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TYKOIT 19e86380-dbeb-4eb5-816e-a977a276f278

TYKOIT Pedometer Watch Senior Friendly - Instruction Manual

Model: 19e86380-dbeb-4eb5-816e-a977a276f278

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1. Introduction

The TYKOIT Pedometer Watch is designed for users seeking a straightforward and effective fitness tracking solution without the need for smartphone applications or complex setups. This device offers essential health and activity monitoring features, including step counting, calorie tracking, distance measurement, heart rate monitoring, blood oxygen level detection, and sleep analysis. Its user-friendly interface and durable, waterproof design make it suitable for daily wear and various activities.

2. Setup

2.1 Initial Power On and Language Selection

Upon first use, the watch will prompt you to select your preferred language. Use the touchscreen to navigate and tap to confirm your selection. The watch operates independently, so no app or phone connection is required for basic functionality.



Figure 2.1: The TYKOIT Pedometer Watch is designed for standalone use, eliminating the need for smartphone applications.

2.2 Charging the Device

Before initial use, fully charge your TYKOIT Pedometer Watch. The watch uses a magnetic charging method. Simply align the charging pins of the provided USB cable with the charging contacts on the back of the watch. The watch will snap into place magnetically. Connect the USB end to a power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 1.5 hours and provides up to 7 days of use.

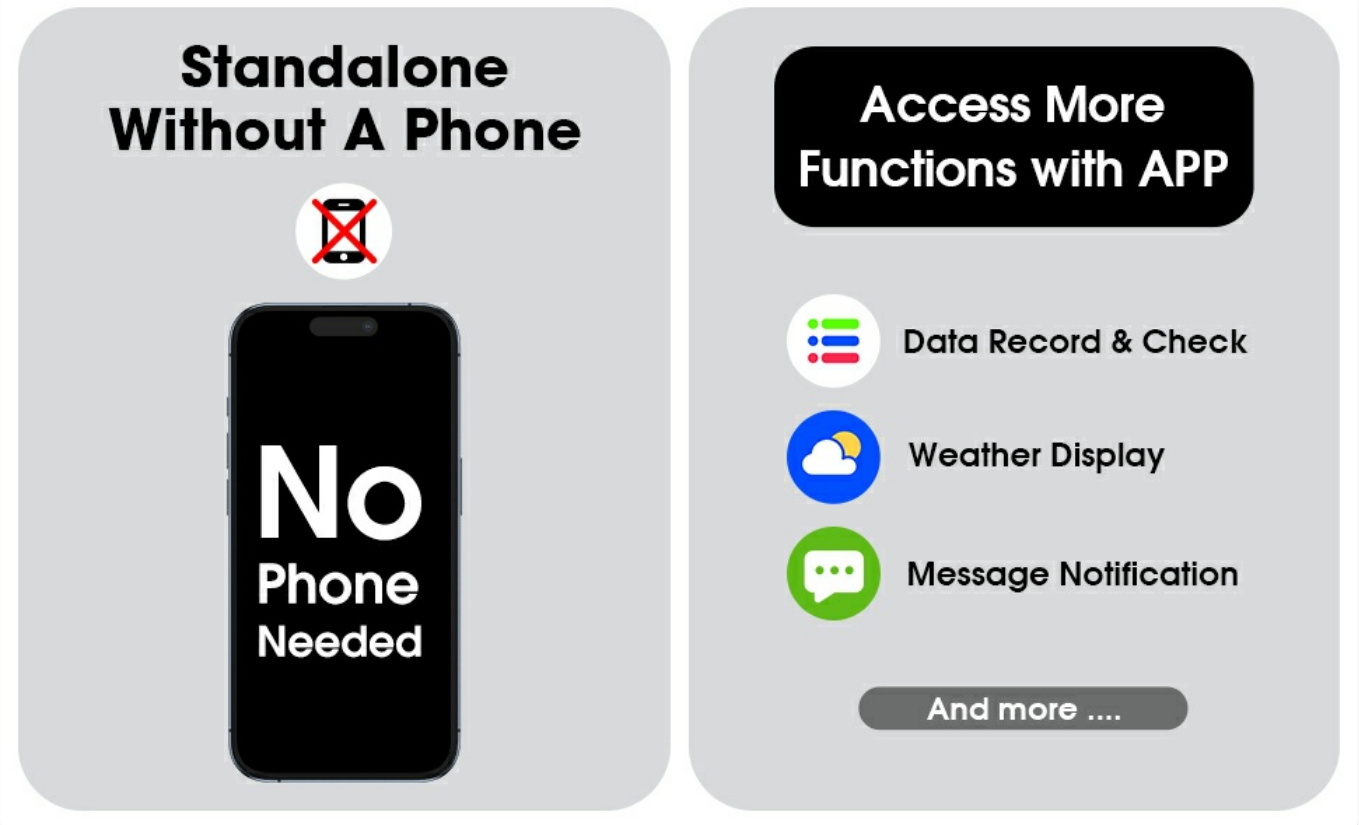


Figure 2.2: Magnetic charging for convenience and extended battery life.

2.3 Wearing the Watch

Wear the watch snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back of the watch is in contact with your skin for accurate heart rate and blood oxygen measurements. Avoid wearing it too tightly, which can restrict blood flow, or too loosely, which can affect sensor accuracy.

3. Operating Instructions

3.1 Navigating the Interface

The TYKOIT Pedometer Watch features a responsive LCD color display with touchscreen controls. Swipe left, right, up, or down to access different functions and menus. Tap on an icon or option to select it. The side button typically serves as a back button or to return to the main watch face.

Figure 3.1: The 41mm color screen offers responsive touch control for easy navigation.

3.2 Activity Tracking

The watch automatically tracks your daily activity. Swipe to the activity screen to view your steps, calories burned, distance traveled, and active time. This data provides a clear overview of your exercise performance.

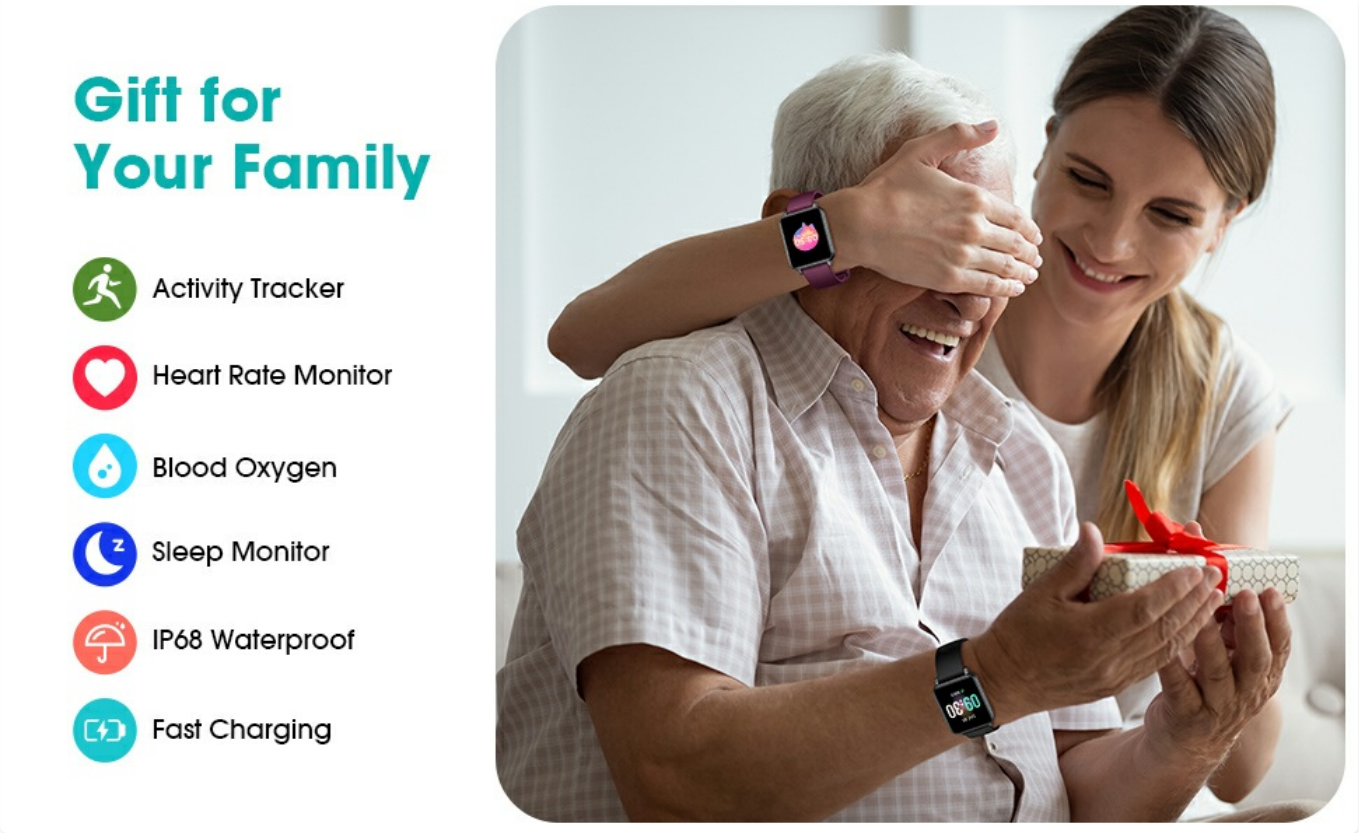


Figure 3.2: Real-time activity tracking helps monitor your daily movement.

3.3 Health Monitoring (Heart Rate & Blood Oxygen)

Access the heart rate or blood oxygen screens to initiate a measurement. The watch monitors your heart rate in real-time. For blood oxygen, you may need to manually activate the measurement. Ensure the watch is properly positioned on your wrist for accurate readings.



Figure 3.3: Monitor your heart rate and blood oxygen levels directly from the watch.

3.4 Sleep Tracking

Wear the watch while sleeping to automatically track your sleep patterns. The watch records data on awake time, light sleep, and deep sleep, helping you understand and improve your sleep quality.

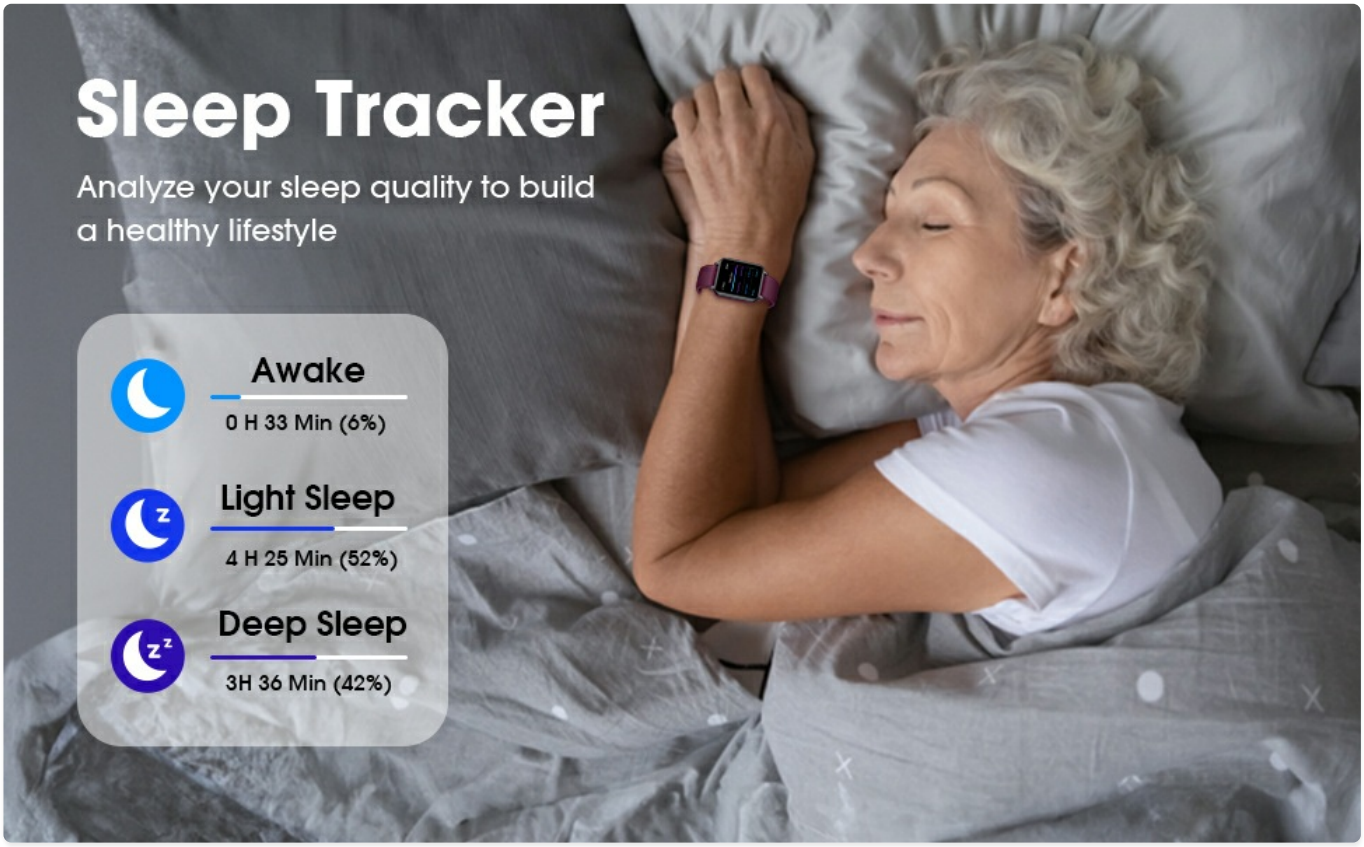


Figure 3.4: Detailed sleep analysis helps cultivate a healthier lifestyle.

3.5 Waterproof Performance

The TYKOIT Pedometer Watch is IP68 waterproof, allowing you to wear it during swimming, in the rain, or while washing your hands without concern. This enhanced water resistance ensures durability and versatility for various daily activities.



Figure 3.5: Enjoy aquatic activities with confidence thanks to IP68 waterproof protection.

4. Maintenance

4.1 Cleaning Your Watch

Regularly clean your watch and wristband to prevent skin irritation and maintain optimal performance. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

4.2 Battery Care

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

5. Troubleshooting

5.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the magnetic charger and check if the charging indicator appears.
- Press and hold the side button for several seconds to attempt a forced restart.

5.2 Inaccurate Readings (Steps, Heart Rate, Blood Oxygen)

- Ensure the watch is worn snugly on your wrist, with the sensor in direct contact with your skin.
- Avoid excessive movement during heart rate or blood oxygen measurements.
- Clean the sensor on the back of the watch to remove any dirt or debris.

5.3 Screen Unresponsive

- Restart the watch by pressing and holding the side button.

- Ensure the screen is clean and dry.

6. Specifications

Feature	Detail
Brand	TYKOIT
Model Number	19e86380-dbeb-4eb5-816e-a977a276f278
Screen Size	1.4 Inches
Battery Life	Up to 7 days (168 Hours)
Charging Time	Approx. 1.5 hours
Waterproof Rating	IP68
Sensor Type	Optical
Product Dimensions	5.9 x 3.2 x 0.75 inches
Item Weight	2.08 ounces
Special Features	Blood Oxygen Measurement, Calorie Tracker, Heart Rate Monitor, Pedometer, Sleep Monitor
Connectivity	Bluetooth (for optional app features, not required for basic use)

7. Warranty and Support

Your TYKOIT Pedometer Watch comes with a standard manufacturer's warranty. For detailed warranty information, product support, or to report any issues, please refer to the contact information provided with your purchase or visit the official TYKOIT website. Please retain your proof of purchase for warranty claims.

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