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› YOUSOKU Kids Fitness Tracker Watch H97 Instruction Manual

## YOUSOKU H97

# YOUSOKU Kids Fitness Tracker Watch H97 Instruction Manual

Model: H97

## 1. INTRODUCTION

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Thank you for choosing the YOUSOKU Kids Fitness Tracker Watch H97. This device is designed to help children aged 6-14 track their daily activities, monitor health metrics, and stay connected with smart notifications. Please read this manual carefully to ensure proper use and maintenance of your new fitness tracker.

## 2. WHAT'S IN THE BOX

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- 1 x YOUSOKU Kids Fitness Tracker Watch H97
- 1 x Instruction Book
- 1 x Magnetic Charging Cable

## 3. PRODUCT OVERVIEW

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The YOUSOKU H97 features a 1.5-inch color touch screen and a comfortable silicone strap, designed specifically for children. It offers a range of functions including activity tracking, heart rate monitoring, sleep analysis, and smart notifications.



Image: Overview of the YOUSOKU H97 watch interface displaying various feature icons.



Image: The YOUSOKU H97 Kids Fitness Tracker Watch in pink.

## 4. SETUP GUIDE

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### 4.1 Initial Charging

Before first use, fully charge the watch for approximately two hours using the provided magnetic charging cable. Align the magnetic pins of the cable with the charging points on the back of the watch.



Image: Back of the watch showing magnetic charging points.

## 4.2 App Installation and Pairing

To access extended functions and detailed data, download the 'H Band' app on a compatible Android (5.0+) or iOS (10+) phone. Follow the in-app instructions to pair your watch via Bluetooth. The watch can also be used independently for basic functions without a phone or app.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Navigation

The watch features a touch screen for navigation. Swipe left, right, up, or down to access different menus and functions. Press the side button to return to the main watch face or to power on/off the device.

### 5.2 19 Sports Modes

The watch supports 19 indoor and outdoor sports modes, including running, cycling, basketball, and

swimming. Select a mode to track specific workout stats. You can also add or manage modes through the H Band app.

**19 Sports Modes**  
*Meet your multimate exercise need*

- Running Outdoors
- Walking Outdoors
- Indoor Running
- Basketball
- Swimming
- Stepper
- Table tennis
- Rope Skipping
- Football
- Riding Outdoors
- Ski
- .....
- More

Image: The watch displaying various sports modes.

Your browser does not support the video tag.

Video: An official product video demonstrating the YOUSOKU H97 Fitness Tracker Watch for Kids, highlighting its features like activity tracking, notifications, and sports modes.

### 5.3 24-Hour Health Tracking

The watch continuously monitors your child's heart rate, sleep quality, daily steps, distance, and calories burned. Detailed data is available on the watch and through the H Band app to help promote healthy habits.



Image: Watch displaying activity tracking data.



Image: Watch displaying auto sleep monitoring data.

## 5.4 Smart Notifications

When paired with a smartphone, the watch provides smart alerts for incoming calls, SMS, and SNS messages (e.g., Facebook, WhatsApp, Twitter). It also supports daily reminders. Note: The watch does not support SIM cards for direct calls or messages.

# 19 Sports Modes

Meet your multimate exercise need

- Running Outdoors
- Walking Outdoors
- Indoor Running
- Basketball
- Swimming
- Stepper
- Table tennis
- Rope Skipping
- Football
- Riding Outdoors
- Ski
- More

Image: Watch displaying call and SMS reminders.

## 5.5 DIY Dials and Customization

Choose from over 60 personalized dials or customize the watch face with your own photos via the H Band app.

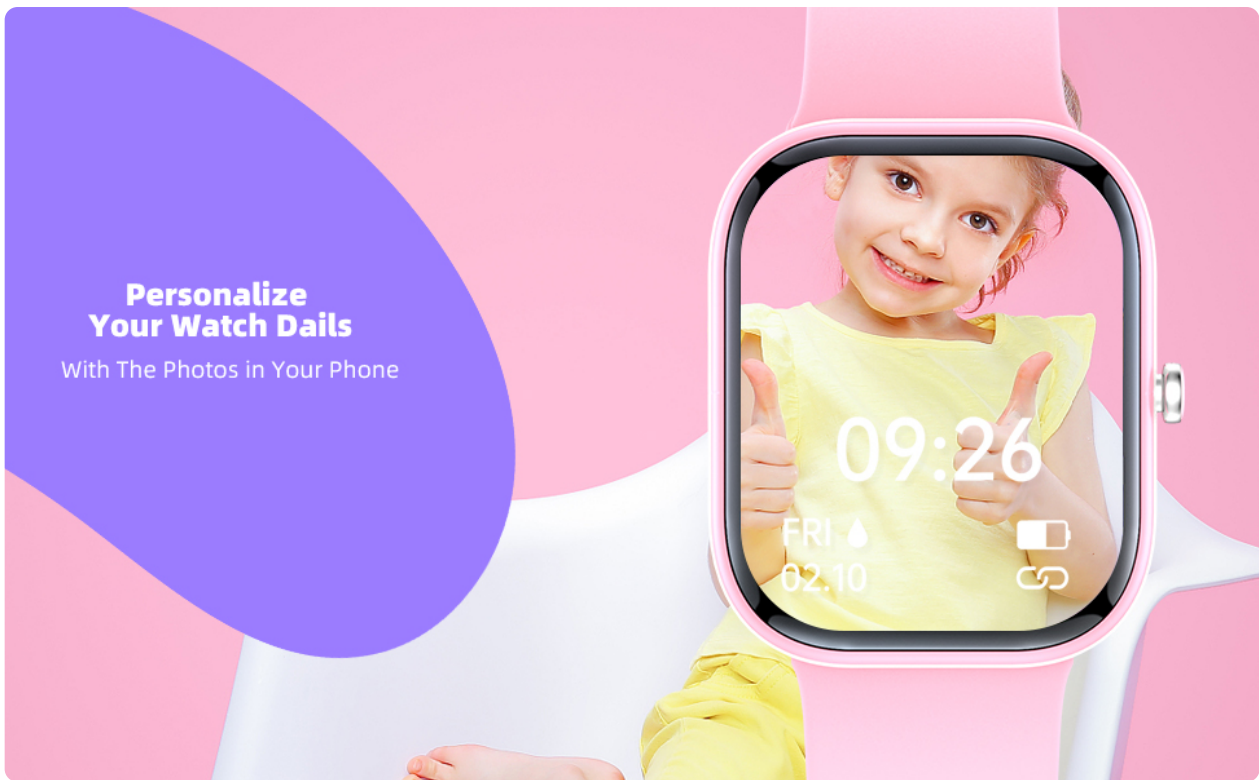


Image: Personalize your watch dials with photos.

## 6. CHARGING AND BATTERY

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The YOUSOKU H97 watch uses magnetic charging. A full charge provides approximately 6 days of daily use. Ensure the magnetic charger is securely connected to the watch's charging points. The watch is compatible with most Android and iOS phones.

## 7. WATER RESISTANCE

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The watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This allows for use during swimming, hand washing, and other water-related activities without concern.

# *Specially Designed for Kids*

*Comfortable silicone band and adjustable clasp*



Image: The watch being used in water, highlighting its IP68 waterproof rating.

## 8. MAINTENANCE

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- **Cleaning:** Wipe the watch and strap regularly with a soft, damp cloth. Avoid harsh chemicals.
- **Strap Care:** The silicone strap is durable, but avoid excessive pulling or twisting. Ensure the buckle is adjusted comfortably, not too tightly, to allow the skin to breathe.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Do not expose the watch to extremely high or low temperatures, as this can affect battery life and performance.

## 9. TROUBLESHOOTING

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the magnetic charger for at least 30 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch. Ensure the H Band app is installed and updated. Restart both devices and try pairing again.

- **Inaccurate tracking data:** Ensure the watch is worn snugly on the wrist. For sleep tracking, wear it throughout the night. For sports modes, ensure the correct mode is selected.
- **Notifications not received:** Check phone settings to ensure the H Band app has notification permissions. Verify that notifications are enabled within the app and on the watch.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed.

## 10. SPECIFICATIONS

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Feature	Specification
Model Number	H97
Screen Size	1.5 Inches
Water Resistance	IP68
Battery Capacity	Up to 6 days (typical use)
Connectivity	Bluetooth, USB (for charging)
Operating System Compatibility	Android 5.0+, iOS 10+
Item Weight	33 Grams (1.16 ounces)
Product Dimensions	9.96 x 3.27 x 0.8 inches
Special Features	Activity Tracker, Alarm Clock, Multisport Tracker, Notifications, Touchscreen

## 11. WARRANTY AND SUPPORT

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