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FOREVER SB-315

FOREVER SB-315 Fitband Smartwatch User Manual

Model: SB-315

1. INTRODUCTION

The FOREVER SB-315 Fitband Smartwatch is a versatile activity tracker designed to help you monitor your fitness and stay connected. Featuring a heart rate sensor, step counter, distance tracker, and sleep monitor, it provides comprehensive insights into your daily activity. Its discreet and lightweight design, coupled with a long-lasting battery, ensures maximum comfort and convenience.

This manual provides detailed instructions on how to set up, operate, and maintain your SB-315 smartwatch to ensure optimal performance and longevity.



Figure 1.1: Front view of the FOREVER SB-315 Fitband Smartwatch.

2. SETUP

2.1 Unboxing and Initial Charge

Carefully remove all components from the packaging. The box should contain the SB-315 smartwatch and its charging cable. Before first use, fully charge the device.

- Connect the charging cable to the charging contacts on the back of the smartwatch.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The watch display will indicate charging status. A full charge typically takes 2-3 hours.
- The 155 mAh battery provides up to 10 days of standby time on a single charge.



Figure 2.1: The SB-315 Smartwatch and its retail packaging.

2.2 App Installation and Pairing

To unlock the full potential of your SB-315 smartwatch, you need to install the companion application on your smartphone and pair the devices via Bluetooth.

1. **Download the App:** Search for the "Forever Smart" or "Forever Fit" app (refer to the packaging or quick start guide for the exact app name) on the Apple App Store (for iOS 10.0 and above) or Google Play Store (for Android 5.0 and above).

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed application on your smartphone.
4. **Pair the Device:** Follow the in-app instructions to add a new device. Select "SB-315" from the list of available devices. The app will guide you through the pairing process.
5. **Grant Permissions:** Allow necessary permissions (e.g., notifications, location, health data) for the app to function correctly.

Once successfully paired, the watch will synchronize time and data with your smartphone.

3. OPERATING YOUR SMARTWATCH

3.1 Basic Navigation

The SB-315 features a bright 0.96-inch (or 1.3-inch, depending on specific model variant) display. Navigate through menus by swiping across the screen and tapping to select options.

- **Swipe Up/Down:** Scroll through different functions and menus.
- **Swipe Left/Right:** Access quick views like daily activity, heart rate, or notifications.
- **Tap:** Select an option or enter a sub-menu.
- **Press Side Button (if applicable):** Return to the home screen or power on/off.

3.2 Core Functions

The SB-315 is equipped with several features to help you monitor your health and fitness.

- **Heart Rate Monitoring:** The integrated heart rate sensor continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.



Figure 3.1: Rear view of the SB-315, highlighting the heart rate sensor.

- **Activity Tracking:** Tracks steps taken, distance covered, and calories burned throughout the day.
- **Sleep Monitoring:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Access detailed sleep analysis in the companion app.
- **Sport Modes:** Select from various sports modes such as running, cycling, climbing, and walking to track specific workout data.
- **Hydration Reminder:** Set reminders to ensure you drink enough water throughout the day.

3.3 Smart Features

- **Notifications:** Receive instant notifications for incoming calls, SMS messages, and alerts from social media applications directly on your wrist.
- **Remote Camera Control:** Use your smartwatch as a remote shutter for your smartphone's camera.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from the watch.
- **Watch Face Customization:** Personalize your watch by choosing from various watch faces available through the companion app.
- **Alarm Clock:** Set silent vibrating alarms to wake you up or remind you of important events.

4. MAINTENANCE

4.1 Cleaning and Care

To ensure the longevity and proper functioning of your SB-315 smartwatch, follow these cleaning and care guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, damp, lint-free cloth. Avoid using harsh chemicals, abrasive cleaners, or solvents.
- **Drying:** Ensure the watch is completely dry before charging or wearing, especially after exposure to water.
- **Strap Care:** If the strap is removable, clean it separately. Allow it to air dry completely before reattaching.

4.2 Water Resistance (IP67)

The SB-315 smartwatch is rated IP67, meaning it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes. While it is water-resistant, it is not waterproof for prolonged submersion or high-pressure water activities.

- Do not wear the watch while showering with hot water, in saunas, or steam rooms.
- Avoid pressing buttons underwater.
- If the watch gets wet, wipe it dry thoroughly before charging.

4.3 Battery Care

To maximize battery life and performance:

- Charge the watch fully before first use.
- Avoid completely draining the battery frequently.
- Store the watch in a cool, dry place when not in use for extended periods.
- Use only the provided charging cable.

5. TROUBLESHOOTING

If you encounter issues with your SB-315 smartwatch, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Watch does not turn on	Low battery; device frozen	Charge the watch for at least 30 minutes. If still unresponsive, try a soft reset (refer to app or manufacturer's website for specific instructions).
Cannot pair with smartphone	Bluetooth off; app not running; watch not discoverable; interference	Ensure Bluetooth is on for both devices. Restart both the watch and phone. Make sure the app is open and searching. Forget previous pairings on phone.
Notifications not received	App permissions not granted; notification settings off; app not running in background	Check app permissions in phone settings. Verify notification settings within the companion app. Ensure the app is running in the background.
Inaccurate heart rate/step count	Improper fit; sensor obstruction; software glitch	Ensure the watch is worn snugly on the wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Restart the watch.
Short battery life	Frequent use of features; high brightness; constant notifications	Reduce screen brightness. Limit continuous heart rate monitoring. Turn off unnecessary notifications. Ensure background app refresh is optimized.

If the problem persists, please contact FOREVER customer support for further assistance.

6. SPECIFICATIONS

Key technical specifications for the FOREVER SB-315 Fitband Smartwatch:

Feature	Detail
Model Name	SB-315
Brand	FOREVER
Color	Pink
Connectivity Technology	Bluetooth 5.0
Display Size	0.96" (or 1.3", depending on specific model variant) - 240 x 240 pixels
Battery Capacity	155 mAh Lithium-polymer
Max Standby Time	Up to 10 days
Water Resistance Rating	IP67
Compatible Devices	Smartphones (iOS ≥ 10.0, Android ≥ 5.0)
Special Features	Heart Rate Monitor, Sleep Monitor, Notification, Alarm Clock, Activity Tracker, Remote Camera/Music Control

Feature	Detail
Net Weight	57g

7. WARRANTY AND SUPPORT




For warranty information, please refer to the warranty card included in your product packaging or contact your point of purchase. Warranty terms and conditions may vary by region and retailer.




For technical support, troubleshooting assistance beyond this manual, or inquiries about spare parts, please visit the official FOREVER website or contact their customer service department. Contact details are typically available on the manufacturer's website or product packaging.

Manufacturer: TelForceOne

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Related Documents - SB-315

	<p>Forever ForeVive Lite SB-315 Smartwatch User Manual</p> <p>Concise user manual for the Forever ForeVive Lite SB-315 Smartwatch, covering setup, charging, app connection, and basic features. Download the full manual for detailed instructions.</p>
	<p>Forever SB-50 Fitband Fitness Tracker Smartband User Manual</p> <p>Comprehensive user manual for the Forever SB-50 Fitband fitness tracker smartband, covering general information, product description, charging, app installation, device operation, functions, and safety precautions.</p>
	<p>Forever Fitband SB-50 User Manual</p> <p>User manual for the Forever Fitband SB-50 fitness tracker smartband, covering general information, specifications, product description, charging, app installation, device operation, functions, safety, and disposal.</p>

	<p>Forever Smartwatch SB-320 User Manual</p> <p>Comprehensive user manual for the Forever Smartwatch SB-320, covering setup, features, operation, and settings. Learn how to connect, use, and manage your smartwatch.</p>
	<p>Forever Grand 2 Smartwatch SW-710 User Manual</p> <p>User manual for the Forever Grand 2 Smartwatch SW-710, providing instructions on setup, operation, and maintenance.</p>
	<p>Forever Smartwatch SB-320 User Manual</p> <p>Comprehensive user manual for the Forever Smartwatch SB-320, covering setup, usage, features, settings, and troubleshooting.</p>