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BOALZETD P08

BOALZETD Smartwatch P08 User Manual

Model: P08 | Brand: BOALZETD

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1. Introduction

The BOALZETD P08 Smartwatch is designed to support your fitness and health management. This powerful fitness watch offers multiple sports modes, enabling optimal tracking of daily activities and professional sports. Whether you need a daily activity tracker or a sports watch for intensive training, the P08 accurately records your activity data, providing a solid foundation for your fitness plans.

The P08 Smartwatch is also 3ATM waterproof, making it suitable for various sports and daily life scenarios. With functions such as precise heart rate measurement, blood oxygen detection, and sleep tracking, you can monitor your physical condition and effectively manage your health. Special features like menstrual cycle records and reminders cater to women's unique health needs.

This fitness watch prioritizes user experience, featuring a 1.47-inch HD touchscreen with sensitive and smooth touch response. A diverse selection of watch faces allows you to express your unique style. Additionally, the sports watch supports call and message reminders, ensuring you stay informed of important information.

The BOALZETD P08 activity tracker also offers various functions including music playback control, phone finder, alarm clock, weather updates, and a timer. With its energy-efficient battery, the fitness watch can be used for up to 15 days on a single charge of just two hours. Its excellent battery life and numerous functions aim to make your life easier and more enjoyable.



Figure 1.1: The BOALZETD P08 Smartwatch, featuring a rose gold frame and a starlight-colored band, displaying the time, date, and activity metrics on its rectangular screen.

2. Setup Guide

2.1 Initial Charging

Before first use, fully charge your BOALZETD P08 Smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

- A full charge takes approximately **2 hours**.
- Once fully charged, the watch can last up to **15 days** with typical daily use, and up to **30 days** on standby.



Figure 2.1: The smartwatch connected to its magnetic charging cable, illustrating the charging process and highlighting its long battery life of 15 days for daily use and 30 days standby after a 2-hour charge.

2.2 App Download and Pairing

To unlock the full potential of your smartwatch, download the companion app on your smartphone. The watch is compatible with Android 4.4 and iOS 9.0 or later versions.

1. **Download the App:** Scan the QR code in the watch's manual or search for the official app name (usually mentioned in the watch's packaging or initial setup screen) in the Apple App Store or Google Play Store.

2. **Create Account:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair Device:** In the app, navigate to the "Device" or "Add Device" section. Select your BOALZETD P08 from the list of available devices. Confirm the pairing request on both your phone and the watch if prompted.
5. **Sync Data:** Once paired, the watch will automatically sync data with the app. Ensure the app is running in the background for continuous data synchronization and notifications.

3. Operating Instructions

3.1 Basic Navigation

The BOALZETD P08 features a responsive 1.47-inch HD touchscreen for easy navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens (e.g., heart rate, activity data).
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or wake up the device.

3.2 Health Monitoring

The smartwatch provides 24/7 health monitoring capabilities. You can view real-time data on your wrist or detailed records in the companion app.

- **Heart Rate (HR):** Continuously monitors your heart rate. Swipe to the HR screen to see your current reading.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation. Initiate a measurement from the SpO2 screen.
- **Sleep Tracking:** Automatically monitors your sleep patterns (deep sleep, light sleep, wake-up time) and provides sleep quality analysis in the app.
- **Menstrual Cycle Tracking:** For female users, the watch supports menstrual cycle recording and reminders, accessible via the app.

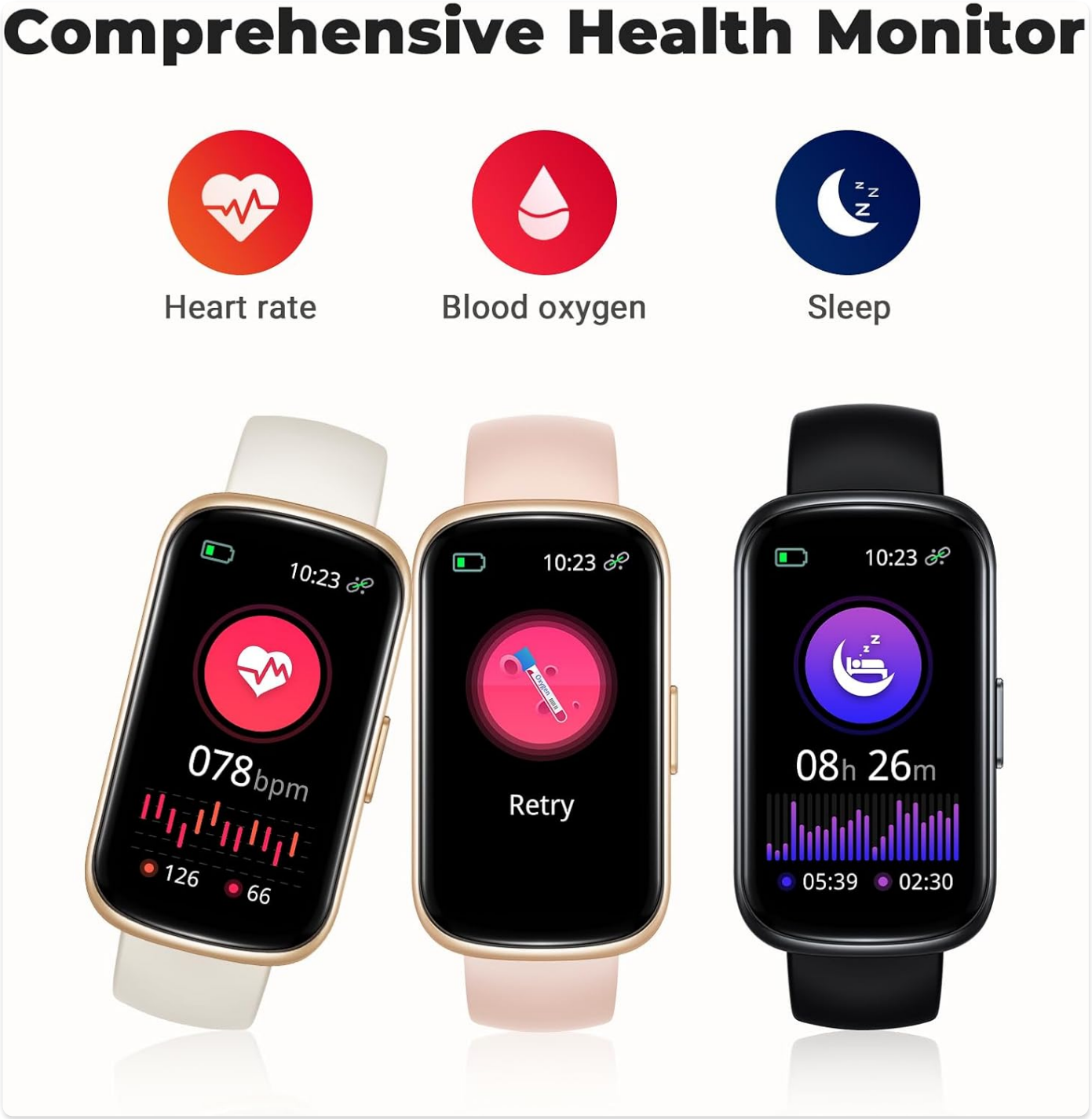


Figure 3.1: Three smartwatches demonstrating the comprehensive health monitoring features: real-time heart rate, blood oxygen saturation measurement, and detailed sleep pattern analysis.

3.3 Activity and Fitness Tracking

The watch records your daily activities and supports various sports modes to track your workouts.

- **Daily Activity:** Tracks steps taken, distance covered, and calories burned throughout the day.
- **Multiple Sports Modes:** Select a specific sport mode (e.g., running, cycling, walking) before starting your workout to get real-time data and detailed post-workout analysis.



Figure 3.2: A smartwatch screen showing daily activity tracking, including steps, distance, and calories burned, alongside an image of a person stretching while wearing the watch.



Figure 3.3: Icons illustrating the multiple sports modes supported by the smartwatch, such as running, jumping, cycling, swimming, badminton, and basketball, with a person running in the background.

3.4 Smart Notifications

Once connected to your smartphone, the smartwatch will vibrate to notify you of incoming calls, text messages, and social media alerts (e.g., Facebook, Twitter, WhatsApp). This ensures you don't miss important information.

- Ensure the app has notification permissions enabled on your smartphone.
- Customize which app notifications you receive through the companion app settings.



Figure 3.4: The smartwatch screen showing incoming message notifications from various social media platforms, demonstrating its smart notification capability.

3.5 Other Features

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

- **Music Control:** Control music playback on your smartphone directly from your watch (play, pause, skip tracks).
- **Phone Finder:** Use the watch to make your phone ring if it's within Bluetooth range.
- **Alarm Clock:** Set silent vibrating alarms.
- **Weather Updates:** Get real-time weather information (requires app connection and location permissions).
- **Timer/Stopwatch:** Built-in timing functions for various activities.
- **Custom Watch Faces:** Personalize your watch with a variety of available watch faces through the app.

4. Maintenance

4.1 Water Resistance (3ATM)

The BOALZETD P08 Smartwatch is 3ATM waterproof. This means it is resistant to splashes, rain, and can withstand brief immersion in water, such as during hand washing or light swimming. It is not suitable for hot showers, diving, or high-pressure water activities.

- Do not press any buttons while the watch is submerged in water.
- Avoid exposing the watch to hot water or steam, as this can compromise the seals.
- After exposure to water, especially saltwater, wipe the watch dry with a soft cloth.



Figure 4.1: The smartwatch being splashed with water, visually confirming its 3ATM waterproof rating, suitable for daily water exposure like hand washing or rain.

4.2 Cleaning and Care

To maintain the performance and appearance of your smartwatch:

- Regularly clean the watch and strap with a soft, dry, lint-free cloth.
- If necessary, use a slightly damp cloth for stubborn dirt, then dry thoroughly.

- Avoid using harsh chemicals, cleaning solvents, or strong detergents, as these can damage the watch's finish or internal components.
- Keep the charging contacts clean and free of debris to ensure proper charging.

5. Troubleshooting

If you encounter issues with your BOALZETD P08 Smartwatch, refer to the following common solutions:

Problem	Possible Solution
Watch not turning on or charging.	• Ensure the charging cable is securely connected to both the watch and the power source. • Check if the charging contacts on the watch and cable are clean. • Try a different USB power adapter or USB port. • Allow the watch to charge for at least 10-15 minutes before attempting to turn it on.
Cannot pair with smartphone.	• Ensure Bluetooth is enabled on your smartphone. • Make sure the watch is within Bluetooth range of your phone. • Restart both your smartphone and the smartwatch. • Forget the device in your phone's Bluetooth settings and try pairing again through the app. • Ensure the companion app is updated to the latest version.
Notifications not received.	• Check if the watch is successfully paired with the app. • Verify that notification permissions are granted to the app in your phone's settings. • Ensure notifications are enabled for specific apps within the companion app settings. • Disable "Do Not Disturb" mode on both your phone and watch.
Inaccurate health/activity data.	• Ensure the watch is worn snugly but comfortably on your wrist, about one finger's width above the wrist bone. • Clean the sensor on the back of the watch. • Ensure your personal information (height, weight, age) is accurately entered in the app. • For activity tracking, ensure GPS is enabled on your phone if using connected GPS for outdoor activities.
Short battery life.	• Reduce screen brightness. • Limit the number of apps sending notifications to the watch. • Disable continuous heart rate monitoring if not needed 24/7. • Ensure the watch is fully charged each time.

6. Specifications

Key technical specifications for the BOALZETD P08 Smartwatch:

Feature	Detail
Brand	BOALZETD
Model Number	P08
Color	Starlight (Rose Gold)
Screen Size	1.47 Inches
Operating System	Proprietary OS (Compatible with Android 4.4+ and iOS 9.0+)
Connectivity Technology	Bluetooth
Special Features	Heart Rate Monitor, SpO2 (Blood Oxygen) Monitor, Sleep Monitor, Pedometer, Activity Tracker, Notification Reminders, Menstrual Cycle Tracking, Music Control, Alarm Clock, Weather Updates
Water Resistance	3ATM
Battery Composition	Lithium Polymer
Battery Capacity	200 mAh
Charging Time	Approx. 2 hours
Battery Life (Daily Use)	Up to 15 days
Battery Life (Standby)	Up to 30 days
Compatible Devices	Smartphone (Android, iOS)
GPS	No built-in GPS (uses connected GPS from phone)
Shape	Rectangular

7. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product or contact the seller directly. Keep your proof of purchase for any warranty claims.

If you require technical assistance or have questions not covered in this manual, please reach out to BOALZETD customer service through the contact information provided on their official website or the product packaging.

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