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FOREVER Colorum

FOREVER Colorum CW-300 Smartwatch User Manual

Your comprehensive guide to setting up and using your new smartwatch.

1. INTRODUCTION

The FOREVER Colorum CW-300 Smartwatch is designed to seamlessly integrate with most smartphones, offering a wide range of features for fitness tracking, communication, and daily convenience. Its intuitive 1.20-inch touchscreen display and Bluetooth 5.0 connectivity ensure a fast and stable connection.



Image: The FOREVER Colorum CW-300 Smartwatch in green, shown with its matching round carrying case. The watch face displays time, distance, and step count.

2. WHAT'S IN THE BOX

Upon unboxing your FOREVER Colorum CW-300 Smartwatch, please ensure all components are present:

- Smartwatch CW-300
- Elegant carrying case
- USB charging cable
- User manual



Image: The FOREVER Colorum CW-300 Smartwatch, its USB charging cable, and the matching round carrying case, laid out to show the contents of the product box.

3. SETUP

3.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the provided USB charging cable to the charging port on the back of the watch and plug the other end into a USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

3.2 Pairing with Your Smartphone

1. Download the official FOREVER companion application from your smartphone's app store (available for Android and iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FOREVER app and follow the on-screen instructions to search for and pair with your Colorum CW-300

smartwatch.

4. Confirm the pairing request on both your smartphone and the smartwatch.

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

4. OPERATING THE SMARTWATCH

4.1 Basic Navigation

The Colorum CW-300 features a responsive touchscreen. Swipe left, right, up, or down to navigate through menus and access different functions. Tap to select an option or confirm an action. The side button typically serves as a power button or a return-to-home function.

4.2 Fitness Tracking

Your smartwatch functions as a comprehensive fitness tracker, monitoring various health metrics:

- **Step Counter:** Automatically tracks your daily steps.
- **Calorie Burn:** Estimates calories burned based on your activity.
- **Heart Rate Monitor:** Continuously or on-demand measures your heart rate.
- **Sleep Analysis:** Monitors your sleep patterns and quality.
- **Menstrual Monitor:** (For female users) Integrated feature to track menstrual cycles.

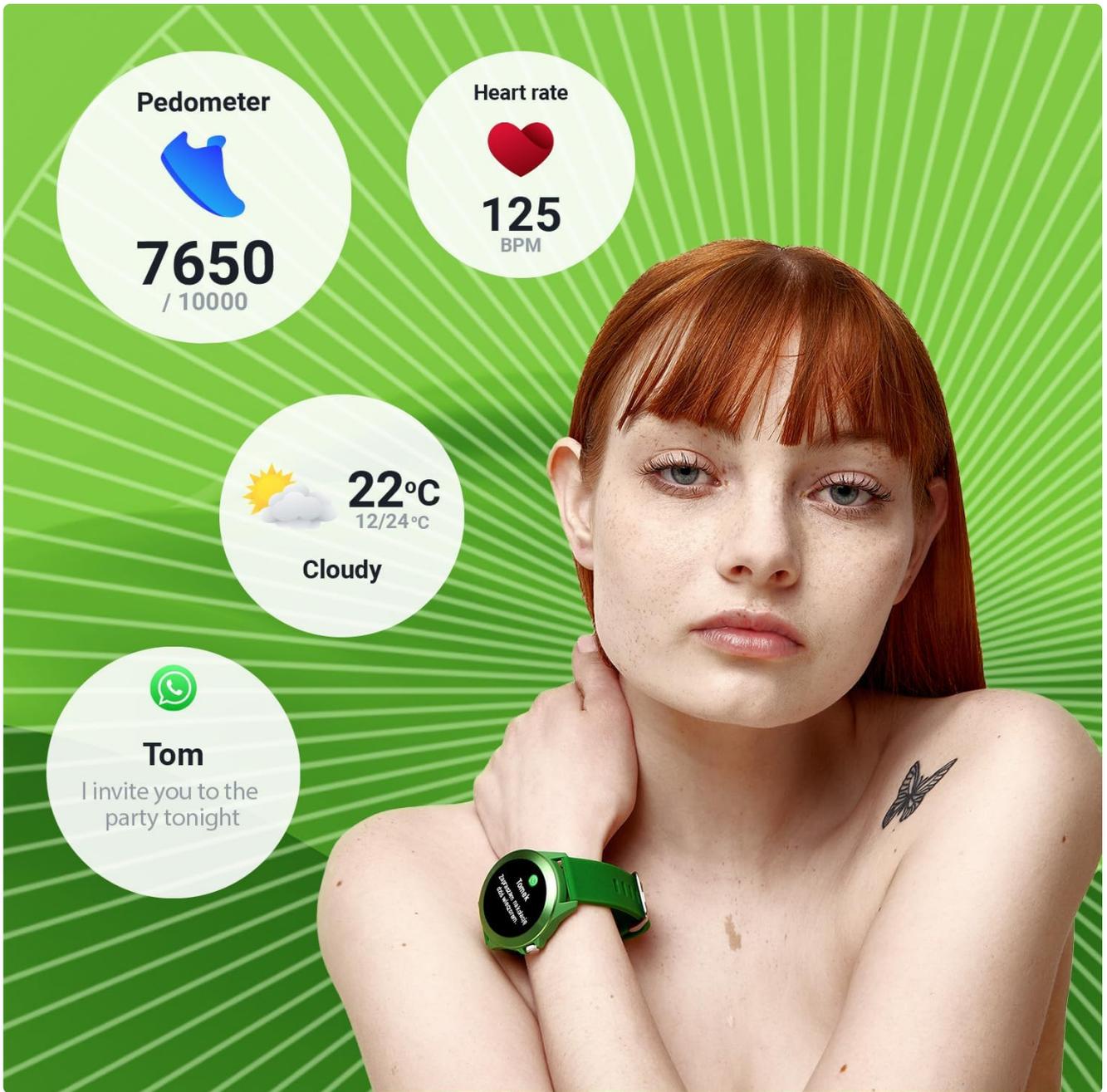


Image: A person wearing the smartwatch, with overlaid graphics showing pedometer steps, heart rate, current weather, and a message notification, illustrating the watch's tracking capabilities.



Image: Close-up of the smartwatch displaying a heart rate graph on its screen, with the green optical sensor on the back of the watch visible, indicating active heart rate measurement.

4.3 Sport Modes

The watch offers 14 different sport modes to track your workouts effectively. Select the appropriate mode before starting your activity for accurate data collection.

- Running
- Fitness
- Cycling
- Swimming
- Climbing
- Marching
- Stairs
- Golf
- Yoga
- Hiking
- Orbiting
- Badminton
- Training

- Kayaking
- Treadmill
- Skipping



Image: The smartwatch displaying a workout summary (duration, heart rate, calories burned) surrounded by icons representing various sport modes like running, cycling, swimming, and yoga.

4.4 Smart Features

- **Notifications:** Receive call, message, and app notifications directly on your wrist.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Camera Remote:** Use your smartwatch as a remote shutter for your smartphone's camera.

5. MAINTENANCE

5.1 Cleaning Your Smartwatch

Regularly clean your smartwatch to maintain its appearance and functionality. Use a soft, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive materials, or strong detergents, as these can damage the watch's finish and seals.

5.2 Water Resistance (IP68)

The Colorum CW-300 is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. While suitable for swimming and daily splashes, avoid prolonged submersion, hot water, or steam, which can compromise the water resistance over time. Do not press buttons underwater.

5.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

6.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for several seconds to attempt a forced restart.

6.2 Connectivity Issues (Bluetooth)

- Make sure Bluetooth is enabled on your smartphone and the watch.
- Ensure the watch is within the Bluetooth range of your phone (typically 10 meters).
- Restart both your smartphone and the smartwatch.
- If issues persist, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the FOREVER app.

6.3 Inaccurate Readings (Heart Rate, Steps)

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensor on the back of the watch.
- Ensure your personal information (height, weight) is accurately entered in the companion app.

6.4 Short Battery Life

- Reduce screen brightness.
- Limit the number of notifications received.
- Disable continuous heart rate monitoring if not needed.
- Ensure the watch is fully charged each time.

7. SPECIFICATIONS

Feature	Detail
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Feature	Detail
Brand	FOREVER
Model Number	Colorum
Color	Green
Display Size	1.20 inches (240 x 240 px resolution)
Operating System	Wear OS (unknown version)
Connectivity	Bluetooth 5.0
Compatible Devices	Smartphone (Android, iOS)
Special Features	Text Messaging, Alarm Clock, Notifications, Menstrual Monitor
Battery Type	Lithium-ion
Battery Capacity	200 mAh
Water Resistance	IP68
Internal Storage	128 MB
GPS	Via smartphone
Shape	Round

8. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card included in your product packaging or visit the official FOREVER website. If you encounter any issues not covered in this manual or require further assistance, please contact FOREVER customer support through their official channels.

Note: Availability of spare parts information is not provided. Software updates are not guaranteed beyond initial release.

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This manual is for informational purposes only. Product specifications and features are subject to change without notice.