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VPSTAY

VPSTAY Fitness Tracker Watch Instruction Manual

Model: ALW1

1. PRODUCT OVERVIEW

The VPSTAY Fitness Tracker Watch is designed to help you monitor your health and track your fitness activities with ease. Its intuitive interface and comprehensive features make it an ideal companion for a healthy lifestyle.



Figure 1: VPSTAY Fitness Tracker Watch - Main View

This image displays the sleek design of the VPSTAY Fitness Tracker Watch, showcasing its large HD color touchscreen with a clear display of time, date, battery life, steps, and heart rate.

Key Features:

- **1.69" Large HD Color Touchscreen:** Provides clear visuals and smooth operation.
- **24/7 Health Monitoring:** Tracks heart rate, blood oxygen (SpO2), and sleep patterns.
- **20+ Sports Modes:** Monitors key metrics like calories, distance, steps, and pace during various workouts.
- **IP67 Waterproof:** Suitable for daily use, including hand washing, showering, and sweating during exercise.
- **Long Battery Life:** Up to 10 days of daily use and 21 days of standby time on a single charge.

- **Smart Notifications:** Receives alerts for calls, messages, emails, and social media from your connected smartphone.
- **Versatile Life Assistant:** Includes water drinking reminders, sedentary reminders, menstrual cycle reminders, weather display, remote photography, music control, timer, phone search, and alarm clock.
- **Customizable Watch Faces:** Choose from over 100 pre-set faces or personalize with your own photos.

2. SETUP GUIDE

2.1 Unboxing and Initial Inspection

Upon receiving your VPSTAY Fitness Tracker Watch, carefully open the packaging and ensure all components are present:

- VPSTAY Fitness Tracker Watch (with strap)
- Magnetic Charging Cable
- User Manual (PDF version available via link in product details)

Your browser does not support the video tag.

Video 1: VPSTAY Fitness Tracker Smart Watch Overview

This video provides a comprehensive overview of the VPSTAY Fitness Tracker Smart Watch, including unboxing, physical features, and initial setup steps.

2.2 Charging the Watch

Before first use, fully charge your watch. The watch takes approximately 1.5-2 hours to fully charge.

1. Connect the magnetic charging cable to the charging points on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will show a charging indicator.



Figure 2: Charging the VPSTAY Fitness Tracker Watch

This image illustrates the magnetic charging process for the watch, highlighting the IP67 waterproof rating and battery capacity details.

2.3 App Installation and Pairing

To unlock the full potential of your VPSTAY Fitness Tracker Watch, you need to install and pair it with the 'FitCloudPro' app on your smartphone.

1. Scan the QR code in the watch's manual or search for "FitCloudPro" in your smartphone's app store (compatible with most iOS, Android, or Bluetooth smartphones).
2. Download and install the app.
3. Open the 'FitCloudPro' app and create your user profile, entering necessary personal information for accurate data collection.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the app, navigate to the device pairing section and search for your watch (e.g., "ALW1 Watch").

6. Select your watch from the list and confirm the pairing request on both your phone and the watch.

Your browser does not support the video tag.

Video 2: VPSTAY Fitness Tracker Watch Quick Setup

This video demonstrates the quick setup process, including app download, pairing, and initial navigation of the watch's features.

2.4 Customizing Watch Faces

Personalize your watch to match your style or mood:

- Open the 'FitCloudPro' app and navigate to the "Watchface" section.
- Browse through over 100 available watch faces.
- Select your preferred watch face and sync it to your watch.
- You can also upload your favorite photo to create a custom watch face.



Figure 3: Customize Your Watch Style

This image showcases the variety of watch faces available, demonstrating how users can personalize their device's appearance.

3. OPERATING THE WATCH

3.1 Navigating the Interface

The watch features a responsive touchscreen for easy navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different data screens.
- **Tap:** Select an option or open an application.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu.

3.2 Activity Tracking

The watch automatically tracks your daily activities:

- **Steps:** Counts your daily steps.
- **Calories:** Estimates calories burned based on your activity.
- **Distance:** Calculates the distance covered.
- **Workout Modes:** Select from 20+ sports modes (e.g., walking, running, climbing, cycling) to track specific workout metrics.

All Around Fitness Tracker

With over 20+ diverse sports modes, meets
all your daily sports activities



Figure 4: All-Around Fitness Tracking

This image highlights the watch's capability to track over 20 diverse sports modes and monitor key metrics like calories, steps, and distance.

3.3 Health Monitoring

Monitor your vital health metrics 24/7:

- **Heart Rate:** Provides real-time heart rate data.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Tracks sleep duration and quality across different stages (deep sleep, light sleep, awake).

All Day Health Monitor

Health metric including SpO2 Heart rate Low & high heart rate reminder



Figure 5: All Day Health Monitoring

This image visually represents the watch's continuous health monitoring capabilities, including heart rate, blood oxygen, and sleep tracking.

3.4 Smart Notifications & Reminders

Stay connected and informed directly from your wrist:

- **Call Alerts:** Receive notifications for incoming calls and reject unwanted calls directly from the watch (Note: The watch cannot answer calls).
- **Message & Email Alerts:** Get notifications for SMS messages and emails.
- **Social Media Alerts:** Receive notifications from various social media apps (e.g., Facebook, WhatsApp, Twitter).
- **Water Drinking Reminders:** Set reminders to ensure adequate hydration.
- **Sedentary Reminders:** Get alerts when you've been inactive for too long.
- **Menstrual Cycle Reminders:** For women's health tracking.

Smart Notification & Reminder



Figure 6: Smart Notifications and Reminders

This image demonstrates the watch's ability to display smart notifications from various communication and social media applications, ensuring you stay connected.

3.5 Additional Features

The VPSTAY Smart Watch offers several convenient tools:

- **Real-time Weather Display:** Get current weather information.
- **Remote Photography:** Control your phone's camera remotely.
- **Music Control:** Manage music playback on your smartphone.
- **Timer & Stopwatch:** Useful for workouts and daily tasks.
- **Find Phone:** Locate your misplaced smartphone by making it ring.
- **Alarm Clock:** Set silent vibrating alarms.
- **GPS via Smartphone:** Use your phone's GPS to map outdoor activity routes in the app.

4. MAINTENANCE

4.1 Waterproofing

The VPSTAY Fitness Tracker Watch is IP67 waterproof, meaning it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes. This makes it suitable for:

- Rain and splashes
- Washing hands
- Showering (avoid hot water and steam)
- Sweating during exercise

It is not recommended for swimming, diving, or high-pressure water activities.

4.2 Battery Care

To maximize battery life and longevity:

- Charge the watch fully before first use.
- Avoid extreme temperatures during charging and storage.
- Do not leave the watch uncharged for extended periods.
- Expected battery life: 10 days (daily use), 21 days (standby).

4.3 Cleaning and Storage

Keep your watch clean for optimal performance and hygiene:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging.
- Store the watch in a cool, dry place when not in use.

5. TROUBLESHOOTING

If you encounter any issues with your VPSTAY Fitness Tracker Watch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes.
- **Unable to pair with app:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both the watch and your smartphone.
 - Check if the 'FitCloudPro' app has necessary permissions enabled on your phone.
- **Inaccurate data readings (Heart Rate, SpO2, Steps):**
 - Ensure the watch is worn snugly but comfortably on your wrist, about one finger's width above your wrist bone.
 - Clean the sensors on the back of the watch.
 - Ensure your personal information (height, weight, gender) is accurately entered in the 'FitCloudPro' app.
- **Notifications not appearing:**
 - Check notification settings within the 'FitCloudPro' app to ensure they are enabled.

- Ensure your phone's notification settings allow the 'FitCloudPro' app to send notifications.
- Keep the app running in the background on your phone.

For more detailed troubleshooting, please refer to the official [Troubleshooting Guide \(PDF\)](#) or the full [User Manual \(PDF\)](#).

6. SPECIFICATIONS

Brand Name	VPSTAY
Model Name	ALW1
Screen Size	1.69 Inches
Display Resolution	240*284
Item Weight	1.3 Ounces
Waterproof Rating	IP67
Battery Life (Daily Use)	Up to 10 Days
Battery Life (Standby)	Up to 21 Days
Charging Time	1.5-2 Hours
Connectivity Technology	Bluetooth
Operating System	anyloop APP
Sport Type	Fitness
Included Components	Watch Band
Color	Black

Product size Information



2.5Hrs
Charging

10Days
Normal use

30Days
Standby

Figure 7: Product Size and Battery Information

This image provides detailed dimensions of the watch face and strap, along with a summary of charging time and battery life.

7. WARRANTY AND SUPPORT

Warranty: The VPSTAY Fitness Tracker Watch comes with a **1-Year Warranty** from the manufacturer.

For any further assistance, technical support, or warranty claims, please refer to the comprehensive user manual or contact VPSTAY customer support through their official channels.

Official User Manual (PDF): [Download Here](#)

Troubleshooting Guide (PDF): [Download Here](#)

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