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Smartwatches P80

P80 Smart Watch User Manual

Model: P80

1. PRODUCT OVERVIEW

The P80 Smart Watch is a versatile fitness tracker and smartwatch designed to monitor various health metrics and provide smart notifications. It features a 1.3-inch IPS color screen, heart rate and blood pressure monitoring, and multiple sports modes. This manual provides essential information for setting up, operating, and maintaining your P80 Smart Watch.



Figure 1: Front view of the P80 Smart Watch displaying time and a vibrant digital wallpaper.

2. WHAT'S IN THE BOX

Upon unboxing your P80 Smart Watch, please verify that all components are present:

- 1 x P80 Smart Watch
- 1 x Charging Cable (magnetic interface)
- 1 x User Manual (this document)
- 1 x Original Retail Box

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your P80 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible USB power adapter (not included) or a computer's USB port.

Super-long standby

High-performance batteries, providing long-term service, can avoid the trouble of frequent charging. Don't be afraid of losing electricity on the journey to make intelligent life more interesting



Figure 2: The P80 Smart Watch displaying a "Charging completed" message, with indicators for 200mAh battery capacity, 5-7 days working hours, and 15 days standby time.

A full charge typically takes approximately 2 hours. The watch has a 200 mAh Lithium polymer battery, providing 5-7 days of normal use and 10-15 days of standby time.

3.2 App Installation and Pairing

To unlock the full functionality of your P80 Smart Watch, you need to install the companion application **Da Fit**, on your

mobile phone.

1. **Download Da Fit App:** Search for "Da Fit" in your mobile phone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **System Requirements:** Ensure your mobile phone meets the minimum system requirements: Android 4.4 or above, or Apple iOS 9.0 or above.
3. **Enable Bluetooth:** On your mobile phone, go to settings and enable Bluetooth.
4. **Open Da Fit App:** Launch the Da Fit application. Follow the on-screen prompts to create an account or log in.
5. **Pair Device:** Within the Da Fit app, navigate to the device pairing section (usually indicated by a device icon or "Add Device"). The app will search for nearby Bluetooth devices. Select "P80" or a similar identifier from the list to connect.
6. **Confirm Pairing:** A pairing request may appear on your watch or phone. Confirm the pairing on both devices if prompted.

Once successfully paired, the watch will synchronize time and data with your phone, and you can configure various settings through the app.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The P80 Smart Watch features a 1.3-inch IPS color touch screen for navigation. It operates primarily via a single touch panel.

- **Tap:** To select an item or confirm an action.
- **Swipe Up/Down:** To scroll through menus or notifications.
- **Swipe Left/Right:** To switch between different function screens (e.g., heart rate, steps, weather).
- **Long Press:** May activate certain functions or change watch faces (refer to app for customization).



1.3 inch color touch screen

Using 1.3 inch color touch screen, touch operation is simple and convenient, single screen is the most. It can display 30 Chinese characters and accept all Qq messages and short messages.

50 words





Figure 3: The P80 Smart Watch interface displaying icons for blood pressure monitoring, heart rate monitoring, movement recording, sedentary reminder, calorie burning, IP68 waterproof rating, multi-motion mode, and durable endurance. The image also highlights the 1.3-inch color touch screen and its ability to display 50 words on a single screen.

4.2 Health Monitoring

The P80 Smart Watch is equipped with sensors for continuous health monitoring.

- **Heart Rate Monitoring:** The watch supports real-time heart rate measurement and all-day heart rate monitoring. To view your current heart rate, navigate to the heart rate screen on the watch. For detailed historical data and analysis, refer to the Da Fit app.
- **Blood Pressure Measurement:** The watch can measure blood pressure. For accurate readings, ensure the watch is worn snugly on your wrist. Consult the Da Fit app for instructions on initiating a measurement and viewing results.
- **Sleep Monitoring:** Wear the watch while sleeping to track your sleep patterns, including deep sleep, light sleep, and awake times. Data is synchronized and analyzed in the Da Fit app.

Heart rate monitoring

Keep abreast of your health, wrist optical dynamic heart rate, no need to connect to your mobile phone.

You can also measure your heart rate in real time.



Figure 4: The P80 Smart Watch on a wrist, displaying a heart rate monitoring graph with real-time motion heart rate, 24-hour real-time heart rate, and section heart rate recording. This illustrates the watch's capability to keep track of your heart health.

4.3 Activity Tracking

Track your daily activities and workouts with the P80 Smart Watch.

- **Step Counter:** Automatically records your daily steps, exercise time, exercise mileage, and calorie consumption.
- **Multi-Sport Mode:** The watch supports 8 kinds of sports modes, including walking, running, badminton, and football. Select the appropriate mode before starting your activity for more accurate tracking.

4.4 Smart Reminders and Notifications

Once paired with your phone, the P80 Smart Watch can provide various smart reminders and notifications.

- **Call Reminder:** Notifies you of incoming calls. You can configure the watch to refuse to answer calls directly from the device.
- **Information Push Reminder:** Receive notifications from SMS, QQ, WeChat, Skype, Facebook, Twitter, Line, and WhatsApp directly on your watch screen.
- **Custom Alarm Reminder:** Set alarms through the Da Fit app, and the watch will vibrate to alert you.
- **Sedentary Reminder:** The watch can remind you to move if you have been inactive for a prolonged period.
- **Intelligent Vibration Reminder:** All sit-in, call, SMS, and APP notifications are accompanied by intelligent vibration, designed not to disturb others.

Intelligent Vibration Reminder

Sit-in, call, SMS, APP notification and reminder are all available. Close hand ring alarm clock vibration, will not affect family members



Figure 5: The P80 Smart Watch screen showing an incoming WeChat message notification, demonstrating its intelligent vibration reminder feature for various alerts.

4.5 Other Functions

- **Dial Selection:** Customize your watch face through the Da Fit app.
- **Wrist Display:** The screen automatically lights up when you raise your wrist.
- **Weather Display:** View current weather information (requires app synchronization).
- **Time Display:** Displays current time and date.

- **Remote Photography:** Use the watch as a remote shutter for your phone's camera.
- **Remote Music Control:** Control music playback on your phone from the watch.
- **Do Not Disturb Mode:** Set periods when you do not wish to receive notifications.
- **Find Bracelet:** Use the Da Fit app to locate your watch if it's within Bluetooth range.
- **WeChat Sports:** Integration with WeChat for sports data sharing.
- **APP Air Upgrade:** Supports over-the-air firmware updates via the Da Fit app.

5. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your P80 Smart Watch.

- **Cleaning:** Wipe the watch screen and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. However, it is not recommended for hot showers, saunas, or diving. Avoid prolonged exposure to water.
- **Charging Contacts:** Keep the magnetic charging contacts on the back of the watch clean and dry to ensure efficient charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.
- **Strap Care:** The watch comes with a silicone strap. Clean it regularly to prevent skin irritation.

Strong fuselage + Apple original strap

CNC Processing Shell, Apple Formerly Modified Watchband
Strong and strong, withstand the test of time



Figure 6: The back of the P80 Smart Watch, highlighting the charging contacts and optical sensors for health monitoring. This view also shows the durable strap attachment.

6. TROUBLESHOOTING

If you encounter issues with your P80 Smart Watch, try the following troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Watch not pairing with phone:**
 - Ensure Bluetooth is enabled on your phone.

- Make sure the watch is within Bluetooth range (typically 10 meters).
- Restart both your phone and the watch.
- Clear the Bluetooth cache on your phone (if applicable).
- Try unpairing and re-pairing the device through the Da Fit app.

- **Inaccurate health data:**

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensor on the back of the watch.
- Avoid excessive movement during measurements.

- **Notifications not appearing:**

- Check notification permissions for the Da Fit app on your phone.
- Ensure the Da Fit app is running in the background.
- Verify that "Do Not Disturb" mode is not active on the watch or phone.

- **Short battery life:**

- Reduce screen brightness.
- Limit frequent screen wake-ups (e.g., wrist raise to wake).
- Disable unnecessary continuous monitoring features if not needed.
- Ensure the watch is fully charged each time.

If the issue persists, refer to the Da Fit app's help section or contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the P80 Smart Watch:

Component	Specification
Model Number	P80
CPU	NRF52832 QFAA
Acceleration Sensor	BOSCH BMA 421
Display	1.3 inch IPS color screen, 240*240 resolution
Button Mode	Single touch panel
Battery Type	Lithium polymer battery, 200 mAh
Charging Method	Magnetic interface in-line charging
Standby Power Consumption	Standby 10-15 days, Normal use 6-8 days
Bluetooth Type	Bluetooth 4.0
Supported APP	Da Fit
Mobile System Requirements	Android 4.4 and above, Apple iOS 9.0 or above

Dimensions (approx.)	42.0*36.0*10.25mm
Water Resistance	IP68

Size of the whole machine:	42.0*36.0*10.25mm
Shell color:	Charm Black, Apple Gold, Rose Gold
Band Color:	Silicone tape (black, coffee, pink) Milanis Steel Strip (Black, Apple Gold, Rose Gold)
Main chip:	NRF52832 QFAA
Display screen specifications:	1.3 inch IPS color screen resolution 240*240
Key mode:	Full touch panel
Battery type:	lithium polymer battery 200 Mah
Charging mode:	direct plug charging of magnetic suction interface
Standby power consumption:	Standby 10-15 days, normal use 5-7 days
Bluetooth type:	Bluetooth 4.0
Mobile System Requirements:	Android 4.4 and above, Apple IOS 9.0 and above

Figure 7: A detailed table outlining the specifications of the P80 Smart Watch, including its dimensions, available shell and band colors, main chip, display specifications, battery type, charging mode, standby power consumption, Bluetooth type, and mobile system requirements.

8. WARRANTY AND SUPPORT

Information regarding product warranty and customer support is typically provided with your purchase documentation or on the manufacturer's official website. Please retain your proof of purchase for any warranty claims.

For technical support or inquiries not covered in this manual, please refer to the Da Fit app's help section or contact the retailer where you purchased the product.



