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TYKOIT efe6c2b8-219a-443e-9eaa-597919f0bc90

TYKOIT Smart Watch Fitness Tracker 41mm - Instruction Manual

Model: efe6c2b8-219a-443e-9eaa-597919f0bc90
Brand: TYKOIT

1. Introduction

Thank you for choosing the TYKOIT Smart Watch. This device is designed to help you monitor your health, track your fitness activities, and stay connected. Please read this manual carefully to ensure proper use and to maximize the benefits of your new smartwatch.

2. Setup and Pairing

2.1 Initial Charge

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. A full charge takes approximately 2 hours.



Image: The magnetic charging cable connects to the back of the smartwatch. The display indicates '100%' charge, '7 Days Battery Life', and '2 Hour Charging Time'.

2.2 App Installation and Pairing

1. **Turn on Phone's Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
2. **Download the App:** Go to the App Store (iOS) or Google Play (Android), search for "VeryFitPro", and download the application.
3. **Open App and Pair Device:** Open the VeryFitPro app. Follow the on-screen instructions to search for and bind your smartwatch. The app may prompt you to confirm the binding on the watch.

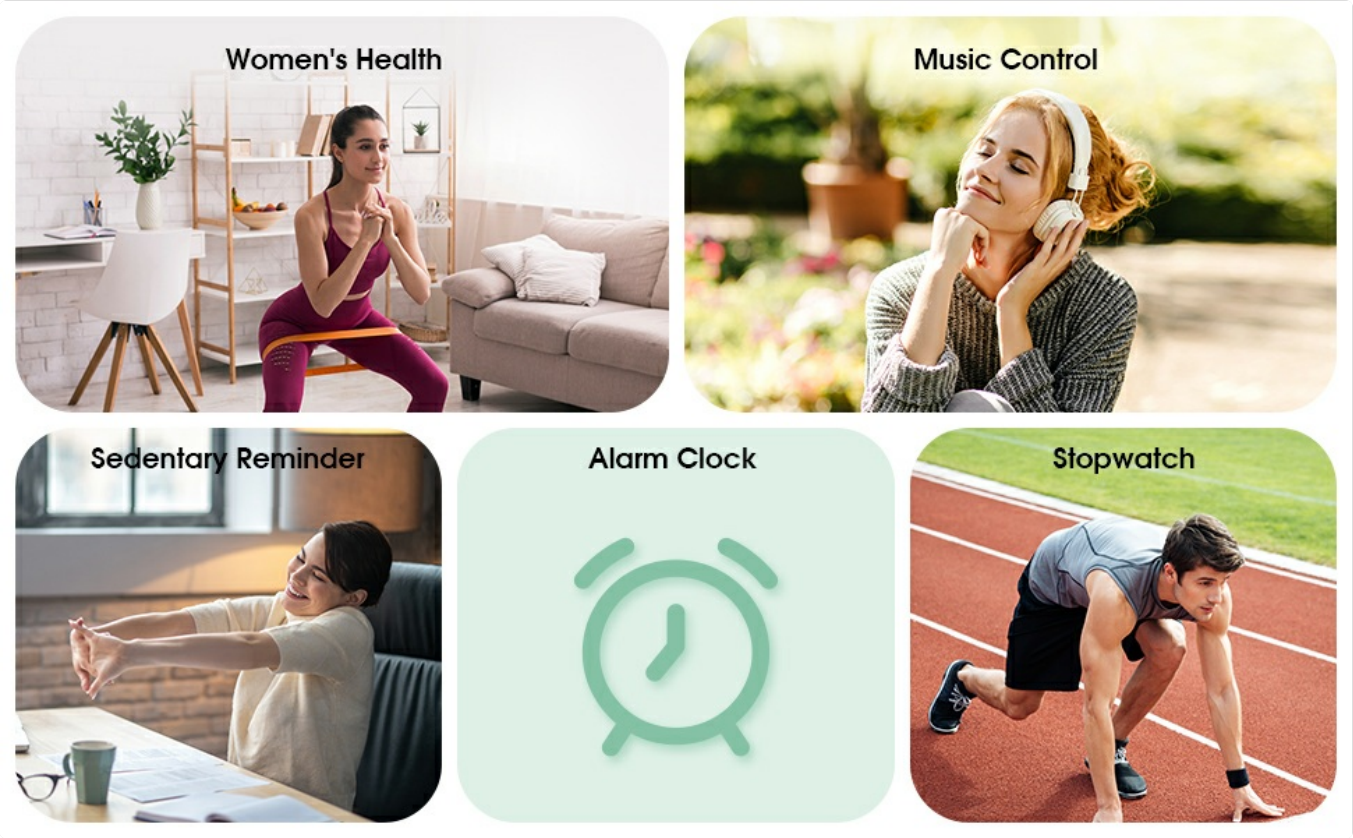


Image: A visual guide demonstrating the process of connecting the smartwatch to a smartphone via the VeryFitPro app, including enabling Bluetooth, downloading the app, searching for the device, and confirming the connection.

2.3 Watch Face Customization

The smartwatch comes with 4 built-in watch faces. You can change the watch face directly on the device or through the VeryFitPro app. The app offers additional watch face options and customization features once connected.

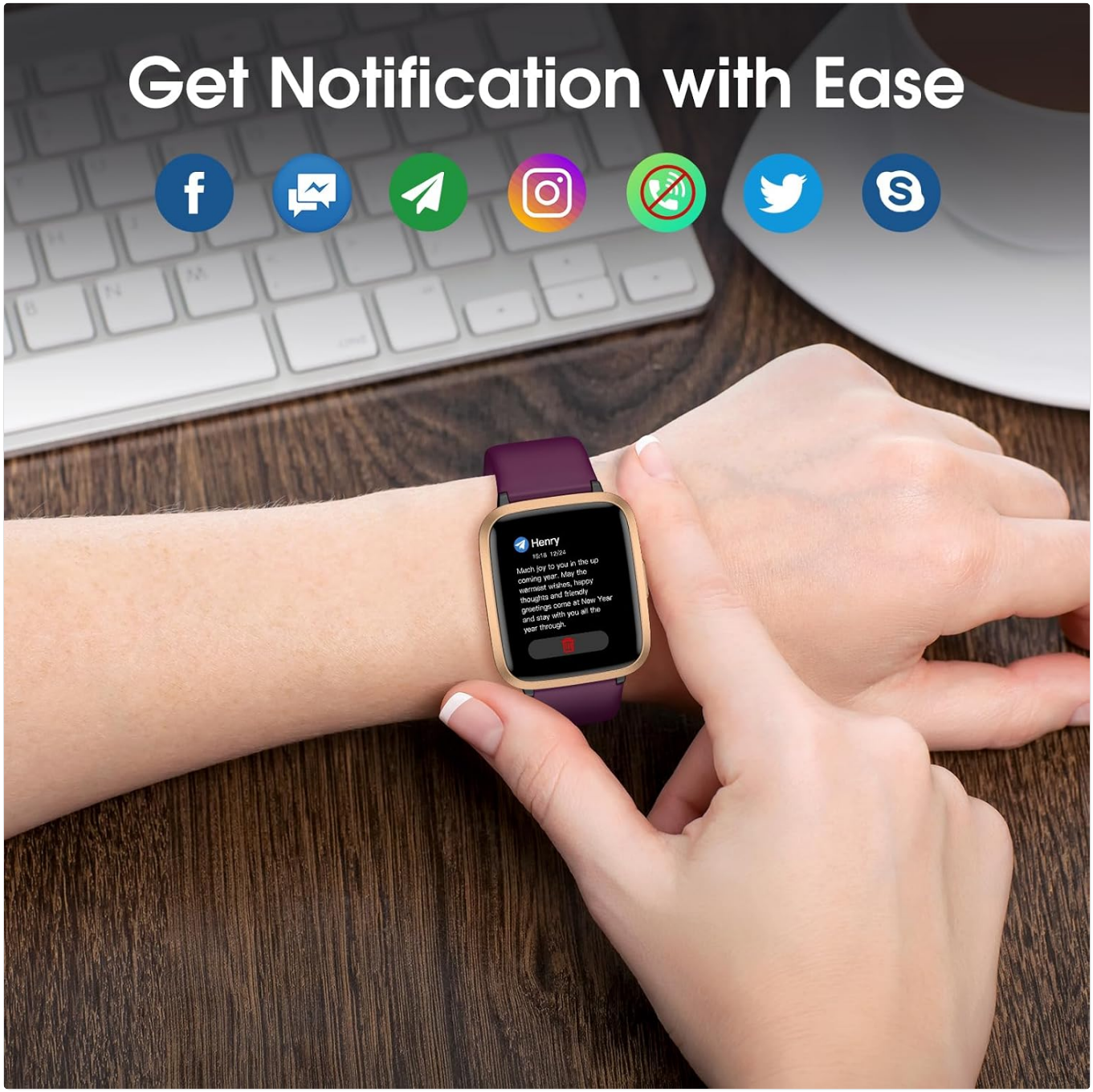


Image: The smartwatch screen displaying four distinct watch faces, illustrating the variety of display options available to users.

3. Operating Instructions

3.1 Health Monitoring

Your smartwatch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Monitors your heart rate in real-time. View recorded data on the watch or in the VeryFitPro app.
- **Blood Oxygen Monitor:** Allows for manual detection of blood oxygen levels.
- **Sleep Tracking:** Automatically tracks your sleep status, including light sleep, deep sleep, and awake time, to help improve sleep quality.
- **Breathing Training:** Utilize the built-in breathing training function for relaxation and stress management.



Image: The smartwatch screen showing various health metrics including heart rate, blood oxygen saturation, and blood pressure, emphasizing its monitoring capabilities.

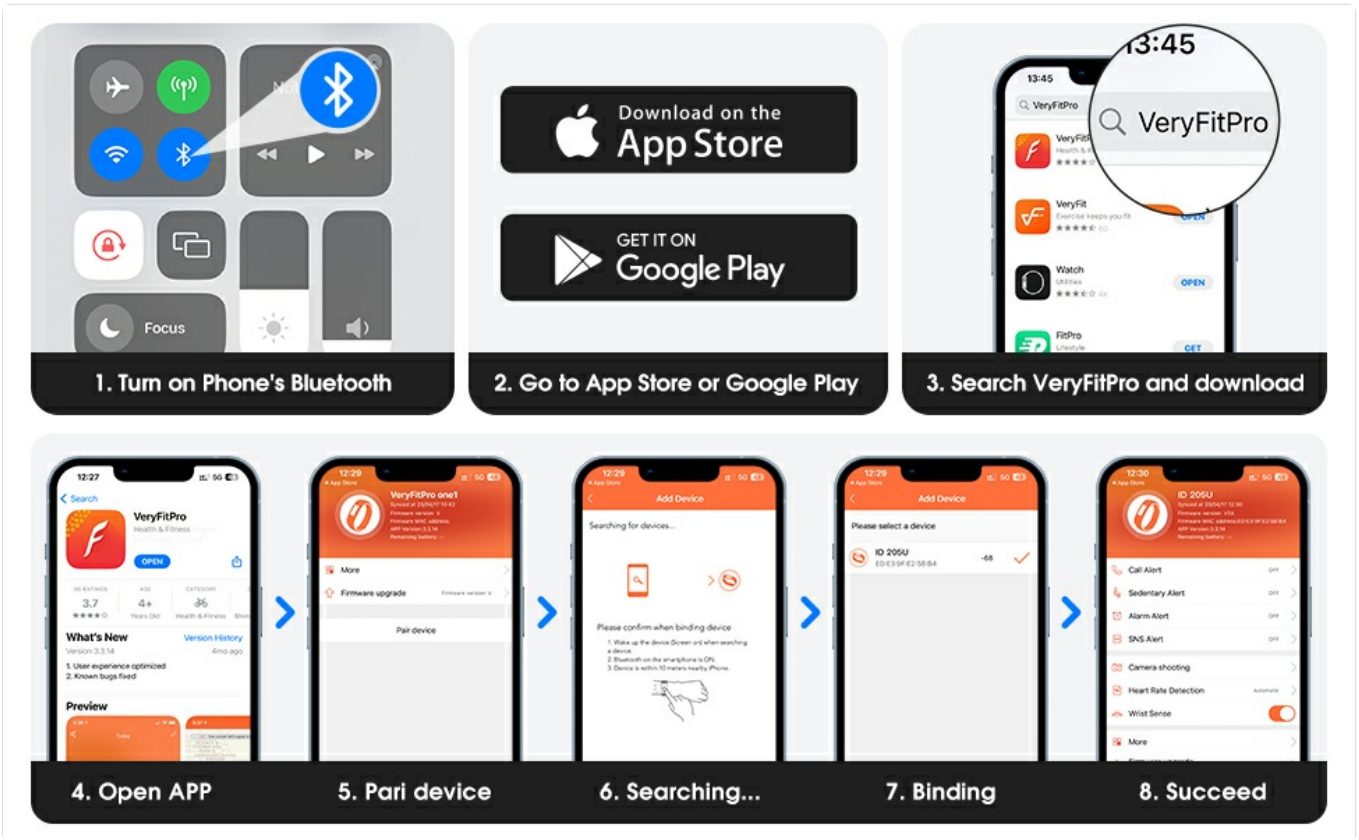


Image: A collection of icons and data displays on the smartwatch, representing SpO2, heart rate, sleep monitoring, calories burned, steps walked, and female health tracking.

3.2 Multiple Sport Modes

The fitness watch is equipped with 9 different sports modes, including yoga, walking, running, cycling, workout, climbing, indoor run, hike, and spinning. It automatically tracks your steps, distance, calorie burn, and activity time.

Connect to your smartphone's GPS to track outdoor workout routes.

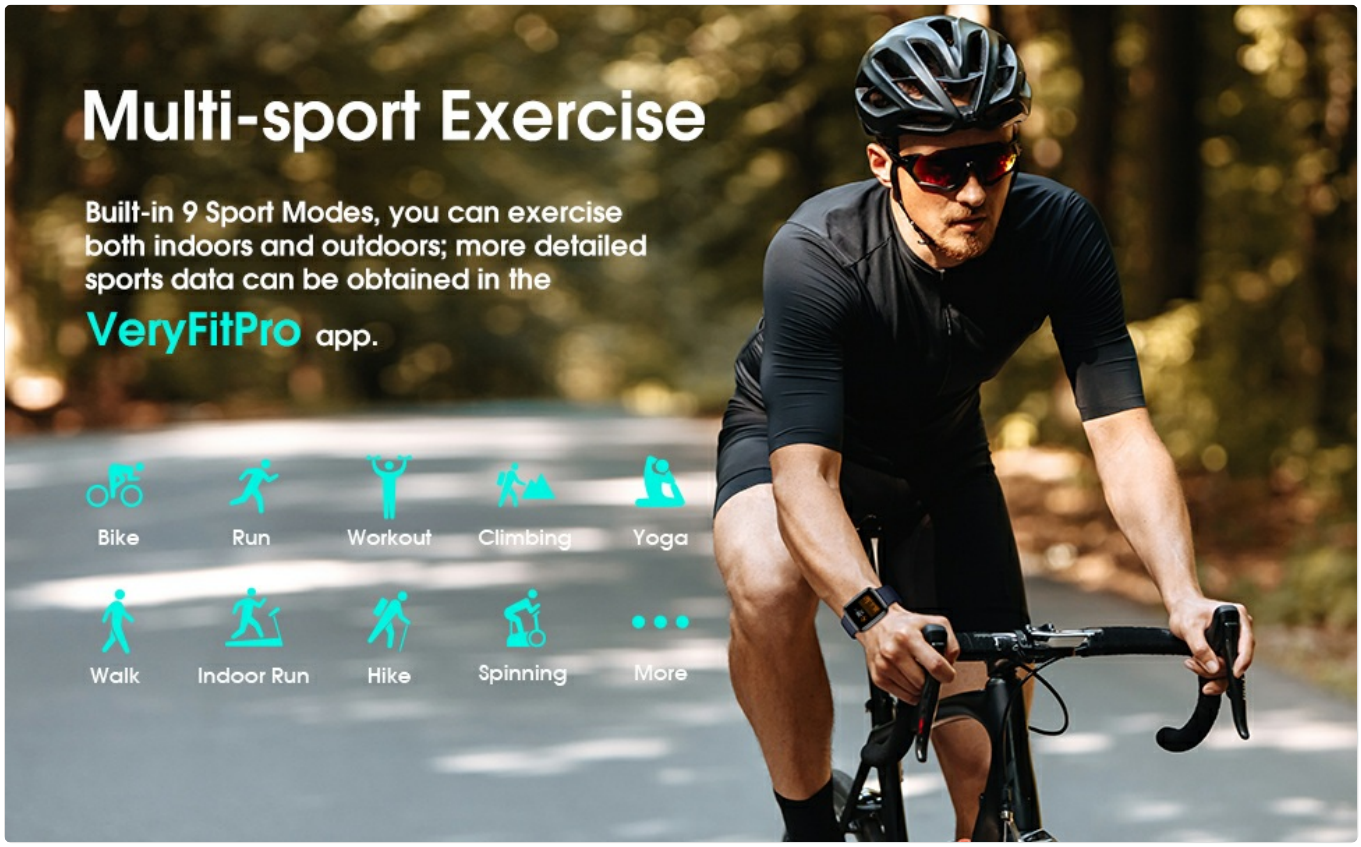


Image: The smartwatch screen showing a selection of sports modes, with a person engaged in outdoor cycling in the background, illustrating the multi-sport tracking feature.



Image: The smartwatch interface showing a list of nine different sports modes, with a person cycling outdoors, highlighting the device's multi-sport exercise tracking capabilities.

3.3 Smart Notifications

Receive notifications from SMS, Facebook, Instagram, WhatsApp, and other applications directly on your smartwatch. This helps you stay informed without constantly checking your phone. (Note: The watch cannot make calls or text back).



Image: A smartwatch on a wrist showing a message notification, with various social media application logos in the background, illustrating the notification feature.

3.4 Practical Tools

The smartwatch includes several practical tools:

- **Flashlight:** Provides a quick light source.
- **Find Phone:** Helps locate your paired smartphone.
- **Stopwatch & Timer:** For precise time measurement.
- **Music Control:** Manage music playback on your phone.
- **Alarm Clock:** Set alarms for reminders.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Drinking Reminder:** Helps you maintain hydration.

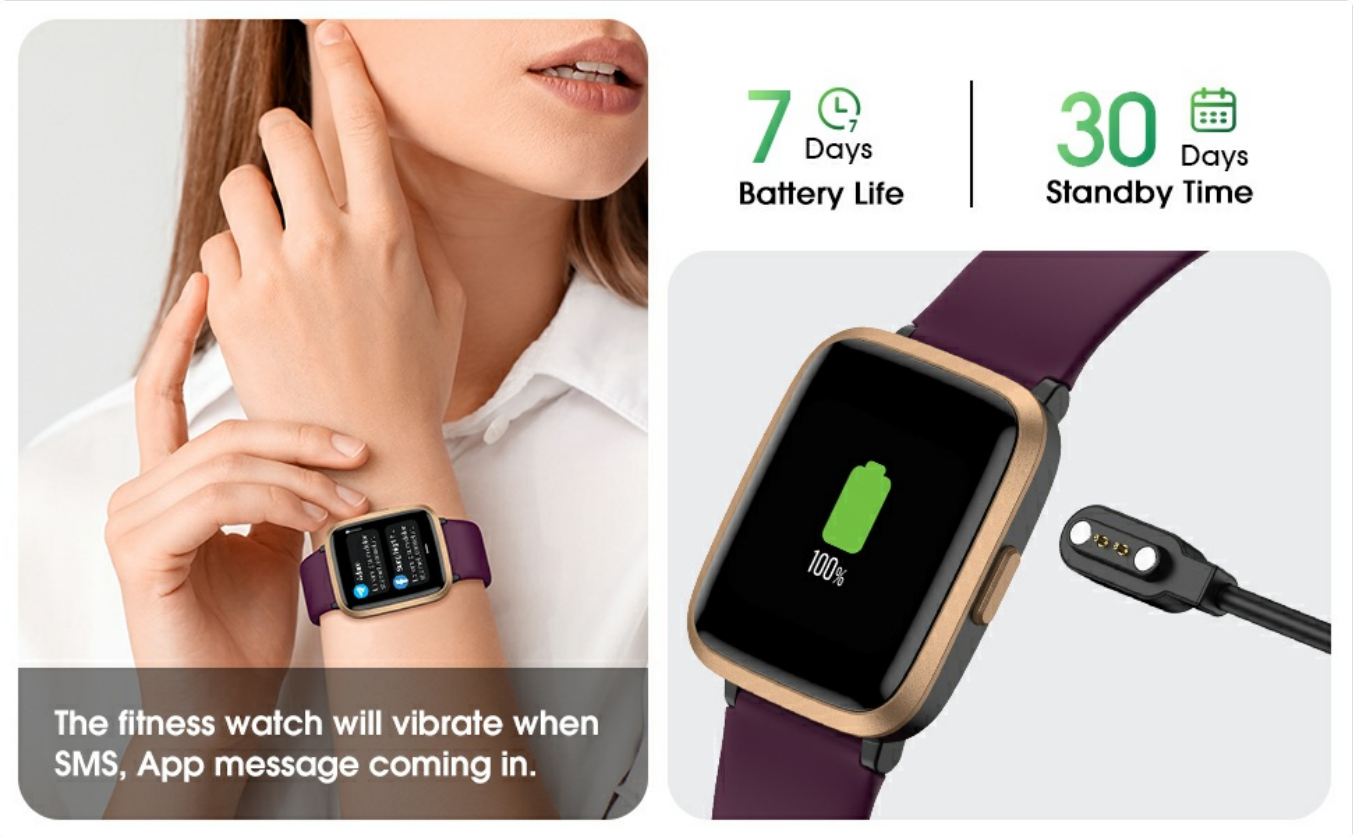


Image: A collage showcasing the smartwatch's practical features such as Women's Health tracking, music control, sedentary reminders, alarm clock, and stopwatch.

4. Maintenance

4.1 Waterproof Rating

The smartwatch features a 5ATM waterproof rating, making it suitable for daily activities like sweating, hand washing, and rain. It is also safe for swimming and diving.



Image: A smartwatch on a person's wrist underwater, with icons representing its resistance to swimming, sweat, handwashing, and rain, highlighting its 50-meter waterproof feature.

▶ **Watch video online**

Demo of watch in IN THE POOL!

Video: A demonstration of the TYKOIT Smart Watch being used underwater in a pool, showcasing its waterproof capabilities during an exercise session.

4.2 Wearing Guidelines

To ensure comfort and accurate readings, avoid wearing the watch too tightly. Excessive friction may irritate the skin. Allow your watch to rest after prolonged use.

5. Troubleshooting

- **Connection Issues:** If the watch disconnects from the app, ensure your phone's Bluetooth is on and the VeryFitPro app is running in the background. Try restarting both the watch and the app.
- **Inaccurate Readings:** For heart rate or blood oxygen readings, ensure the watch is snug but not too tight on your wrist, and the sensors are clean and in contact with your skin.
- **Notifications Not Appearing:** Check app permissions on your phone to ensure VeryFitPro has access to notifications. Also, verify notification settings within the VeryFitPro app.
- **Screen Brightness/Sleep Mode:** Adjust brightness settings in the watch menu. For sleep, activate 'Do Not Disturb' mode or 'Night Mode' to prevent the screen from lighting up with movement.
- **Exercise Data Not Syncing:** Ensure the watch is properly paired with the VeryFitPro app and that the app has necessary permissions for location and activity tracking.

6. Specifications

Feature	Detail
Model Number	efe6c2b8-219a-443e-9eaa-597919f0bc90
Brand	TYKOIT
Screen Size	41 Millimeters
Display Type	LCD
Operating System	Android 6.0 / iOS 12.0 or above
Connectivity Technology	Wireless (Bluetooth 4.1 or above)
Battery Capacity	210 Milliamp Hours
Battery Charge Time	2 Hours
Battery Average Life	7 days (continuous use)
Water Resistance Level	5ATM Waterproof (50 Meters)
Supported Application	Heart Rate Monitor, Blood Oxygen Monitor, Sleep Monitor, Pedometer, Calories Tracker, Multisport Tracker
Special Features	41mm Full Color Touchscreen, Built-in Dials, Brightness Settings, Do Not Disturb Mode, Night Mode, Activity Tracker, Sedentary Reminder, Timer, Stopwatch, Breath Training, Raise to Wake, Music Control, Alarm Clock, Drinking Reminder, Screen Duration Setting, Smart Notification, Multiple Sport Modes
Item Dimensions	6.8 x 3.3 x 0.6 inches

7. Warranty and Support

7.1 Warranty Information

This product comes with a Limited Warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions.

7.2 Customer Support

For further assistance, troubleshooting, or warranty claims, please contact TYKOIT customer support through the contact information provided in your product packaging or on the official TYKOIT website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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