

## TAOPON smartwatch zl02g

# TAOPON Smart Watch User Manual

Model: smartwatch zl02g

## 1. INTRODUCTION

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Welcome to the TAOPON Smart Watch user manual. This guide provides essential information for setting up, operating, and maintaining your new smartwatch. The TAOPON Smart Watch is designed for both Android and iOS phones, featuring IP67 waterproofing, a full touch screen, and comprehensive fitness and health tracking capabilities.



Figure 1: TAOPON Smart Watch, showcasing its sleek design and vibrant display.

## 2. KEY FEATURES

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- **Fashionable Design:** Features a 1.28-inch full touch color screen with 240x240 pixel resolution, offering high-definition clarity. Customize your watch face with various pre-set dials or your own photos.
- **Comprehensive Fitness Tracking:** Supports 8 sports modes including walking, running, cycling, skipping rope, badminton, basketball, football, and swimming. Tracks calorie consumption, steps, distance, activity minutes, and heart rate. Connects to your mobile phone's GPS for detailed movement tracking.
- **Advanced Health Monitoring:** Accurately monitors real-time health data such as heart rate, blood oxygen, and

blood pressure. Includes a sleep monitor to track deep sleep, light sleep, and overall sleep quality trends.

- **Convenient Smart Tools:** Integrates practical tools like weather forecast, pedometer, sedentary reminder, remote camera control, music control, theater mode, timer, deep breathing guide, and adjustable brightness. Supports up to 3 alarms.
- **Smart Notifications:** Receives message notifications from the 'Da Fit' APP, including call reminders, call rejection, SMS, Facebook, Twitter, LinkedIn, WhatsApp, Line, and Instagram.
- **Long Battery Life & Durability:** Equipped with a 200mAh battery providing up to 7 days of typical use and 30 days of standby time on a single charge. Features an IP67 waterproof rating, suitable for hand washing and rainy conditions.

## 3. SETUP GUIDE

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### 3.1 Unboxing and Initial Charge

Upon unboxing, ensure all components are present: the TAOPON Smart Watch, charging cable, and user manual. Before first use, fully charge the device.

- Connect the magnetic charging cable to the charging points on the back of the watch.
- Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer USB port.
- The watch display will indicate charging status. A full charge typically takes about 2 hours.

# Lightweight And Long Battery Life You Can Have Both.



**7-10DAYS  
TYPICAL USE  
30DAYS  
STANDBY TIME**



Figure 2: Illustration of the smartwatch's ultra-thin dial and charging process, highlighting its long battery life.

## 3.2 App Installation and Pairing

To unlock the full potential of your TAOPON Smart Watch, download and install the 'Da Fit' application on your smartphone.

- Scan the QR code in the manual or search for 'Da Fit' in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
- Install the 'Da Fit' app and open it.
- Ensure Bluetooth is enabled on your smartphone.
- In the 'Da Fit' app, navigate to the 'Device' section and select 'Add Device'.
- The app will search for available devices. Select 'smartwatch z102g' from the list to pair.
- Follow any on-screen prompts to complete the pairing process. Once connected, the watch will synchronize time and data with your phone.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to return to the home screen or to turn the screen on/off.
- **Raise to Wake:** The display automatically lights up when you raise your wrist.

### 4.2 Customizing Watch Faces

Personalize your smartwatch by changing the watch face.

- From the home screen, long-press the watch face to enter the watch face selection mode.
- Swipe left or right to browse pre-installed watch faces. Tap to select.
- For more options, open the 'Da Fit' app, go to 'Watch Faces' or 'Dial Settings' to download new designs or set a custom photo as your watch face.

## 75 Interfaces Customize Watch Dial





Figure 3: Examples of customizable watch faces available on the TAOPON Smart Watch.

### 4.3 Fitness Tracking

Utilize the various sports modes to track your workouts.

- Swipe on the watch to find the 'Exercise' or 'Sports Modes' icon.
- Select your desired activity (e.g., Walking, Running, Cycling).
- The watch will begin tracking your activity, including steps, distance, calories burned, and heart rate.
- Connect to your phone's GPS via the 'Da Fit' app for detailed route mapping during outdoor activities.

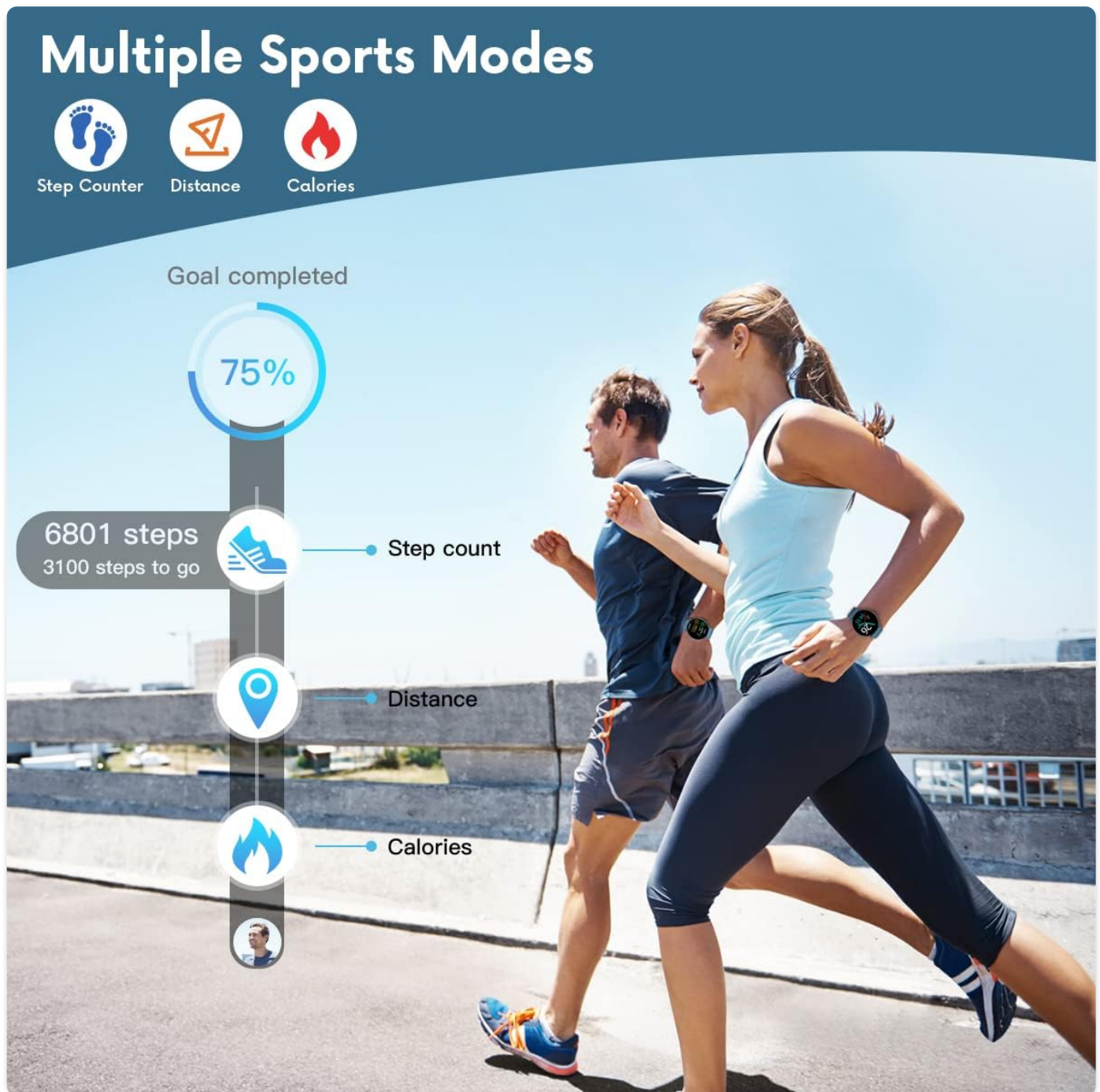


Figure 4: The smartwatch displaying fitness metrics like step count, distance, and calories during a workout.

### 4.4 Health Monitoring

Monitor your vital health metrics directly from your wrist.

- **Heart Rate:** Navigate to the heart rate monitoring interface. The watch will automatically measure your heart rate. Continuous monitoring can be enabled via the 'Da Fit' app.
- **Blood Pressure & Blood Oxygen (SpO2):** Access these functions from the watch menu. Ensure the watch is worn snugly on your wrist for accurate readings.
- **Sleep Monitoring:** Wear the watch to bed. It will automatically track your sleep patterns, including deep sleep, light sleep, and wake times. View detailed sleep reports in the 'Da Fit' app.



Figure 5: Visual representation of the smartwatch's health monitoring capabilities, including heart rate, blood pressure, blood oxygen, and sleep tracking.

## 4.5 Smart Features

- **Notifications:** Ensure the 'Da Fit' app has necessary permissions. You will receive call, SMS, and social media notifications directly on your watch. You can reject calls from the watch.
- **Remote Camera Control:** Open the camera function in the 'Da Fit' app. Use the watch as a remote shutter button to take photos on your phone.



- **Music Control:** Control music playback on your smartphone (play/pause, next/previous track) directly from the watch.
- **Weather Forecast:** View current weather conditions and forecasts after syncing with the 'Da Fit' app.
- **Alarms & Reminders:** Set up to 3 alarms via the 'Da Fit' app. Enable sedentary reminders to prompt you to move after periods of inactivity.



Figure 6: Using the smartwatch to remotely control your phone's camera for group photos.

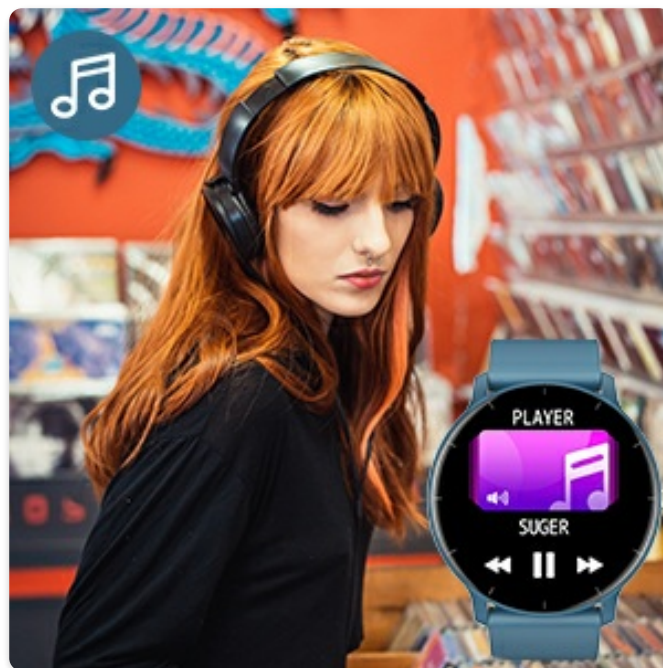


Figure 7: The smartwatch interface showing music playback controls.

## 5. MAINTENANCE AND CARE

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

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is IP67 waterproof, meaning it can withstand splashes, rain, and brief immersion in



shallow water (e.g., hand washing). **Do not use it for hot showers, diving, or prolonged submersion.**Avoid contact with hot water, steam, or corrosive liquids.

- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Charging:** Use only the provided charging cable. Do not attempt to charge the watch if it or the cable is wet.

## 6. TROUBLESHOOTING

If you encounter issues with your TAOPON Smart Watch, refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the charger and wait a few minutes before attempting to power on.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Check if the 'Da Fit' app has necessary permissions.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Avoid excessive movement during measurements. Clean the sensor on the back of the watch.
Notifications not received	Verify that the 'Da Fit' app is running in the background and has notification permissions enabled for the desired apps. Check phone's notification settings.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring, and limit frequent notifications. Ensure background app refresh is managed.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	smartwatch z102g
Dimensions	1.77 x 1.77 x 0.39 inches
Weight	1.23 ounces (35 Grams)
Screen Size	1.28 Inches
Display Resolution	240x240 pixels
Battery Capacity	200mAh Lithium Polymer
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 30 days
Water Resistance	IP67
Compatibility	iOS 9.0 & Android 5.0 or higher
Connectivity	Bluetooth

Feature	Detail
GPS	Via Smartphone
Manufacturer	TAOPON

## 8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or contact TAOPON customer service directly. Keep your purchase receipt as proof of purchase.