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› findtime Fitness Tracker Without Smartphone No Bluetooth No APP USB Charge Pedometer Sports White Wristwatch Suitable for Mens Womens Students Teenagers Teens Black User Manual

findtime FTSHLT5STWO

findtime Fitness Tracker User Manual

Model: FTSHLT5STWO

1. INTRODUCTION

Welcome to the user manual for your new findtime Fitness Tracker. This device is designed to help you monitor your daily activity without the need for a smartphone, Bluetooth, or a dedicated application. It features a pedometer, calorie counter, distance tracker, and an alarm clock, all powered by convenient USB charging.

Package Contents:

- 1x findtime Sport Fitness Strap
- 1x User Manual (this document)
- 1x Watch Box



Figure 1.1: The findtime Fitness Tracker in black, showing its LED display.

2. SETUP

2.1 Charging the Device

The findtime Fitness Tracker features a direct USB charging design, eliminating the need for a separate power adapter. Simply remove one end of the wristband to reveal the USB plug.

1. Gently pull the wristband away from the main tracker unit to expose the USB connector.
2. Insert the USB connector into any standard USB port, such as a computer's USB port or a USB wall

charger.

3. The display will indicate charging status. A full charge typically takes approximately 1-2 hours.



Figure 2.1: USB Instant Charge method. The tracker plugs directly into a USB port.

2.2 Wearing the Device

For accurate tracking, wear the fitness tracker snugly on your wrist, about one finger's width above your wrist bone. The adjustable double buckle wristband ensures a comfortable and secure fit for various wrist sizes.

Adjustable double buckles wristband

ADJUSTABLE DOUBLE BUCKLE WRISTBAND

ABS WRISTBAND, DURABLE AND LIGHT
EASY TO ADJUST, FIT FOR EVERYONE



Figure 2.2: The adjustable double buckles wristband for a secure fit.

3. OPERATING INSTRUCTIONS

The findtime Fitness Tracker operates using a single touch-sensitive button or area on the display. Pressing this area cycles through different display modes and allows for settings adjustments.

3.1 Navigating Modes

Short press the touch area to cycle through the following display modes:

- **Time/Date:** Displays current time and date.
- **Steps:** Shows the total steps taken for the day.
- **Distance:** Displays the estimated distance traveled.
- **Calories:** Shows estimated calories burned.

Student alarm clock

Can be set directly on the watch

3D Step Counter

Monitor Calorie

Vibration of alarm

Real-time Distance

Battery reminder

Time/date

Time calculation
Function



Figure 3.1: Key functions displayed on the tracker.

3.2 Setting Time and Date

To set the time and date, long press the touch area when the time display is active. The hour digit will begin to flash. Short press to adjust the hour, then long press to confirm and move to the next setting (minutes, month, day, year). Repeat the process until all settings are confirmed.

3.3 Activity Tracking (Pedometer, Distance, Calories)

The tracker automatically begins counting steps once it detects movement. It uses an internally installed 3D accelerate sensor for high sensitivity and accuracy. Distance and calories are calculated based on your steps and pre-set personal information (if applicable, otherwise default values are used).



Figure 3.2: The tracker actively monitors calorie consumption.

3.4 Alarm Clock

The alarm clock can be set directly on the watch. Navigate to the alarm setting mode (usually by long-pressing through the main modes or a dedicated alarm mode). Use short presses to adjust the hour and minute, and long presses to confirm each setting. The tracker will vibrate to alert you at the set time.

Multiple Functions Features



3D Step Counter

Internally installed 3D accelerate sensor with high sensitivity
Counting with high accuracy



Monitor Calorie

Tracking Calorie, Step, Distance and Settings



Real-time Distance

Real-time update everyday's movement distance



Charge directly with USB

Battery inside linked with USB for charging



Time/date

Synchronize time with computer
Or adjust time manually



IP65 Water proof

Dust proof grade 6, completely prevent dust from getting inside
Water Proof grade 5, free to wash hand or use in raining day



Vibration of alarm

Vibrate to inform the time
The liberation of your ears



Accurate Timekeep

Accurate timekeeping along with movement
For daily common counting

Figure 3.3: Overview of the tracker's multiple functions and features.

4. MAINTENANCE

4.1 Water Resistance

The findtime Fitness Tracker is 3ATM water resistant, meaning it can withstand daily splashes, rain, and hand washing. It is not suitable for showering, swimming, or submersion in water. Do NOT press any buttons while the device is wet or submerged, as this can compromise the water seal.

4.2 Cleaning

To clean your tracker, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device or wristband.

5. TROUBLESHOOTING

- **Device not turning on or display is blank:**

Ensure the device is fully charged. Plug it into a USB port for at least 30 minutes. If the issue persists, try a different USB port or charging source.

- **Steps not counting accurately:**

Ensure the tracker is worn snugly on your wrist. Arm movements that do not involve walking (e.g., typing, driving) may not be accurately counted as steps.

- **Time is incorrect:**

Re-enter the time and date settings as described in Section 3.2.

- **Display is unresponsive:**

Try charging the device, as low battery can affect responsiveness. If unresponsive after charging, allow the battery to fully drain and then recharge.

6. SPECIFICATIONS

Feature	Specification
Product Dimensions	8.86 x 0.63 x 0.31 inches
Weight	0.53 ounces (15g)
Band Material	Silicone
Case Material	ABS
Band Width	16MM (0.63")
Band Length	225MM (8.86")
Case Thickness	8MM (0.31")
Case Diameter	16MM (1.63")
Water Resistance	3ATM (30 meters / 99 feet) - Daily waterproof, not for showering/submersion
Charging Method	USB Direct Charge
Model Number	FTSHLT5STWO

7. WARRANTY AND SUPPORT

7.1 Warranty Information

Please refer to the warranty card included with your product packaging or your purchase documentation for specific warranty terms and conditions. The warranty typically covers manufacturing defects for a specified period from the date of purchase.

7.2 Customer Support

For any questions, technical assistance, or support regarding your findtime Fitness Tracker, please contact the retailer where you purchased the product or visit the official findtime brand store online. Contact information can usually be found on the product packaging or the retailer's website.