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.

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.
Step 1: Turn on the phone's Bluetooth.
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 Bluetooth" to search for the Bluetooth 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 Power Off: On the time interface, press the side button for 3 seconds, then click the '√' icon to power off.
2.1.3 Switch Faces: Based on the main interface, long-press the screen to access 7 interface options. The first dial can be manually replaced with custom images or photos from the app. The eighth dial can be selected from the dial library.
2.2 Function Menu.
2.2.1 Activity Records (Step Records)

2.2.2 Sleep Monitor.
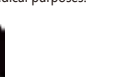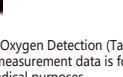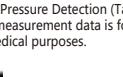Sleep Monitoring Time: 8:00 PM to 10:00 AM. Please ensure the wristband device is worn.

2.2.3 Heart Rate Monitor (For 24-hour monitoring, please open 'All-day Heart Rate' under the 'Other' menu in the Da Fit app)
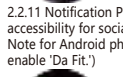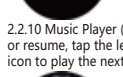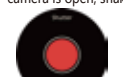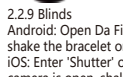
2.2.4 Exercise (107 Sports Modes: Walking, Running, Cycling, Jump Rope, Badminton, Basketball, Soccer; all exercise data will synchronize to the Da Fit app on your phone.)
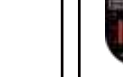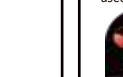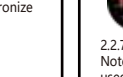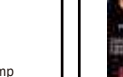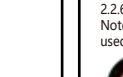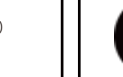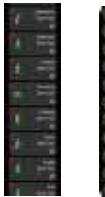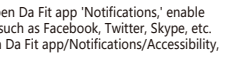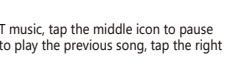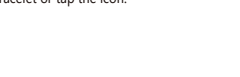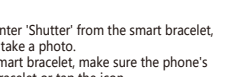
Select the sports mode you desire, start the test, and display all exercise data: distance, calories, heart rate, as shown in the figure below; the left sliding screen can be used to exit or pause the exercise test.
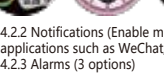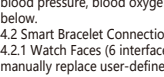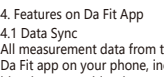
2.2.5 Bluetooth Calling

2.2.6 Blood Pressure Detection (Tap the screen to monitor)
Note: This measurement data is for reference only and should not be used for medical purposes.

2.2.7 Blood Oxygen Detection (Tap the screen to monitor)
Note: This measurement data is for reference only and should not be used for medical purposes.

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

2.2.9 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.

2.2.10 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)

2.2.11 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.')

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 Sync
All measurement data from the smart bracelet will synchronize on the Da Fit app on your phone, including: steps, sleep monitor, heart rate, blood pressure, blood oxygen, and other data, as shown in the figure below.
4.2 Smart Bracelet Connection Interface
4.2.1 Watch Faces (6 interface options, 1 custom watch face; 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 Others (Find My Smartwatch, Time Format, Do Not Disturb Schedule, Sedentary Reminder, 24/7 Heart Rate Monitor, All-Day Stress, Power Saving Mode, Unit Format, Screen On Time, Quick View Screen, Heart Rate Warning, Handwashing Reminder, Weather, Hydration Reminder, Menstrual Cycle Reminder)
1. Activate the 'Find My Watch' mode. After successful Bluetooth 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. 24/7 Heart Rate Monitor (Enabling this will monitor your heart rate throughout the day)
6. All-Day Stress: (When activated, the smartwatch will real-time record your stress levels)
7. Power Saving Mode: (Reduces screen brightness, turns off call function)
8. Unit Format: Metric/Imperial selection
9. Screen On Time Settings: (Screen on time can be set between 5-30 seconds)
10. Heart Rate Warning: (By default, your maximum heart rate is 187 BPM. If exceeded, you will receive a warning)
11. Handwashing Reminder: (Once enabled, you can customize start time, number of washes, and duration of washes)
12. Quick View Screen: Wake up the screen (Enable and select valid time period)
13. Hydration Reminder: Recommended daily water intake is at least 1955mL (Once enabled, you can customize start time, number of drinks, and drink intervals)
14. Weather: (Open weather, select your desired city or enable auto -locate; the band will display the weather of the located city)
15. 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 Bluetooth 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.)

3. Why can't I take a hot bath with the smart bracelet?
   Answer: The temperature of bathwater is relatively high and produces a lot of steam. These steam molecules have a small radius and can easily penetrate the gaps in the smart bracelet's shell. When the temperature drops, the steam condenses into liquid droplets, which can easily cause short circuits inside the smart bracelet, damage the circuit board, and consequently, damage the smart bracelet.