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> TOOBUR IDB03 Activity Tracker User Manual: Phone-Free Fitness Watch with Heart Rate, Sleep Tracking, 3 ATM Waterproof

## TOOBUR IDB03

# TOOBUR IDB03 Activity Tracker User Manual

Model: IDB03 | Brand: TOOBUR

## INTRODUCTION

This manual provides essential instructions for the setup, operation, and maintenance of your TOOBUR IDB03 Activity Tracker. This device is designed to monitor various fitness and health metrics, offering flexibility for use with or without the companion 'VeryFit' application.

## 1. SETUP

### 1.1 Charging the Device

Before initial use, fully charge your TOOBUR IDB03 Activity Tracker.

- Connect the provided magnetic charging cable to the charging contacts on the back of the tracker.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The device typically takes approximately **2 hours** to fully charge.
- A full charge provides **3 to 5 days** of daily use, depending on usage patterns.

# Superior Design

**1.57**  
HD Screen

**31.9g**  
Weight

**5-7** Days  
Battery Life



Image: The TOOBUR IDB03 Activity Tracker, highlighting its sleek design, 1.57-inch HD screen, 31.9g weight, and 5-7 day battery life, indicating the charging method.

## 1.2 Powering On/Off

- **Power On:** The device typically powers on automatically when charged or by pressing and holding the side button.
- **Power Off:** Navigate to the system settings on the device screen and select the power off option.

## 1.3 App Connection (Optional)

While the TOOBUR IDB03 can function independently, connecting it to the 'VeryFit' app provides enhanced data insights and additional features.

1. **Download the App:** Search for "VeryFit" in the App Store (iOS) or Google Play Store (Android) and install it on your smartphone.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair Device:** Open the 'VeryFit' app, create an account if prompted, and follow the in-app instructions to search for and pair your TOOBUR IDB03 tracker.
4. **Compatible Phones:** Android 6.0+ or iOS 12.0+ smartphones.



**OURS**



App Optional

Can be used with  
or without the app

**-VS-**

**OTHERS**



App Required

Inconvenient to use



Image: A visual comparison illustrating that the TOOBUR IDB03 Activity Tracker offers optional app usage, unlike other devices that mandate app installation for functionality.

## 2. OPERATING INSTRUCTIONS

### 2.1 Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and screens.

- **Side Button:** Press the side button to return to the home screen or wake the device.

## 2.2 Activity Tracking

The tracker automatically records your daily activity metrics.

- **Steps:** Counts the number of steps taken throughout the day.
- **Distance:** Estimates the distance covered based on your steps and stride length.
- **Calories Burned:** Calculates estimated calories burned during activity.

## 2.3 Health Monitoring

The TOOBUR IDB03 features advanced sensors for continuous health monitoring.

- **Heart Rate:** Monitors your heart rate in real-time. Access this data directly on the watch or through the 'VeryFit' app.
- **Stress Level:** Provides insights into your stress levels.
- **SpO2 (Blood Oxygen):** Measures your blood oxygen saturation.

# Know Your Body Well



Heart Rate



Stress Level



SPO2



Image: The underside of the TOOBUR IDB03 Activity Tracker, displaying the optical sensors responsible for monitoring heart rate, stress levels, and SpO2 (blood oxygen saturation).

## 2.4 Sleep Tracking

The tracker automatically monitors your sleep patterns.

- It tracks four sleep modes: **Awake, Light Sleep, Deep Sleep, and REM Sleep.**
- View your sleep data directly on the device or sync with the 'VeryFit' app for detailed analysis and tips.



Image: The TOOBUR IDB03 Activity Tracker screen showing a breakdown of sleep stages, including total sleep duration, light sleep, deep sleep, REM sleep, and awake time.

## 2.5 Sports Modes

The TOOBUR IDB03 supports over **100 specialized sports modes** to accurately track your workouts.

- Select your desired sport mode from the device menu before starting an activity.
- The tracker will record specific metrics relevant to that sport, such as duration, calories, and distance.



Image: A person exercising outdoors, with an overlay showing the TOOBUR IDB03 Activity Tracker displaying exercise duration, calories burned, and distance, alongside icons representing over 100 sports modes.

## 2.6 Notifications (with App)

When connected to the 'VeryFit' app via Bluetooth, the tracker can display notifications from your smartphone.

- Receive instant alerts for incoming calls, SMS messages, and notifications from selected applications.
- Manage notification settings within the 'VeryFit' app.

## 2.7 Water Resistance

The TOOBUR IDB03 has a **3 ATM water resistance rating**, making it suitable for various water-related activities.

- It is resistant to splashes, rain, and can be worn during bathing, swimming, and washing hands.
- Avoid hot water, saunas, or high-pressure water activities.



**IP68 Waterproof**

Bathing      Swimming      Washing hands

Outdoor run  
Open goal  
Exercise duration  
**00:30:20**  
Calories  
**98 kcal**  
Distance  
**8.29 km**

Image: A person wearing the TOOBUR IDB03 Activity Tracker while washing dishes, illustrating its IP68 waterproof capability for activities like bathing, swimming, and hand washing.

## 3. MAINTENANCE

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### 3.1 Cleaning

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

### 3.2 Storage

- Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- If storing for an extended period, ensure the battery is partially charged (around 50%) to prolong its lifespan.

## 4. TROUBLESHOOTING

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Issue	Possible Solution
Device not turning on	Ensure the device is fully charged. Connect to the charger for at least 10 minutes.
Cannot pair with 'VeryFit' app	<ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your phone.</li><li>• Make sure the tracker is close to your phone.</li><li>• Restart both the tracker and your phone.</li><li>• Check if your phone's operating system meets the requirements (Android 6.0+ or iOS 12.0+).</li></ul>
Inaccurate heart rate/sleep data	<ul style="list-style-type: none"><li>• Ensure the tracker is worn snugly on your wrist, not too tight or too loose.</li><li>• Clean the sensors on the back of the device.</li><li>• Environmental factors or movement can affect accuracy.</li></ul>
Notifications not appearing	<ul style="list-style-type: none"><li>• Confirm the tracker is connected to the 'VeryFit' app via Bluetooth.</li><li>• Check notification permissions for the 'VeryFit' app in your phone's settings.</li><li>• Ensure notifications are enabled within the 'VeryFit' app settings.</li></ul>

## 5. SPECIFICATIONS

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- **Brand:** TOOBUR
- **Model Name:** IDB03
- **Screen Size:** 1.57 Inches (LCD Display)
- **Connectivity Technology:** Bluetooth
- **Battery Type:** Lithium Polymer (1 included)
- **Charging Time:** Approximately 2 Hours
- **Battery Life:** 3-5 days (typical use)
- **Water Resistance:** 3 ATM (30 Meters), Waterproof
- **Sensors:** Accelerometer, Optical Heart Rate Sensor, Galvanic Skin Response Sensor
- **Supported Application:** VeryFit (Fitness Tracker, Heart Rate Monitor, Sleep Monitor)
- **Compatible Phone Models:** Android 6.0+ / iOS 12.0+
- **Case Material:** Stainless Steel

- **Band Material:** Silicone
- **Human Interface Input:** Buttons
- **GPS:** No built-in GPS
- **Item Model Number:** IDB03
- **UPC:** 850059365380

## 6. WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the documentation included with your purchase or visit the official TOOBUR website.

Please retain your proof of purchase for any warranty claims.

