USER MANUAL
SMART WATCH

Instructions

Watch client download

Scan the QR code below to download and install it to the watch client.

Watch Introduction

Full screen touch: slide-down to enter the status setting bar, slide up to view the notice, slide left to enter the main function interface, and slide right to enter the split screen menu;
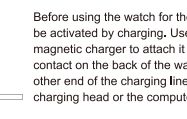
POWER key: wake up the screen/turn off the screen/return to the dial/start up/shut down

SPORT key: wake up the screen/enter the main menu/shortcut key for sports mode/return to the previous level

The picture needs to be replaced with picture
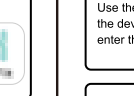
Charging guide

Before using the watch for the first time, it can be activated by charging. Use the equipped magnetic charger to attach it to the metal contact on the back of the watch. Connect the other end of the charging line to the 5V1A USB charging head or the computer USB interface.
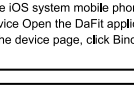
App download

1. Download and install through Google Play Store
2. Download and install through AppStore
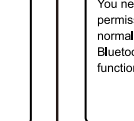3. Download and install by scanning QR code

2, Use iOS mobile phones to bind devices
Use the iOS system mobile phone to bind the device Open the DaFit application, enter the device page, click Bind Device;

Click the device with Bluetooth name BT10 on the search device page to bind;

You need to agree to the following permissions to make the watch function work normally and Bluetooth call function.
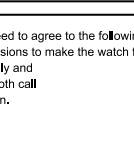
Binding device

1, Use Android system phones to bind devices
Open the DaFit application, enter the device page, and click Bind Device
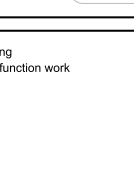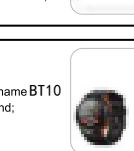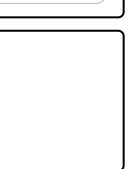
Click the device with Bluetooth name BT10 the search device page to bind

You need to agree to the following permissions to use the Bluetooth call function
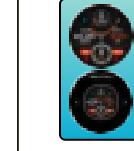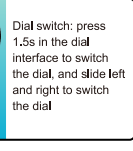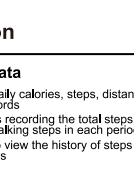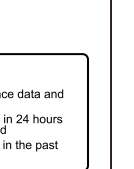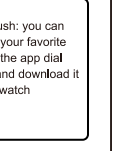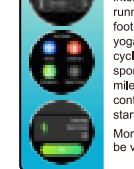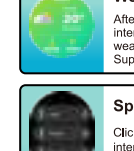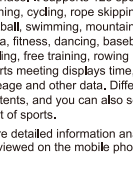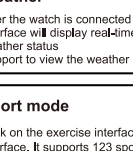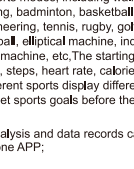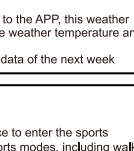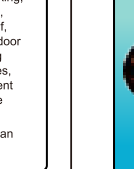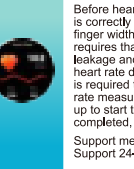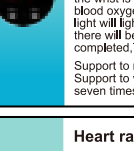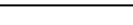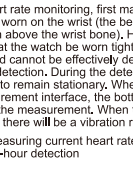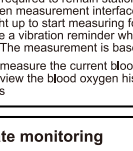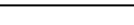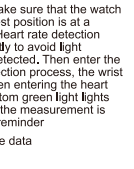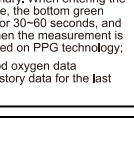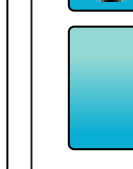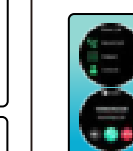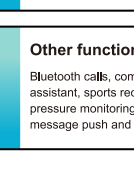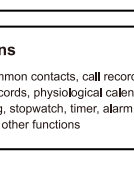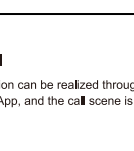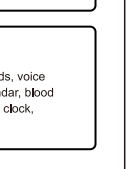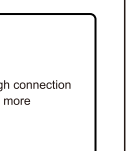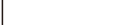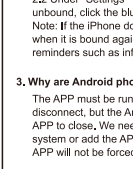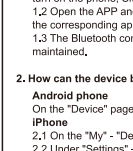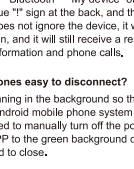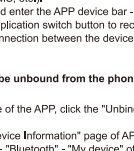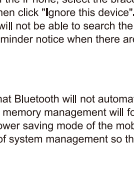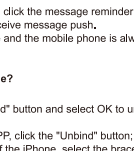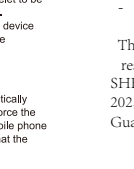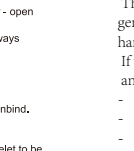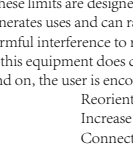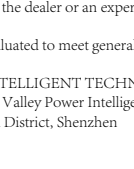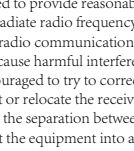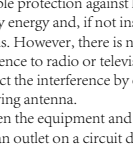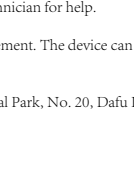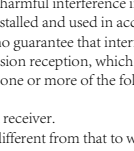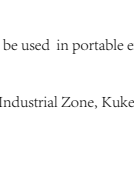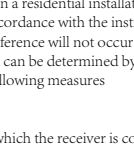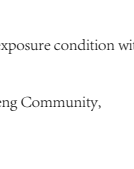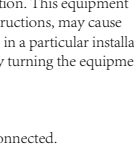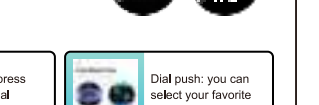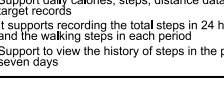
Audio setup

Open the watch Bluetooth call function and play mobile media audio function
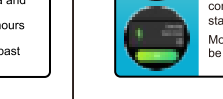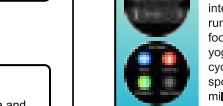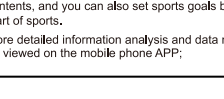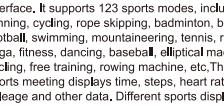
Dial setting

Dial switch: press 1,5s in the dial interface to switch the dial, and slide left and right to switch the dial

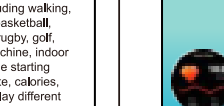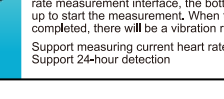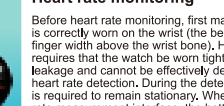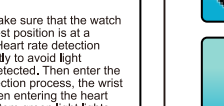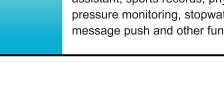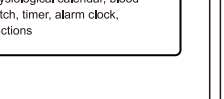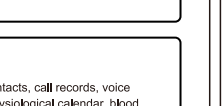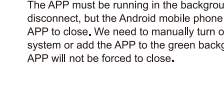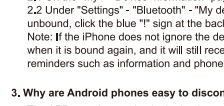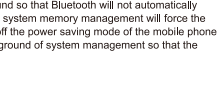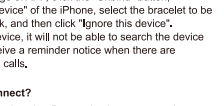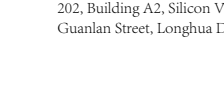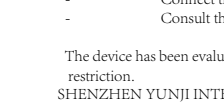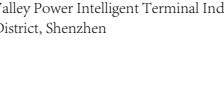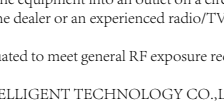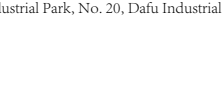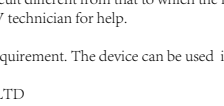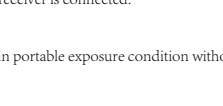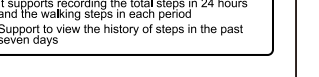Dial push: you can select your favorite dial in the app dial push and download it to the watch
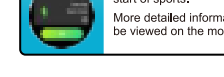
Function Introduction

Daily data

Support daily calories, steps, distance data and target records
It supports recording the total steps in 24 hours and the walking steps in each period
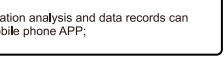Support to view the history of steps in the past seven days

Sleep

Support recording of daily deep sleep, shallow sleep, rapid eye movement, awake state

Weather

After the watch is connected to the APP, this weather information will display real-time weather temperature and weather status
Support to view the weather data of the next week

Sport mode

Click on the exercise interface to enter the sports interface, it supports 123 sports modes, including walking, running, cycling, rope skipping, badminton, basketball, football, swimming, mountaineering, tennis, rugby, golf, yoga, fitness, dancing, baseball, elliptical machine, indoor cycling, free training, rowing machine, etc.,The starting sports meeting displays time, steps, heart rate, calories, mileage and other data, Different sports display different contents, and you can also set sports goals before the start of sports.

More detailed information analysis and data records can be viewed on the mobile phone APP.

Blood oxygen monitoring

Before blood oxygen monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone), The blood oxygen detection requires that the watch be worn tightly to avoid light leakage and cannot be effectively detected, Then enter the blood oxygen detection, During the detection process, the wrist is required to remain stationary, When entering the blood oxygen measurement interface, the bottom green light will light up to start measuring for 30~60 seconds, and there will be a vibration reminder when the measurement is completed, The measurement is based on PPG technology;

Support to measure the current blood oxygen data
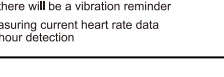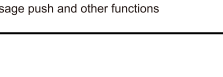Support to view the blood oxygen history data for the last seven times

Heart rate monitoring

Before heart rate monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone), Heart rate detection requires that the watch be worn tightly to avoid light leakage and cannot be effectively detected, Then enter the heart rate detection, During the detection process, the wrist is required to remain stationary, When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, When the measurement is completed, there will be a vibration reminder

Support measuring current heart rate data
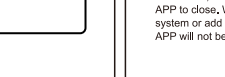Support 24-hour detection

Music control

After the watch is connected to the APP, you can control the pause and start of the mobile music player, volume adjustment and song switching;
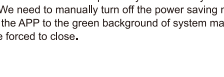When the phone plays music, you can use the watch control phone to play/pause, the previous song, and the next song,

Bluetooth call

Bluetooth call function can be realized through connection with mobile phone App, and the call scene is more convenient

Other functions

Bluetooth calls, common contacts, call records, voice assistant, sports records, physiological calendar, blood pressure monitoring, stopwatch, timer, alarm clock, message push and other functions

FAQ

1, Why is there a reminder on QQ, WeChat and other information, but not on the bracelet?

1,1 Confirm whether the messages can be displayed normally in the mobile notification bar, The device pushes messages by reading the messages in the mobile notification bar,If there is no message in the mobile notification bar, the device cannot receive the push,(You need to find the notification and status bar in the mobile setting, and turn on the phone, SMS, etc.),

1,2 Open the APP and enter the APP device bar - click the message reminder - open the corresponding application switch button to receive message push,

1,3 The Bluetooth connection between the device and the mobile phone is always maintained,

2, How can the device be unbound from the phone?

Android phone
On the device page of the APP, click the "Unbind" button and select OK to unbind,

iPhone
2,1 On the "My" - "Device Information" page of APP, click the "Unbind" button;
2,2 Under "Settings" - "Bluetooth" - "My device" of the iPhone, select the bracelet to be unbound, click the blue "!" sign at the back, and then click "Ignore this device",
Note: If the iPhone does not ignore the device, it will not be able to search the device when it is bound again, and it will still receive a reminder notice when there are reminders such as information and phone calls,

3, Why are Android phones easy to disconnect?

The APP must be running in the background so that Bluetooth will not automatically disconnect, but the Android mobile phone system memory management will force the APP to close, We need to manually turn off the power saving mode of the mobile phone system or add the APP to the green background of system management so that the APP will not be forced to close,

FAQ

1. Why is there a reminder on QQ, WeChat and other information, but not on the bracelet?

1.1 Confirm whether the messages can be displayed normally in the mobile notification bar. The device pushes messages by reading the messages in the mobile notification bar.If there is no message in the mobile notification bar, the device cannot receive the push.(You need to find the notification and status bar in the mobile phone settings, and turn on the phone, SMS, etc.).

1.2 Open the APP and enter the APP device bar - click the message reminder - open the corresponding application switch button to receive message push.

1.3 The Bluetooth connection between the device and the mobile phone is always maintained.

2. How can the device be unbound from the phone?

Android phone
On the "Device" page of the APP, click the "Unbind" button and select OK to unbind.

iPhone
2.1 On the "My" - "Device Information" page of APP, click the "Unbind" button;

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