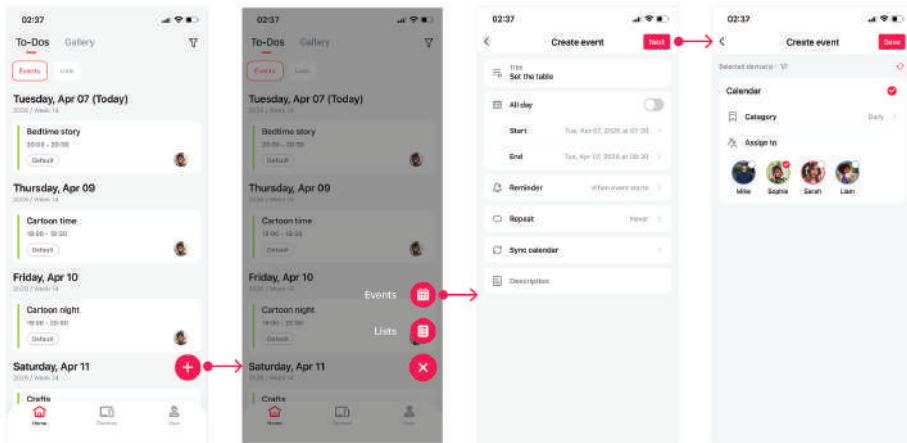
- Title.
- Time.
- Category.
- Description.

- Reminder.
- Repeat.
- Visibility (public/private).

Manage events

View details.

- Edit.
- Delete.
- Filter by time or calendar.



EVENT SETTINGS DETAILS

Settings	Description
Title	Enter a name for the event.
Time	Set the event time, including all-day or specific time slots.
Type	Assign a category to help organise and filter events.
Description	Add notes or additional details about the event.
Public	When enabled, the event is visible to all members. When disabled, it is visible only to you.
Reminder	Set a reminder before the event starts.
Repeat	Choose whether the event repeats.
Select device	Choose which Whale Framely device will display the event.
Member	Select members who can view and edit the event.

MANAGE EVENTS

View details

Tap the event to view its details and the calendars it is shared with.

Edit event

Update event details as needed, then tap Save to apply changes.

Delete event

Delete the event if it is no longer needed.

Filter events

Filter events by calendar or time range for easier viewing and management.

CREATE AND SHARE LISTS

How to share a newly created list with multiple calendars

1. Open the app: Open the **Whale Framely App** and go to the **Home** module.

2. Add a list: Tap the '+' icon in the bottom right corner, then select **List**.

3. Enter list details:

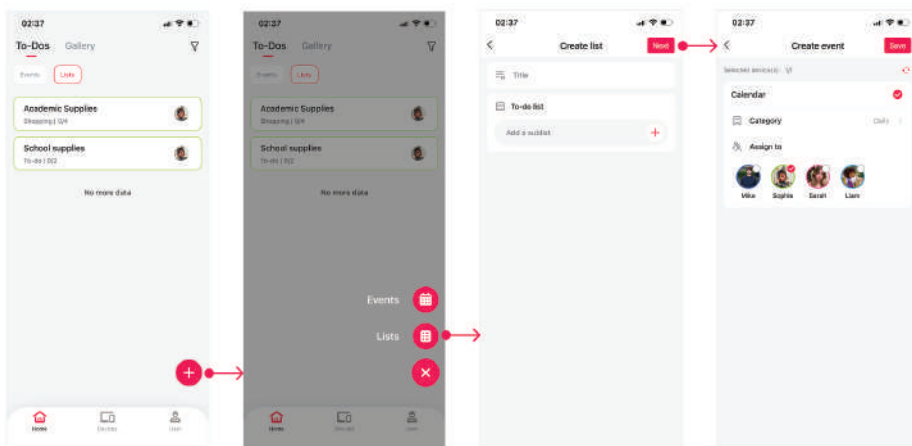
Enter the list title, choose a category, and add tasks.

4. Set sharing options:

Select one or more calendars, then choose members who can view and edit the list.

5. Save the list:

Tap **Save**. The list will be synced to the selected calendars.



LIST SETTINGS DETAILS

Settings	Description
Title	Enter a name for the list.
Type	Assign a category to help organise and filter lists.
Public	When enabled, the list is visible to all members. When disabled, it is visible only to you.
Select device	Choose which calendars will display the list.
Member	Select members who can view and edit the list.

LIST MANAGEMENT

View details

Tap the List to view its details and the calendars it is shared with.

Edit list

Update the list title, category, or tasks, then tap Save to apply changes.

Manage tasks

Add, delete, or edit tasks, and adjust their order as needed.

Copy list

Duplicate the list to quickly create a new one.

Complete tasks

Mark tasks as complete or unmark them as needed.

Add or remove tasks

Add new tasks or remove existing ones from the list.

Filter lists

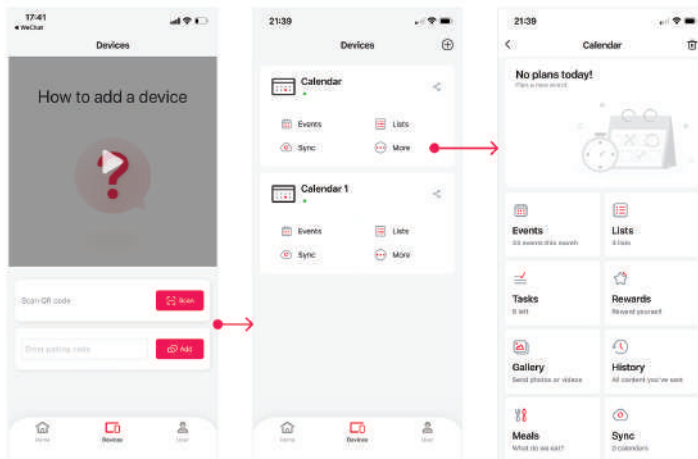
Filter lists by calendar to view content for a specific calendar.

DEVICES

In the **Devices** module of the **Whale Framely App**, you can add and manage multiple devices.

For each device, you can:

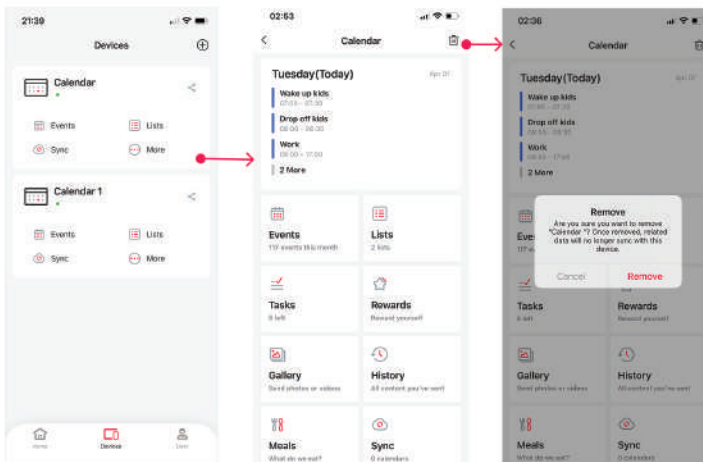
- Set up and manage the calendar.
- Manage lists and tasks.
- Sync calendars.
- Manage family members.
- Adjust basic settings.



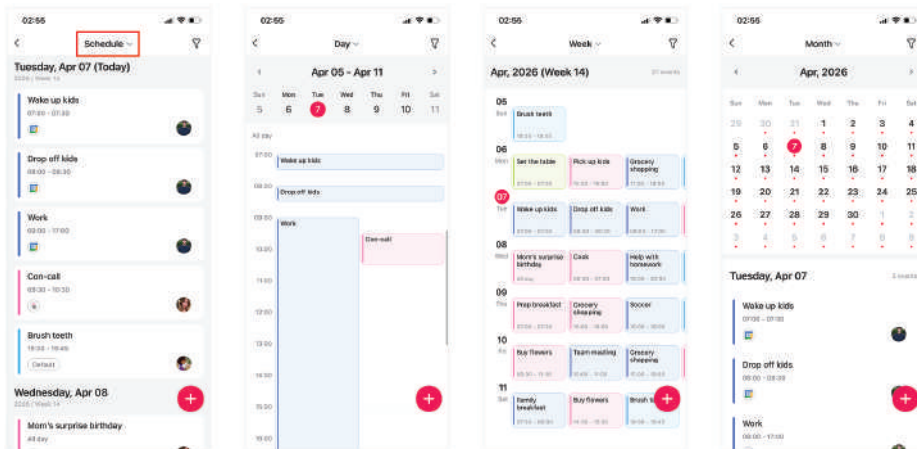
Remove a connected device

1. Select the device.
2. Tap the Delete icon.
3. Confirm removal.

Note: Removing a device stops data syncing.



CALENDAR



View switching

Switch between different calendar views to easily manage events across various time ranges.

Schedule view

View events by date in a scrollable list, allowing you to browse events across multiple days.

Day view

Displays all events for the day in a time line format, allowing you to clearly view schedules across different time slots and easily stay organised throughout your day.

Week view

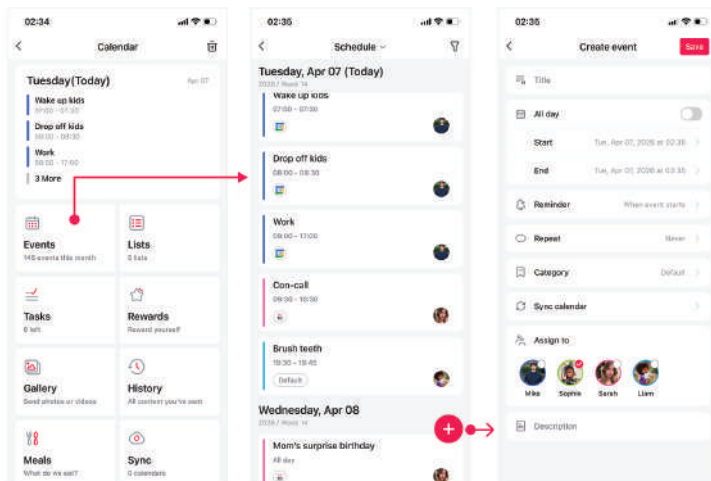
- View all events for a selected week.
- Displays seven days vertically.
- Shows events for each day in a clear layout.
- Allows you to navigate between weeks.

Month view

View a full monthly calendar for long-term planning.

- Displays all dates in the current month.
- Highlights today's events.
- Tap a date to view its events.
- Switch between months as needed.

CREATE AND MANAGE EVENTS (APP)



You can create events in the app, and they will automatically sync to your calendar.

If **two-way sync with Google Calendar** is enabled, any changes made in the Whale Framely app will also sync to your Google Calendar.

Create an event

1. Open the app:

Open the **Whale Framely App** and go to the **Devices** module.

2. Select a calendar:

Choose the calendar you want to manage.

3. Add an event:

Tap the '+' icon in the bottom right corner.

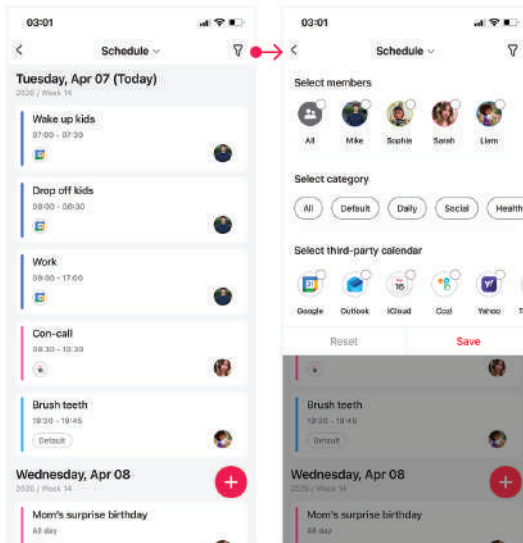
4. Enter event details:

Enter the title, time, and other relevant information.

5. Save the event:

Tap **Save**. The event will appear on the selected calendar.

FILTER



Filter events

You can filter events by member, category, or synced calendars to quickly find what you need.

By member

Show only events assigned to selected members.

By category

Filter events by category, such as daily, social, or health.

By synced calendars

View events from specific third-party calendars after syncing.

Lists

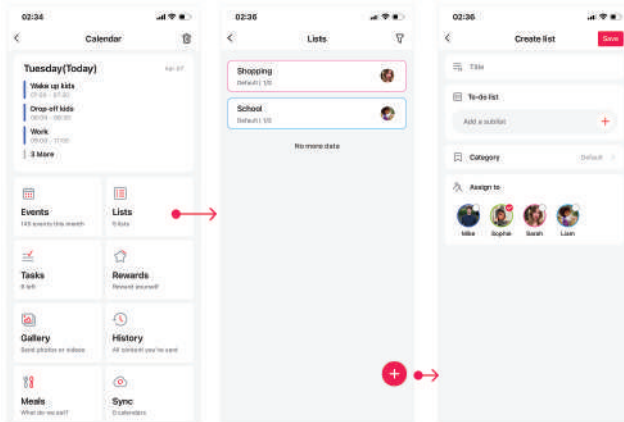
Lists are automatically synced between your calendar and the mobile app, helping keep your whole family updated. You can create as many lists as needed.

Create a list

You can create lists directly in the app, and they will sync automatically to your Whale Framely calendar.

Each list can include multiple tasks to help you stay organised.

How to create a list



Create a list

1. Open the app:

Open the **Whale Framely App** and go to the **Devices** module.

2. Select a calendar:

Choose the calendar you want to manage.

3. Add a list:

Tap the '+' icon in the bottom right corner, then select **List**.

4. Enter list details:

Enter the list title, choose a category, and add tasks.

5. Save the list:

Tap **Save**. The list will appear on the selected calendar.

View list tasks

Tap a **List** to view its tasks and check their completion status.

List management

View details

Tap a **List** to view its details and the calendars it is synced with.

Edit list

Update the list title, category, or tasks, then tap **Save** to apply changes.

Copy list

Duplicate the list to quickly create a new one.

Manage tasks

Add, edit, delete, or reorder tasks as needed.

Complete tasks

Mark tasks as complete or unmark them as needed.

Add or remove tasks

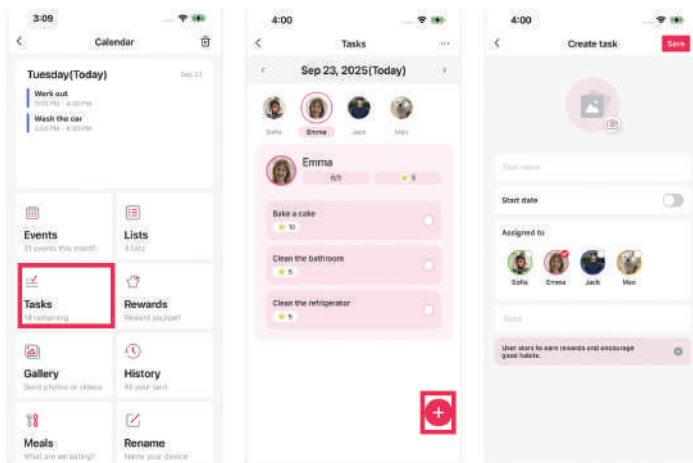
Add new tasks or remove existing ones from the list.

Filter lists

Filter lists by device to view content on a specific device.

FILTER

Tasks help you stay organised and manage important daily activities, such as chores like 'Clean the garage' or 'Mow the lawn'.



CREATE A TASK

1. Add a task:

Tap the '+' icon in the bottom right corner of the Tasks screen.

2. Enter task details:

Enter a task name and assign it to one or more members.

A separate task will be created for each assigned member.

3. Set schedule (optional):

- Enable **Time** to set a specific time.
- Enable **Repeat** to schedule the task daily, weekly, or monthly.

4. Set rewards (optional):

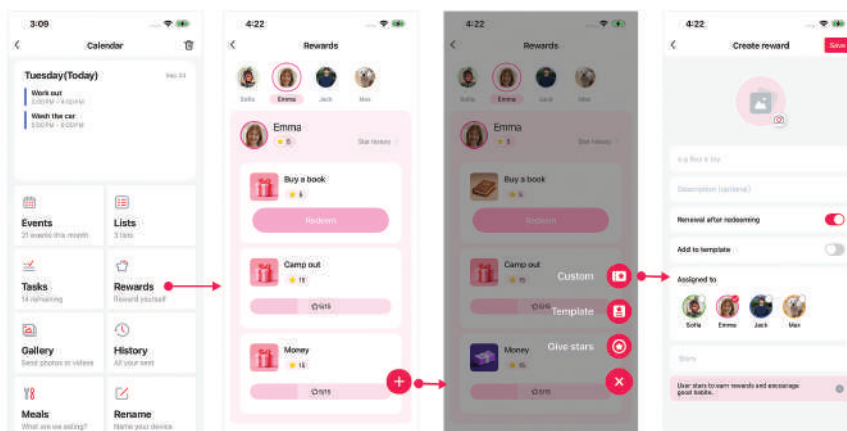
Enter the number of stars earned upon completion.

5. Save the task:

Tap **Save** to create the task.

REWARDS

Rewards help motivate children by tracking their progress toward goals.



CREATE A REWARD

1. Open Rewards:

Go to the **Rewards** module.

2. Select a member:

Choose the member you want to create a reward for.

3. Add a reward:

Tap the '+' icon to create a new reward.

4. Enter reward details:

- Image (optional): Add an image to represent the reward.
- Name: Enter the reward name.
- Reset after redemption (optional): Enable to automatically reset the reward after it is redeemed.
- Stars: Set the number of stars required to redeem the reward

5. Save the reward:

Tap **Save** to create the reward.

Share photos and videos

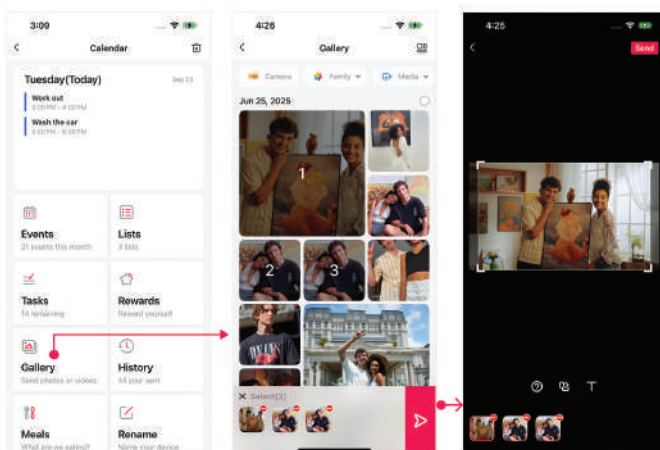
You can share both photos and videos through the app.

Share photos

1. Select photos or videos (up to 50 items).
2. Edit the selected content.
3. Choose a photo frame.
4. Tap **Send**.

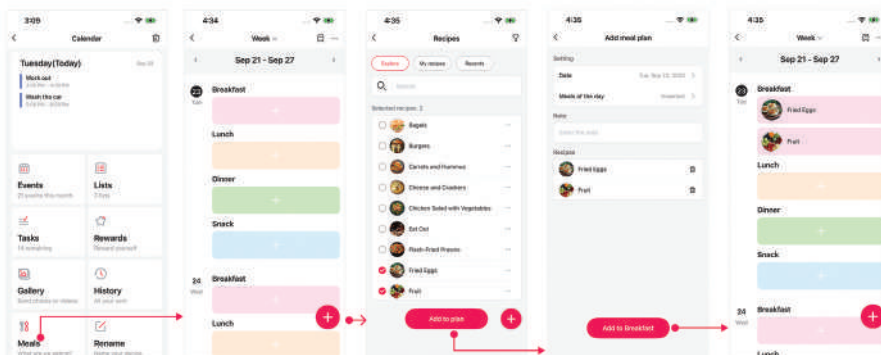
Note:

- Each video supports a maximum length of 60 seconds.
- Live photos are supported for viewing.



MEALS

The Meals feature helps you plan your weekly meals quickly and easily.



Create a meal plan

1. Open Meals:

Go to the **Meals** module.

2. Select a time slot:

Tap the meal time tile, or tap the '+' icon.

3. Choose recipes:

Select one or more recipes from the recipe box.

4. Add to plan:

Tap **Add to Plan**.

5. Add notes (optional):

Enter notes if needed, then tap **Add**.

6. View meal details:

Tap the meal tile to view full details.

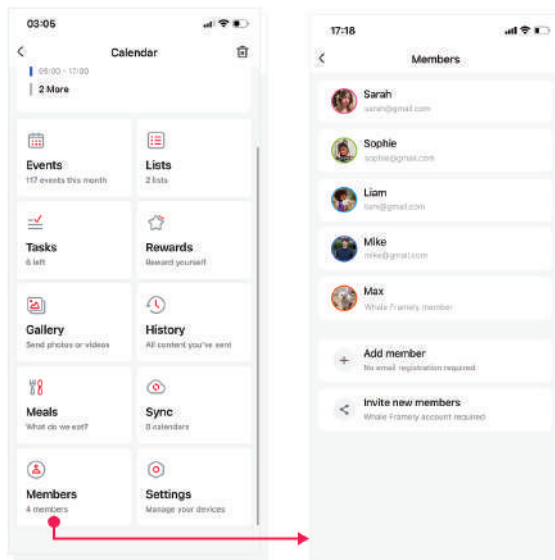
Rename device

The Rename feature allows you to set a custom name (alias) for your device for easier identification.

- If no alias is set, changes to the device name will sync with the app.
- If an alias is set in the app, changes made on the device will not sync to the app.

Members

In the **Members** module, you can view information for all family members connected to the selected device.



View family member information

In this section, you can view details of all connected family members, including:

- Profile photo.
- Name.
- Email address.
- Assigned colour.

Create members

You can create members for users who do not have an account (e.g. children).

Once created, you can assign events and tasks to them.

Invite family members

1. Open Devices:

Go to the Devices module and select the device you want to share.

2. Access family settings:

Find and tap My Family, then select Invite New Member.

3. Share the invitation:

A QR code and pairing code will be generated.

- Save or share the QR code.
- Or copy and share the pairing code.

4. Join the device:

The invited member must:

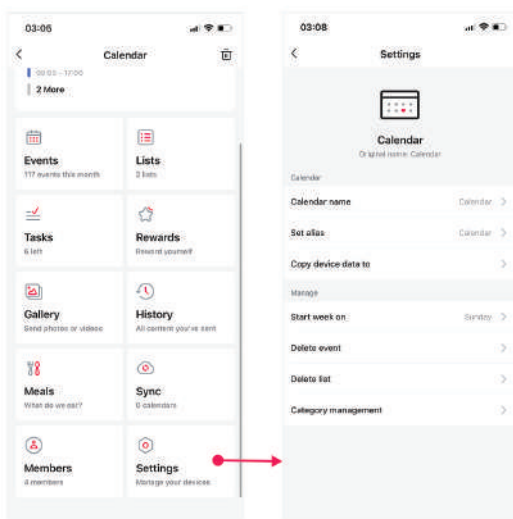
- Download and install the Whale Framely app.
- Add the device by scanning the QR code or entering the pairing code

Note: The pairing code is valid for 48 hours.

5. Start using the device:

Once connected, members can view and manage the device together.

SETTINGS



Settings

Customise your device to suit your preferences and usage.

Week starts from

Choose which day the week begins. The calendar view will update accordingly.

Delete events and lists

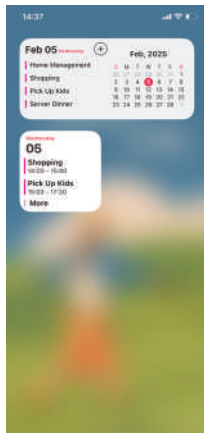
Delete multiple events and lists at once to save time.

Category Management

Organise your events and lists using custom categories. You can create, edit, or delete categories freely. If a category contains items, deleting it will present two options: Delete category and data – All events or tasks in this category will be permanently removed. This action cannot be undone. Move category and data – Transfer all items to another category before deleting the original category. No data will be lost.

WIDGET

The app offers two widget styles, allowing you to view your daily schedule directly from your phone without opening the **Whale Framely App**.



Add a widget (iPhone)

1. Enter edit mode:

Press and hold a blank area on the home screen until the icons start to move, then tap '+' or **Edit Home Screen**.

2. Open the widget library:

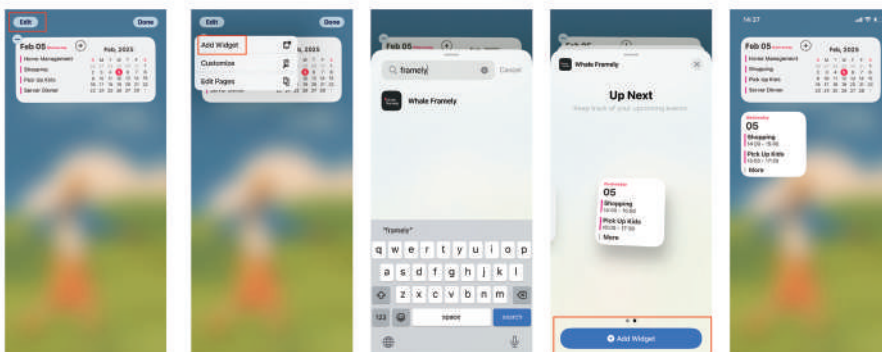
Tap **Widgets** (location may vary depending on your iOS version).

3. Find the widget:

Scroll or search for **Whale Framely**.

4. Add the widget:

Select your preferred widget style and add it to your home screen.



Add a widget (Android)

1. Enter edit mode:

Press and hold a blank area on the home screen until the editing options appear.

2. Open widgets:

Tap **Widgets** or **Add Widget** (varies by device).

3. Find the widget:

Scroll or search for **Whale Framely**.

4. Add the widget:

Select your preferred widget, then drag it to an empty area on the home screen.



FCC Statement

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. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.

Radiation Exposure Statement

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment and it also complies with Part 15 of the FCC RF Rules. This equipment should be installed and operated with a minimum distance 20cm between the device and your body.

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. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.