KALOC 6975575931889

KALOC Fitness Tracker User Manual

Model: 6975575931889

INTRODUCTION

Welcome to the KALOC Fitness Tracker user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new fitness tracker. Designed for both men and women, this smart watch features a 1.58" AMOLED screen, 14-day long battery life, 50M waterproofing, and comprehensive activity tracking including blood oxygen, heart rate, and step tracking. It is compatible with Android and iOS devices.

Image: The KALOC Fitness Tracker, a sleek black smart watch with a rectangular AMOLED display showing time and step count, and a comfortable silicone band.

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your KALOC Fitness Tracker. Connect the magnetic charging cable to the charging points 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 about 2 hours.

Image: A close-up of the KALOC Fitness Tracker displaying "100% Fully charged" on its screen, illustrating its 14-day battery life capability.

2. App Installation and Pairing

1. **Download the App:** Scan the QR code in the quick guide provided in the package or search for the official app in your smartphone's app store (compatible with Android 6.0+ and iOS 12.0+).

2. **Create Account:** Open the app and follow the on-screen instructions to create a new user account.

3. **Pair the Device:** Ensure Bluetooth is enabled on your smartphone. In the app, navigate to "Device" or "Add Device" and select your KALOC Fitness Tracker from the list of available devices. Confirm the pairing request on both your phone and the tracker.

Once paired, the tracker will synchronize data with your phone, and you can customize settings through the app.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.

- **Swipe Left/Right:** Access quick functions or widgets (e.g., heart rate, weather).

- **Tap:** Select an item or confirm an action.

- **Press Side Button:** Return to the home screen or wake the device.

Activity Tracking

The KALOC Fitness Tracker automatically records your daily steps, distance, and calorie expenditure. You can view these metrics directly on the watch face or in the companion app for detailed analysis.

50 Meters Waterproof

Washing Hands

Raining

Swimming

Surfing

< Activity

Calories

234 Kcal

00:00   12:00   24:00

Distance
1.6km

Image: A man in a running stance, with graphics showing "Calories 121 Kcal", "Steps 9102", "Distance 2.11 Km", and "Active Time 56 Min", illustrating the watch's all-day activity data tracking capabilities.

Sports Modes

The tracker supports over 100 sports modes, including outdoor walking, running, cycling, strength training, yoga, and ball games. To start a workout:

1. Navigate to the "Sports" menu on your watch.

2. Select your desired activity.

3. Tap "Start" to begin tracking. The watch will record duration, calories burned, and other relevant metrics.

4. To end, swipe right or press the side button and select "End" or "Pause".

All-Day Activity Data Tracking

Image: A man running outdoors, with icons representing various sports modes like walking, running, cycling, and strength training, highlighting the watch's support for over 100 activities.

Health Monitoring

The KALOC Fitness Tracker provides continuous monitoring of key health metrics:

- **Heart Rate:** Real-time heart rate tracking throughout the day.

- **Blood Oxygen (SpO2):** On-demand or continuous blood oxygen level measurement.

- **Sleep Monitoring:** Tracks sleep stages (deep, light, REM) and provides a sleep score.

- **Stress Levels:** Monitors stress and offers guided breath training to help manage it.

1.58" AMOLED Screen

228*460
Resolution

100%
NTSC

700 Nits
Brightness

Image: A collage showing the watch interface displaying heart rate, sleep data, and stress levels, illustrating the 24-hour health tracking capabilities of the KALOC Fitness Tracker.

Smart Features

- **Notifications:** Receive call, message, and app notifications directly on your wrist. Enable this feature in the companion app.

- **Music Control:** Control music playback on your smartphone from the watch.

- **Weather Forecast:** View current weather and forecasts.

- **Alarm Clock:** Set silent alarms that vibrate on your wrist.

- **Sedentary Reminder:** Get alerts when you've been inactive for too long.

- **Personalized Watch Faces:** Customize your watch face through the app with various designs or your own photos.
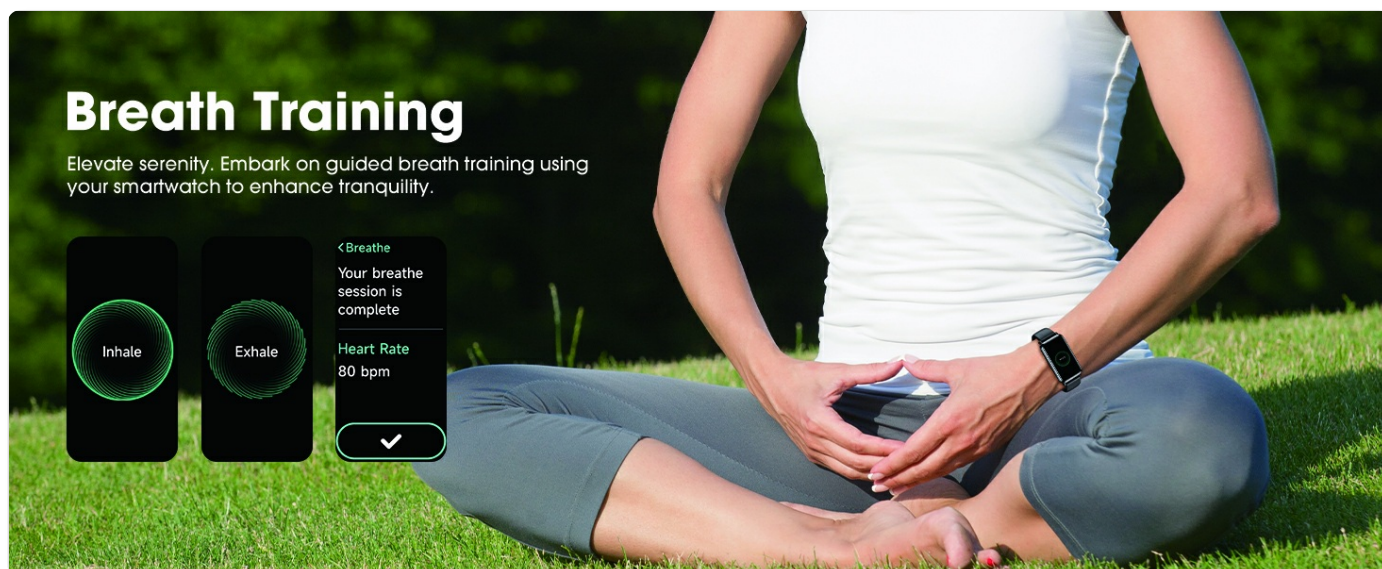

Image: A person wearing the KALOC Fitness Tracker, with various social media and messaging app icons displayed, indicating the watch's smart notification capabilities.

MAINTENANCE AND CARE

Cleaning

Regularly clean your fitness tracker to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and band. For stubborn dirt, a mild soap solution can be used, but ensure no liquid enters the charging port or sensors. Dry thoroughly before wearing or charging.

Water Resistance

The KALOC Fitness Tracker is 50-meter waterproof, suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities. Avoid exposing the watch to hot water, steam, or chemical detergents, as this may compromise the water resistance.

24-Hour Health Track

Heart Rate

< Outdoor Cycling

80

Start

Set Goals

< Sleep

87

6h30mins

Sleep Stages

Sleep Monitor

< Stress

100

0

00:00   12:00   24:00

Max 56 | Min 44

85
High

Stress Monitor

Image: A swimmer in a pool with the KALOC Fitness Tracker visible on their wrist, accompanied by icons for washing hands, raining, swimming, and surfing, demonstrating its 50-meter waterproof capability.

Battery Care

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

TROUBLESHOOTING

Issue	Possible Solution
Device not turning on/charging	Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter. Clean the charging contacts on the watch.

Issue	Possible Solution
Cannot pair with smartphone	Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Check if the app is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate activity data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Calibrate the tracker through the app if available. Ensure your personal information (height, weight) is accurate in the app.
Notifications not appearing	Check app notification settings on your phone and within the fitness tracker app. Ensure the app is running in the background and not restricted by battery optimization settings.
Screen unresponsive	Restart the device by pressing and holding the side button. If unresponsive, allow the battery to fully drain and then recharge.

SPECIFICATIONS

Model Number: 6975575931889

Screen: 1.58-inch AMOLED Display (228*460 Resolution, 700 Nits Brightness)

Dimensions: 6.4 x 3 x 0.7 inches

Item Weight: 2.39 ounces

Battery: 1 Lithium Polymer battery (included)

Battery Life: Up to 14 days (typical usage), 30 days (standby)

Water Resistance: 50 Meters (5ATM)

Connectivity: Bluetooth 4.0

Compatibility: Android 6.0 & iOS 12.0 and above

Features: Heart Rate Monitor, SpO2 Measurement, Sleep Monitor, Stress Monitor, 100+ Sports Modes, Pedometer, Calorie Tracker, Smart Notifications, Music Control, Weather, Alarm, Sedentary Reminder, Breath Training, Customizable Watch Faces.

Image: A close-up of the KALOC Fitness Tracker's 1.58-inch AMOLED screen, highlighting its 228*460 resolution, 100% NTSC color gamut, and 700 Nits brightness.

WARRANTY INFORMATION

KALOC products are manufactured to high quality standards. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official KALOC website. Keep your purchase receipt as proof of purchase for any warranty claims.

CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact KALOC customer support. You can typically find contact information on the official KALOC website or through the support section of the companion app. For further assistance, please visit the KALOC Store on Amazon.