

Fitonme E5F-Black

Fitonme Smartwatch User Manual

Model: E5F-Black

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Fitonme Smartwatch. Please read it carefully before using the device to ensure optimal performance and longevity. This smartwatch is designed to assist you in managing your daily activities, monitoring your health, and staying connected.

2. SETUP

2.1. Unboxing and Initial Charge

Upon unboxing, ensure all components are present: the Fitonme Smartwatch, charging cable, and this user manual. Before first use, fully charge your smartwatch.



1.83"
Large HD Screen

-  HD Display
-  Brightness Adjustment
-  DIY Watch Faces

Large Capacity Battery

- 5** days battery life
- 30** days in standby
- 2h** Fast charging



The smartwatch features a 230 mAh battery, offering over 7 days of use and 30 days of standby time. A full charge takes approximately 2 hours.

2.2. Power On/Off

- **Power On:** Press and hold the side button until the screen lights up.
- **Power Off:** Press and hold the side button, then select 'Power Off' on the screen.

2.3. App Installation and Pairing

To unlock the full potential of your smartwatch, download the companion app on your smartphone. The smartwatch is compatible with iOS 9.0 or higher and Android 5.0 or higher, requiring Bluetooth 5.0 or higher for connection.

1. Scan the QR code in the manual or on the watch screen to download the app, or search for the app name in your phone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the app and follow the on-screen instructions to pair your smartwatch. Ensure the smartwatch is discoverable.

3. OPERATING THE SMARTWATCH

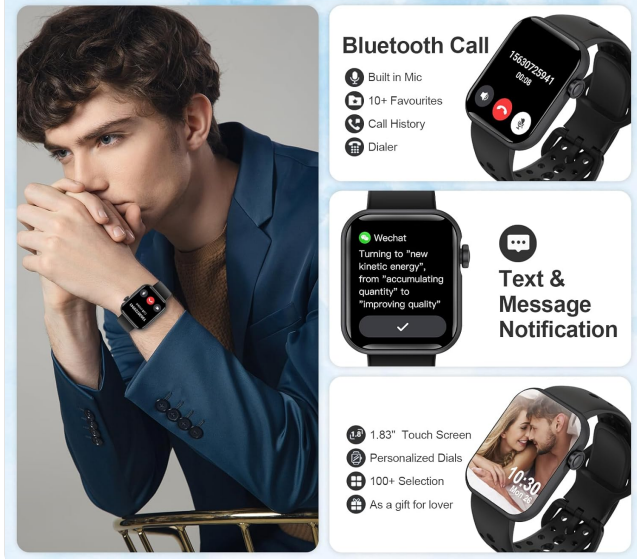
3.1. Navigation

The smartwatch features a 1.83-inch TFT HD display with a resolution of 240 x 284. Navigate through menus by swiping left, right, up, or down, and tap to select options. The side button typically serves as a back or home button.

3.2. Bluetooth Calling and Notifications

With a built-in microphone and speaker, the smartwatch supports making and receiving calls directly from your wrist. It also displays incoming text messages and other app notifications.

Back to Wrist



The image illustrates the smartwatch's capability for Bluetooth calls, showing a call in progress, and text message notifications, enhancing convenience.

3.3. Watch Faces and Customization

Personalize your smartwatch with over 100 personalized dial options and three dial themes (list, nine, honeycomb). You can also adjust screen brightness and sound settings.

3.4. Smart Features

Your Fitonme Smartwatch includes several smart features to assist your daily life:

- **AI Voice Assistant:** Interact with your watch using voice commands.
- **Weather Forecast:** Get real-time weather updates.
- **Multi-functional Reminders:** Set reminders for drinking water, walking, and calendar events.
- **Other Features:** Wrist lift to turn on screen, Do Not Disturb mode, low power reminder, alarm reminder, sedentary reminder, heart rate reminder, find device, unit setting (metric/imperial), time system (12H/24H), stopwatch, timer, find mobile phone, flashlight, remote photography.

Your Life Assistant



This image highlights the AI Voice Assistant, weather forecast display, and various reminder functions available on the smartwatch.

4. HEALTH MONITORING

Equipped with the LC11S heart rate chip and RTL8763EWE main control chip, your smartwatch provides comprehensive health monitoring features. *Please note: All health data provided by the smartwatch is for reference only and should not be used for medical diagnosis or treatment. For accurate medical information, consult a professional healthcare provider.*

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking.
- **Blood Oxygen (SpO2) and Blood Pressure Monitoring:** Monitor your blood oxygen saturation and blood pressure levels.
- **Sleep Monitoring:** Gain insights into your sleep patterns, including light sleep, deep sleep, REM, and awake times, to help improve sleep habits.



The image shows the smartwatch's interface for sleep tracking, heart rate, and blood oxygen level monitoring, providing a visual representation of health data.

5. SPORTS & ACTIVITY TRACKING

The Fitonme Smartwatch is designed for fitness enthusiasts, equipped with the G-Sense SC7A20H function to accurately track your physical activities.

- **Activity Metrics:** Records calories burned, distance traveled, and steps taken.
- **Sports Modes:** Offers 24 types of sports modes, including outdoor running, cycling, rope skipping, badminton, table tennis, and tennis, among others.

All-Day Health Monitoring



This image illustrates the smartwatch's capability to track over 100 sport modes, showing metrics like calories, distance, and steps, along with examples of tracked activities.

6. MAINTENANCE

6.1. Water Resistance

The smartwatch is IP67 waterproof, meaning it is protected from dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use like hand washing or light rain, but not recommended for swimming, diving, or hot showers.

6.2. Cleaning and Storage

- **Cleaning:** Wipe the watch screen and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Storage:** Store the smartwatch in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

7. TROUBLESHOOTING

If you encounter any issues with your Fitonme Smartwatch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and try again.
- **Bluetooth not connecting:** Ensure Bluetooth is enabled on both your phone and watch. Try restarting both devices and re-pairing through the app.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist. For health metrics, remember data is for reference only.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button.

- **Factory Reset:** If issues persist, you may perform a factory reset via the watch settings. *Note: This will erase all data on the watch.*

8. SPECIFICATIONS

Feature	Detail
Brand	Fitonme
Model Number	E5F-Black
Screen Size	1.83 Inches
Operating System Compatibility	iOS 9.0+ / Android 5.0+
Connectivity Technology	Bluetooth 5.0
Battery Capacity	230 mAh Lithium-polymer
Water Resistance Rating	IP67
Memory Storage	128 MB
Weight	38g
Special Features	Bluetooth calls, Heart Rate Monitor, Sleep Monitor, Sports Modes, Long Battery Life

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the time of purchase or contact the seller directly. Information regarding spare parts availability and guaranteed software updates is not available at this time.

Manufacturer: Fitonme