XD Collection P330.745

XD Collection Stay Fit Activity Tracker User Manual

Model: P330.745

1. Introduction

The XD Collection Stay Fit Activity Tracker is a lightweight, waterproof (IP67) device designed to monitor various aspects of your daily activity and health. It features an easy-to-use 0.91-inch OLED screen and connects to a free mobile application for detailed performance and fitness insights. This manual provides instructions for setting up, operating, maintaining, and troubleshooting your activity tracker.



Figure 1: The XD Collection Stay Fit Activity Tracker.

2. Safety Information

- Do not attempt to open or disassemble the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or vibrations.
- This device is not a medical instrument and should not be used for diagnostic or treatment purposes.
- Consult a physician before starting any new exercise program.
- Dispose of the device and its battery according to local regulations.

3. Package Contents

Please check the package for the following items:

- XD Collection Stay Fit Activity Tracker
- User Manual (this document)
- Charging Cable (integrated or separate, depending on model)

4. Setup

4.1 Charging the Device

Before first use, fully charge your activity tracker. Connect the charging cable to a USB power source. The device's screen will indicate charging status. A full charge provides up to 7 days of standby time or up to 3 days of working time.

4.2 App Installation

To unlock the full potential of your activity tracker, download the companion app. The app is compatible with iOS 8.1 and Android 4.4 or higher.

1. Search for the "Stay Fit" app (or similar name, check packaging) in the Apple App Store or Google Play Store.
2. Download and install the app on your smartphone or tablet.
3. Follow the on-screen instructions to create an account and set up your profile.

4.3 Pairing with Your Smartphone/Tablet

Ensure Bluetooth is enabled on your smartphone/tablet before pairing.

1. Open the installed "Stay Fit" app on your device.
2. Navigate to the device pairing section within the app (usually found in settings or a dedicated "Add Device" option).
3. The app will search for available activity trackers. Select "XD Collection Stay Fit" from the list.
4. Confirm the pairing request on both your smartphone/tablet and the activity tracker if prompted.

4.4 Wearing the Device

Wear the activity tracker comfortably on your wrist. For accurate heart rate and blood pressure readings, ensure the sensor is in contact with your skin and the band is snug but not too tight. The device can be worn day and night.

5. Operating Instructions

5.1 OLED Screen Operation

The 0.91-inch OLED screen is operated by tapping the side of the device. Each tap cycles through different display modes and functions.

- **Single Tap:** Cycles through time, date, step count, distance, calories, heart rate, blood pressure, blood oxygen, and stopwatch.
- **Long Press:** Activates specific functions within a mode (e.g., starting/stopping the stopwatch). Refer to the app for detailed function controls.

5.2 Activity Tracking Features

The Stay Fit Activity Tracker monitors the following:

- **Sleep Rhythm:** Tracks sleep patterns and quality.
- **Step Count:** Records the number of steps taken throughout the day.
- **Movement Distance:** Calculates the total distance covered.
- **Calorie Consumption:** Estimates calories burned based on activity.
- **Heart Rate Monitor:** Measures your heart rate.
- **Blood Pressure:** Provides an estimate of blood pressure.
- **Blood Oxygen:** Measures blood oxygen levels.
- **Stopwatch:** A built-in timer function.

Detailed data and historical trends for these features are available within the companion app.

5.3 App Usage

The free app provides a comprehensive overview of your performance and fitness. Synchronize your tracker with the app regularly to view:

- Daily, weekly, and monthly activity summaries.
- Detailed sleep analysis.
- Heart rate, blood pressure, and blood oxygen trends.
- Goal setting and progress tracking.
- Notifications and alerts (e.g., sedentary reminders, call/message notifications).

6. Maintenance

6.1 Cleaning

To maintain the device and prevent skin irritation, clean your activity tracker regularly.

- Wipe the device and strap with a soft, damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Ensure the device is dry before wearing it again or charging.

6.2 Water Resistance

The device is rated IP67 waterproof, meaning it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as washing hands or light rain. However, it is not recommended for swimming, showering with hot water, or diving, as steam and prolonged immersion can affect its performance.

7. Troubleshooting

7.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to a charger for at least 30 minutes.
- If the issue persists, try resetting the device (refer to app settings for a reset option, or long-press the side button if applicable).

7.2 Unable to Pair with App

- Make sure Bluetooth is enabled on your smartphone/tablet.
- Ensure the activity tracker is sufficiently charged.
- Restart both your smartphone/tablet and the activity tracker.
- Check if the app is updated to the latest version.
- Try unpairing and re-pairing the device through the app's settings.

7.3 Inaccurate Readings

- Ensure the tracker is worn correctly: snug on the wrist, with the sensor in contact with the skin.
- Clean the sensor on the back of the device.
- Environmental factors or vigorous movement can sometimes affect readings.
- Remember, this is not a medical device; readings are for reference only.

8. Specifications

Feature	Detail
Model	P330.745
Brand	XD Collection
Color	Blue
Material	TPE
Dimensions (LxWxH)	22 x 3.5 x 1.1 cm (approx. 8.7 x 1.4 x 0.4 inches)
Weight	28 grams (approx. 0.99 oz)
Display	0.91-inch OLED
Battery Type	Li-Poly (included)
Standby Time	Up to 7 days
Working Time	Up to 3 days
Water Resistance	IP67 (Waterproof)
Connectivity	Bluetooth
Compatible OS	iOS 8.1 and Android 4.4 or higher
Special Features	Activity tracker, Heart rate, Blood pressure, Blood oxygen, Sleep monitor, Step counter, Calorie counter, Distance tracker, Stopwatch

9. Warranty and Support

For warranty information and customer support, please refer to the documentation provided at the time of purchase or visit the official XD Collection website. Keep your proof of purchase for warranty claims.
If you encounter issues not covered in this manual, please contact XD Collection customer service for assistance.

© 2023 XD Collection. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question