Focwony B09HSG117T

Focwony Non-Bluetooth LED Fitness Tracker Watch User Manual

Model: B09HSG117T

INTRODUCTION

This manual provides comprehensive instructions for the Focwony Non-Bluetooth LED Fitness Tracker Watch. It covers product features, setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. This fitness tracker is designed to monitor daily activity without requiring a smartphone connection or application.

Image: Front view of the Focwony Non-Bluetooth LED Fitness Tracker Watch, displaying time and activity icons.

PRODUCT FEATURES

- **Non-Bluetooth Operation:** No smartphone or app connection required.
- **Activity Tracking:** Automatically tracks steps, distance, and calories burned.
- **LED Display:** Bright and clear digital display for easy readability.

- **Alarm Clock:** Features a silent vibration alarm.
- **Stopwatch Function:** Integrated stopwatch for timing activities.
- **Comfortable Design:** Made with food-grade silicone strap for skin-friendly wear.
- **Long Battery Life:** Up to 12-20 days of working time on a single charge.
- **Water Resistant:** IP65 rated for daily use (e.g., hand washing).

Image: Overview of the watch's functions, including pedometer, distance, calories, time/date, alarm clock, LED display, and stopwatch.

SETUP

1. Charging the Device

Before first use, fully charge the fitness tracker. The watch module can be removed from the strap for charging.

1. Gently remove the watch module from the silicone strap.
2. Connect the provided USB charging cable to the watch module's charging port.
3. Plug the other end of the USB cable into a standard USB power adapter (not included) or a computer's USB port.
4. The battery indicator on the display will show charging status. A full charge typically takes about 1 hour.

Image: The watch module being charged via a USB cable connected to a laptop.

2. Wearing the Watch

Ensure the watch is worn comfortably on your wrist for accurate tracking.

- Insert the charged watch module back into the silicone strap.
- Fasten the strap securely around your wrist using the metal buckle.
- The watch is designed to fit wrist girths from 5.2 to 7.2 inches (13cm-18cm).

COMFORTABLE TO WEAR

Easy to wear | Food Grade Silicone Strap | Soft and comfortable

Operation Buttons

Integral Food Grade Silicone Strap

Metal Buckle

Image: Diagram illustrating the watch's components: operation buttons, silicone strap, and metal buckle.

Image: A diagram demonstrating how to measure wrist circumference to ensure a proper fit for the watch.

OPERATING INSTRUCTIONS

The watch features simple button controls for navigation and settings.

1. Basic Navigation

The watch typically has one or two buttons on the side. Press the button(s) to cycle through different display modes:

- **Time Display:** Shows current time (hour, minute, AM/PM).
- **Step Count:** Displays the total number of steps taken.
- **Distance:** Shows the estimated distance traveled.
- **Calories Burned:** Indicates estimated calories consumed.
- **Stopwatch:** Access the stopwatch function.
- **Alarm:** Access alarm settings.

Image: A user interacting with the watch by pressing a side button to change the display.

LED DISPLAY
Bright and clear, easy to read

Image: A clear view of the watch's LED display, showing the time and various activity tracking icons.

2. Setting Time and Date

Specific instructions for setting time and date may vary slightly by model. Generally, long-press a button while on the time display to enter setting mode. Use short presses to adjust values and long presses to confirm and move to the next setting (e.g., hour, minute, month, day, year).

3. Activity Tracking

The watch automatically tracks your steps, distance, and calories throughout the day. No manual activation is required for these functions.

Image: Children engaged in outdoor activity, demonstrating the watch's automatic step, distance, and calorie tracking.

4. Setting the Alarm

To set the alarm:

1. Navigate to the alarm display mode.
2. Long-press the button to enter alarm setting mode. The hour digit will typically flash.
3. Use short presses to adjust the hour. Long-press to confirm and move to minutes.
4. Repeat for minutes. Long-press to confirm and activate/deactivate the alarm.
5. The alarm will vibrate silently at the set time.

Image: A child sleeping, illustrating the silent vibration alarm feature of the watch.

5. Using the Stopwatch

To use the stopwatch function:

1. Navigate to the stopwatch display mode.
2. Press the button once to start the stopwatch.
3. Press the button again to pause/resume.
4. Long-press the button to reset the stopwatch to zero.

Image: A child preparing to run, with an inset showing the watch's stopwatch function in action.

MAINTENANCE

1. Cleaning

To maintain the watch's appearance and hygiene:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners, as these can damage the materials.
- Ensure the watch is dry before wearing it again.

2. Water Resistance

The watch has an IP65 water resistance rating. This means it is protected against dust ingress and low-pressure water jets from any direction. It is suitable for:

- Daily activities like hand washing.
- Splashes and light rain.

It is **not** suitable for:

- Showering, bathing, swimming, or diving.
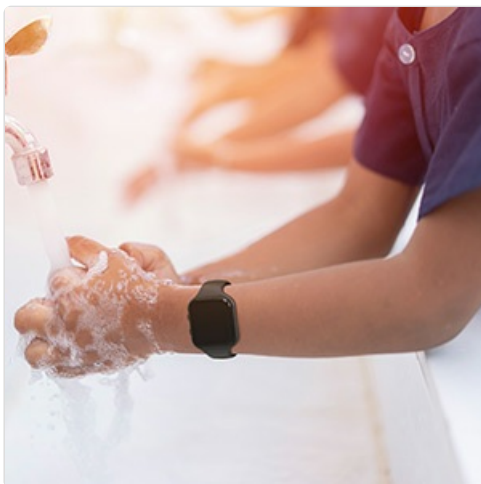- Exposure to high-pressure water or submersion.

Image: A person washing their hands while wearing the watch, demonstrating its water resistance for everyday tasks.

3. Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Charge the watch using only the provided charging cable or a compatible USB charger.
- If the watch will not be used for an extended period, charge it periodically to prevent deep discharge.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on or display anything.	Low battery or completely discharged.	Charge the watch for at least 1 hour. Ensure the charging cable is properly connected.
Inaccurate step count.	Improper wearing position; unusual arm movements.	Ensure the watch is worn snugly on the wrist. Allow a few minutes for the sensor to calibrate after putting it on.
Time/Date is incorrect.	Not set correctly or reset after battery depletion.	Refer to the "Setting Time and Date" section to adjust.
Alarm does not vibrate.	Alarm not activated or set incorrectly.	Verify alarm settings and ensure it is enabled.

SPECIFICATIONS

- **Model:** B09HSG117T
- **Brand:** Focwony
- **Display:** LED
- **Material:** Food-Grade Silicone, ABS
- **Water Resistance:** IP65 (Splash-proof, suitable for hand washing)
- **Battery Type:** Lithium Polymer
- **Battery Capacity:** 55 mAh
- **Charging Time:** Approximately 1 hour
- **Working Time:** Approximately 12-20 days (varies with usage frequency)
- **Wrist Girth:** 5.2-7.2 inches (13cm-18cm)
- **Item Weight:** 0.05 Kilograms
- **Connectivity:** USB (for charging)

WARRANTY AND SUPPORT

This Focwony product comes with a 12-month warranty from the date of purchase, covering manufacturing defects. For warranty claims, technical support, or any inquiries, please contact Focwony customer service through the retailer where the product was purchased.
Please retain your proof of purchase for warranty validation.