USER MANUAL
SMART WATCH

Open the client and download it

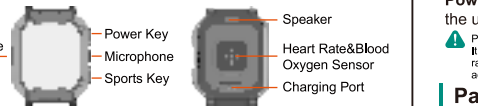Scan the QR code below to download and install the client on your cell phone.

Watch profiles

The watch is designed with push buttons + color screen, integrating multiple functions into one, and the large color screen provides a larger field of view.

Awakens: With the screen off, click the button to wake up the watch.

Light up the screen: Click the up button to light the screen. Raise your wrist or turn your wrist inwards to light up the screen.

- Air Pressure Hole
- Power Key
- Microphone
- Sports Key
- Speaker
- Heart Rate&Blood Oxygen Sensor
- Charging Port

AOD off screen:

1. After lighting up the screen by pressing the button or lifting the wrist, the screen automatically turns off after a period of no operation.
2. Lowering your arm makes the screen go off quickly.
3. Select Watch Settings > Display > Screen Off Time to set the screen off time.

Charging and powering up
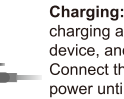
Charging: Aim the charging cable at the charging area on the back of the fitted device, and connect the other end to Connect the charger and turn on the power until the charging power indicator appears on the screen of the device, The charging power indicator appears on the screen of the device,

Power on: Charging can be auto power on , or long press the up button to power on.

⚠ Please keep the charging cable, device, etc, dry when charging。It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable。Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging。

Pairing of connecting devices

After the device is turned on for the first time, the Bluetooth is paired by default. Please download and install the latest version of DaFit App before pairing.

⚠ Please make sure your phone has Bluetooth and location services turned on.

HarmonyOS, Android users

In DaFit App, click Add Device, the app will automatically scan for connectable devices, click on the target device to connect it, and pair it according to the interface prompts.

Click on the device with Bluetooth name C 20 on the Search for Devices page to bind it.

Add device
C 20

You need to agree to the following permissions to use the Bluetooth calling feature.

⚠ If you replace the paired connected cell phone, you need to go to App > Remove Device >.

Bluetooth pairing request
Pair with C 20?
Cancel | Pair

iOS users

In DaFit App, click Add Device, select the device you want to pair with in the device list, click Pairing.

Click on the device with Bluetooth name C 20 on the Search for Devices page to bind it.

ADD A DEVICE
C 20

You need to agree to the following permissions in order for the watch functions to work properly and for Bluetooth calling to function.

⚠ After successful pairing, the device returns to the dial interface and synchronizes the relevant information (date, time, etc.)

Allow C 20 to Receive Your iPhone Notifications? ?
When connected, all notifications you receive on your iPhone will also be sent to C 20 and may be shown on its display.
Cancel | Pair | Don't Allow | Allow

Wearing a watch

Please make sure that the bottom case of the watch is clean and free of debris, and then fit the monitoring unit area on your wrist to maintain a comfortable, snug fit. Do not put a film on the back of the watch, there are sensors at the bottom of the watch to recognize the human body, once covered, it will lead to inaccurate or unrecognized recognition, which will lead to inaccurate or unrecorded records of heart rate, blood oxygen, sleep and so on.

To ensure the accuracy of the measurement, please wear the watch at least one finger away from the bone joints, keep the strap loose and tight, and try to wear it as tight as possible when you are exercising.

Buttons and on-screen controls

The device adopts color screen, supports full screen touch, slide up, slide down, slide left, slide right, long press operation,

Buttons-BACK
1. short press to enter sport mode
2. Long press the voice assistant
3. Support customized keys

Pushbutton-POWER
1. Short press to enter the main menu / return to the dial
2. Long press the on / off switch
3. Double-tap to go to Recent Apps

⚠ Key customization function is set in App.

Motion Mode

1. In the list of applications on your watch, tap Exercise.
2. Select the type of workout on the Workout screen. You can also swipe up the screen and tap Customize to add and select additional workouts, The following are some examples of the exercises that can be added to the workout screen.
3. Click on the start icon to begin your workout.
4. Shortly press the upper button of the watch during the workout, and then tap the end icon on the pause screen to end the workout.

Measuring heart rate

In order to ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, please wear it as tight as possible when exercising, Please wear the device as tight as possible during exercise.

Single Heart Rate Measurement

Select Heart Rate in the device application list to take a single heart rate measurement.

⚠ Due to external factors (such as hairy arms, tattoos, darker skin color, sagging arms, shaking arms), the measurement results may not be accurate or the value may not be available.

Continuous measurement of heart rate

Go to the DaFit app device page, click Other Settings > All Day Heart Rate to turn on the Continuous Heart Rate switch. Once turned on, the device will continuously measure heart rate according to the set time.

Frequently Asked Questions

Q1. Why does the watch not turn on?
A1: Charge the watch with the original charger for more than 30 minutes.
A2: Use a high power charger to charge your watch (e.g. 9V/2A) and other fast chargers.
A3: Please contact customer service to replace the data cable.

Q2. Why can't the watch go through APP?
A1: Open all Bluetooth devices on your cell phone, delete the APP and reconnect according to the user manual.
A2: Reset the watch and restart the phone.
A3: Switch to another phone to reconnect the watch.

Q3, Why is the data collected by the watch inaccurate?
A1: Fill in the actual personal information on the APP, such as gender, age, height, weight and other information.
A2: Make sure the protective film on the back of the watch is removed.
A3: Make sure the watch is neither too loose nor too tight when worn.
A4: Reset the watch to recheck the accuracy of the data.
A5: Considering that different brands use different software algorithms, The way data is collected varies from device to device (e.g., smartwatch, smartphone, treadmill, etc.), In other words compare the data collected by different devices. For example, the data detected by an Apple Watch is very different from that of a Garmin Watch,

Q4. The watch can't sync WhatsApp or Facebook?
A1: Make sure to allow the app to access the notification on the phone.
A2: Please make sure WhatsApp or Facebook notifications are turned on in your phone.
A3: Please make sure WhatsApp or Facebook notifications are turned on in the app.
A4: Disconnect the watch and reconnect it.

Q5. Why is the battery life too short?
A1: Reduce the screen brightness and adjust the screen timeout to five seconds.
A2: Turn off 24-hour heart rate monitoring without notification.

FCC Caution：

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.

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