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Fempoin T31

Fempoin Smart Watch T31 User Manual

Model: T31

Introduction

This manual provides comprehensive instructions for the Fempoin Smart Watch T31. It covers setup, operation, maintenance, and troubleshooting to ensure you get the most out of your device. The Smart Watch T31 is designed to be a versatile fitness tracker and smart companion, featuring a 1.47" HD display, extensive sport modes, and health monitoring capabilities.

What's in the Box

Upon opening your Fempoin Smart Watch T31 package, please verify that all components are present:

- Fempoin Smart Watch T31 (main unit)
- Watch Band (pre-attached or separate)
- Charging Cable (not explicitly listed but implied for "Batteries: 1 Lithium Polymer batteries required. (included)")
- User Manual (this document)

If any items are missing or damaged, please contact customer support.

Setup Guide

1. Charging the Device

Before first use, fully charge your Fempoin Smart Watch T31. 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 (5V/1A recommended).
Charging time: Approximately 3 hours for a full charge.



Image: Illustration showing the Smart Watch T31 being charged, along with battery life estimates (1.5 hours charging time, 5-7 days average usage, up to 21 days standby time).

2. Installing the GloryFit App

The Fempoin Smart Watch T31 requires the "GloryFit" companion app for full functionality and data synchronization. Download the app from your device's app store:

- For Android devices: Search "GloryFit" on Google Play Store. (Requires Android 6.0 or above)
- For iOS devices: Search "GloryFit" on Apple App Store. (Requires iOS 9.0 or above)

3. Pairing the Smart Watch with Your Phone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "GloryFit" app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device pairing section (usually found under "Device" or "My Device").
4. The app will scan for available devices. Select "T31" or the corresponding device name when it appears.

5. Confirm the pairing request on both your phone and the watch if prompted.

Once successfully paired, the watch will synchronize time and data with your phone.

Operating Instructions

Basic Navigation

The Fempoin Smart Watch T31 features a 1.47" HD full touch color screen for intuitive operation.

- **Touch Screen:** Tap to select, swipe left/right/up/down to navigate menus and screens.
- **Side Button:** Typically used to wake the screen, return to the home screen, or access the main menu.



Image: The Fempoin Smart Watch T31 showing the main watch face with steps, distance, calories, time, date, heart rate, and sleep icons.

Customizing Watch Faces

The watch supports over 100 free personalized watch faces. These can be downloaded and set as your desktop via the "GloryFit" app.



Image: A collage of different watch face designs available for the Fempoin Smart Watch T31, highlighting the 1.47" HD touch screen and 172*320 resolution.

Message Notifications

After connecting to your smartphone via Bluetooth, the watch can display call history and notifications from various social media applications, including Facebook, WhatsApp, Instagram, and Twitter. The watch will vibrate to alert you of new messages.



Image: A hand wearing the Smart Watch T31, with various social media app icons (Facebook, WhatsApp, Instagram, Twitter, Snapchat, Messenger, LinkedIn) floating around, indicating message notification capability.

Health Monitoring

The Smart Watch T31 features advanced sensors for 24/7 health monitoring:

- **Heart Rate:** Real-time heart rate monitoring.
- **SpO2:** Blood oxygen saturation monitoring.
- **Sleep Monitor:** Automatically tracks sleep status (deep, light, wakeful sleep) and provides comprehensive analysis via the "GloryFit" app to help develop better sleep habits.
- **Female Cycle Tracking:** Provides tracking for female physiological cycles.



Image: A woman sitting in a yoga pose, with four screens showing the watch's health monitoring features: Heart Rate, Blood Oxygen (SpO2), Sleep Monitor, and Menstrual Period tracking.

Sports Modes and Activity Tracking

The fitness watch supports over 100 sports modes, including running, cycling, walking, basketball, yoga, football, and more. During exercise, the activity tracker records data such as steps, calories burned, and distance.



Image: A man running outdoors, with the Smart Watch T31 displaying activity data (distance, calories, steps). The image also highlights IP68 waterproof rating and a selection of multiple sports modes like walking, basketball, football, and baseball.

Additional Functions

The Fempoin Smart Watch T31 includes several practical functions to enhance daily life:

- **Weather Forecast:** Get real-time weather updates.
- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Manage music playback on your phone.
- **Timer & Stopwatch:** Built-in timing tools.
- **Alarm Clock:** Set alarms directly from your watch.
- **Find Your Phone:** Locate your misplaced phone by making it ring.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Brightness Adjustment:** Adjust screen brightness for optimal viewing.
- **Do Not Disturb Mode:** Silence notifications during specific times.

- **Flashlight:** Use the screen as a temporary light source.



Image: A grid showing various practical functions of the Smart Watch T31, including Weather Forecast, Camera Control, Music Control, Sedentary Reminder, Stopwatch, Alarm Clock, and Find Your Phone.

Maintenance and Care

- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** The watch has an IP68 waterproof rating, suitable for hand washing, face washing, and sweaty activities. *Do not use in hot water, seawater, or during diving.*
- **Charging:** Use only the provided charging cable. Avoid using damaged cables or chargers.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials.

Troubleshooting

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect to the charger for at least 10 minutes before attempting to turn it on.
Cannot pair with phone.	1. Ensure Bluetooth is enabled on your phone. 2. Make sure the watch is charged and within range of your phone. 3. Restart both the watch and your phone. 4. Clear Bluetooth cache on your phone (Android) or forget the device and try pairing again. 5. Ensure the "GloryFit" app is updated to the latest version.
Notifications not received.	1. Check app notification permissions on your phone. 2. Ensure the watch is connected via Bluetooth. 3. Verify "Do Not Disturb" mode is not active on the watch or phone. 4. Check notification settings within the "GloryFit" app.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements. Clean the sensor regularly.
Short battery life.	Frequent use of features like continuous heart rate monitoring, bright screen, and numerous notifications can reduce battery life. Try reducing these settings in the app.

Product Specifications

Feature	Detail
Model Name	T31
Brand	Fempoin
Screen Size	1.47 inches HD Full Touch Color Screen (172*320 resolution)
Connectivity	Bluetooth
Waterproof Rating	IP68
Battery Type	1 Lithium Polymer battery (included)

Feature	Detail
Charging Time	Approx. 3 hours
Battery Life (Normal Use)	3-5 days
Battery Life (Standby)	Up to 30 days
Compatibility	iOS 9.0 and above, Android 6.0 and above
Health Monitoring	Heart Rate, SpO2, Sleep Monitor, Female Cycle Tracking
Sports Modes	100+ (e.g., running, cycling, walking, basketball, yoga, football)
Item Weight	1.76 ounces (50 Grams)
Product Dimensions	157480.4 x 78740.2 x 196850.5 inches (Note: These dimensions appear to be in hundredths of inches or an incorrect unit. Please refer to product packaging for accurate physical dimensions.)

Note: Specifications are subject to change without prior notice. For the most up-to-date information, please refer to the official product page or contact customer support.

Warranty and Support

For warranty information, technical support, or customer service inquiries regarding your Fempoin Smart Watch T31, please refer to the warranty card included with your product or visit the official Fempoin website. You may also contact the seller directly through the platform where the product was purchased.

Please have your product model (T31) and purchase details ready when contacting support.

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Question

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Details

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