# USE MANUAL

Smart Watch

Charging and Activation

Before using the watch for the first time, please ensure it is fully charged. If the charging icon does not appear, please keep charging for 10 minutes
1. Use the included magnetic charging cable to attach it to the metal contact points on the back of the watch, then charge it.
2. This product does not come with a power adapter. To ensure safety, you can use a computer USB interface or a power adapter with an output not exceeding 5V═1A when charging. Please purchase a power adapter through legitimate channels and avoid using low-quality or counterfeit adapters to prevent damage to the watch, explosions, or fires.
3. Do not charge in a humid environment. Regularly clean the watch body with a dry cloth to ensure the cleanliness of the magnetic charging port and the magnetic charging cable for normal charging.
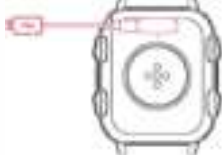
Buttons and Touch

1. Long press button ① to turn on / off the watch ,short press to turn on the screen
2. On the watch dial interface, click button ① to enter the menu, and press the button twice in quick succession to switch the menu styles.
3. Long press button ② to enter the sports list, short press to turn off the screen
4. When on the other interfaces, press the button to return

Swipe Up: Message Notifications

Swipe Left: Custom Menu

Swipe Right: Function Menu

Swipe Down: Control Center

App Download and Connection

1. Download and install the 'Da Fit' app
You can also scan the QR code in this manual, scan the QR code on the watch, or directly search for 'Da Fit' in the app store to download
2. Connect the smartwatch.
After turning on Wireless on your phone, enter the app (note: if you cannot open the app, please enable location services on your phone, then open the app) and click 'Device' -> 'Add Device' -> Bind the corresponding device that appears in the search (look for the relevant item in 'Settings' -> 'About' to find the Wireless name and MAC address of the device on the watch) -> Click 'Connect.'
3. Connect Wireless Calling Audio Wireless.
In the initial state of the watch, Wireless calling is turned off by default, so calling and music functions are unavailable. Slide down to the 'Control Center' on the watch face, enter the 'Settings' menu, click the 'Calling' icon, and turn on calling and audio Wireless to enable these functions

Features

Dial switch	On the main screen, press and hold for 2 seconds to enter the watch face switching interface, swipe left and right to switch watch faces, and click to confirm. You can push 'Custom' watch faces through the app.
Sports data	Displays the steps, distance, and calories recorded for the day. You can set step, distance, and calorie goals in the app.
Sleep	Displays the sleep monitoring status for the day, with data updated daily When connected to the app, data can be synchronized and the device will recalculate new data for the day.
Heart rate	Enter the heart rate measurement interface, click to start the test after entering the page, and the bottom test light will light up to begin measurement. It takes about 60 seconds, and when it's done, there will be a vibration reminder. If it says 'Not wearing the watch,' you need to wear the watch again.
Blood pressure	Enter the blood pressure measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.
SPO2	Enter the blood oxygen measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.
Message	The watch can sync notifications from common social apps Note: You can enable/disable sync notifications in the app

Weather	When the watch is connected to the app, the weather interface will display real-time weather and temperature, as well as weather conditions for the week.
Sports	100+ sports modes such as walking, running, cycling, skipping, basketball, etc. are included. Click the icon to start exercising. When connected to the app, you can view more detailed content.
Music	After the watch is connected to the app, you can control the phone's music player.
Timer	System presets common timer intervals. Click to quickly time. Click the custom button to set the time.
Alarm	After the smartwatch is connected to the app, you can set single mode alarms or recurring alarms.
Stopwatch	Click 'Start' once to start the timer, click 'Pause' once to pause the timer, and 'Reset' to reset the timer to zero.
Find Phone	When the device is connected to the app, click 'Find Phone,' and the phone will ring to indicate a successful search. If the watch is not connected to the app, it will prompt that the phone is not connected
Sedentary reminder	You can enable 'Reminders to Move' in the app to remind you to take breaks every hour

Control center	Control Center:Do Not Disturb Mode, Power Saving Mode, Brightness Adjustment, Flashlight, Electronic Business Card, Settings

Waterproof

Waterproof:IPX8 (3ATM)

Notes

1. 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.
2. To ensure long-term use of this product, it should not be used in hot water/sauna environments to prevent steam damage to the equipment

Common Issues

1. The watch cannot be turned on. Please press and hold the power button for more than 3 seconds or the battery may be low and needs charging
2. Wireless is not connected or cannot connect:
1) Try restarting the watch and reconnecting
2) Try connecting again after restarting your phone's Wireless
3) Do not connect your phone to other Wireless devices at the same time
4) When Wireless is disconnected, functions such as calls, message notifications, and health data syncing will not work.
3. Manual heart rate/blood oxygen/blood pressure measurements are inaccurate
1) During general measurements, the sensor on the watch may not be in correct contact with the body.
2) Pay attention to ensuring the sensor is in full contact with the wrist during measurement.
4. Sleep data is not very accurate
1) Sleep monitoring simulates the user's self-recognition of falling asleep and waking up times; it requires correct device wearing.
2) If you wear it too late or fall asleep too quickly, it may be inaccurate
3) Sleep monitoring defaults to nighttime monitoring from 10 PM to the next morning at 8 AM

For more common issues, please refer to the App's 'My' > 'FAQ' section

FCC Statement

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
To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices)
This equipment 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

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