AcclaFit X1

AcclaFit Smart Watch Fitness Tracker User Manual

Model: X1

1. INTRODUCTION

Welcome to the AcclaFit Smart Watch Fitness Tracker user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new AcclaFit X1 Smart Watch. Please read this manual thoroughly to ensure optimal performance and longevity of your device.

Figure 1.1: AcclaFit Smart Watch X1

The AcclaFit X1 Smart Watch is designed to help you monitor your health and fitness with features such as 24/7 sleep monitoring, heart rate tracking, step counting, and smart notifications. Its 1.7-inch full touch display and 5 ATM waterproof rating make it a versatile companion for daily use and various activities.

2. PRODUCT OVERVIEW

2.1 Key Features

- **Full-Touch Color Screen Display:** Intuitive navigation and vibrant visuals.
- **24/7 Heart Rate Tracking:** Continuous monitoring for health insights.
- **Blood Oxygen Saturation (SpO2) Monitoring:** Track your blood oxygen levels.

- **Daily Sleep Quality Score:** Automatic sleep tracking for deep, light, and awake sleep.
- **APP & Notifications:** Stay connected with call, text, and app alerts.
- **16 Sport Modes Activity Tracker:** Track various real-time data during exercise.
- **5 ATM Waterproof:** Suitable for swimming and water activities.
- **Long Battery Life:** Up to 7 days of regular use, 30 days standby.
- **Custom Watch Faces:** Multiple stylish UI options to personalize your device.

Figure 2.1: Key Features of AcclaFit Smart Watch

3. SETUP

3.1 Charging the Device

Before first use, fully charge your AcclaFit Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. The watch display will show the charging status. A full charge typically takes about 2 hours.

3.2 App Installation and Pairing

1. **Download the App:** Search for the 'Smart Wristband 3' app (or specified app in the quick start guide) on the App Store (iOS) or Google Play Store (Android) and install it on your smartphone.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed app and follow the on-screen instructions to create an account or log in.
4. **Pair the Device:** In the app, navigate to the device pairing section. The app will search for available devices. Select 'X1' or the corresponding device name from the list to pair.
5. **Confirm Pairing:** A pairing request may appear on your watch. Confirm the pairing on both your watch and smartphone.

Once successfully paired, the watch will synchronize data with the app, and you can begin customizing settings and tracking your activities.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or wake up the display. A long press may access power options or specific functions depending on the context.

4.2 Customizing Watch Faces

The AcclaFit X1 allows you to personalize your watch with various display UIs. To change the watch face:

1. From the home screen, long-press the watch face.
2. Swipe left or right to browse through the available watch faces.
3. Tap on your desired watch face to select and apply it.

Additional watch faces may be available through the companion app.

Figure 4.1: Customizable Watch Faces

5. Features Deep Dive

5.1 Automatic Sleep Monitor

The watch automatically tracks your sleep patterns, measuring deep sleep, light sleep, and awake time. View intuitive data and charts in the 'Smart Wristband 3' APP to understand your sleep quality and identify areas for improvement.

Figure 5.1: Automatic Sleep Monitoring

5.2 Heart Rate Monitor

The AcclaFit X1 provides 24/7 heart rate monitoring, offering guidance on reaching your health and fitness goals. It helps you accurately know your physical condition in a timely manner. Ensure the watch is worn snugly on your wrist for accurate readings.

Heart rate monitor

24/7 heart rate monitoring gives you guidance on reaching your health and fitness goals and helps you know your physical condition accurately and in a timely manner.

Figure 5.2: 24/7 Heart Rate Monitoring

5.3 16 Sport Modes Activity Tracker

The watch includes 16 professional sports modes. Select the appropriate mode before starting your activity to track a variety of real-time data, such as steps, distance, calories burned, and duration. This data helps you understand your exercise status and make appropriate adjustments to your routine.

5.4 Smart Notifications & Fitness Apps

Stay connected by receiving call, calendar, and smartphone app alerts directly on your wrist. The watch also supports convenient apps like weather and timer. Ensure your watch is paired with your smartphone and notification permissions are granted in the companion app.
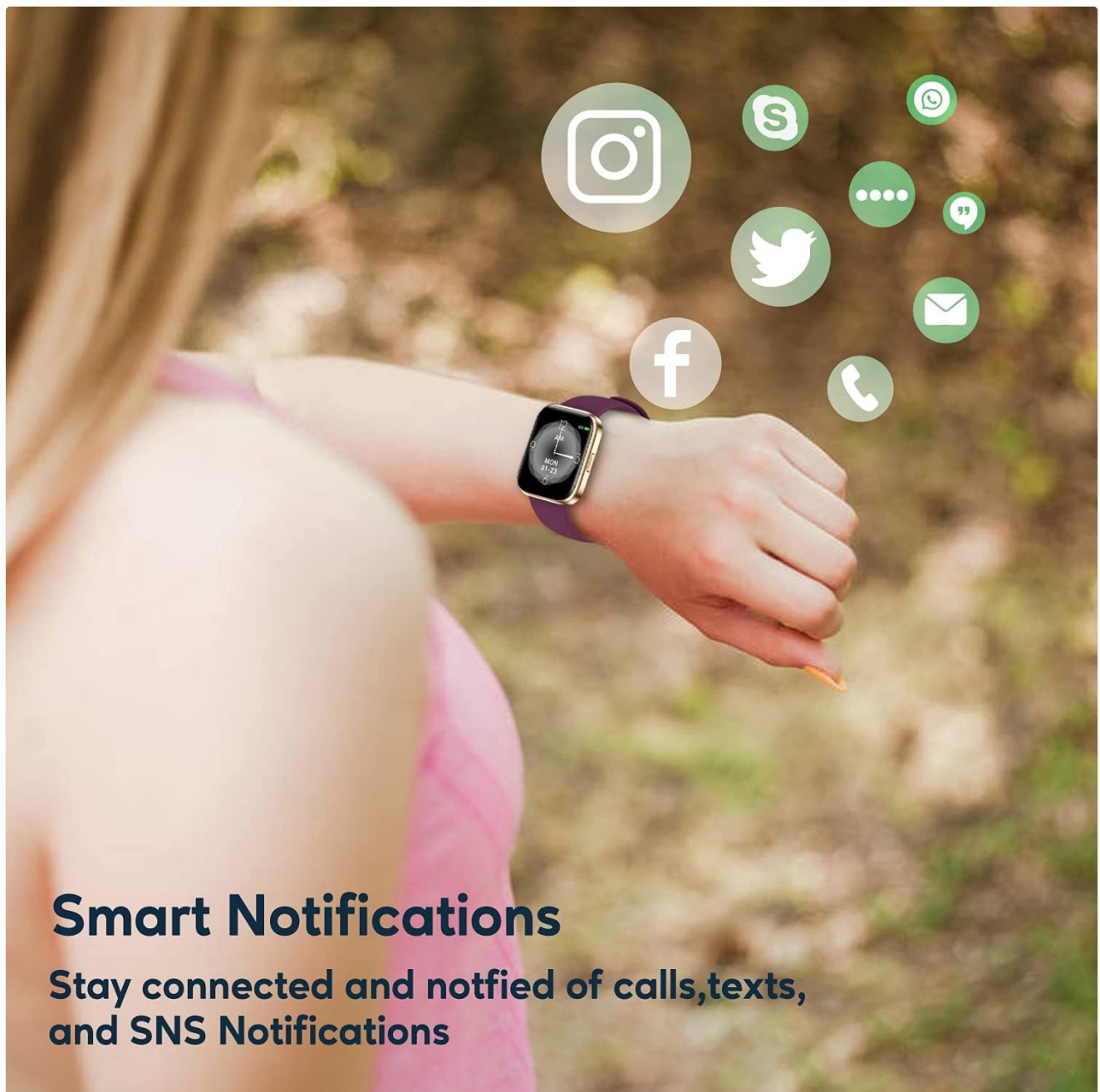
Figure 5.3: Smart Notifications

5.5 IP68 Waterproof Rating

The AcclaFit X1 Smart Watch boasts an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it suitable for daily use, hand washing, showering, and swimming. However, it is not recommended for hot water activities, saunas, or diving.

6. MAINTENANCE

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

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** After exposure to water, ensure the watch is completely dry before charging or prolonged storage.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Strap Care:** If the strap is removable, clean it separately. Ensure it is securely reattached before wearing.

7. TROUBLESHOOTING

If you encounter issues with your AcclaFit Smart Watch, please 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.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the app is updated. Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate heart rate/sleep data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch.
Notifications not received	Check app permissions on your phone to ensure notifications are allowed. Ensure the watch is connected via Bluetooth. Check notification settings within the companion app.
Screen unresponsive	Restart the watch (if possible, by long-pressing the side button). If unresponsive, allow the battery to drain completely and then recharge.

If the problem persists, please contact AcclaFit customer service for further assistance.

8. SPECIFICATIONS

Feature	Detail
Model Name	X1
Display	1.7" Full Touch Screen
Waterproof Rating	5 ATM (IP68)
Battery Life	Up to 7 days (regular use), 30 days (standby)
Operating System Compatibility	Android, iOS
Special Features	Activity Tracker, Alarm Clock, Sleep Monitor, Smart Notifications
Shape	Rectangular
Color	Bordeaux
Item Weight	3.84 ounces
Package Dimensions	10.94 x 2.83 x 0.71 inches
Manufacturer	AcclaFit

9. WARRANTY AND SUPPORT

AcclaFit is committed to providing high-quality products and customer satisfaction. For any questions or support needs regarding your AcclaFit Smart Watch, please use the following contact methods:

- **Email Support:** acclafit@sohu.com
- **Contact via Amazon (Path 1):** Go to the product page on Amazon, click on the 'seller name', then click 'Ask a question'.
- **Contact via Amazon (Path 2):** Log in to your Amazon account, go to 'Your Orders', find the related order ID for your AcclaFit Smart Watch, and click 'Contact Seller'.

Please retain your proof of purchase for warranty claims.

Related Documents - X1

	Garmin Venu X1 Watch User Manual This user manual provides comprehensive instructions and guidance for operating the Garmin Venu X1 Watch, covering setup, features, activities, settings, and troubleshooting.
	Garmin Venu X1 Watch Kasutusjuhend This user manual provides comprehensive instructions for the Garmin Venu X1 Watch, covering setup, features, activities, and troubleshooting.
	Garmin Venu® X1 Watch Návod k obsluze Komplexní návod k obsluze pro chytré hodinky Garmin Venu® X1. Zjistěte, jak nastavit, používat a využívat naplno funkce pro aktivity, zdraví a každodenní život.
	Garmin Venu X1 Watch User Manual Comprehensive user manual for the Garmin Venu X1 Watch, covering setup, features, activities, health tracking, connectivity, and troubleshooting.
	Venu® X1 Watch User Manual - Garmin Comprehensive user manual for the Garmin Venu® X1 Watch, covering setup, features, activities, settings, and troubleshooting.

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Mibro Watch X1 okosóra
Felhasználói kézikönyv

Mibro Watch X1 Smartwatch User Manual

Comprehensive user manual for the Mibro Watch X1 smartwatch, covering setup, features, specifications, and warranty information.