MT-ZD01PRO

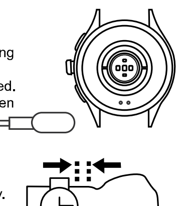
User Guide

Version V1.5

⚠ Note: Please use a 5V/1A charger; otherwise, there is a risk of damaging the charging cable.

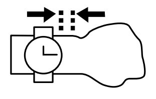
01 Preparation before use

Before use, make sure the battery of the watch is fully charged.



Charging: Align the bottom of the watch with the magnetic suction head. Within 5 seconds, the charging status indicator will appear on the watch screen. It takes about 3.5 hours for the watch to be fully charged. When fully charged, the battery indicator on the screen will show as full.

Wearing method



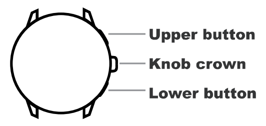
1. The watch is best worn behind the ulnar tuberosity.
2. Adjust the size of the wristband according to the adjustment holes to fit your wrist properly, then fasten the wristband buckle.
3. The sensor should be in close contact with the skin and kept stationary.

Install the app - Prepare for Bluetooth pairing

Download the "CO-FIT" app to your mobile device and install it. You can directly search for "CO-FIT" in the app store to download it, or scan the QR code on the right to access the download link (scanning is possible with browsers, WeChat, etc.)

Supports mobile phones with iOS 11.0 or above and Android 5.0 or above operating systems.

02 Introduction to the Functions of Watch Buttons



Up key:
Enter and exit the menu, return to the previous level; long press to enter the movement mode, double-click the key to switch the menu mode.

Middle knob key:
Short press to enter the movement mode, rotate the knob to adjust the dial.

Down key:
Power on, short press to turn on/off the screen, return to the dial; long press to shut down.

* To achieve the operation of returning to the previous interface, you need to slide your finger from left to right on the screen.

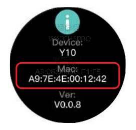
Quick Operations

1. Slide the watch downwards: Enter the quick function interface, which displays the Bluetooth connection status, weather, battery level, date, and includes buttons for screen always-on, alarm, brightness adjustment, app QR code, settings, and do-not-disturb mode functions.
2. Slide the watch upwards: Display the received historical text message content.
3. Slide the watch to the left: Display the step count, heart rate, blood oxygen, stress, and other custom-added function interfaces.
4. Slide the watch to the right: Display the date, day of the week, weather, music, background quick functions, and exercise data.
5. Long press the time interface for three seconds to slide left and right to switch the time dial. Select and touch to set successfully.

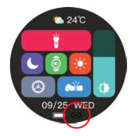
03 App connects to the watch via Bluetooth

1. Turn on the Bluetooth on your mobile phone.
2. Install the app, register and log in to the home page. 3. Pair the watch with the app. During the pairing process, make sure that the watch and the app can communicate (sync data). 4. Open the app > Devices > Add New Device > Select the model of the watch. 5. In the list of bound devices that appears, choose the watch model with the strongest signal or the corresponding Bluetooth address. Follow the prompts on your phone and click the pairing button on the watch screen to confirm the pairing ✓. At this time, the Bluetooth icon on the watch will be blue, indicating that you have connected.

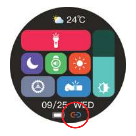
After the connection is successful, on the mobile APP interface (please do not skip), set the corresponding permissions according to the page settings to ensure the normal operation of the watch and the APP.
* Due to the Android mobile system's aim to maintain the smoothness of the phone, it frequently clears background software, which causes the watch and the APP to lose connection and fail to push information normally. Users need to manually add the APP to the whitelist.



Bluetooth address



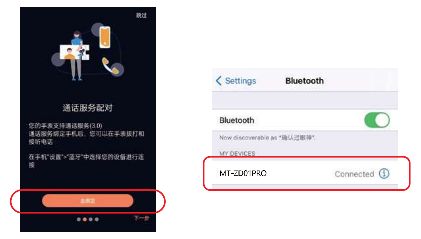
Not connected



Connected

04 Connect the audio/voice call Bluetooth of the watch

1. After the iPhone user successfully connects the watch through the app, the audio Bluetooth will be synchronized and connected.
2. For Android users, when the first pairing is successful, according to the "Call Service Pairing Option" in the pairing prompt interface, click the "Unbind Button" below (as shown in the right picture) and click "Pair" to complete the audio Bluetooth pairing. After successfully binding the watch's audio Bluetooth, the phone will generate a Bluetooth memory. Subsequent connection of the watch's Bluetooth can achieve simultaneous binding of audio Bluetooth. (If Bluetooth 3.0 is not automatically connected, please manually search for the Bluetooth watch model in the phone's Bluetooth settings and connect and pair.)



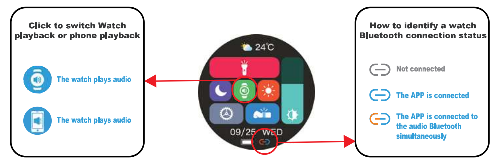
通话服务配对

您的手表支持通话服务(3.0)
通话服务绑定手机后，您可以在手表拨打和接听电话

在手机"设置">"蓝牙"中选择您的设备进行连接

How to disconnect the audio connection

1. For iPhone users, go to the Bluetooth settings of your phone, find the name "MT-ZD01PRO", click the right-facing exclamation mark, and then click <Disconnect>. This will disconnect the audio Bluetooth of the watch.
2. For Android users, go to the Bluetooth settings of your phone, click the Bluetooth name "MT-ZD01PRO", and the phone will display a prompt <Do you want to disconnect the connection?>. Click the "Confirm" button below to disconnect the audio Bluetooth of the watch.


Click to switch Watch playback or phone playback
The watch plays audio
The watch plays audio
24℃
09/25 WED
How to identify a watch Bluetooth connection status
Not connected
The APP is connected
The APP is connected to the audio Bluetooth simultaneously

05 Introduction to Watch Functions

Step counting

Wear the watch to record the number of steps, distance and calories you have taken each day. You can also view the current real-time step count.

Exercise Interface

The watch supports up to 100+ exercise modes, including fitness, leisure, competitive, ball-related, and dance types, such as running, walking, treadmill running, mountain climbing, cycling, spinning bike, yoga, basketball, football, badminton, etc.

Heart rate

Wear the watch correctly. Open the "Heart Rate" application in the watch app. Once entered, it will automatically measure your heart rate. This data is for reference only and should not be used as medical data.

One-click Micro-Evaluation Function

When the watch is worn correctly, simply press the micro-evaluation activation button with your finger for 3 seconds to activate this function. Note: After activation, please continue to press until the micro-evaluation is completed.

Dialing

The watch supports Bluetooth calls. After connecting to the audio Bluetooth, users can directly make, receive and reject calls on the watch.

Information

You can view the text messages on your phone and the real-time notification information sent to your watch.

Password lock

The watch enters the settings list and finds the password icon. Click on it to access.
You can set a four-digit password lock.

Stopwatch

Electronic timer, capable of recording one or more time periods, seconds.
Swipe the stopwatch interface to the right to exit the timing.

Sleep

After correctly wearing the watch, open the "Sleep" application in the watch app and record the sleep conditions for the entire night.

Breathing exercises

The breathing rate and duration can be set. Once the breathing training through the interface of the watch is successful, the heart rate and breathing data will be displayed.

Alarm Clock

You can set an alarm on the watch. When the set time arrives, a pop-up window will alert you. Multiple alarms can be set.

Search for the mobile phone

When the watch is connected to the app, clicking it will cause vibration/sound to be emitted.

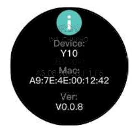
Take a photo

After confirming that the watch and the mobile phone are properly connected to the APP, you can either turn on the photo-taking function within the watch or click "Device - Take Photo" in the mobile APP to activate this function. This function allows you to remotely take photos using the camera on your mobile phone.

Calculator

Find the computer button on the watch and click it to use the computer functions.

Regarding



In the settings interface, locate the "About" button and click on it to display the device name, Bluetooth MAC address, and version of the local device.

成品尺寸75*110

正面

离线语音助手指令词

唤醒词	小炎小炎	打开活动	打开压力
		打开睡眠	打开呼吸训练

Weather

Scroll down the time interface to the quick function interface, and it will display the current weather conditions and temperature for the day. (Note: This function requires a connection to the mobile app. If not connected, there will be no weather information.)

Intelligent voice

When the watch is connected to the app, open the voice assistant interface, follow the prompts to input voice commands, and you can control the phone through the voice assistant.
If you want to use the voice function to reply to WeChat, you need to open the phone screen. The voice command is as follows: "Send message to XX > Enter message content > Confirm sending". Please ask in Mandarin; otherwise, it will not be recognized.

Offline voice assistant

In the watch settings interface, locate and enter the voice recognition function. Once enabled, you can call Xiaoyan Xiaoyan on the watch to activate a certain function. This function can be opened through offline voice commands, such as "Xiaoyan Xiaoyan", to open Alipay. However, if you are in a noisy environment, it may affect the accuracy of voice recognition.

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 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.
Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Change the dial:

Change the dial:
Long press on the dial page of the watch, swipe left and right to browse the dials, and click to complete the replacement. For more dials, please download them from the dial section of the mobile APP.

06 Function Introduction of the App

1. Dial
This function allows you to select the dial to be pushed from the mobile app. You can also edit an image on your phone and then push it to the watch. A large number of dials require downloading on the mobile device before they can be pushed.

2. Message Alert
When the device is connected and this function is enabled, if there are iMessage, Facebook, etc. messages, the watch will vibrate to alert and display the content received by the app. You can manually select to receive the corresponding app messages.

3. Incoming Call Alert
When the device is connected and the incoming call alert function is enabled, the watch will vibrate to alert you when there is an incoming call. If the function is turned off, there will be no vibration alert when a call arrives.

4. Loss Prevention Reminder
When the device is in connected mode and the loss prevention reminder function is enabled, if the watch is moved away from the phone and the connection is lost, the phone will vibrate to give a reminder. If the function is turned off, there will be no vibration reminder when the connection is lost.

5. Do Not Disturb
After enabling the Do Not Disturb mode, the watch will not receive notifications such as text messages and phone calls. When it is turned off, the information reminder functions will be restored.

6. Alarm Clock
Clicking into this section allows you to add a new alarm. Set the start and end times, and the alarm can be set to ring only once or repeatedly. Select the date < day of the week > setting, and you can turn on/off the alarm. You can also add label content.

7. Sitting Duration Settings
Set the start and end time periods and the sitting duration interval (in minutes) within the app. Click to enter the repeat settings to ring only once or select the sitting reminder date (day of the week). When the sitting duration reaches the limit, the watch will vibrate and display the sitting icon.

8. Unit Settings
You can set the distance unit displayed on the watch (imperial, metric) and the temperature unit (Fahrenheit, Celsius).

9. Date Format
You can set the date display unit on the watch.

10. Vibration
You can set the frequency of vibration for each reminder (the higher the frequency, the more power consumption).

11. Backlight
You can set the duration of the watch's continuous screen display (the longer the time, the more power consumption).

12. Flip-Wrist Display
Set the start and end time periods within the app. Once enabled, flipping the wrist will turn on the display.

13. Heart Rate Settings
Set the start and end time periods and the heart rate monitoring interval within the app. Once enabled, the watch will monitor the heart rate data at regular intervals within the set time.

14. Health Management
Set the menstrual cycle and other relevant data within the app. Once enabled, it will provide corresponding reminders for the menstrual period.

15. Camera
When the device is connected, clicking on it will display the photo-taking interface of the phone and the watch. After clicking the icon on the watch, the phone can take a photo.

16. Firmware Upgrade
After the App is connected successfully, if there is a new software, the system will pop up a window to remind of updating the latest software. You can also check if there is a new version by yourself. Go to Settings - Firmware Upgrade to view.

17. Synchronize Contacts
After entering the Contacts interface, click the upper right corner to add the mobile phone contact list.

18. World Clock
You can set the clocks of multiple countries. The maximum number of world clocks that can be set is 5.

19. Alipay
Use the <Alipay> APP on the phone to scan the QR code on the watch's Alipay interface to complete the binding.

20. My Business Card
Upload the QR codes of friends from various social apps and they can be directly displayed on the watch.

21. Payment QR Code
Upload the payment QR codes from various payment platforms and they can be directly displayed on the watch.

22. Voice Assistant
The intelligent voice assistant can consult and answer your questions.

23. AIGC Intelligent Generated Dial
After the watch is bound to the APP, click the Dial option in the device interface. After entering, click AIGC to select the dial style and input the text content description to generate the dial. You can also open the AI Dial menu on the watch and speak out the instructions to generate the desired dial. It will be completed in approximately 90 seconds.

24. Navigation
In the APP device interface, click the Navigation option, input the destination, and choose the text or image mode.
Clicking Start Navigation will synchronize to the watch for navigation.

25. Stock Market Function

On the APP device interface, click on the "Stock Market" option. After entering, you can input the stock code or name you want to view and then add it.

07 Product parameters

Product type: Smartwatch

Display screen: 1.53-inch screen

Synchronization method: Bluetooth

Packaging contents: Main unit, strap, charging cable, instruction manual

Notes for Attention

1. Please connect your watch when synchronizing data.
2. Charge using the included charging cable.
3. Do not expose the watch to high moisture, extremely high or low temperatures for a long time.
4. The heart rate and blood oxygen data of this device are for reference only and not as medical basis.
5. Blood pressure tests are affected by external environment and personal skin color, and blood pressure monitoring is only for monitoring changes in blood pressure levels. It cannot truly test or monitor the blood pressure of patients with hypertension and cannot be used as a medical device. The test data cannot be regarded as medical data and is for reference only.
6. Why can't incoming call information or content be pushed.
When users first turn on the QQ and WeChat reminder switch, the app will obtain the corresponding permissions, and check the programs in the app to obtain the corresponding permissions.
7. The final interpretation rights belong to the merchant.

Offline voice assistant command words		Start activity	Release pressure
Wake-up word	Xiaoyan Xiaoyan	Turn on sleep mode	Turn on breathing training
Instruction	Open Settings	Turn on the dial	Turn on the calculator
	Open Notifications	Start the game	Turn on the timer
	Turn on the flashlight	Activate the alarm	Turn on the stopwatch
	Open the Weather	Open the difficulty setting	View the exercise record
Turn on blood oxygen	Start exercising freely	Start basketball	Turn on the music
Start exercising	Start indoor running	Start hiking	Start playing Continue playing
Stop exercising	Start running outdoors	Start spinning	Pause playback
Continue exercising	Start walking briskly	Start cycling	Previous song The next song
Pause exercising	Start climbing the mountain	Reduce brightness	Open blood sugar
Start exercising	Start running	Increase brightness	Open lipid levels
Reduce volume	Start the call	Turn on navigation	Open uric acid
Increase volume	Open the contacts	Turn on business card	
Search for phone	Turn on the camera	Turn on payment code	
Open Alipay payment	Open the stock market	Turn on calendar	
Return to dial pad	Turn on the world clock	View call records	
Turn on voice assistant	Scan the QR code	Turn on blood pressure	
Open WeChat	Set time and date	Turn on skin temperature	
Open Meituan	Turn off the "Do Not Disturb" mode	Turn on minor inflammation assessment	
Open DingTalk	Turn on the standby dial.	Turn on micro-examination	
Open Weibo	Enter the password	Turn on NFC	
Turn on theme switching	Turn on the ringtone for incoming calls	Turn on card pack	
Turn on drainage	Open the system menu	Turn on QQ	

08 Restriction of Substances List

List of names and contents of harmful substances in the product

Component Name	Harmful substances					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent chromium (Cr(VI))	Polybrominated biphenyls (PBB)	diphenyl ethers (PBDE)
Case	○	○	○	○	○	○
Battery	○	○	○	○	○	○
Display screen	○	○	○	○	○	○
PCB	×	○	○	○	○	○

This table is compiled in accordance with the provisions of SJ/T11364.
○ : This indicates that the content of the restricted material in all the materials of this component is below the limit requirements stipulated in GB/T26572.
× : Indicates the minimum content of the restricted substance in a certain material of the component.
Exceeds the limit requirements stipulated in GB/T26572.

The certificate is verified.

09 Product warranty card

Product model		Purchase of the store	
Order Number		Purchase channels	
Purchase Date	Moon Day Year	Customer Address	
Problem Description			

The product offers the following guarantees:

1. This product is manufactured through strict quality management and inspection processes.
2. If the product malfunctions during normal use, consumers can enjoy free services at the purchasing store or the factory's repair center according to the content of the warranty card.
3. The following situations are not eligible for free services:
- Damage caused by non-approved repair and modification by our company;
- Damage caused by natural disasters or abnormal voltage;
- Damage caused by incorrect, negligent use or accidental events;
- Damage caused by failure to follow the precautions in the product manual.
4. This warranty card serves as the warranty certificate.

反面