user's manual



Welcome to use our high-performance wristband smartwatch to create a thoughtful health experience for you.

Please fully charge before use. APP: Da Fit

1. Download and pair-up

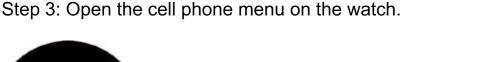
store and install Google Player.

- 1.1 Long press the side button "open" to open. 1.2 Scan the QR code below to install Da-Fit APP, or download "Da-Fit" from the app
- Compatible system: Android4.4 and above, iOS 8.0 and above



(For download APP applications only)

- 1.3 Open the mobile phone APP and select the device to bind in the APP device list Step1: Turn on the mobile phone with Bluetooth
- Step 2: Open the Da-Fit application and click "Add Device" to connect.



Step 4: Check the last four digits of the MAC address "About" in the watch menu. such as "0000", then go to the phone "Set Bluetooth" and search the same Bluetooth name "0000" as the last four to complete the BT connection, as shown below. Note: Open the call switch in the watch setting menu. A window pup on the APP of IOS to

- check whether links are allowed. Click to allow a call connection. 2. Smart wristband function
- 2.1 Time interface
- 2.1.1 Power on: hold the button on the side for 3 seconds.
- 2.1.2 Shutdown: In the time interface, press the side key for 3 seconds, and then click the "" icon to shut down
- 2.1.3 Switching surface: Based on the main surface, long press the screen to replace all kinds of dials. You can download the dial in the app. Can upload your favorite pictures as a dial.
- 2.2 Function menu
- 2.2.1 Activity record (step record)



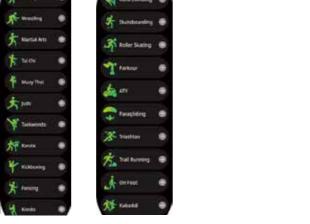
Sleep monitoring time: 20:00 PM to 10:00 am. Be sure to wear the bracelet



2.2.3 Heart Rate Monitor (For a 24-hour monitor, open "All Day Heart Rate" under the "Other" menu in the Da Fitapp



2.2.4 Sports (107 sports modes: walking, running, cycling, rope skipping, badminton, basketball, football, all sports data will be synchronized to mobile phone Da Fit App All sports data will be synchronized to mobile phone Da Fit



Select the exercise mode you want, start the test and display all the exercise data: mileage, calories, heart rate, as follows

As shown in the figure: the left sliding screen can exit or pause the motion test. As shown: the sliding screen on the left can be returned Out or pause the motor test.



2.2.5 Bluetooth call



2.2.6 Blood pressure test (click on the screen for monitoring) Note: This measurement data is for reference only and is not intended for medical purposes.



2.2.7 Oxvaen test (click the screen to monitor) Note: This measurement data is for reference only and is not intended for



2.2.8 Weather (Swipe the screen up to view weather information for the week)



2.2.9 Window Shutters

Android: Open the Da Fitapp, enter the "shutter" from the smart bracelet. shake the hand ring or click to take a photo.

IOS: Go to the smart bracelet "shutter", make sure you open the phone's camera, shake the bracelet or click the icon.

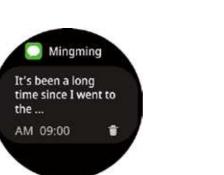


2.2.10 Player (enter BT music, click the middle icon to pause or continue, click the left icon to play the last song, click the right icon to play the next song)



2.2.11 Notification push (open the Da Fitapp "notification" social applications, such as Facebook, Twitter, Skype, etc.

Note Android phone Settings: Da Fitapp / Notification / accessibility to open



2.2.12 Compass function (shaking calibration is required, please put the watch flat on the horizontal desktop for measuring)



the barometer, the daily altitude deviation will be related to the weather, the altitude function is only used for climbing, with the increase of height, the value will change according to the increase of several meters of height)



3. P-up menu (slide down from the main dial)



4. Function on the Da Fit App

4.1 Data synchronization

All the measured data of the smart bracelet will be synchronized on the mobile Da Fitapp, such as steps, sleep monitor, heart rate, blood pressure, blood oxygen and other data, as shown in the figure below.

4.2 Smart wristband connection interface

4.2.1 dial (multiple interface options, 1 custom dial, the user can manually replace user-defined pictures or photos)

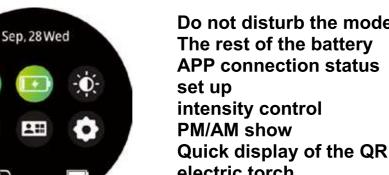




Whatsapp, Twitter, etc.) 2.2.13 Altitude pressure compass function (the pressure is measured 4.2.3 Alerms (3 options) according to the barometer, the altitude is converted according to the value of



1. Open the "Find Mv Watch" mode. When the phone is successfully connected to the smart watch by Bluetooth, the watch will vibrate and ring



5. All-day heart rate monitor (turn it on to detect your daily heart rate) 6. All-day pressure: (When opened, the smartwatch will record your pressure in real

7. Power saving mode: (screen brightness decreases, call switch is off)

4.2.2 Notifications (open social app notifications, such as wechat, Facebook,

4.2.5 Others (find my smart bracelet, time format, no disturb setting time, sedentary

reminder, all-day heart rate monitor, all-day pressure, power saving mode, unit format,

bright screen time, guick screen view, heart rate warning, hand washing reminder,

8. Unit format: Metric system / British system selection

weather, drinking water reminder, physiological cycle reminder)

2. Time format (2 options for 12 hours and 24 hours system)

4. Sedentary reminder (valid from 10:00 am to 22:00 PM)

3. No interference in the setting mode

- 9. Screen time setting: (the screen time can be selected between 5-30 seconds) 10. Heart rate Warning: (By default, your maximum heart rate is 187 BPM. Warning to
- you if you exceed the default value) 11. Hand-washing Reminder: (When enabled, you can customize the start time.
- number and number of hand hands)
- 12. Quick screen: Wake up the screen (open and select valid period)
- 13. Drinking water reminder: It is recommended to drink at least 1955 mL of water every day (when opening, you can customize the start time, number of drinks, and
- 14. Weather (turn on the weather, select the city you want or automatically locate, the
- band will show the weather of the located city)

(Note: Note that the above functions work based on activating and saving relevant

1. Why does the smart wristband automatically disconnect the Bluetooth when the Android screen goes out?

1> Lock in the background APP. When the Da-Fit process is removed, the smart bracelet will be disconnected from the phone.

2> Set the APP to start from itself

3> unlimited background operations. The Android phone with the APP default intelligent limit background operation, and the APP should be set manually without any restrictions.

2. Why can't the smart bracelet receive the message push?

1> Please confirm that you have turned on the message push switch on the

2> Please confirm that the message can be displayed normally in the mobile phone notification bar. The message push on the smart bracelet is done by reading the messages in the phone's notification bar. If there is no message in the mobile phone notification bar, the smart bracelet will not receive a message push. (You need to find the notification setting in the mobile phone Settings, and open the notification switch for wechat, QQ, call, SMS and mobile phone client).

3> Open the phone- - -Settings. Enter the Notification Use Right in the Top search box to reopen Da-Fit.3. Why can't take a hot bath with the smart bracelet?

A: The bath water temperature is relatively high and produces a lot of steam, which is a gas phase of a small molecular radius and can easily penetrate into the smart bracelet from the shell gap. When the temperature drops, the steam will condense into liquid phase droplets, which can easily lead to a short circuit inside the smart bracelet. damage the circuit board, and then damage the smart bracelet.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

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 complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.