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› KEEPONFIT Smart Watch, 1.83" Touch Screen Smartwatch with Alexa Built-in IP68 Waterproof, Pedometer for Men and Women (Pink)

KEEPONFIT IDW26

KEEPONFIT Smart Watch IDW26 User Manual

Comprehensive guide for your KEEPONFIT Smart Watch.

1. INTRODUCTION

Welcome to the user manual for your new KEEPONFIT Smart Watch, Model IDW26. This device is designed to enhance your daily life with its advanced features, including a vibrant 1.83-inch HD touch screen, integrated Alexa voice assistant, comprehensive health monitoring, and a wide array of sports modes. It also supports Bluetooth calls and smart notifications, keeping you connected and informed. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your smart watch.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x KEEPONFIT Smart Watch (IDW26)
- 1 x Magnetic Charging Cable
- 1 x User Manual

3. PRODUCT OVERVIEW

The KEEPONFIT Smart Watch features a sleek design with a responsive touch screen and a comfortable strap. Familiarize yourself with the watch's components and display for optimal use.



Figure 3.1: Front view of the KEEPPONFIT Smart Watch in Pink, showcasing its large display and side button.



Figure 3.2: Detailed dimensions of the KEEPPONFIT Smart Watch, showing its 1.83-inch screen size and overall strap length.

1.83" HD Touch Screen Color Display



100+ Cloud Watch Faces
Customize it with your style

Figure 3.3: The 1.83-inch HD touch screen displaying various customizable watch faces, highlighting the vibrant color display.

4. SETUP

4.1 Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Battery Life:** Up to 7 days of daily usage, up to 30 days in low power standby mode. Actual battery life may vary based on usage.

5-7 Days of Daily Bluetooth Usage

(Varies depending on actual use and other factors)



Figure 4.1: Illustration demonstrating the battery life of the KEEPPONFIT Smart Watch, showing up to 7 days of daily use and 30 days in standby.

4.2 Pairing with Your Smartphone

To unlock the full functionality of your smart watch, it must be paired with your smartphone via Bluetooth.

1. Ensure your watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the companion app (refer to section 4.3) and follow the on-screen instructions to search for and connect to your KEEPPONFIT Smart Watch (IDW26).
4. Confirm the pairing request on both your watch and smartphone.

Answer/Make **Bluetooth** calls

Connect to your cell phone via Bluetooth so your watch can also view recent call logs and set frequent contacts



Figure 4.2: The smart watch connected to a smartphone via Bluetooth, illustrating its capability to answer and make calls directly from the wrist.

4.3 App Installation and Configuration

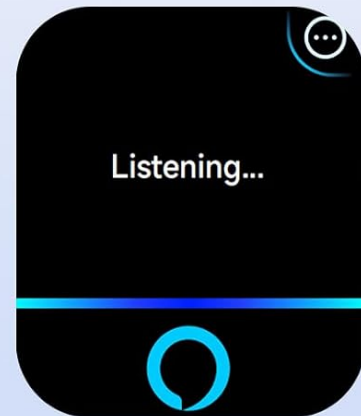
The KEEPPONFIT Smart Watch requires a dedicated app for full functionality and data synchronization. The watch is compatible with both Android and iOS phones.

1. Scan the QR code in the watch's manual or search for the official KEEPPONFIT app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the app.
3. Open the app and create an account or log in.
4. Follow the app's instructions to complete the pairing process and set up your personal profile, including health and fitness goals.



Alexa Built-in

Compatible with iOS and Android phones



Smart Notification

Get quick notice to all recent texts, messages and phone calls



Figure 4.3: The smart watch displaying smart notifications and indicating Alexa's listening mode, demonstrating app integration for these features.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The KEEPONFIT Smart Watch features a full touch screen for intuitive navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or wake up the display.
- **Wrist Raise:** Flip your wrist to automatically wake up the screen.

5.2 Making and Receiving Calls

Once paired with your phone, you can manage calls directly from your watch.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
- **Making Calls:** Access the dial pad or frequent contacts list on your watch to initiate a call.



Figure 5.1: The smart watch displaying options for call history, frequent contacts, and a dialpad, enabling direct call management.

5.3 Smart Notifications

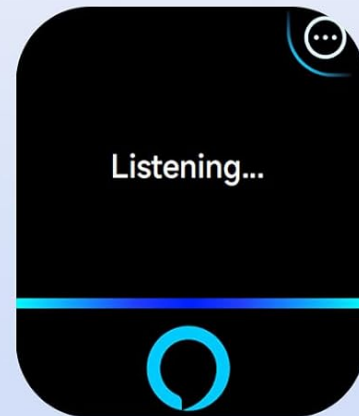
Receive real-time alerts for calls, messages, and app notifications directly on your wrist.

- Ensure notification permissions are enabled in the companion app and your phone settings.
- Swipe down from the home screen to view recent notifications.



Alexa Built-in

Compatible with iOS and Android phones



Smart Notification

Get quick notice to all recent texts, messages and phone calls



Figure 5.2: The smart watch showing icons for various social media and messaging apps, indicating its smart notification capabilities.

5.4 Fitness Tracking and Sports Modes

The watch accurately records your activity and supports over 100 sports modes.

- **Activity Tracking:** Automatically tracks steps, calories burned, and distance throughout the day.
- **Sports Modes:** Select from over 100 modes (e.g., walking, running, cycling, swimming, yoga) to track specific workouts with detailed metrics.

100+ Sports Mode

IP68 Waterproof



Figure 5.3: A visual representation of the 100+ sports modes available on the smart watch, with a user swimming while wearing the device.

5.5 Health Monitoring

Monitor key health metrics directly from your wrist.

- **Heart Rate:** Real-time heart rate monitoring.
- **Blood Oxygen:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors your sleep patterns and quality.
- **Reminders:** Sedentary reminders and drink water reminders to promote healthy habits.

5.6 Using Alexa Built-in

Activate Alexa on your watch for voice commands and information.

- Ensure your watch is connected to the app and Alexa is configured.
- Activate Alexa by swiping to the Alexa screen or using a designated button/gesture (refer to app settings).

- Speak your commands clearly, such as

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