USER MANUAL

Please Read This Manual Carefully
Before Using The Product

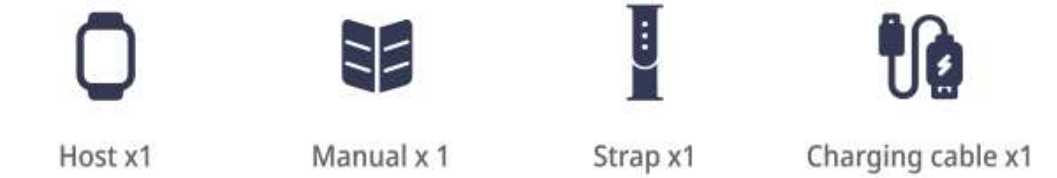
INTRODUCTION

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, reminder, etc., which can enrich your smart life and scientifically guide the exercise health. For a better experience, please read the operation guide carefully before using the watch.

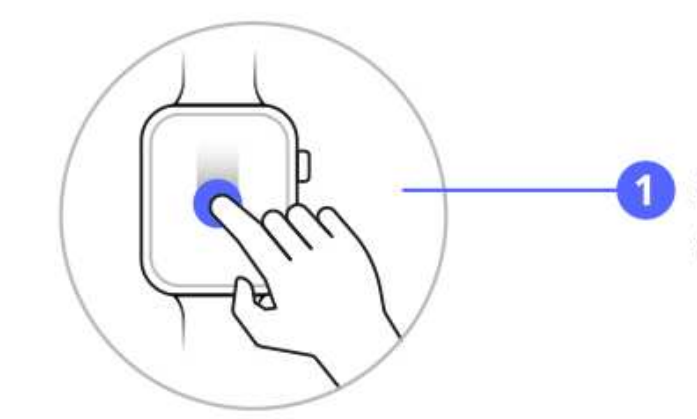
WATERPROOF:

Supports waterproof
(the bracelet is not resistant to water vapour, warm water, hot water).

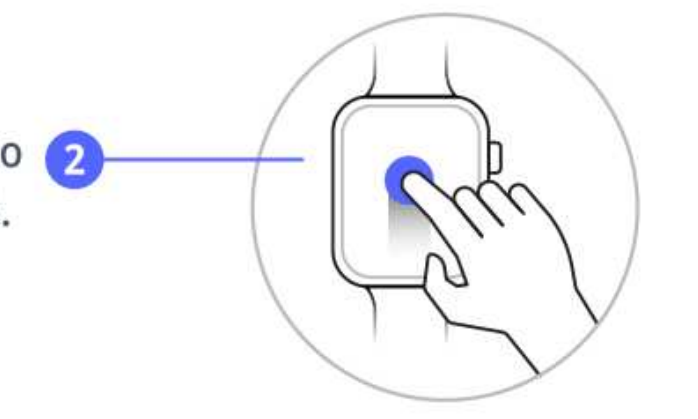
PRODUCT CONFIGURATION:



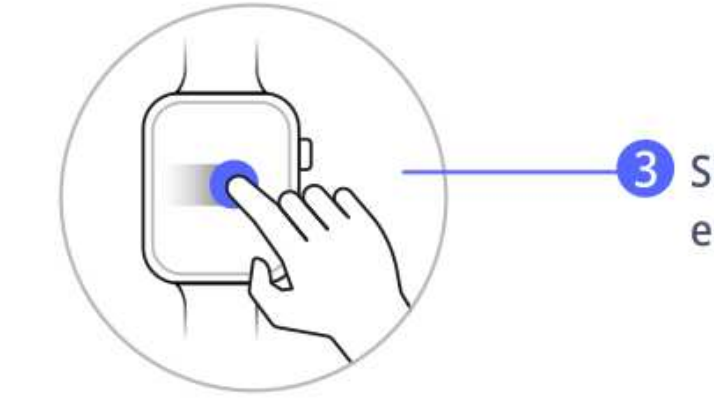
OPERATING INSTRUCTIONS



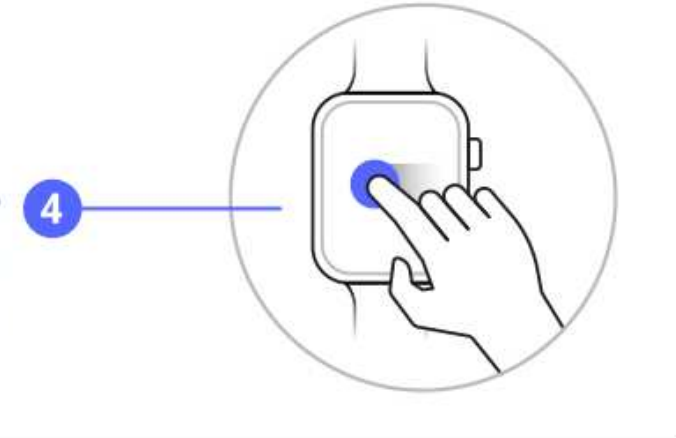
① Slide down the dial interface to enter the control centre.



② Slide up the dial interface to enter the message list.

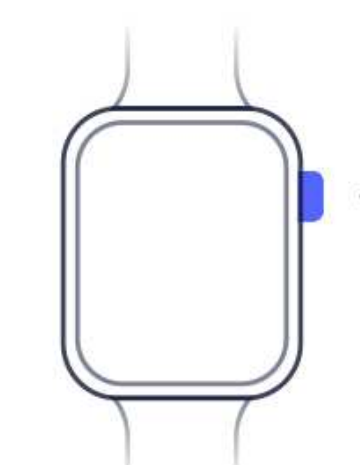


③ Slide right in dial interface to enter function menu.



④ Slide left on the dial interface to enter the first level card function.

ACTIVATION AND CONNECTION



Long press the crown for 3-5 seconds

APP DOWNLOAD:

① iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;

② Android mobile phones can also be downloaded by searching for "DaFit" in the application market, and iOS mobile phones can be downloaded by searching for "DaFit" in the AppStore.

CONNECT THE WATCH:

① Watch factory first boot, make sure the mobile phone to open the Bluetooth.

② In the settings to find the "add device", in the list of scanned devices click on your device.

③ In the page pop-up Bluetooth pairing box with Bluetooth connectivity pairing success that binding is complete.

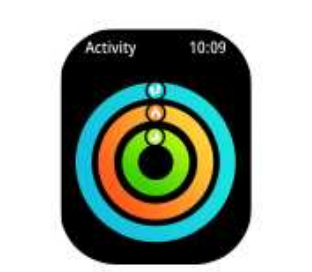
BLUETOOTH RECONNECT:

① Beyond the Bluetooth connection range bracelet Bluetooth will be disconnected, when entering the Bluetooth connection range, open the APP Bluetooth will be automatically connected;

② Close the background of the application, restart the mobile phone or one key to clean up the application, the Bluetooth will be disconnected again, and it will be connected automatically after opening the APP again;

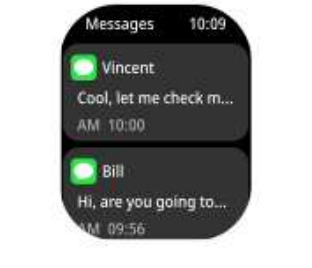
③ APP running in the background of the mobile phone is easy to be shut down by the phone, Android mobile phones can open the self-starting authority of the APP within the permission settings to prevent the Bluetooth connection instability caused by the disconnection problem.

STANDARD FEATURES



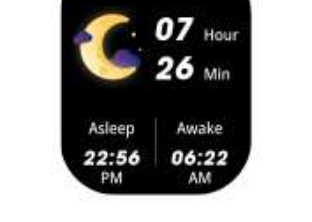
① Activity

Record daily steps, active calories, and exercise duration.



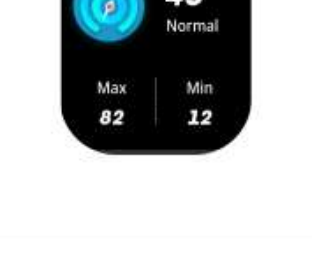
② Messages

After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.



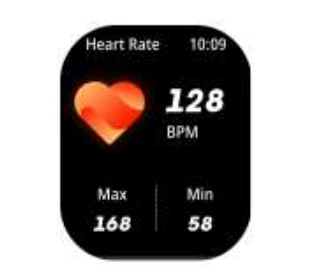
③ Sleep

Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.



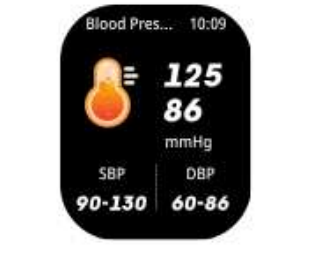
④ Stress

By monitoring our stress levels, we can help us better manage to improveour physical and mental health, and release stress to improve our positivemood.



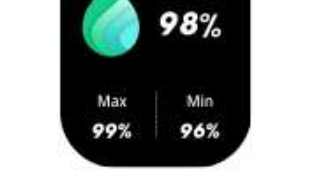
⑤ Heart rate

Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60~100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.



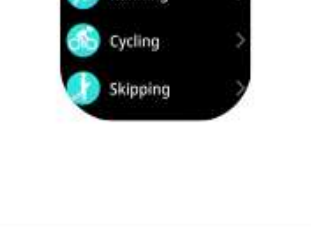
⑥ Blood Pressure

Support blood pressure measurement, during the measurement, please relax your body, put your hand flat and wait for the value to be measured.



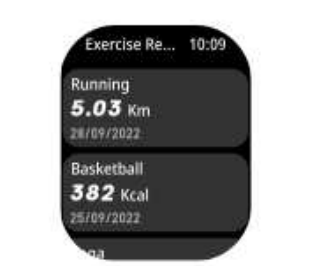
⑦ SpO2

Click Start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 95~100%.



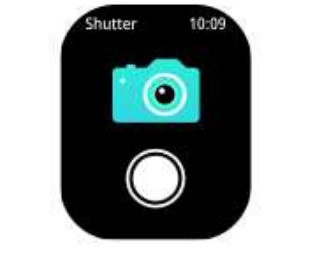
⑧ Exercise

123 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end it on the exercise page.



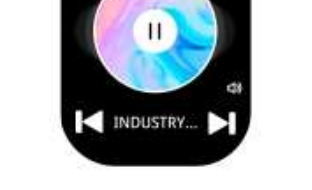
⑨ Exercise Records

You can view historical exercise record data, including exercise duration, calories, h eart rate and other data details.



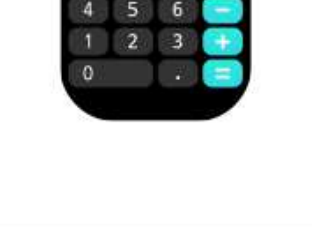
⑩ Shutter

After connecting to your phone and turning on the camera control, the watch can be used as a remote control for your phone's camera.



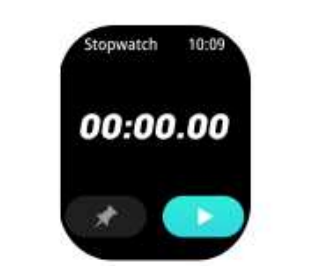
⑪ Player

When connected to Bluetooth, you can play and control music from your mobile phone.



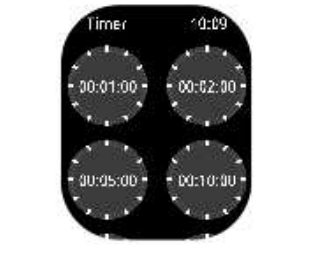
⑫ Calculators

Add calculator and other utilities to support daily simple calculation operations.



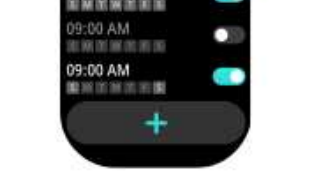
⑬ Stopwatch

Click on the stopwatch icon to enter the stopwatch function, and you can perform counting operations during the time period.



⑭ Timer

Switch on this function to select or set your own countdown time to switch on the countdown.

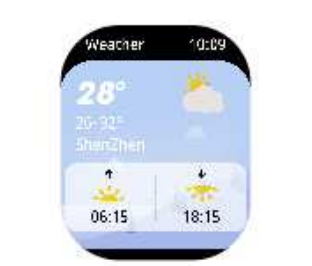


⑮ Alarm

Add your own alarm reminders and the watch will display the alarm icon and vibrate at the set time.

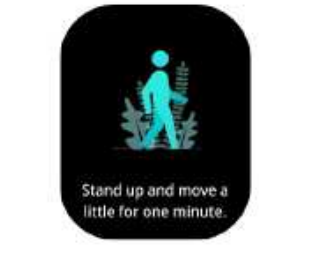
⑯ Flashlight

Turn on the flashlight in a dark environment the screen will remain white and always lit, tap the screen to toggle on or off.



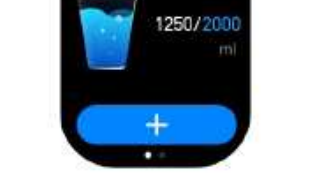
⑰ Weather

You can check the weather information of the last 7 days at any time after connecting your mobile phone to sync the data.



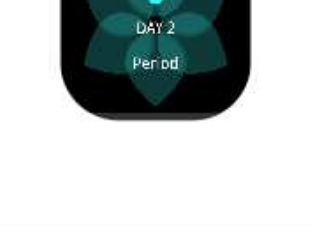
⑱ Sedentary Reminders

This function will detect the user's activity within a set period of time (default 60 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.



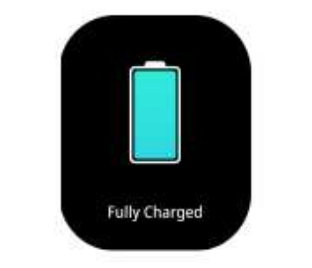
⑲ Water Reminder

Switching on this feature the watch alerts you when it's time to drink at the scheduled drinking time.



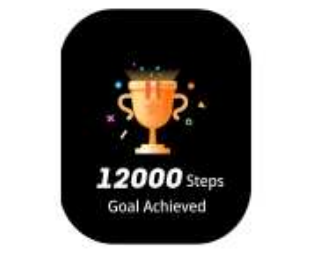
⑳ Cycle Tracking

Add the physiological cycle within the app and the watch will make a reminder close to the date.



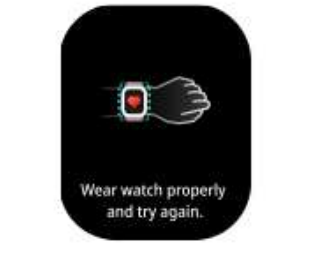
㉑ Battery Level Reminder

The watch alerts you when the battery is low, when it's charging, and when it's fully charged.



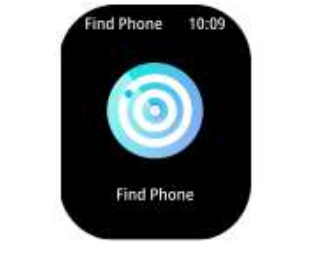
㉒ Goal Reached

Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.



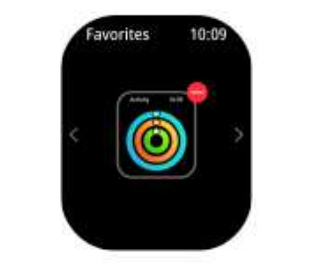
㉓ Wearing Error Alert

If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.



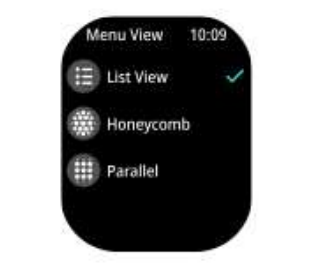
㉔ Find Phone

After connecting the mobile phone, turn on this feature click on the mobile phone will beep to help the user to quickly find the mobile phone.



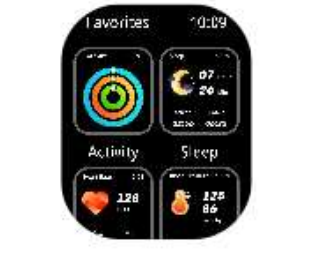
㉕ Multi-dial Switching

Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial market.



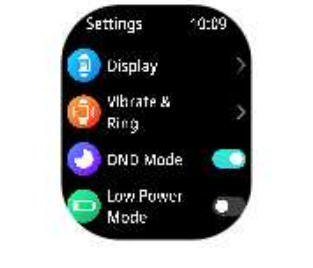
㉖ Menu View

Includes a variety of menu display modes that the user can choose to switch between according to preference.



㉗ Custom Cards

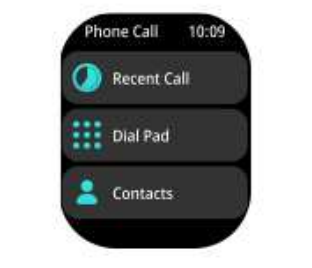
Supports customisation of the order in which the first level cards are discharged and related functions.



㉘ Settings

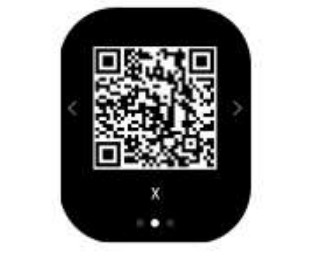
Perform different setting operations of the watch, including brightness, duration of resting, flipping the wrist to light up the screen, vibration and ringing, do not disturb mode, call settings, switch off, restore factory, and local information.

OPTIONAL FEATURES



① Phone Call

Connect the Bluetooth for calls, you can choose dialling from the watch side to achieve the call function on the watch side, the call contains contacts and call logs, and you can add frequently used contacts on the client side.



② E-Card

The watch supports displaying electronic business cards, add business cards on the APP side to display them on the watch side.

COMMON TROUBLE

① The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.

② The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;

③ Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

WARNING:

① Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user' s authority to operate the equipment.

NOTES

① The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;

② The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).

③ Some functions may vary according to the software version, please check the version and update it in time.

④ 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.

FCC Statement:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant 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.