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## Choiknbo 762736139880

# Choiknbo Smart Fitness Tracker Watch User Manual

Model: 762736139880

## INTRODUCTION

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Thank you for choosing the Choiknbo Smart Fitness Tracker Watch. This manual provides essential information for setting up, operating, and maintaining your device. This smart watch is designed to help you monitor your health and fitness activities, stay connected, and manage daily tasks efficiently. Please read this manual thoroughly before using the product to ensure optimal performance and safety.

## WHAT'S IN THE BOX

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- Choiknbo Smart Fitness Tracker Watch
- Silicone Strap
- Magnetic Charging Cable (USB-A to Node Adapter)
- User Manual (Quick Guide)

Please inspect all items for any damage or missing parts upon unboxing.

## SETUP

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### 1. Charging the Device

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging nodes on the back of the watch and plug the USB-A end into a compatible power source. A full charge typically takes approximately 2 hours.

# IP68 WATERPROOF



## 7+ DAYS LONG BATTERY LIFE

**2 Hours**  
Charging

**3 Days**  
Heavy Usage

**7 Days**  
Typical Usage

**30 Days**  
Standby

Image: The Choiknbo Smart Watch displaying its IP68 waterproof rating and battery life information, including 2 hours for charging, 3 days for heavy usage, 7 days for typical usage, and 30 days for standby.

## 2. App Download and Pairing

To unlock the full potential of your smart watch, download the companion app. Scan the QR code provided in the quick guide or on the watch screen during initial setup to download the 'Hand Fit' or 'Da Fit' app (depending on your model/region) from your smartphone's app store. Ensure Bluetooth is enabled on your phone, then open the app and follow the on-screen instructions to pair your smart watch.

The app allows for automatic time synchronization, personalized settings, and detailed health data tracking.

Your browser does not support the video tag.

Video: An official overview of the Choiknbo Smart Watch for Men and Women, demonstrating its features and functionality.

## OPERATING INSTRUCTIONS

### 1. Navigation

The smart watch features a 1.83-inch full touch screen. Swipe left/right or up/down to navigate through menus and functions. Press the side button to return to the home screen or wake the device.

### 2. Health Monitoring

The watch offers 24-hour health monitoring capabilities:

- **Heart Rate Monitor:** Real-time heart rate tracking.
- **Blood Pressure Monitor:** Measures blood pressure levels.
- **Oxymeter (SpO2):** Monitors blood oxygen saturation.
- **Sleep Monitor:** Tracks sleep patterns, including deep sleep, light sleep, REM, and awake times.
- **Pedometer & Activity Tracker:** Records steps, calories burned, and distance covered.



Image: The Choiknbo Smart Watch showing various fitness metrics like calories burned, distance, steps, and heart rate, with a person running in the background.

# 24 HRS SLEEP QUALITY MONITORING

Track Your Sleep Quality



Image: The Choiknbo Smart Watch screen showing a detailed breakdown of 24-hour sleep quality, including deep sleep, light sleep, REM, and awake durations, with a person sleeping in the background.

### 3. Notifications

Receive call, SMS, and app messages (WhatsApp, Facebook, Messenger, Instagram) directly on your wrist. The watch will vibrate to alert you, ensuring you don't miss important information.

# SMART NOTIFICATION ON YOUR WRIST

Never miss important information again



Image: A Choiknbo Smart Watch on a wrist showing various smart notifications from social media and messaging apps, with call and message alerts visible on the watch face.

## 4. Sports Modes

The watch includes 8 sports modes to track your workouts: walking, running, cycling, skipping, badminton, basketball, football, and swimming. Select the appropriate mode before starting your activity for accurate tracking.

## 5. Display and Customization

The 1.83-inch TFT-LCD color display offers outstanding HD quality. Customize your watch face from over 140 personalized options, or set your favorite photo as a unique background.

# 1.83" HD DISPLAY & DIY DIAL

100+ Watch Face For Your Choose, Customize  
Dial With Your Favorite Photo

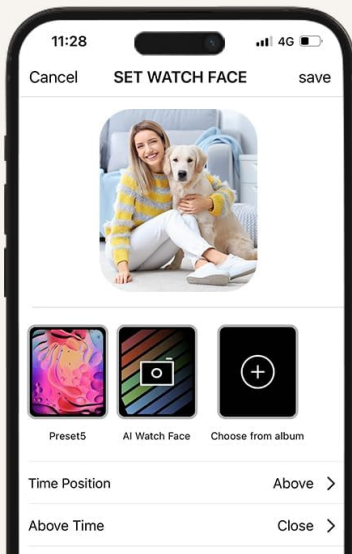


Image: The Choiknbo Smart Watch showcasing its 1.83-inch HD display with multiple watch face options and the ability to set a custom photo as the watch face.

## 6. Other Functions

The smart watch also includes practical functions such as music and camera control, weather display, sedentary reminders, alarm clock, and stopwatch.

## MAINTENANCE

The Choiknbo Smart Fitness Tracker Watch is designed with an IP68 waterproof rating, allowing you to wear it while washing your hands or swimming in a pool. However, it is not recommended for hot showers, saunas, or deep-sea diving. Avoid exposing the watch to extreme temperatures or harsh chemicals. Clean the watch and strap regularly with a soft, dry cloth.

## TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Unable to pair with phone:** Check if Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try again.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Avoid excessive movement during

measurements.

- **Notifications not appearing:** Check app settings to ensure notifications are enabled for the desired applications.

For further assistance, refer to the in-app help section or contact customer support.

## SPECIFICATIONS

<b>Brand</b>	Choiknbo
<b>Model Number</b>	762736139880
<b>Screen Size</b>	1.83 Inches
<b>Display Type</b>	TFT-LCD Color Display
<b>Battery Capacity</b>	230 Milliamp Hours
<b>Battery Life (Typical Usage)</b>	7 Days
<b>Water Resistance Rating</b>	IP68
<b>Connectivity</b>	Bluetooth
<b>Operating System</b>	Android Wear 2.9
<b>Compatible Devices</b>	Smartphones (Android, iPhone)
<b>Band Material</b>	Silicone
<b>Case Material</b>	Zinc alloy

## WARRANTY AND SUPPORT

This Choiknbo Smart Fitness Tracker Watch comes with a 1-year limited warranty from the date of purchase. For warranty claims or technical support, please refer to the contact information provided in the product packaging or on the official Choiknbo website. Keep your purchase receipt as proof of purchase.