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› [LIVIKEY Fitness Tracker Watch \(Model: Square\) User Manual](#)

LIVIKEY Square

LIVIKEY Fitness Tracker Watch (Model: Square) User Manual

Your guide to setting up, operating, and maintaining your LIVIKEY Fitness Tracker Watch.

1. INTRODUCTION

Thank you for choosing the LIVIKEY Fitness Tracker Watch. This device is designed to help you monitor your health and fitness activities, including heart rate, sleep patterns, steps, and calories burned. It also provides smart notifications to keep you connected. Please read this manual carefully to ensure proper use and optimal performance.



Image: The LIVIKEY Fitness Tracker Watch, showcasing its waterproof design with water splashing around it. The watch face displays time, date, and activity data.

2. PACKAGE CONTENTS

Ensure all items are present in your package:

- LIVIKEY Fitness Tracker Watch (Model: Square)
- Magnetic Charging Cable
- User Manual

Great Gift Idea for Family and Friends



Image: A diagram illustrating the dimensions of the LIVIKEY Fitness Tracker Watch and its magnetic charging cable.

3. SETUP GUIDE

3.1 Charging the Device

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch screen will display a charging indicator. A full charge typically takes approximately 2 hours.

A full charge provides 5-7 days of continuous use and up to 30 days of standby time.

Incredible 7 Days Battery Time



7 
days

Daily Use

30 
days

Standby

2 
Hour

Charging

210 
mAh

Battery

Image: An illustration detailing the battery life of the LIVIKEY Fitness Tracker Watch, showing 7 days of daily use, 30 days standby, and 2 hours charging time.

3.2 Downloading and Pairing the App

To access all features and track your data, you need to download the companion app.

1. Scan the QR code provided in the quick start guide or search for the "VeryFitPro" app in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Install the app on your smartphone.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the VeryFitPro app and follow the on-screen instructions to create an account and pair your watch.
5. During pairing, select the LIVIKEY Fitness Tracker Watch from the list of available devices.

The watch is compatible with iOS 8.0 or Android OS 4.0 and above, with Bluetooth 4.0 or above. It is not compatible with tablets or computers.

4. OPERATING INSTRUCTIONS

The LIVIKEY Fitness Tracker Watch features a touchscreen for navigation.

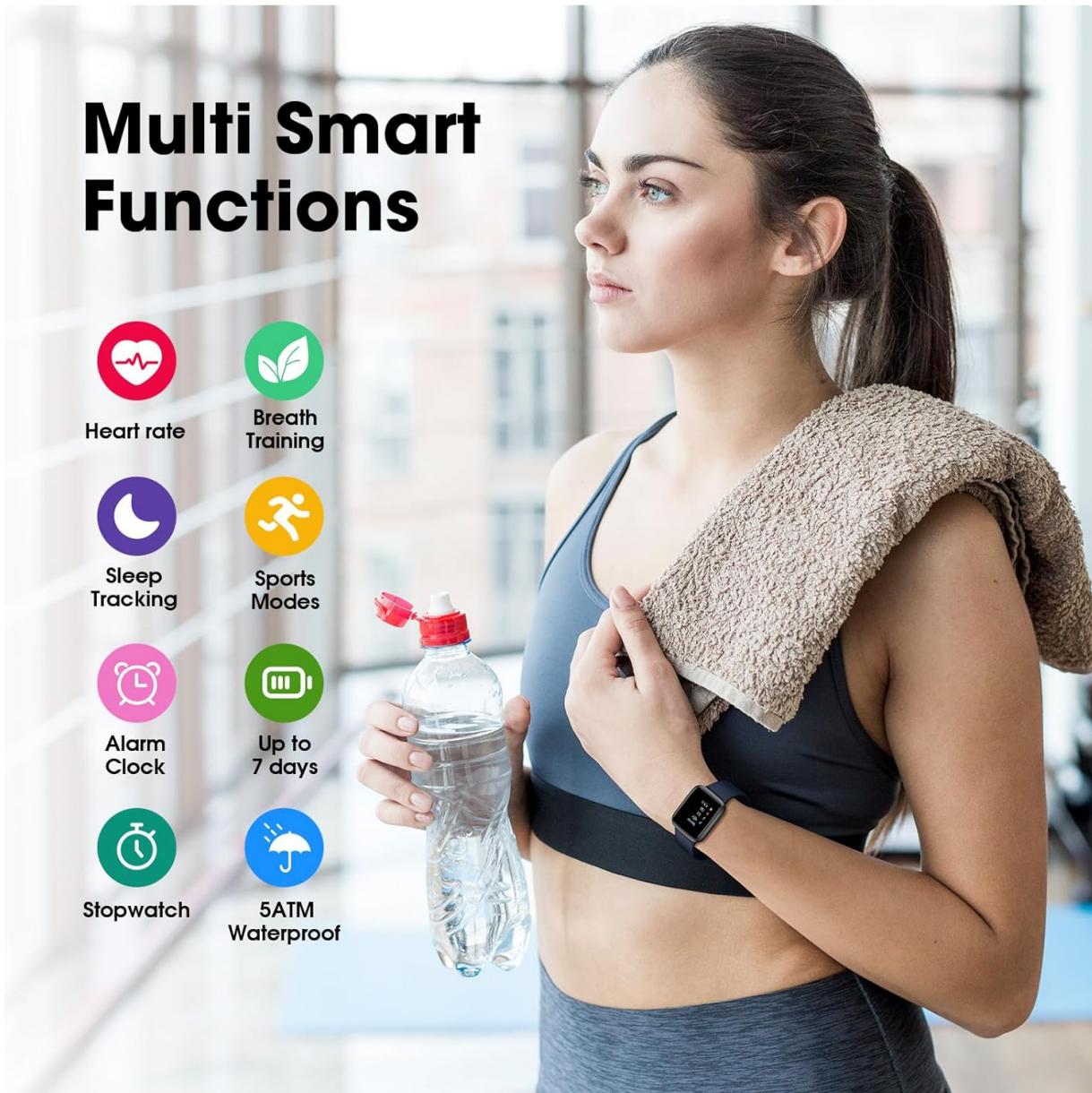


Image: The LIVIKEY Fitness Tracker Watch highlighting various smart functions such as heart rate, breath training, sleep tracking, sports modes, alarm clock, battery life, stopwatch, and 5ATM waterproof rating.

4.1 Basic 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 previous screen or main watch face.

4.2 Heart Rate Monitoring

The watch automatically monitors your heart rate throughout the day. You can also initiate a manual heart rate measurement through the app for specific readings.



Image: A close-up view of the green light heart rate sensor on the back of the LIVIKEY Fitness Tracker Watch, indicating a heart rate of 115 bpm.

4.3 Sleep Monitoring

The fitness tracker monitors your sleep patterns at night, providing data on deep sleep, light sleep, and awake time. This information is accessible through the VeryFitPro app to help you analyze your sleep quality.

A screenshot of the VeryFitPro app interface. The background shows a woman sleeping peacefully. On the left, there is a circular icon with 'zz' and three sleep status indicators: 'Deep Sleep', 'Light Sleep', and 'Awake'. On the right, a summary bar shows '8H15MIN' of sleep with a breakdown: '0H10MIN Awake', '3H40MIN Lite Sleep', and '4H25MIN Deep Sleep'. Below this is a bar chart with time markers at 23:10, 02:00, 04:00, and 07:25. To the right, a red heart rate line graph shows a reading of '92 bpm' with a heart icon.

Image: The LIVIKEY Fitness Tracker Watch displaying sleep monitoring data, showing total sleep duration and breakdowns for awake, light sleep, and deep sleep phases. A person is shown sleeping in the background.

4.4 Activity Tracking and Sport Modes

The watch records daily steps, calories burned, walking distance, and active time. You can set daily step goals within the app. It features 9 sport modes for various activities.



Image: The LIVIKEY Fitness Tracker Watch showing a cycling activity with duration. Icons for various sports modes like bike, run, workout, climbing, yoga, walk, indoor run, hike, and spinning are displayed.

4.5 Smart Notifications

Receive SMS messages and SNS notifications (Facebook, Twitter, Gmail, etc.) directly on your wrist. The watch does not support making calls or sending texts.

Get Smart Notifications with Ease



Image: The LIVIKEY Fitness Tracker Watch displaying an incoming message notification, with various social media app icons floating around it.

4.6 Additional Functions

The watch includes several other useful features:

- **Stopwatch:** For timing activities.
- **Alarm Clock:** Set alarms through the app.
- **Breathing Guide:** Guided breathing exercises for relaxation.
- **Sedentary Alert:** Reminds you to move after periods of inactivity.
- **Music Control:** Control music playback on your paired smartphone.
- **Find My Phone:** Locate your smartphone if it's within Bluetooth range.

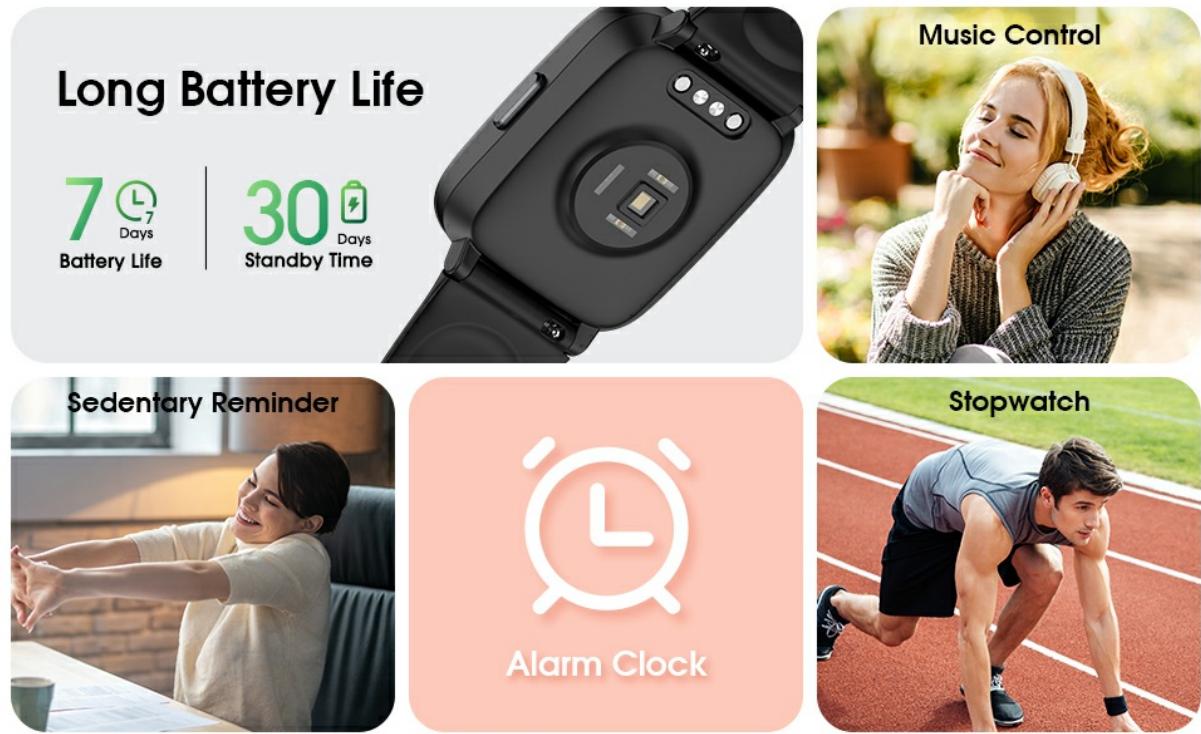


Image: A collage showing the LIVIKEY Fitness Tracker Watch alongside illustrations of its features: Long Battery Life, Music Control, Sedentary Reminder, Alarm Clock, and Stopwatch.

5. MAINTENANCE

5.1 Water Resistance

The LIVIKEY Fitness Tracker Watch has a 5ATM waterproof rating, meaning it can withstand daily sweat, hand washing, and rain. It is suitable for swimming and surfing. However, it is not recommended for hot showers, saunas, or diving, as steam and high temperatures can affect the seal.



Image: The LIVIKEY Fitness Tracker Watch being worn by a swimmer in a pool, illustrating its 50-meter waterproof capability. Icons for washing hands, raining, swimming, and surfing are also shown.

5.2 Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

5.3 Wearing Guidelines

To prevent skin irritation, ensure the watch is not worn too tightly. If you experience discomfort or irritation, loosen the strap or wear the watch on the other wrist periodically. Clean the area under the watch regularly.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone.

- b. Make sure the watch is within Bluetooth range of your phone.
- c. Restart both your phone and the watch.
- d. Check if the VeryFitPro app is updated to the latest version.

- **Inaccurate readings (Heart Rate, Steps):**

- a. Ensure the watch is worn snugly on your wrist, but not too tight.
- b. For heart rate, ensure the sensor is clean and in direct contact with your skin.
- c. For steps, ensure your arm swings naturally during walking.

- **Notifications not appearing:**

- a. Check app settings to ensure notification permissions are granted.
- b. Verify that your phone's notification settings allow the VeryFitPro app to display alerts.
- c. Ensure the watch is connected via Bluetooth.

For further assistance, refer to the help section within the VeryFitPro app or contact customer support.

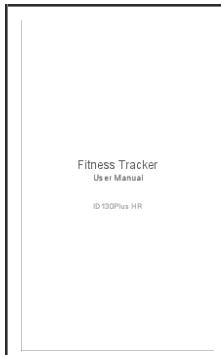
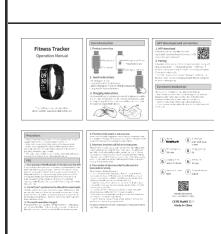
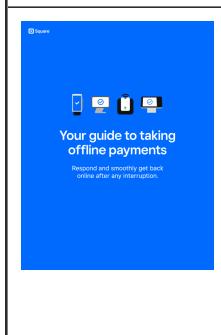
7. SPECIFICATIONS

Model	Square
Brand	LIVIKEY
Display Size	1.3 Inches
Display Resolution	240 x 240
Human Interface Input	Touchscreen
Connectivity	Bluetooth 4.0 or above
Operating System Compatibility	Android 4.0 / iOS 8.0 or above
Waterproof Rating	5ATM
Battery Type	Lithium Ion (210mAh)
Battery Life (Typical Use)	5-7 days
Standby Time	Up to 30 days
Charging Time	Approx. 2 hours
Product Dimensions	6.8 x 3.3 x 0.6 inches
Item Weight	3.2 ounces
GPS	No

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or contact LIVIKEY customer service through their official website or the VeryFitPro app. Keep your purchase receipt for warranty claims.

Related Documents - Square

 <p>Fitness Tracker User Manual ID130Plus HR</p>	<p>ID130Plus HR Fitness Tracker User Manual</p> <p>Comprehensive user manual for the ID130Plus HR fitness tracker, detailing charging, installation, wearing, smartphone system requirements, app download and pairing, main functions, exercise modes, abnormal situations, other features, basic specifications, safety instructions, and warranty information.</p>
 <p>Fitness Tracker Operation Manual ID130PlusHR</p>	<p>Fitness Tracker Operation Manual - ID130PlusHR</p> <p>Operation manual for the ID130PlusHR Fitness Tracker, covering product overview, touch instructions, charging, app connection, function introduction, precautions, and FAQs.</p>
 <p>Your guide to taking offline payments Respond and smoothly get back online after any interruption.</p>	<p>Square Offline Payments Guide: Handling Service Disruptions</p> <p>A comprehensive guide from Square on how to manage and process offline payments during internet or Square service disruptions, ensuring business continuity.</p>
 <p>Square Reader Questions What is a Square Reader and how do I use it? How do I use a Square Reader to process contactless and chip payments? What is the Square Reader for contactless and chip?</p>	<p>Square Reader FAQ: Contactless and Chip Payments</p> <p>Frequently asked questions about the Square Reader for contactless and chip, covering delivery, features, returns, device compatibility, payment types, pairing, and troubleshooting.</p>
 <p>Your guide to taking offline payments Respond and smoothly get back online after any interruption.</p>	<p>Your Guide to Taking Offline Payments with Square</p> <p>Learn how to handle service disruptions and continue processing payments offline with Square. This guide provides step-by-step instructions for identifying issues, enabling offline payments, and managing transactions to ensure business continuity.</p>
 <p>Square Register Getting Started</p>	<p>Square Register Getting Started Guide: Setup, Payments, and Mounting</p> <p>Learn how to set up your Square Register, connect accessories, take payments, and mount it securely. This guide covers everything you need to get started with your Square Register.</p>

