

UK

User Manual



Welcome to use our high-performance wristband smartwatch, creating a thoughtful health experience for you. Please charge before using.

For any inquiries about the product, please feel free to contact us. If you wish to activate the 2-year free warranty service, please contact us through the after-sales email below. We will definitely assist you and resolve your issue within 24 hours.

After Sales Service E-Mail: hjsservice.vip@gmail.com APP: Da Fit

1. Download and Pair

- 1.1 Long-press the side button to power on.
- 1.2 Scan the QR code below to install the Da-Fit APP or download "Da-Fit" from the app store, and install it via Google Play.Compatible Systems: Android 4.4 and above, iOS 8.0 and above.
- 1.3 Open the mobile APP, select the device you want to pair in the device list in the APP.



APP only



- Step 1: Turn on the phone's Wireless
 - Step 2: Open the "Da-Fit" application, click "Add Device" to establish a connection.
 - Step 3: Open the phone menu on the watch.
 - Step 4: Look for the last four digits of the MAC address in the watch's menu under "About," such as "0000," then go to your phone's "Set Wireless" to search for the Wireless name that matches the last four digits, "0000," to complete the BT connection, as shown below.
- Note: Turn on the call switch in the watch's settings menu. For iOS system's APP side, a window will pop up to check if you allow the connection. Click to allow the call connection."

2. Smart Bracelet Functions

- 2.1 Time Interface
- 2.1.1 Power On: Hold the side button for 3 seconds

2.1.2 Shutdown: On the main interface, press the power button or encoder button for 3 seconds, and then press the "V" button to shut down.

2.1.3 Switching Interface: On the main interface, long press the screen to enter 6 interface options. The first dial can be manually replaced with a custom image or photo from the application. The seventh dial can be selected from the dial library.

2.2 Function Menu

2.2.1 Activity Records (Step Records)



2.2.2 Sleep Monitor, Sleep Monitoring Time: 8:00 PM to 0:00 AM. Please ensure the wristband device is worn.



2.2.3 Exercise (107 Sports Modes: Walking, Running, Cycling, Jump Rope, Badminton, Basketball, Soccer; all exercise data will synchronize to the Da Fit app on your phone.)



2.2.4 Select the sports mode you desire, start the test, and display all exercise data: distance, calories, heart rate, as shown in the figure below; the left sliding screen can be used to exit or pause the exercise test.



2.2.5 Wireless Calling



2.2.6 Weather (Swipe up on the screen to view this week's weather information)



2.2.7 Blinds

Android: Open Da Fit app, enter 'Shutter' from the smart bracelet, shake the bracelet or tap to take a photo. iOS: Enter 'Shutter' on the smart bracelet, make sure the phone's camera is open, shake the bracelet or tap the icon.



2.2.8 Music Player (Input BT music, tap the middle icon to pause or resume, tap the left icon to play the previous song, tap the right icon to play the next song)



2.2.9 Notification Push (Open Da Fit app 'Notifications,' enable accessibility for social apps such as Facebook, Twitter, Skype, etc. Note for Android phones: In Da Fit app/Notifications/Accessibility, enable 'Da Fit'.')



2.3 Altitude barometer

Click on the menu bar to enter this function. The watch will automatically measure and record the height and pressure of the current position, and display all-weather measurement data in the waveform. Measurement range: Altitude from -800m to 8800m, air pressure from 300hPa to 1300hPa.



2.3.1 compass

The COMP key on the watch is a shortcut key for the compass, which can also be accessed through the menu bar. Select the compass in the watch application list and follow the prompts to rotate the watch to complete calibration. After calibration is completed, the compass scale can be displayed. Please avoid devices with magnetic interference during calibration (such as mobile phones, tablets, computers, etc.) to avoid affecting calibration accuracy. The compass displays the direction the watch is facing, helping you explore unfamiliar environments such as wilderness exploration and travel, and recognizing the direction in the middle.



2.3.2 Pray Times

- A: Automatically obtain the local prayer time and remind the user after connecting to the phone
- B: 'Allah' is the name of a Muslim God, with a total of 99 names
- C: Pointing towards the direction of the Kaaba Palace, similar to a compass



2.3.3 World Clock

a: After successfully connecting to the app, you can add clock information for 6 cities.

b: Local time slots can be visually displayed through colors, and time and date difference can be viewed anytime, anywhere



3. Pop-up Menu (Swipe down the screen

from the main watch face)
 Do Not Disturb Mode
 Remaining Battery
 App Connection Status
 Settings

Brightness Adjustment
 PM/AM Display
 Quick QR Code Display
 Flashlight



4. Features on Da Fit App

4.1 Data synchronization

All measurement data on the smart bracelet will be synchronized to the DaFitapp on the phone, including step count, sleep monitoring and other data

4.2 Smart wristband connection interface

4.2.1 dial (6 interface options, 1 custom dial; users can manually replace user-defined images or photos)



4.2.2 Notifications (Enable message notifications from social applications such as WeChat, Facebook, WhatsApp, Twitter, etc.)

4.2.3 Alarms (3 options)



4.2.4 Venetian Blinds

4.2.5 Other (search for my smartwatch, time format, please do not disturb) Timetable, sedentary reminder, all day Pressure, power-saving mode, unit format, on-time screen, fast View screen, wash hands reminder, weather, Hydration reminder, menstrual cycle reminder)

1. Activate the 'Find My Watch' mode. After successful Wireless connection between the phone and smartwatch, the watch will vibrate and ring.
2. Time format (options for both 12-hour and 24-hour clock)
3. Do Not Disturb settings
4. Sedentary Reminder (Effective from 10:00 AM to 10:00 PM)
5. All-Day Stress: (When activated, the smartwatch will real-time record your stress levels)
6. Power Saving Mode: (Reduces screen brightness, turns off call function)
7. Unit Format: Metric/Imperial selection
8. Screen On Time Settings: (Screen on time can be set between 5-30 seconds)
9. Quick View Screen: Wake up the screen (Enable and select valid time period)

10. Hydration Reminder: Recommended daily water intake is at least 1955ml. (Once enabled, you can customize start time, number of drinks, and drink intervals)
11. Weather: (Open weather, select your desired city or enable auto-locate; the band will display the weather of the located city)
12. Menstrual Cycle Reminder
(Note: Please be aware that these functions work based on activation and saving related settings.)

Common Problems and Solutions

1. Why does the smart bracelet automatically disconnect from Wireless when the Android screen is turned off?

1. Lock the background app. When Da-Fit is cleared from the background processes, the smart bracelet will disconnect from the phone.

2. Set the app to autostart.

3. Remove background operation restrictions. By default, Android phones limit background operations. The app needs to be manually set to operate without any restrictions.

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

1. Ensure that you have enabled message notifications on your phone's client.

2. Make sure messages can be displayed normally in your phone's notification bar. Message notifications on the smart bracelet are completed by reading messages in the phone's notification bar. If there are no messages in the phone's notification bar, the smart bracelet will not receive message notifications. (You need to find notification settings in your phone, enable notifications for apps like WeChat, QQ, calls, SMS, and the phone client.)

This app is not a medical device. Data obtained during the use of this app is for reference only and should not be used for clinical diagnosis, medical research diagnostic, or treatment purposes.

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.

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.

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

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