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› Choiknbo T45S Smartwatch User Manual - Call, Fitness, Heart Rate & Sleep Monitor for Android & iPhone

Choiknbo T45S

Choiknbo T45S Smartwatch User Manual

Model: T45S | Brand: Choiknbo

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Choiknbo T45S Smartwatch. This device is designed to enhance your daily life with features such as call management, fitness tracking, and health monitoring. Please read this manual thoroughly to ensure proper use and to maximize the functionality of your smartwatch.

Fitness Smart Watch



Make
call



Health
monitor



Message
reminder



7-15 Days
battery life



Image: The Choiknbo T45S Smartwatch, showcasing its design and diverse display options.

WHAT'S IN THE BOX

Verify that all items are present in the package:

- Choiknbo T45S Smartwatch
- User Manual
- Charging Cable

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. 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. A full charge typically takes approximately 2 hours.

Long Battery Life



2 Hours Charging 

5 Days Play 

30 Days Standard Time 

Image: The rear view of the smartwatch, highlighting the charging area and battery life details.

2. App Installation

Download and install the "Da Fit" application on your smartphone. This app is compatible with Android 5.0+ and iOS 9.0+ devices.

- **For Android:** Search "Da Fit" in the Google Play Store.
- **For iOS:** Search "Da Fit" in the Apple App Store.

3. Device Pairing (Bluetooth Connection)

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "Da Fit" app.
4. Follow the in-app instructions to add your device. Select the Choiknbo T45S from the list of available devices.
5. Confirm the pairing request on both your phone and smartwatch.

Once paired, the smartwatch will synchronize data with your phone and enable features like call answering and message notifications.

OPERATING INSTRUCTIONS

Screen Operation

The smartwatch features a 1.83" HD full touch color screen. Swipe left, right, up, or down to navigate through menus and functions. Tap to select items.

Call Management and Message Notifications

After connecting to your smartphone via Bluetooth, you can manage calls and receive notifications directly on your smartwatch.

- **Making/Answering Calls:** Use the built-in HD speaker and microphone. You can dial numbers, answer incoming calls, and view call history.
- **Message Notifications:** Receive alerts from various applications such as Facebook, WhatsApp, Instagram, Twitter, and SMS.

ALWAYS ONLINE



Call receive/dial



Built in speaker



Call records



Message reminder

Image: The smartwatch displaying call functions, a dial pad, and an incoming message.



Image: The smartwatch displaying a message, indicating compatibility with popular messaging platforms.

Health Monitoring

The smartwatch is equipped with advanced sensors to monitor key health metrics throughout the day.

- **Heart Rate:** Continuous 24-hour heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Sleep Tracking:** Monitors sleep patterns, including deep, light, and wakeful sleep stages.



Heart Rate

Blood
Oxygen Monitor



Blood
Pressure



Image: The smartwatch showing real-time data for heart rate, blood oxygen, and blood pressure.



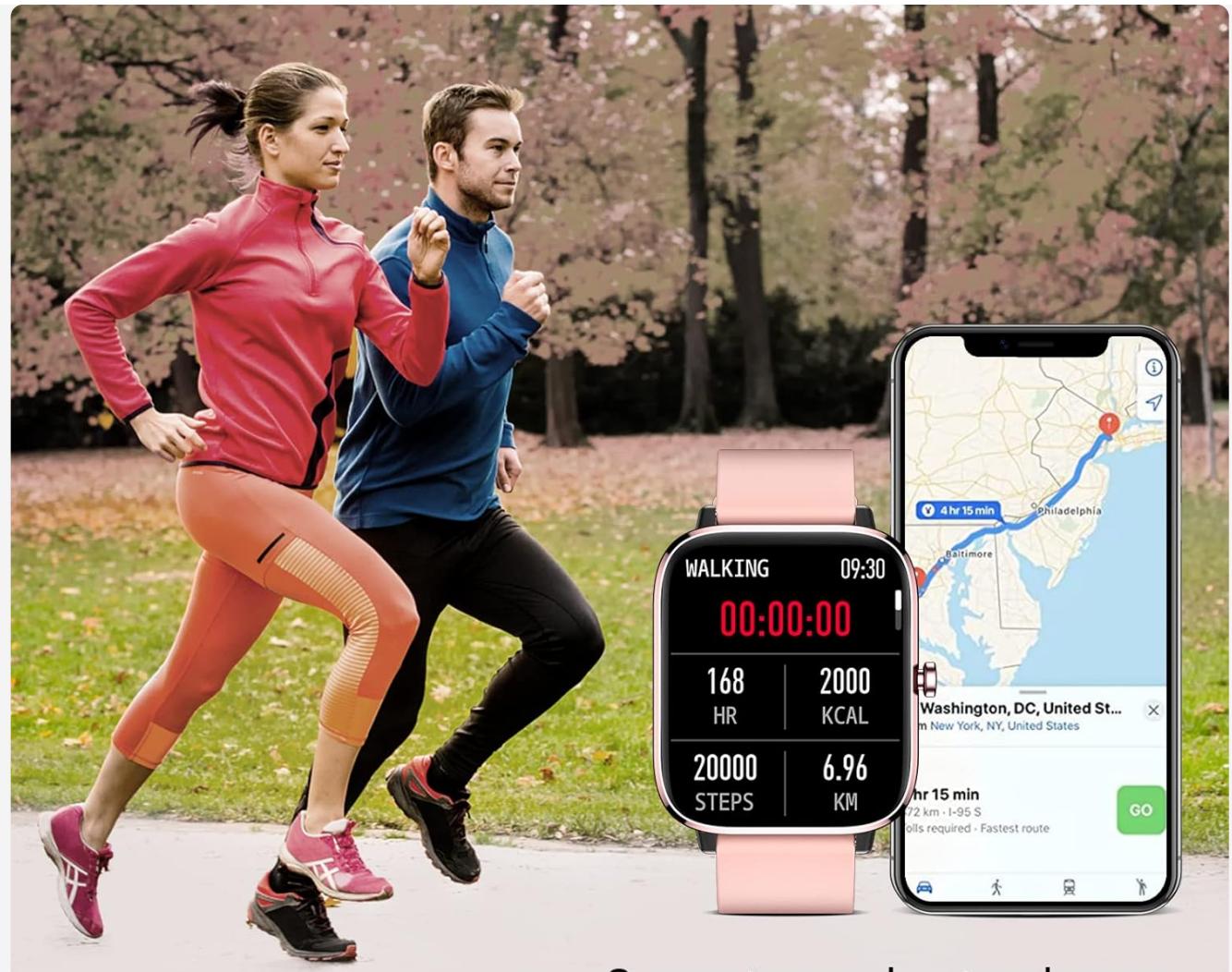
Image: The smartwatch illustrating its sleep tracking function, showing sleep duration and quality.

Note: The health monitoring features are for reference only and should not be used for medical diagnosis or treatment.

Sports Modes and Activity Tracking

The smartwatch supports over 100 sports modes to track your physical activities. It records data such as heart rate, steps, and calories burned during exercise.

- Supported modes include: Running, Hiking, Cycling, Skipping, Walking, Basketball, Yoga, Football, and more.



8 sports modes to choose



Running



Basketball



Skipping rope



Badminton



Football



Swimming



Cycling



Walking

Image: The smartwatch showing walking activity data and a selection of 8 sports modes.

8 Sports modes

A personal coach on your wrist



Image: A woman exercising, demonstrating the smartwatch's fitness tracking capabilities with 8 sports modes.

Other Useful Functions

The smartwatch includes a variety of additional features:

- Timer and Stopwatch
- Alarm Clock
- Find Your Phone function
- Sedentary Reminder: Prompts you to move after periods of inactivity.
- Music Control: Play, pause, skip tracks on your phone.
- Weather Forecast
- Do Not Disturb Mode
- Brightness Adjustment
- Camera Control: Remotely trigger your phone's camera.
- Female Cycle Tracking

Multiple Useful Functiongs



Message
Notification



Bluetooth Phone
Call Answering



Pedomete



Sleep Monitor



Exercise
Information



Stress
Tracking



Blood oxygen
detection



Weather



Camera Control



Music Control



Heart rate
Monitor



Exercise
Information



Clock



Flashlight



Sedentary
reminder



Image: A visual representation of the multiple useful functions available on the smartwatch.



Image: The smartwatch demonstrating music control functionality, synced with a smartphone.



Image: The smartwatch showing a sedentary reminder, encouraging movement.

Customizing Watch Faces

Personalize your smartwatch by choosing from over 100 watch faces available in the "Da Fit" app. You can also upload your own photos to create custom watch faces.

Personalized Watch Faces



Image: The smartwatch showcasing various personalized watch faces, including custom photo options.

Customize Your Smart Watch

Make your own style. Easily put your personality on display.



Image: Customization options for the smartwatch, allowing users to personalize their device with different watch faces and photos.

Waterproof Information

The smartwatch has an IP68 waterproof rating, making it suitable for daily activities such as hand washing and light rain. However, it is not recommended for use in hot water, seawater, swimming, diving, or bathing, as these conditions may compromise the waterproof seal.

IP67 WATERPROOF

Convenient for daily life



Image: The smartwatch demonstrating its IP67 waterproof feature, suitable for daily water exposure.

MAINTENANCE

- Cleaning:** Regularly clean the watch screen and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials.
- Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device when the battery level is low.
- Storage:** Store the smartwatch in a cool, dry place when not in use.

TROUBLESHOOTING

Problem	Possible Solution
Smartwatch not turning on	Ensure the device is fully charged. Connect to the charging cable for at least 30 minutes.

Problem	Possible Solution
Unable to pair with phone	<ul style="list-style-type: none"> Ensure Bluetooth is enabled on your phone. Make sure the smartwatch is within range of your phone. Restart both the smartwatch 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 tight or too loose. Clean the sensors regularly. Note that these readings are for reference and not medical grade.
Short battery life with Bluetooth enabled	Continuous Bluetooth usage, especially for calls and frequent notifications, consumes more power. Adjust notification settings or disable Bluetooth when not needed to extend battery life.
Notifications not appearing	<ul style="list-style-type: none"> Check notification settings in the "Da Fit" app. Ensure your phone's notification access is granted to the app. Verify Bluetooth connection is active.

SPECIFICATIONS

Feature	Detail
Model Number	T45S
Screen Size	1.83 Inches
Connectivity	Bluetooth
Operating System Compatibility	Android 5.0+, iOS 9.0+
Battery Capacity	290 mAh Lithium Polymer
Charging Time	Approximately 2 hours
Typical Usage Battery Life	5-7 days
Standby Time	Up to 30 days
Waterproof Rating	IP68
Memory Storage Capacity	128 MB
Product Dimensions	5 x 3 x 1 inches
Item Weight	2.47 ounces (0.15 Pounds)



Image: Detailed dimensions of the Choiknbo T45S Smartwatch.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official Choiknbo website. Keep your purchase receipt as proof of purchase.

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