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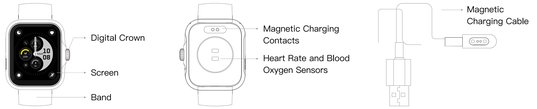
Your Watch



Steps for Use

You can follow these steps to use Watch : Wear → Power On → Set up → Start Using

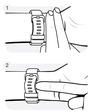
The following steps will take approximately 5 to 10 minutes, please schedule a suitable time.

1 Wear Your Watch

For optimal data accuracy, please observe the following guidelines while wearing the watch:

1. Wear the watch at a position approximately two finger-widths from your wrist bone.

2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.



2 Power On

Press the Digital Crown until the startup screen appears.

Note: If the watch can't power on, it may be because the battery has drained due to long periods of inactivity. Please charge it for approximately 10 minutes and wait for it to power on automatically.

3 Set up the Watch

Step 1: Download the Fitbeing app

Go to the app store on your phone, search for **Fitbeing**, and install it.

- For Android phones, go to the Google Play.
- For iPhone, go to the App Store.

You can also scan the QR code on the left to quickly go to the **Fitbeing** app in the app store, and install it.

Step 2: Pair with the App

Open the Fitbeing app and select "**Set Up a Device**" on the home page. Follow the instructions to pair your "**CW Watch S1**" via Bluetooth. Then you can start using the watch.

Attentions:

1. To prevent connection issues between the app and the watch, please do not pair directly within the Bluetooth device list in your phone's system settings.

2. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.

4 Get Started

Touchscreen Operation

Support full-screen touch (swipe, tap, touch and hold)

Swipe up
Swipe left
Swipe right
Swipe down

Digital Crown Operation

Press

1. Press the digital crown to wake up the screen.

2. Press the digital crown to enter the app center from the watch face screen.

3. Exit the app

Long press for 8 seconds to force restarting the watch.

Rotate

1. Toggle between screens or navigate through menus.

2. Adjust the volume of prompt tones and phone calls.

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Common Functions

Notification Center

Swipe down on the watch face screen.

Control Center

To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always-on Display, and adjust brightness and volume swiftly.

Tiles

To switch quickly between the Activity, Heart Rate, Sleep, Recently, Weather, or Workout tiles, swipe left or right on the watch face screen.

Change the Watch Face

To change the watch face, press and hold the screen for 1 second to access the watch face gallery.

Record Workouts

To start your workout recording, access the Workout app and select a specific workout.

For outdoor workouts, wait in an open area until the GPS connects. The blinking icon " " shows it's acquiring a location fix and will stop blinking upon success.

Health Metrics Measurement

When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and track this data in the application.

Install New Watch Faces

In the Fitbeing app, navigate to the Face Gallery page to pick up your preferred watch face.

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Charge the Watch

To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.

Note:

- Make sure the USB charging plug is at the same side as the crown.
- Ensure to use a standard USB power source with an output of 5V⎓1A or above.
- Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

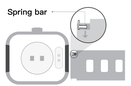
Change the Band

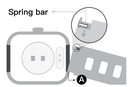
Remove band

1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the band.

Install band

1. Insert the metal pin at position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm the firm installation.





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Wear and Care

- It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

Design for Comfortable Wearing

The inner sweat grooves of the band are specifically designed to minimize skin irritation resulting from sweat, moisture, and prolonged wear.

Key Specifications

Product Name	SMART WATCH
Display	1.78 inch AMOLED
Resolution	368 x 448
Battery Capacity	350 mAh
Wireless Connection	Bluetooth
Water resistance garde	IP68
Body Dimension	45.9mm x 38.5mm x 12.4mm
Working Temperature	0˚C ~ 50˚C
Compatible Operating Systems	iOS 12.0 and above, Android 7.0 and above

Precautions

- Do not replace the built-in battery yourself as it may pose a safety risk.
- Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
- Keep the watch away from environments exceeding 60℃ to prevent battery leakage or explosion.
- While the product complies with IP68 waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow.

Note that the waterproof performance may be compromised if the product structure is damaged.

- Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.

Help and Guide

Frequently Asked Questions

If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.

Scan the QR code on the right to access or visit help.fitbeing.net for assistance.

Product Manual

You can find the complete product manual in Fitbeing app at "Profile → User Guide".

Scan the QR code on the right to access it, or visit help.fitbeing.net to browse.

FCC Requirement

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

ISED

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux
CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.