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BOALZETD P08

BOALZETD Fitness Tracker Smart Watch User Manual

Model: P08

Deep Black

Introduction | What's in the Box | Getting Started | Specifications | Operation | Support | Maintenance | Troubleshooting

1. Introduction

This manual provides detailed instructions for the BOALZETD P08 Fitness Tracker Smart Watch. Please read this manual carefully before using the device to ensure proper operation and to maximize its features.

The BOALZETD P08 is an elegant and minimalist fitness tracker designed for an active lifestyle. It features a 1.47-inch full-touch HD display and a soft silicone band, offering both comfort and functionality. Key features include 24/7 health monitoring, versatile sport modes, long battery life, personalized watch faces, 3ATM water resistance, and smart notifications.



Figure 1.1: BOALZETD P08 Fitness Tracker Smart Watch (Deep Black)

The image displays the BOALZETD P08 Fitness Tracker Smart Watch in Deep Black, showcasing its sleek rectangular design, full-touch display, and silicone strap. The screen shows time, date, and activity metrics.

2. What's in the Box

Upon opening the package, please verify that all the following items are included:

- Fitness Watch (P08)
- Watch Bands
- Charging Cable
- User Manual



Figure 2.1: Package Contents and Watch Dimensions

This image illustrates the items included in the product package: the fitness watch, watch bands, charging cable, and user manual. It also provides a visual representation of the watch's dimensions.

3. Getting Started

3.1 Charging the Device

Before first use, fully charge your fitness tracker. The device is equipped with a 200mAh battery that fully charges in approximately 2 hours. A full charge provides 10-15 days of regular use and up to 30 days of standby time.

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 USB port.
3. The watch screen will display a charging indicator.



Figure 3.1: Ultra Long Battery Life and Charging

This image shows the fitness tracker displaying its charging status, alongside the magnetic charging cable. It highlights the device's long battery life, with 2 hours for a full charge, providing 15 days of daily use and 30 days of standby time.

3.2 App Installation and Pairing

To unlock the full potential of your fitness tracker, download and install the companion app, GloryFit, on your smartphone. The watch is compatible with iOS 9.0 and above, and Android 4.4 and above.

1. **Download the GloryFit App:** Search for "GloryFit" in the Apple App Store (for iOS) or Google Play Store (for Android) and download the app.
2. **Enable Bluetooth:** Ensure Bluetooth is turned on in your phone's settings.
3. **Pair the Device:** Open the GloryFit app. Follow the on-screen instructions to add a new device. The app will search for nearby devices. Select "P08" from the list to connect.
4. **Confirm Pairing:** A pairing request may appear on your watch. Confirm the connection. Once paired, you can manage your watch settings and view detailed health data within the app.

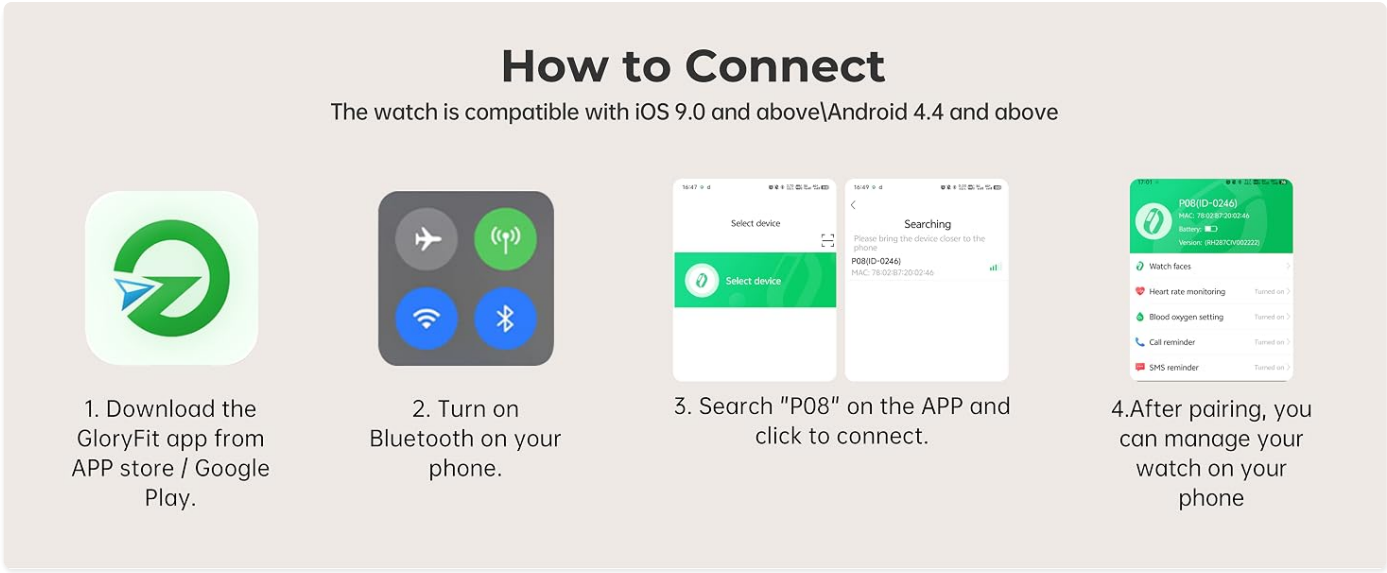


Figure 3.2: How to Connect the Watch

This image provides a step-by-step visual guide on how to connect the fitness tracker to your smartphone using the GloryFit app, including downloading the app, enabling Bluetooth, searching for the device, and managing settings after pairing.

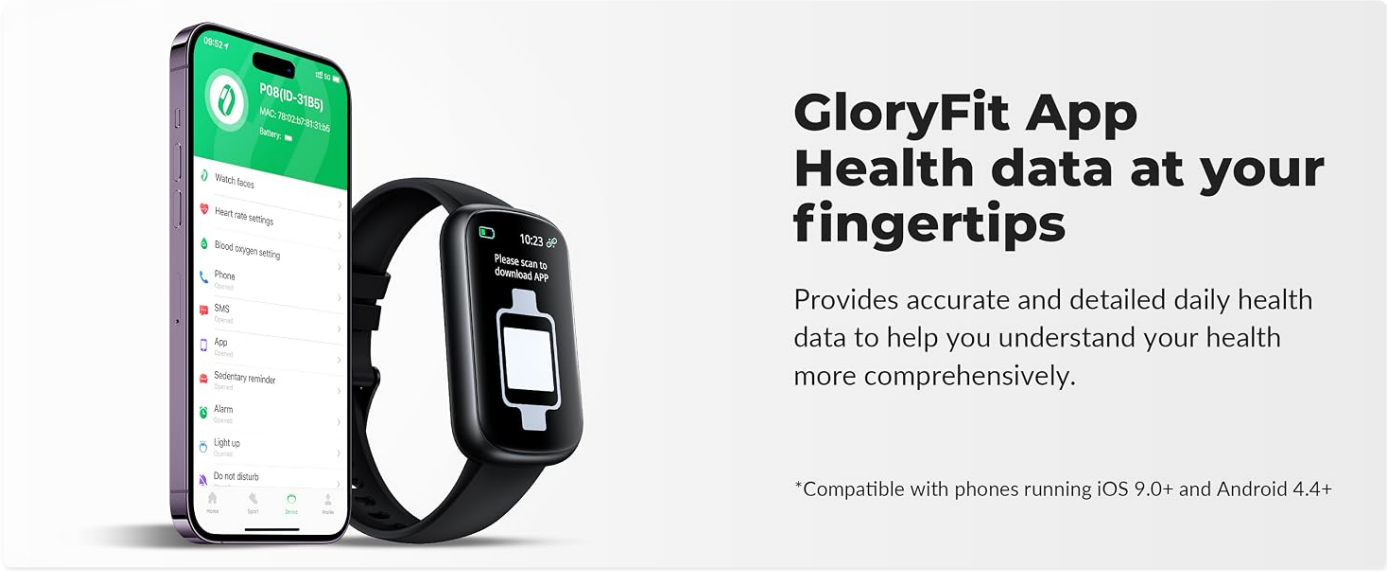


Figure 3.3: GloryFit App Interface

The image displays the GloryFit app interface on a smartphone, showing how it provides accurate and detailed daily health data, allowing users to comprehensively understand their health status. The fitness tracker is shown next to the phone.

4. Operating Instructions

4.1 Basic Navigation

The P08 fitness tracker features a full-touch HD display for easy navigation. Swipe left, right, up, or down to access different functions and menus. Tap to select an option.

4.2 Health Monitoring

The watch provides comprehensive health monitoring features:

- **24/7 Heart Rate Monitoring:** Real-time monitoring of heart rate changes throughout the day.
- **Blood Oxygen Monitoring:** Check your blood oxygen saturation at any time.
- **Sleep Analysis:** Scientifically monitor your sleep duration and status, providing detailed sleep data.
- **Women's Health:** Record and predict menstrual and ovulation periods.

Detailed charts and health recommendations are available in the GloryFit app.

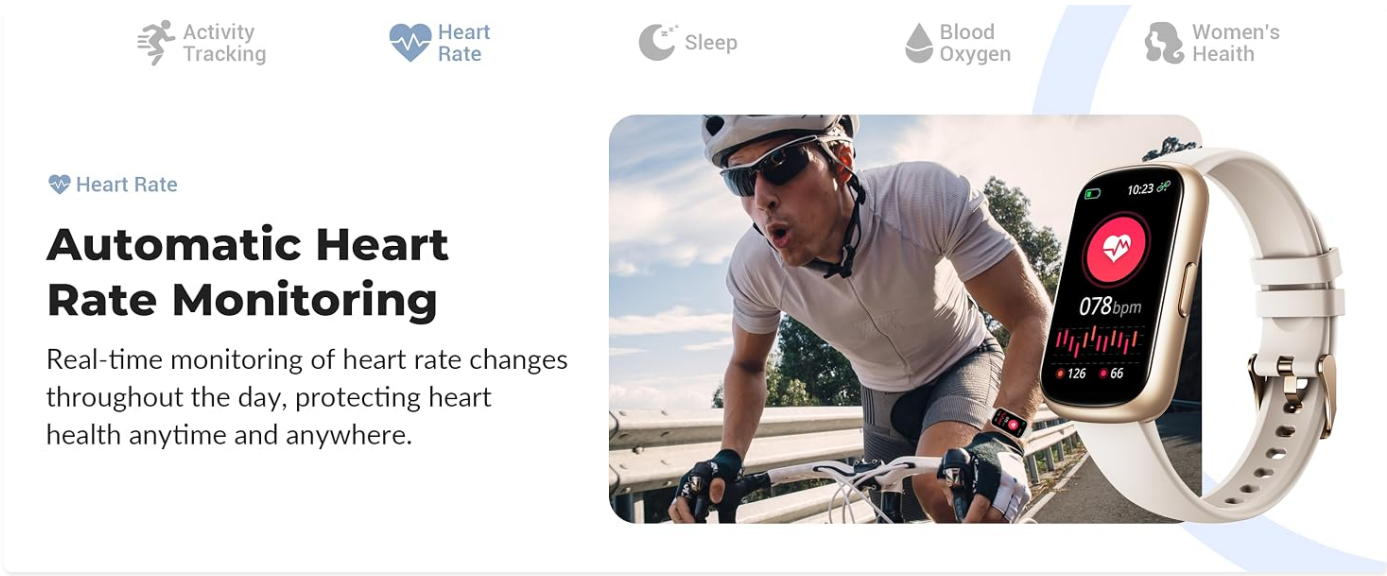


Figure 4.1: Automatic Heart Rate Monitoring

This image illustrates the automatic heart rate monitoring feature, showing the watch displaying heart rate data and a person cycling, emphasizing real-time heart health protection.

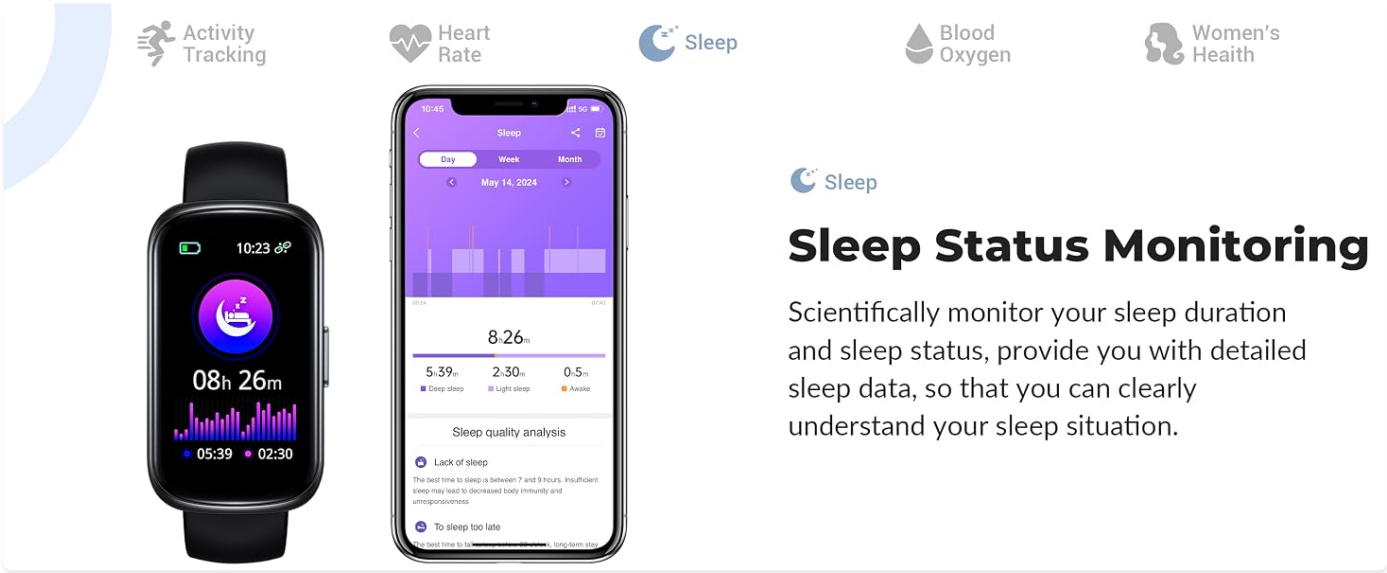


Figure 4.2: Sleep Status Monitoring

The image shows the watch displaying sleep data and a smartphone screen with detailed sleep analysis, including deep sleep, light sleep, and awake times, to help users understand their sleep patterns.

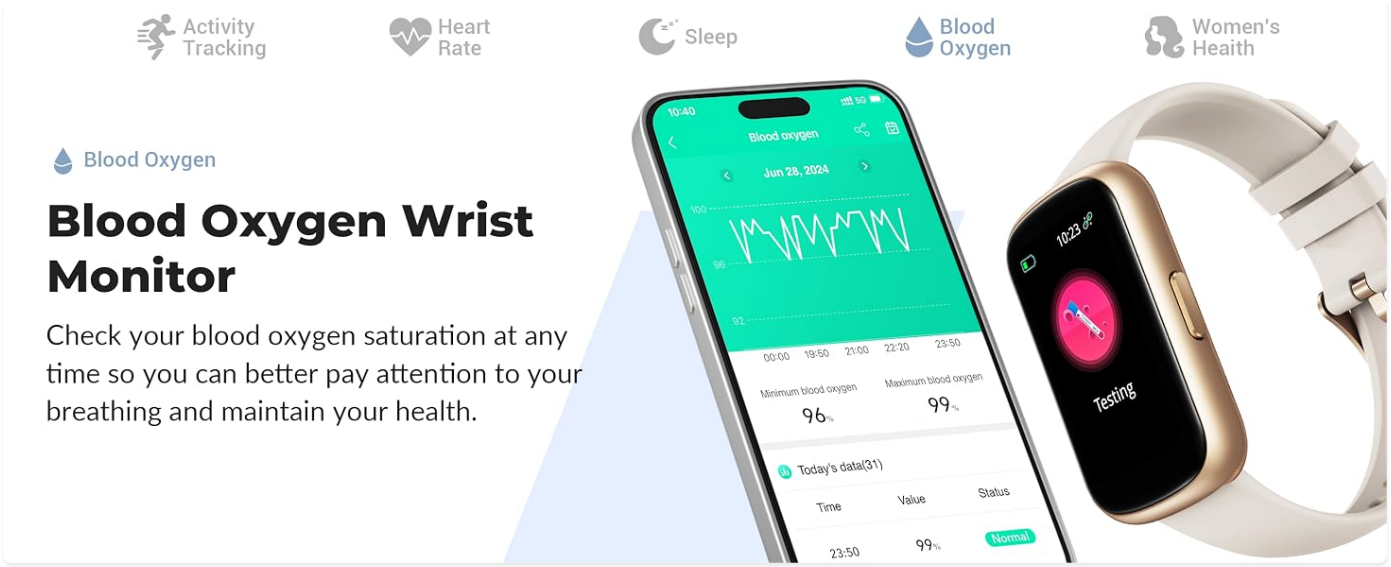


Figure 4.3: Blood Oxygen Wrist Monitor

This image demonstrates the blood oxygen monitoring capability, with the watch showing a testing screen and a smartphone displaying a graph of blood oxygen saturation levels over time.



Figure 4.4: Attentive to Women's Health

The image highlights the women's health tracking feature, showing a calendar interface on a smartphone that allows users to record and predict menstrual and ovulation periods for better body data understanding.

4.3 Activity and Sport Modes

The fitness tracker offers 24 sport modes to help you measure exercise time, distance, speed, real-time heart rate, calorie burn, and step count. This data assists in enhancing your workout efficiency.



Figure 4.5: All Day Activity Tracking

This image illustrates the all-day activity tracking capabilities of the watch, showing the device displaying steps, distance, and calories, with a person stretching in the background, indicating continuous monitoring of daily activities.



Figure 4.6: Multiple Sports Modes

The image displays various icons representing multiple sports modes available on the fitness tracker, such as running, cycling, and other activities, indicating its versatility for different types of exercise.

4.4 Smart Notifications

After connecting to your phone via Bluetooth, you can easily receive incoming call reminders and message notifications directly on your watch, ensuring you don't miss any important communications.



Figure 4.7: Smart Notification Display

This image illustrates the smart notification feature, showing various social media and communication app icons, and the watch displaying incoming messages, demonstrating how users can receive alerts directly on their wrist.

4.5 Customizing Watch Faces

Personalize your pedometer watch with over 165+ watch faces available through the GloryFit app. You can also upload your favorite photos to set as a custom watch face, making it a truly personal accessory.

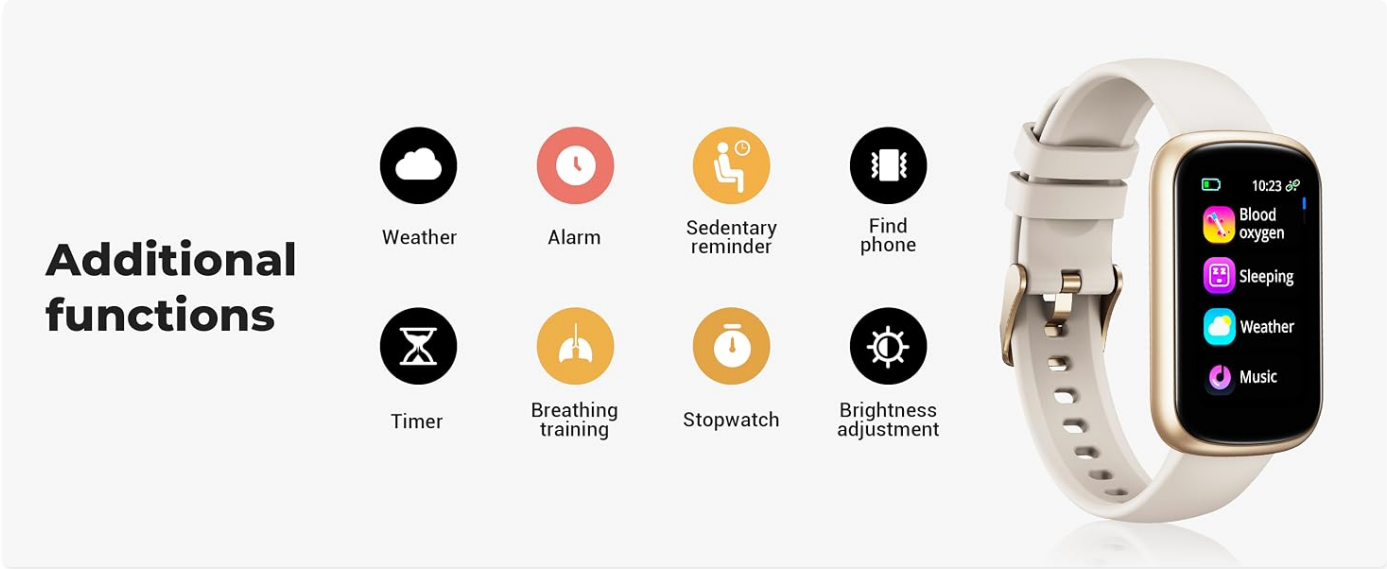


Figure 4.8: Various Online Watch Dials & DIY

The image showcases a selection of diverse online watch faces and the option for DIY customization, allowing users to switch designs easily and express their unique personality.

4.6 Additional Features

The BOALZETD P08 offers several practical features to enhance your daily life:

- **Music Control:** Easily control music playback from your wrist.
- **Weather Updates:** Get current weather information.
- **Alarms:** Set alarms directly on the watch.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Find Phone:** Locate your paired smartphone.
- **Timers & Stopwatch:** Built-in timing functions.
- **Breathing Training:** Guided breathing exercises.
- **Brightness Adjustment:** Adjust screen brightness for optimal viewing.



Figure 4.9: Music Control

This image shows a person wearing the fitness tracker and listening to music, illustrating how the watch allows easy control of music from the wrist, enabling users to focus on exercise without frequently accessing their phone.

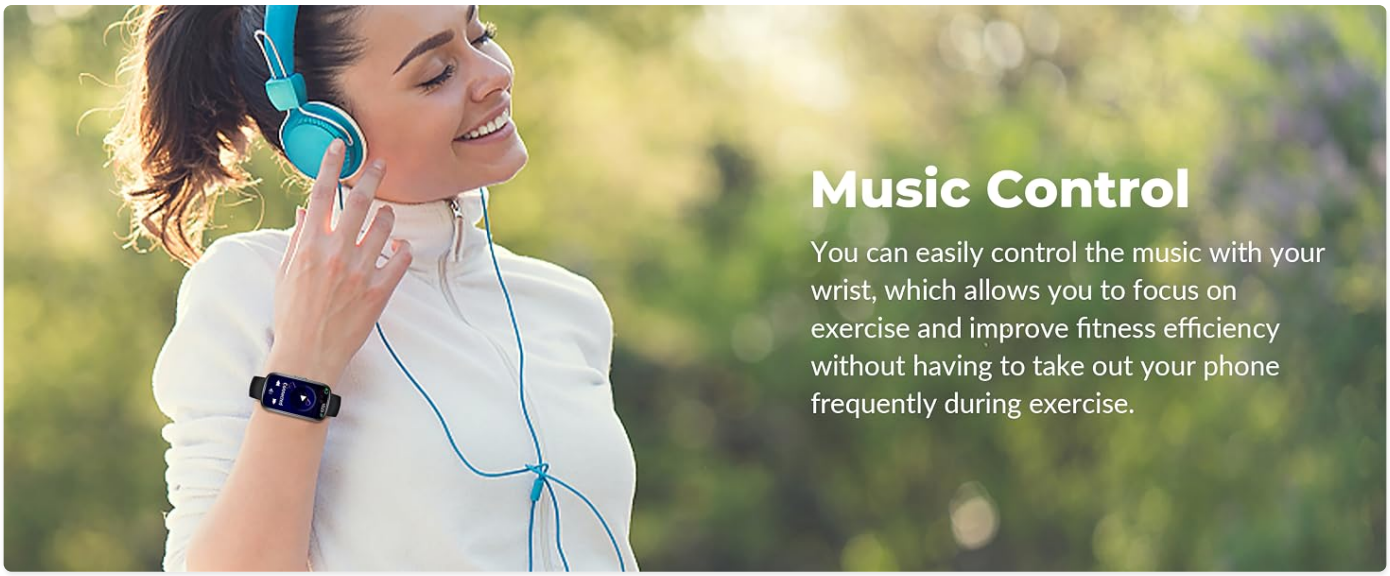


Figure 4.10: Additional Functions

The image displays a grid of icons representing various additional functions of the fitness tracker, including weather, alarm, sedentary reminder, find phone, timer, breathing training, stopwatch, and brightness adjustment.

5. Water Resistance

The BOALZETD P08 fitness tracker features a 3ATM waterproof design. This means it can withstand sweat, handwashing, and light rain, making it suitable for daily life and most workout scenarios.

Important Note: The device is *not* suitable for swimming, diving, or showering with hot water. Avoid prolonged exposure to water or high-pressure water jets.



Figure 5.1: 3ATM Waterproof Feature

This image shows the fitness tracker partially submerged in water, illustrating its 3ATM waterproof capability, which allows it to withstand splashes and brief immersion.

6. Maintenance and Care

To ensure the longevity and optimal performance of your fitness tracker, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or internal components.
- **Storage:** Store the device in a cool, dry place when not in use. Avoid extreme temperatures.
- **Charging Contacts:** Keep the charging contacts on the back of the watch clean and free of debris to ensure proper charging.

7. Troubleshooting

If you encounter issues with your BOALZETD P08 Fitness Tracker, try the following solutions:

- **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 phone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is within Bluetooth range (typically 10 meters).
  - Restart both your phone and the watch.
  - Check if the GloryFit app is updated to the latest version.
  - If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the GloryFit app.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
  - Clean the sensor on the back of the watch.
  - Avoid excessive movement during measurements.
- **Notifications not received:**
  - Ensure the watch is connected to the app via Bluetooth.
  - Check notification permissions for the GloryFit app in your phone's settings.
  - Verify that notification alerts are enabled within the GloryFit app for specific applications.

If the issue persists, refer to the GloryFit app's help section or contact customer support.

8. Specifications

Feature	Detail
Model Number	P08
Product Dimensions	1.81 x 1.02 x 0.39 inches
Item Weight	3.2 ounces
Display Size	1.47 Inches
Human Interface Input	Touchscreen
Battery Capacity	200 Milliamp Hours
Battery Type	Lithium Polymer
Charging Time	Approx. 2 hours

Feature	Detail
Typical Use Battery Life	10-15 days
Standby Time	Up to 30 days
Water Resistance	3ATM (Splash, rain, handwashing resistant; not for swimming/diving)
Connectivity Technology	Bluetooth
Operating System Compatibility	Android 4.4 & above, iOS 9.0 & above
Special Features	Heart Rate/Blood Oxygen Monitor, Step Counter, Calorie Consumption, Weather Forecast, Music/Camera Control, Fitness & Activity Tracker, Calls & Messages Notification, Sleep Tracker, GPS Via Smartphone
Manufacturer	Shenzhen DOOGEE Hengtong Technology CO.,LTD

9. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or contact the seller directly through the platform where the product was purchased. Keep your purchase receipt as proof of purchase.

For further assistance or inquiries, please visit the official BOALZETD store on Amazon:BOALZETD Store.

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Example: How do I reset this device or fix this error?

Details

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