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KALOC 529d841c-3537-4f97-bf0f-2a0c001c6b1e

KALOC Fitness Tracker User Manual

Model: 529d841c-3537-4f97-bf0f-2a0c001c6b1e

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your KALOC Fitness Tracker. Please read this guide thoroughly to ensure proper use and to maximize the device's features.

WHAT'S IN THE BOX

Upon unpacking, verify that all items are present:

- KALOC Fitness Tracker (main unit)
- Watch Band
- Charging Cable
- User Manual

SETUP

1. Charging the Device

Before first use, fully charge your fitness tracker. Connect the charging cable to the charging port on the back of the device and to a USB power source. The screen will indicate charging status.

1.58" AMOLED Screen



228*460

Resolution



100%

NTSC



700 Nits

Brightness



Image: The KALOC Fitness Tracker displaying a '100% Fully charged' message while connected to its charging cable.

2. App Installation and Pairing

To utilize all features and synchronize data, download the companion application to your smartphone. The app is compatible with Android 6.0 and iOS 12.0 or above, and requires Bluetooth 4.0.

1. Scan the QR code in the quick guide or search for the app name (usually mentioned in the quick guide or packaging) in your phone's app store.
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account and pair your fitness tracker via Bluetooth. Ensure Bluetooth is enabled on your phone.
4. Allow necessary permissions for the app to function correctly (e.g., location, notifications).

OPERATING INSTRUCTIONS

Display and Navigation

The KALOC Fitness Tracker features a 1.58-inch AMOLED touch display. Navigate through menus and functions by swiping up, down, left, or right, and tapping to select options.

24-Hour Health Track



Image: The 1.58-inch AMOLED screen of the KALOC Fitness Tracker, highlighting its resolution and brightness capabilities.

Basic Functions

- **Time and Date:** Automatically synchronizes with your paired smartphone.
- **Watch Faces:** Customize your watch face through the companion app or directly on the device.

Smart Notifications

Receive notifications for messages, calls, and app directly on your wrist with the smartwatch



Image: Examples of personalized watch faces available for the KALOC Fitness Tracker.

HEALTH TRACKING FEATURES

The KALOC Fitness Tracker provides comprehensive health monitoring throughout the day.

- **Heart Rate Monitoring:** Continuously tracks your heart rate. View real-time data on the device or detailed trends in the app.
- **Blood Oxygen (SpO2) Measurement:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times.
- **Stress Level Tracking:** Monitors your stress levels and provides insights into your mental well-being.
- **Pedometer & Calorie Tracker:** Records daily steps, distance covered, and estimated calories burned.

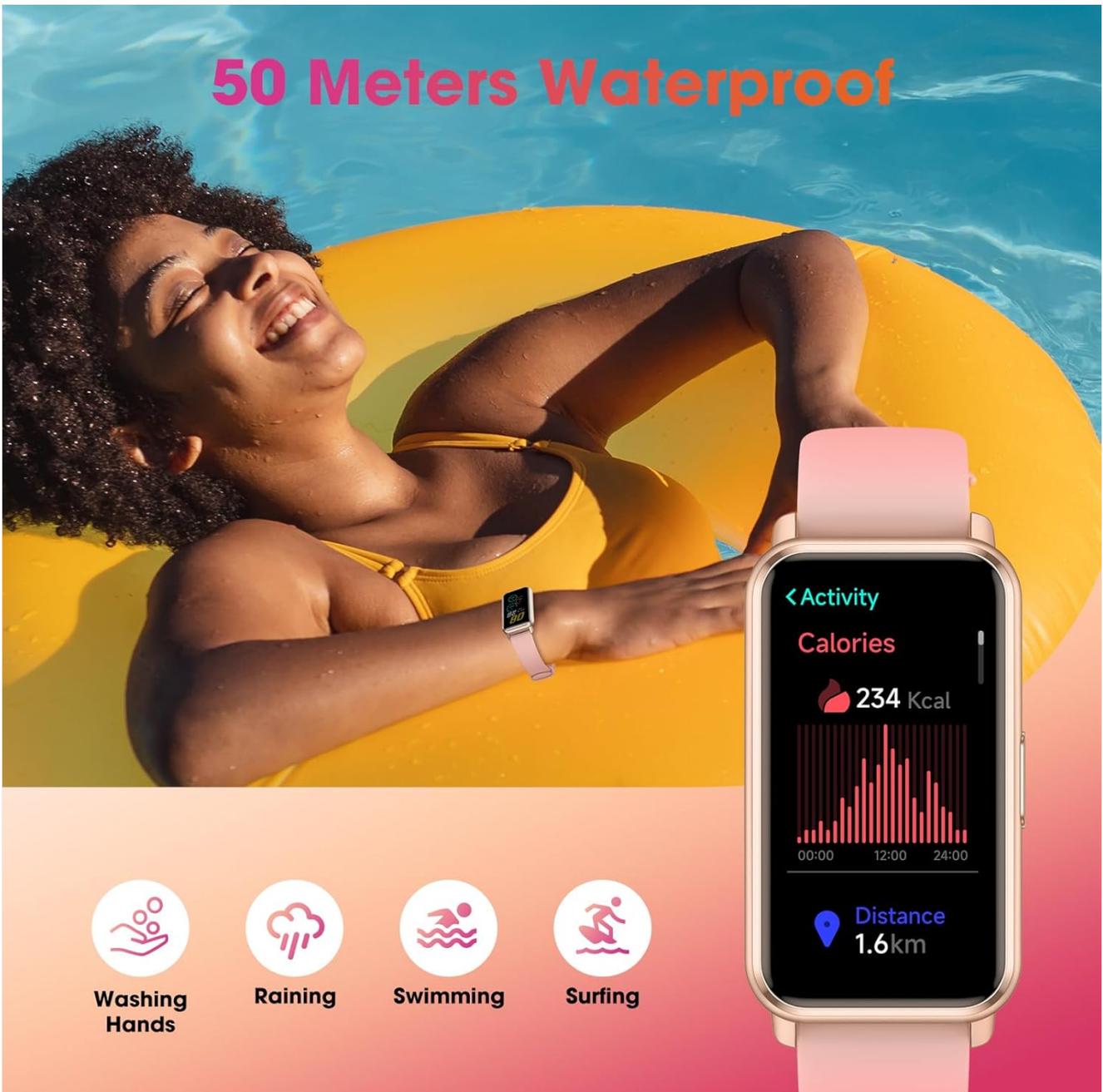


Image: The KALOC Fitness Tracker displaying 24-hour health tracking data, including heart rate, sleep, and stress.



Image: The KALOC Fitness Tracker tracking daily fitness data, including steps, distance, calories, and activity time.

The fitness tracker supports over 100 sports modes to accurately track your workouts. Select the appropriate mode before starting an activity for precise data collection.

- Examples include outdoor walking, running, cycling, strength training, yoga, and various ball games.
- Access sports modes from the device menu and select your desired activity.



Image: The KALOC Fitness Tracker highlighting its support for over 100 sports modes.

WATER RESISTANCE

The KALOC Fitness Tracker is 50-meter waterproof, making it suitable for various water activities.

- Suitable for washing hands, showering, swimming, and shallow water activities.
- Not recommended for diving, hot water activities, or high-pressure water exposure.

All-Day Activity Data Tracking



Calories
121 Kcal



Steps
9102



Distance
2.11 Km



Active Time
56 Min

Image: The KALOC Fitness Tracker demonstrating its 50-meter waterproof feature during swimming.

BATTERY LIFE

The device offers an extended battery life, providing up to 14 days of typical use or 30 days of standby time on a single charge.



Image: The KALOC Fitness Tracker highlighting its 14-day battery life.

SMART NOTIFICATIONS

Receive notifications for calls, messages, and app alerts directly on your wrist when paired with your smartphone.



Image: The KALOC Fitness Tracker receiving smart notifications from various applications.

OTHER FUNCTIONS

The KALOC Fitness Tracker includes several additional useful features:

- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Manage music playback on your paired phone.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Drinking Reminder:** Set reminders to stay hydrated.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Alarm Clock:** Set alarms directly on your device.
- **Breath Training:** Guided breathing exercises to help manage stress.

Breath Training

Elevate serenity. Embark on guided breath training using your smartwatch to enhance tranquility.

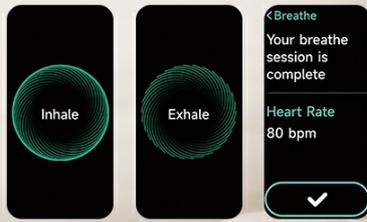


Image: The KALOC Fitness Tracker showcasing its multiple functions.

MAINTENANCE

To ensure the longevity and optimal performance of your KALOC Fitness Tracker, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the device and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Charging:** Use only the provided charging cable. Do not expose the charging contacts to water or corrosive liquids.
- **Storage:** Store the device in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While waterproof, it is advisable to dry the device thoroughly after exposure to water to prevent skin irritation and ensure proper sensor function.

TROUBLESHOOTING

If you encounter issues with your KALOC Fitness Tracker, refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot Pair with Phone:**
 - a. Ensure Bluetooth is enabled on your phone.
 - b. Make sure the tracker is within Bluetooth range of your phone.
 - c. Restart both your phone and the fitness tracker.
 - d. Check if the app has the necessary permissions.
- **Inaccurate Data:**
 - a. Ensure the tracker is worn snugly on your wrist, about one finger's width from your wrist bone.
 - b. Clean the sensors on the back of the device.
 - c. Update the device firmware via the app if available.
- **Notifications Not Received:**
 - a. Verify that notifications are enabled in both the tracker's app and your phone's settings.
 - b. Ensure the app is running in the background.

If problems persist, consult the support section of the companion app or contact customer support.

SPECIFICATIONS

Model Number	529d841c-3537-4f97-bf0f-2a0c001c6b1e
Display Size	1.58 Inches AMOLED
Water Resistance	50 Meters
Battery Life	Up to 14 days (typical use)
Connectivity	Bluetooth 4.0
Compatibility	Android 6.0+ / iOS 12.0+
Item Weight	2.82 ounces
Product Dimensions	6.4 x 3 x 0.7 inches

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official KALOC website. Keep your purchase receipt as proof of purchase for warranty claims.