

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

> [GOKOO](#) /

> [GOKOO Smart Watch B08FMBHSDW User Manual](#)

## GOKOO B08FMBHSDW

# GOKOO Smart Watch B08FMBHSDW User Manual

## INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your GOKOO Smart Watch B08FMBHSDW. Please read it thoroughly before using the device to ensure optimal performance and longevity.

The GOKOO Smart Watch is a versatile fitness tracker and smartwatch designed to monitor various health metrics and assist with daily activities. It features a full touch screen, heart rate and blood oxygen monitoring, sleep tracking, multiple sports modes, and notification capabilities.

## PRODUCT OVERVIEW

The GOKOO Smart Watch B08FMBHSDW is equipped with advanced features to support your active lifestyle and health monitoring needs.

- **All-day Activity Tracking:** Records steps, calories, and mileage. Supports 10 sports modes including walking, running, yoga, and swimming.
- **Comprehensive Health Monitoring:** Continuously monitors heart rate and blood oxygen levels. Features automatic sleep tracking, breathing training, and sedentary reminders.
- **Durable and Waterproof Design:** IP68 waterproof rating suitable for daily use and swimming.
- **Customizable Display:** 1.3-inch round high-definition screen with personalized UI interfaces.
- **Smart Notifications:** Synchronizes messages and allows management of incoming calls.
- **Long Battery Life:** Up to 10 days of usage on a single charge (200MA battery).
- **Wide Compatibility:** Works with Android 5.0+ and iOS 9.0+ devices.



Figure 1: GOKOO Smart Watch highlighting its design and core functionalities.

## SETUP

### 1. Charging the Device

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

A full charge typically takes approximately 2 hours and provides up to 10 days of usage, depending on individual use patterns.

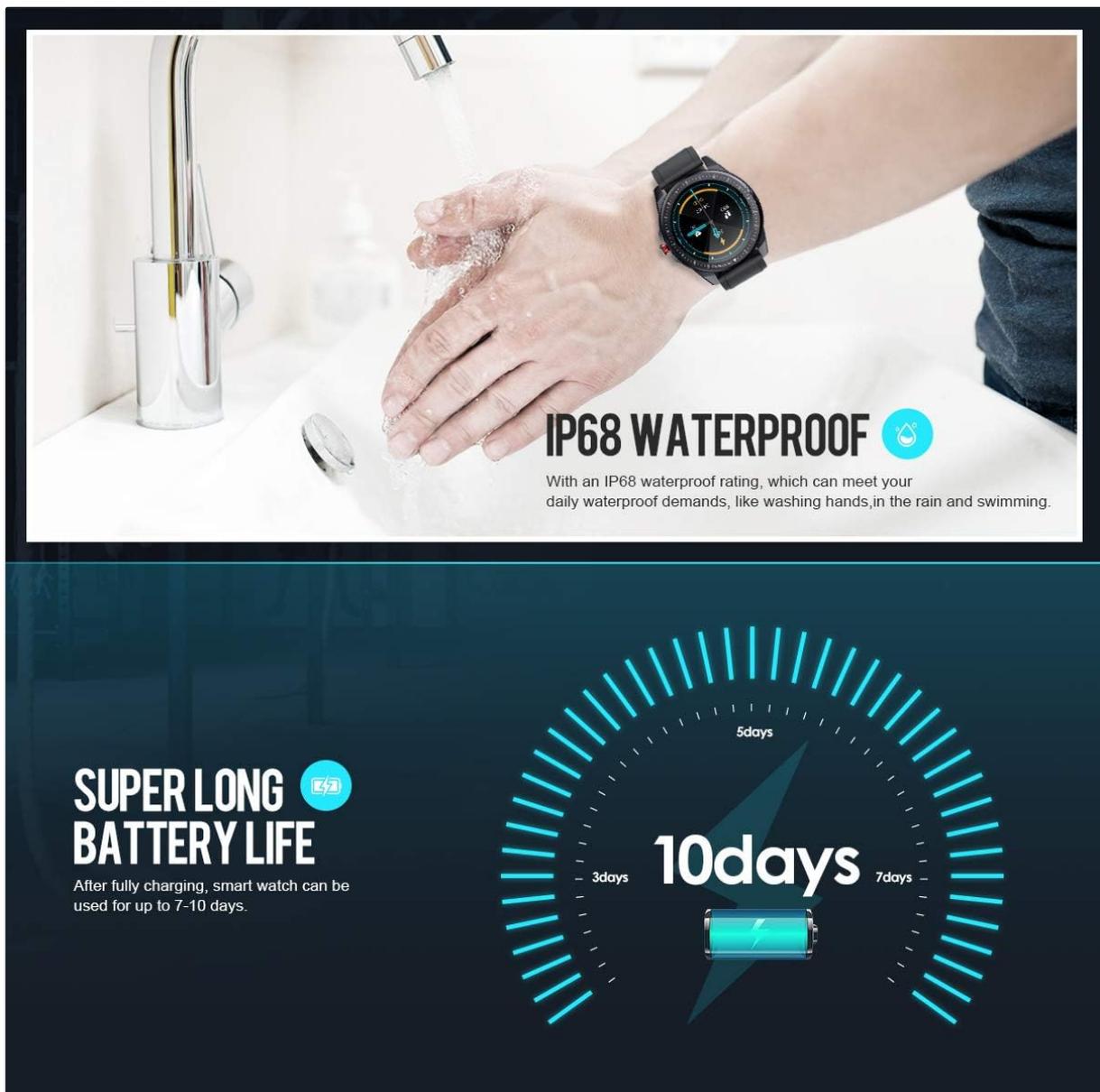


Figure 2: Illustration of the watch's IP68 waterproof capability and its extended battery life.

## 2. App Installation and Pairing

1. **Download the App:** Search for the official GOKOO companion app in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. **Install and Register:** Install the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Watch:** Open the GOKOO app, navigate to the device pairing section, and select your GOKOO Smart Watch from the list of available devices. Confirm the pairing request on both your phone and the watch if prompted.
5. **Grant Permissions:** Allow necessary permissions (e.g., notifications, location, health data) for the app to function correctly.

The watch will synchronize its language with your phone upon successful connection.

## OPERATING INSTRUCTIONS

### 1. Basic Navigation

- **Touch Screen:** The watch features a full touch screen for interaction.
- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access different widgets or quick functions.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Typically used to return to the home screen or activate/deactivate the display.

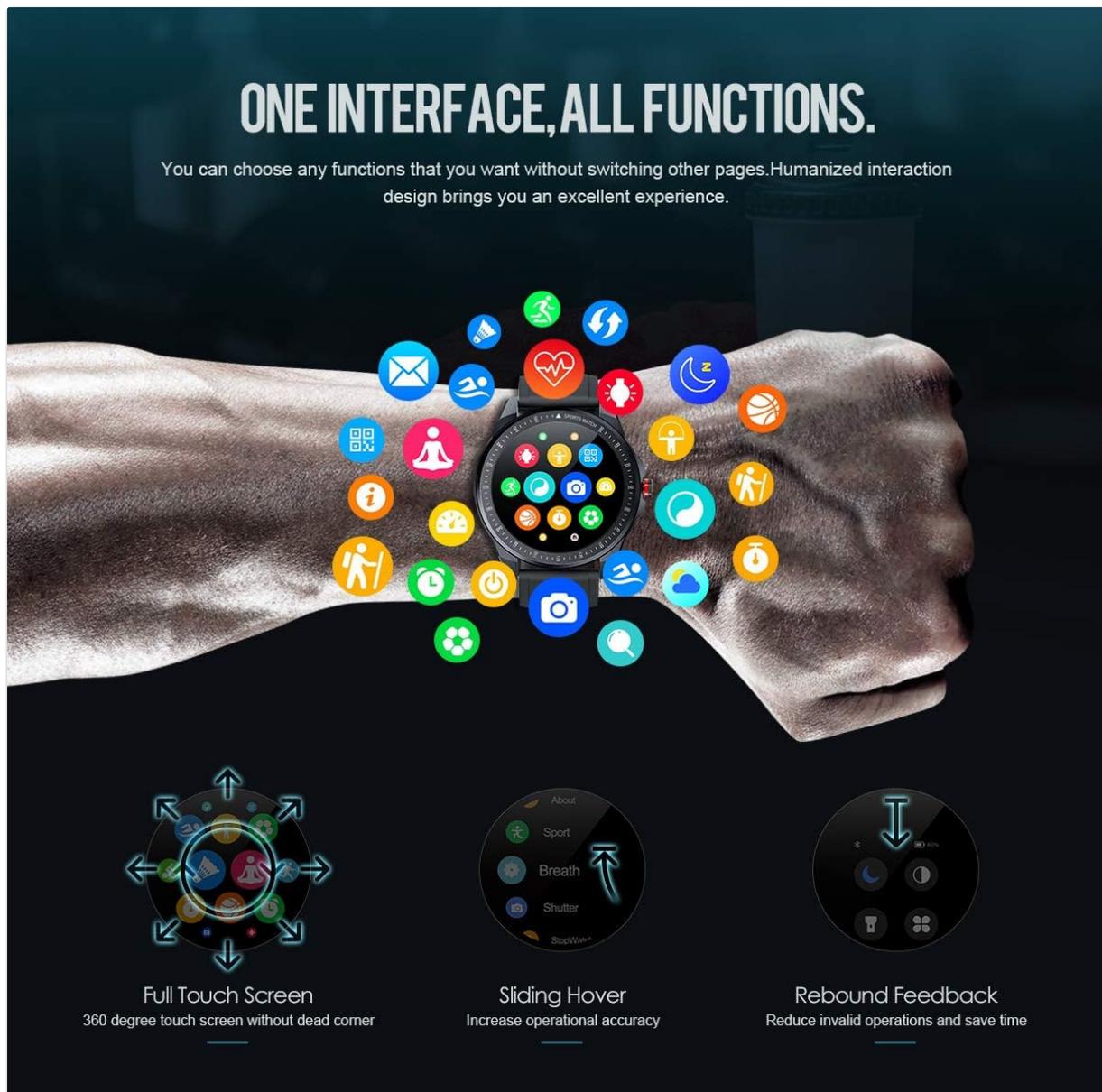


Figure 3: The watch interface displaying multiple functions and touch screen interaction methods.

## 2. Activity Tracking

The watch automatically tracks your daily steps, calories burned, and distance traveled. For specific activities, you can select from 10 sports modes:

- Walking
- Running
- Yoga
- Swimming
- Cycling
- Climbing
- Basketball
- Football

- Badminton
- Skipping

To start a workout, navigate to the 'Sports' menu on your watch, select the desired activity, and tap to begin. The watch will record your exercise data, which can be reviewed in the companion app.

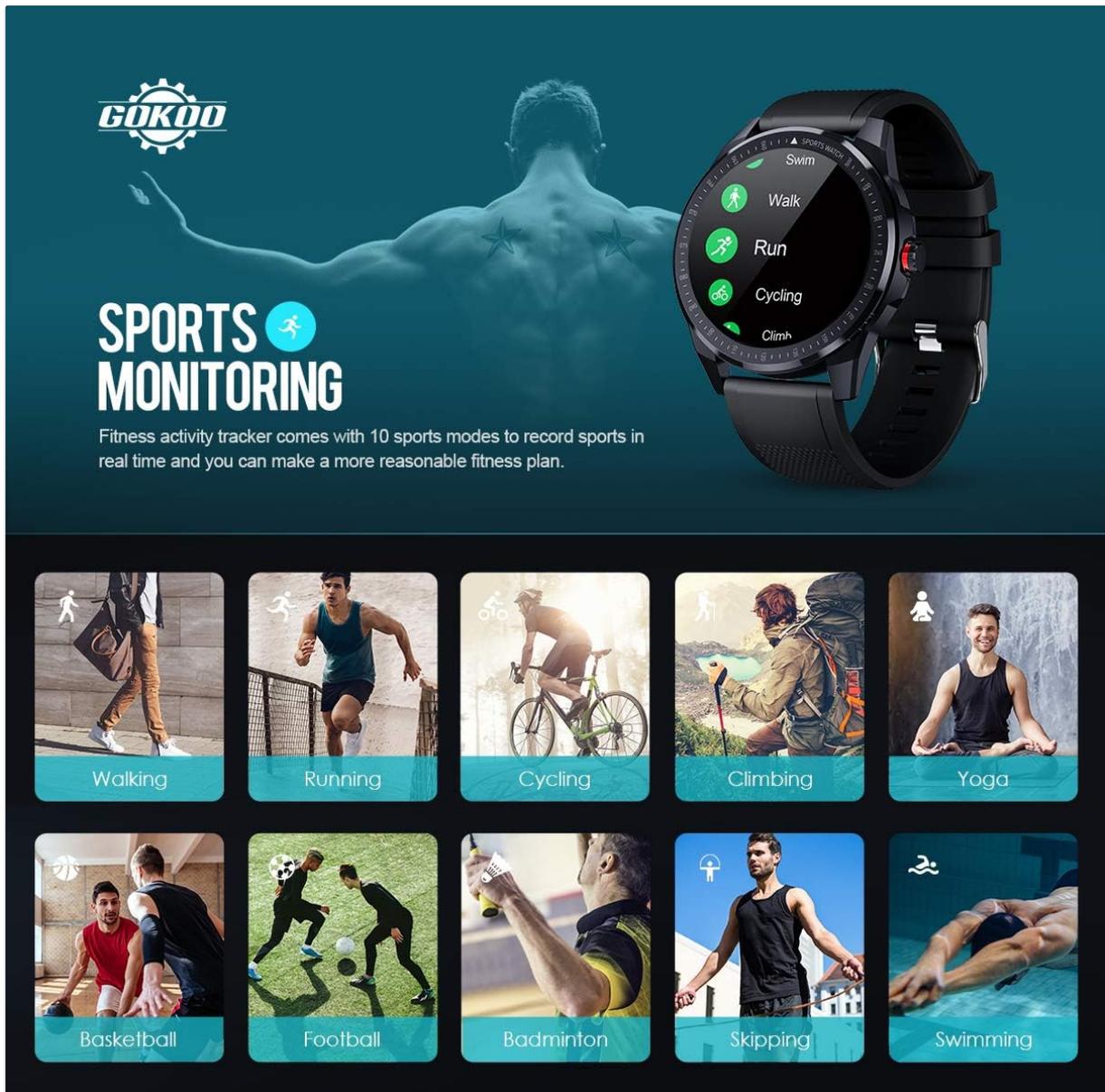


Figure 4: The watch interface showing available sports monitoring modes.

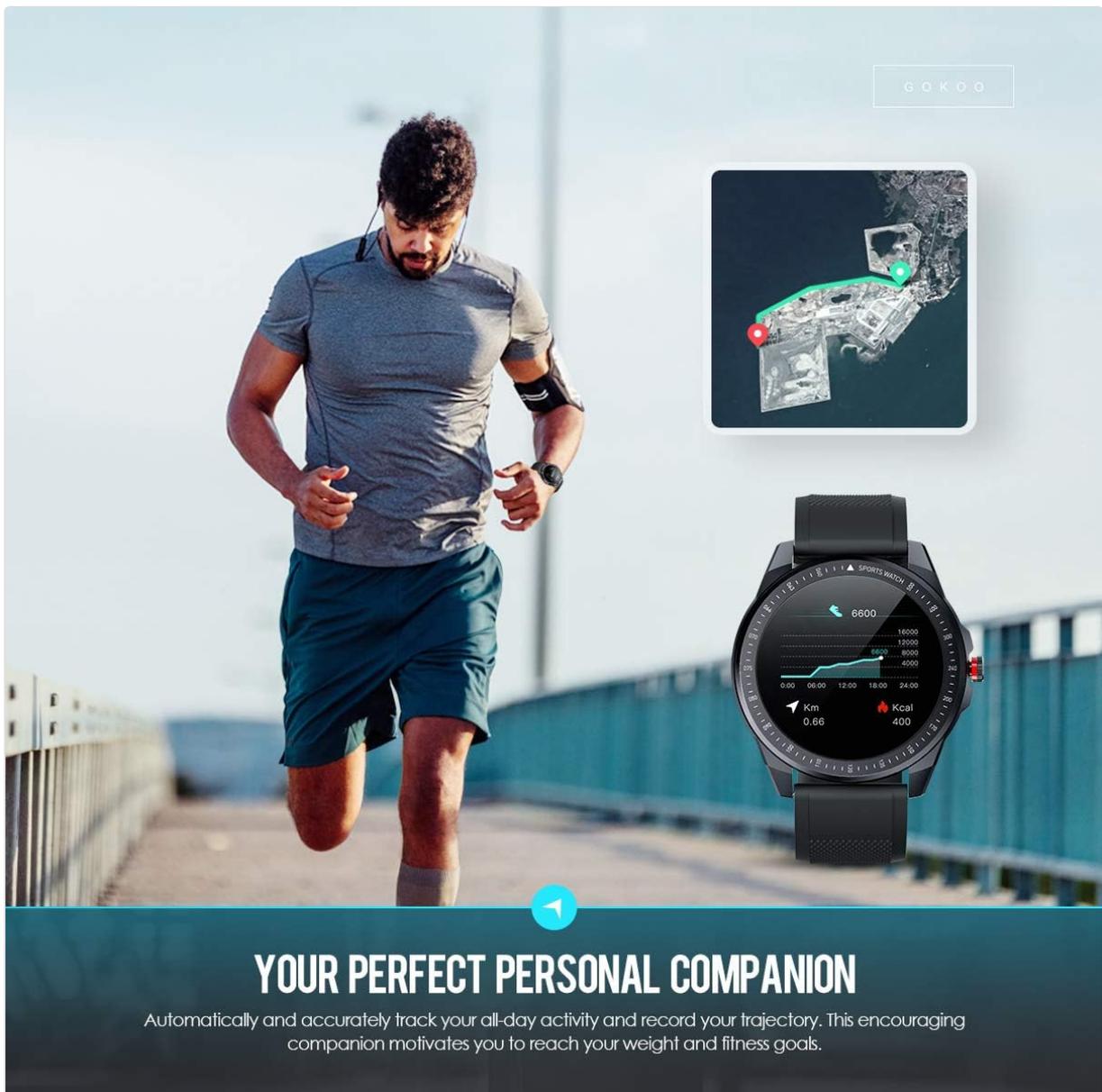


Figure 5: The watch tracking an outdoor run, displaying distance, calories, and a trajectory map.

### 3. Health Monitoring

- **Heart Rate:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed historical data in the app.
- **Blood Oxygen (SpO2):** Monitor your blood oxygen levels throughout the day.
- **Sleep Tracking:** The watch automatically records your sleep quality, including deep sleep, light sleep, and wake times. Review sleep patterns in the app to help adjust your habits.
- **Breathing Training:** Access guided breathing exercises on the watch to help reduce stress and improve relaxation.
- **Sedentary Reminders:** Set reminders in the app to prompt you to move after periods of inactivity.

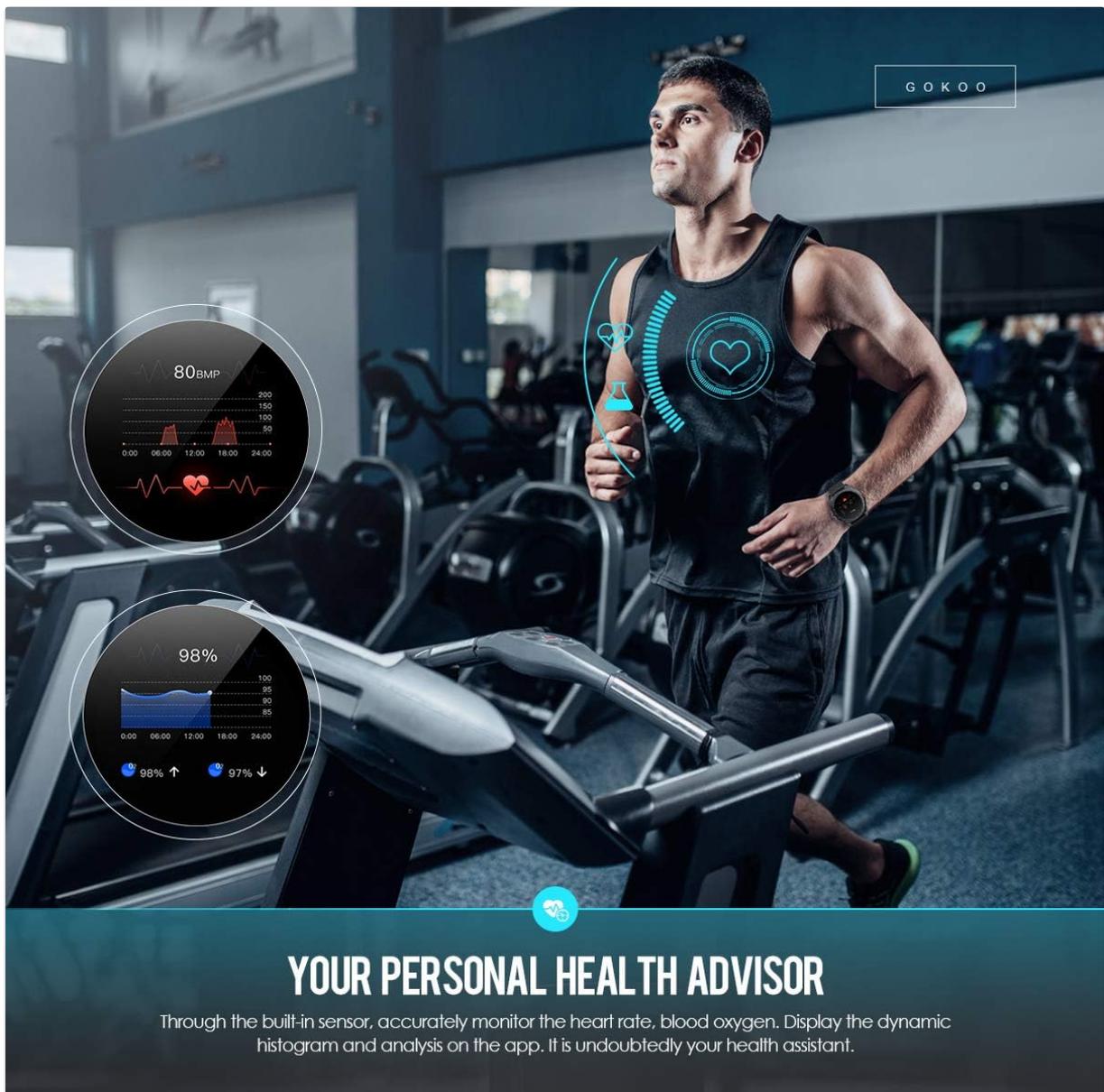


Figure 6: The watch displaying real-time heart rate and blood oxygen data during exercise.

#### 4. Notifications and Smart Features

Once paired with your smartphone, the GOKOO Smart Watch can display notifications for incoming calls, messages, and various app alerts. You can read messages directly on your wrist and manage incoming calls (answer/reject) without reaching for your phone.

- **Call Management:** Swipe on the watch screen to accept or reject incoming calls.
- **Message Display:** View text messages and app notifications.
- **Weather Forecast:** Access current weather information.
- **Music Control:** Control music playback on your smartphone.
- **Camera Remote:** Use the watch as a remote shutter for your phone's camera.



Figure 7: The watch showing synchronized notifications from a smartphone.

## 5. Customization

The GOKOO Smart Watch allows for personalization of its interface. You can select from various pre-installed watch faces or download additional styles through the companion app to match your preference.

## MAINTENANCE

### 1. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device hygiene. Use a soft, lint-free cloth. If necessary, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive cleaners, or aerosol sprays.

### 2. Water Resistance Guidelines

The GOKOO Smart 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. It is suitable for daily use, hand washing, rain, and swimming.

**Important:** Do not use the watch in hot water baths, saunas, or during diving. High temperatures and high pressure can compromise the waterproof seals and cause damage.

### 3. Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch using the provided magnetic charging cable.
- Store the watch in a cool, dry place when not in use for extended periods.

### TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is within Bluetooth range of your phone.
  - Restart both your phone and the watch.
  - Check if the app has necessary permissions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch.
- **Notifications not appearing:**
  - Verify that notification permissions are granted in the app and your phone's settings.
  - Ensure the watch is connected via Bluetooth.
  - Check if 'Do Not Disturb' mode is active on either the watch or phone.
- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit the number of active notifications.

### SPECIFICATIONS

Feature	Detail
Brand	GOKOO
Model	B08FMBHSD
Screen Size	1.3 Inches
Operating System	Android 5.0 or higher, iOS 9.0 or higher
Compatible Devices	Smartphone
Battery Life	Up to 10 days (depending on usage)
Battery Type	Lithium Polymer
Water Resistance	IP68
Wireless Connectivity	Bluetooth
Human Interface Input	Touchscreen
Product Dimensions	27 x 5 x 1.08 cm; 168 g



Figure 8: Detailed product dimensions of the GOKOO Smart Watch.

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official GOKOO website. If you require a copy of this manual or have any questions regarding your GOKOO Smart Watch B08FMBHSD, please contact customer service.