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> F307 Smart Watch with Bluetooth Call for Men Fitness Tracker with 150+ Sports & 2.1" HD Touch Screen, 24/7 Heart Rate BP SpO2 Sleep Monitor for Android & IOS

wgxixezn F307

User Manual for F307 Smart Watch

Model: F307 | Brand: wgxixezn

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your F307 Smart Watch. Please read this manual carefully before using the device to ensure proper functionality and to maximize your user experience.

The F307 Smart Watch is a versatile fitness tracker designed for men, featuring Bluetooth call capabilities, over 150 sports modes, a 2.1-inch HD touch screen, and 24/7 health monitoring including heart rate, blood pressure, SpO2, and sleep. It is compatible with both Android and iOS devices.

PACKAGE CONTENTS

Upon opening the package, please verify that all items listed below are present and in good condition:

- F307 Smart Watch x 1
- User Manual x 1
- Magnetic Charging Cable x 1

SETUP GUIDE

1. Charging the Device

Before initial use, fully charge your F307 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included).

Charging time is approximately 2 hours. A full charge provides 3-5 days of typical use and up to 10 days of standby time.



Image: The F307 Smart Watch connected to its magnetic USB charging cable, illustrating the charging process. The image also highlights the IP67 waterproof rating and battery life details.

2. App Installation and Pairing

To unlock the full features of your F307 Smart Watch, you need to install the companion application on your smartphone. The watch is compatible with iOS 10.0 / Android 5.0 or later and Bluetooth 5.3 or later.

1. Scan the QR code in the manual or on the watch screen (if available) to download the official app, or search for the app name (usually mentioned in the quick start guide) in your phone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the installed app and follow the on-screen instructions to create an account or log in.
4. Within the app, navigate to the device pairing section and select your F307 Smart Watch from the list of available devices. Confirm the pairing request on both your phone and the watch.

OPERATING INSTRUCTIONS

Basic Navigation

The F307 Smart Watch features a 2.1-inch HD touch screen for intuitive navigation. Swipe across the screen to access different functions and tap to select.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens (e.g., heart rate, sports modes).
- **Tap:** Select an item or enter a function.
- **Side Button:** Typically used to return to the home screen or power on/off the device.



Image: A user wearing the F307 Smart Watch, which displays various health monitoring data such as heart rate, blood glucose, blood oxygen, blood pressure, and sleep patterns. This illustrates the personal health care features.

Health Monitoring Functions

The watch continuously monitors various health metrics. Access these functions by swiping through the watch interface or via the companion app.

- **Heart Rate:** Real-time heart rate monitoring.
- **Blood Pressure:** Measures estimated blood pressure.
- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks sleep patterns and quality.
- **Body Temperature:** Provides an estimate of body temperature.
- **Breathing Training:** Guided breathing exercises.
- **Blood Glucose:** Provides estimated blood glucose levels.

Important Note: The measurement data provided by this device is for reference only and cannot be used as medical monitoring data or for diagnostic purposes.

Sports Modes

The F307 Smart Watch supports over 150 sports modes to track your activities accurately. To start a workout:

1. Navigate to the "Sports" or "Workout" section on your watch.
2. Select your desired activity (e.g., Outdoor Run, Cycling, Yoga).
3. Tap to start the activity. The watch will begin recording data such as steps, distance, calories burned, and heart rate.
4. To end the activity, swipe or press the side button and select "End" or "Pause".



150+ sports modes

covering more sports scenes

 Outdoor run	 Outdoor cycle	 Free play	 Gymnastics
 Outdoor walk	 Stationary bike	 Fitness	 Floor exercise
 Indoor run	 Elliptical	 Jump Rope	 Horizontal bar
 Indoor walk	 Rowing machine	 Fitness Gaming	 Parallel bars
 Hiking	 Yoga	 Climbing	 Trampoline
 Stair stepper	 HIIT	 Athletic	 Mountaineering

Image: The F307 Smart Watch shown tracking data for indoor run and hiking, alongside a list of over 150 supported sports modes including outdoor run, cycling, yoga, and mountaineering. This highlights the extensive fitness tracking capabilities.

Bluetooth Call Functionality

With its built-in microphone and speaker, the F307 Smart Watch allows you to make and answer calls directly from your wrist when connected to your smartphone via Bluetooth.

1. Ensure your watch is paired and connected to your phone via Bluetooth.
2. When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
3. To make a call, navigate to the "Dialer" or "Contacts" function on the watch and select the desired contact or dial the number.

Smart Notifications

Receive notifications for calls, messages, and app alerts directly on your watch. Ensure notification permissions are enabled in both your phone's settings and the companion app.

Smart Notification Reminder

Quickly know texts, message



Image: The F307 Smart Watch displaying various notification icons for popular apps like phone calls, messages, Facebook, Gmail, Instagram, and WhatsApp, along with a preview of a text message. This illustrates the smart notification reminder feature.

Other Functions

The F307 Smart Watch includes several other useful features:

- **Step Counting, Distance, Calories:** Daily activity tracking.
- **Stopwatch & Timer:** For precise timing.
- **Calculator:** Basic arithmetic functions.
- **Female Menstrual Tracking:** For cycle monitoring.
- **Music Playback & Control:** Control music on your phone.
- **Remote Camera Control:** Trigger your phone's camera remotely.
- **Weather Display:** Current weather information.
- **Alarm Clock & Reminders:** Set alarms, sedentary reminders, heart rate alarm reminders.
- **Raise Wrist to Light Up Screen:** Convenient screen activation.

Seiko design

Screen size
2.10"

PPI
300

Height up to
1,000nit



Image: The F307 Smart Watch showcasing its 2.10-inch screen with 300 PPI and up to 1,000 nit brightness, along with various customizable watch faces. This highlights the Seiko design and display quality.



**IP67
Waterproof**

Magnetic USB Charge

**Long battery Life
Faster Charging**

10 Days
Standby time

5 Days
Battery life

2 Hours
Charging time

350MAH



Image: A close-up of the F307 Smart Watch screen displaying a grid of icons representing its various functions, such as blood glucose, body temperature, blood oxygen, heart rate, MET, blood pressure, breathe, alarm, cycle tracking, multi-motion, stopwatch, weather, calculator, language, and turn wrist to wake. This provides a visual overview of the watch's comprehensive features.

MAINTENANCE AND CARE

Cleaning

Regularly clean your F307 Smart Watch to ensure optimal performance and hygiene.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure good connection.

Water Resistance (IP67)

The F307 Smart Watch has an IP67 waterproof rating, meaning it is resistant to dust and can withstand immersion in

water up to 1 meter for 30 minutes. It is suitable for daily use like hand washing and light rain.

Caution: Do not wear the watch while showering with hot water, diving, or in saunas. Avoid prolonged immersion in water. The waterproof feature is not permanent and may weaken over time.

Storage

When not in use for extended periods, store the watch in a cool, dry place. Ensure it is fully charged before storing to preserve battery health.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on	Low battery; Device frozen	Charge the watch for at least 30 minutes. If still unresponsive, press and hold the side button for 10-15 seconds to force restart.
Cannot pair with phone	Bluetooth off; App issue; Watch not discoverable	Ensure Bluetooth is enabled on your phone. Restart both phone and watch. Reinstall the app. Ensure watch is in pairing mode.
Inaccurate health data	Improper fit; Sensor obstruction	Ensure the watch is worn snugly on your wrist, one finger-width above the wrist bone. Clean the sensors on the back of the watch. Avoid excessive movement during measurement.
Notifications not received	App permissions; Bluetooth disconnected	Check notification permissions in your phone's settings and the companion app. Ensure Bluetooth connection is stable. Disable and re-enable notifications in the app.
Short battery life	Frequent use of power-intensive features; High screen brightness	Reduce screen brightness. Limit continuous heart rate monitoring or GPS usage. Turn off unnecessary notifications.

SPECIFICATIONS

Feature	Detail
Model	F307
Screen Size	2.1 inches
Screen Resolution	280*320
Battery Capacity	330 mAh
Charging Method	Magnetic charging
Charging Time	Approx. 2 hours
Battery Life (Typical Use)	3-5 days
Standby Time	Up to 10 days
Waterproof Rating	IP67
Bluetooth Version	5.3 or later
Compatibility	iOS 10.0 / Android 5.0 or later

Feature	Detail
Manufacturer	wgzixezn
Part Number	7066226055876

WARRANTY INFORMATION

Please refer to the warranty card included in your product packaging for specific warranty terms and conditions. Typically, the manufacturer provides a limited warranty against defects in materials and workmanship from the date of purchase. Keep your purchase receipt as proof of purchase.

This warranty does not cover damage caused by accident, misuse, abuse, unauthorized modification, or external causes such as drops, liquid damage, or power surges.

CUSTOMER SUPPORT

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact wgzixezn customer support through the following channels:

- **Website:** Refer to the official wgzixezn website (if available, not provided in input).
- **Email:** Check your product packaging or the companion app for support email.
- **Online Support:** Look for a support section within the companion application.

When contacting support, please have your product model (F307) and part number (7066226055876) ready.