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Fempoin T31

Fempoin T31 Smartwatch User Manual

Model: T31 | Brand: Fempoin

Introduction

Thank you for choosing the Fempoin T31 Smartwatch. This manual provides detailed instructions on how to set up, operate, and maintain your device, ensuring you get the most out of its features. Please read this manual carefully before using the smartwatch.
The Fempoin T31 Smartwatch features a 1.47-inch HD full-touch display, offering a clear and intuitive user experience. It supports over 110 sports modes, 24/7 health monitoring (heart rate, SpO2, sleep), and smart notifications. With its IP68 water resistance and long battery life, it is designed to be a reliable companion for your daily activities.

1. Setup

1.1 Package Contents

- Fempoin T31 Smartwatch
- Charging Cable
- User Manual (this document)

1.2 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.
Charging Time: Approximately 2 hours for a full charge.



Figure 1: Smartwatch charging via magnetic cable. The image also illustrates the watch's dimensions (10.5mm thickness, 235mm strap length) and battery life (1.5 hours charging, 5-7 days usage, up to 21 days standby).

1.3 App Installation and Pairing

To unlock all features, download and install the companion app on your smartphone. The smartwatch is compatible with iOS 9.0 and Android 6.0 or later versions.

1. Scan the QR code in the manual or on the watch screen (if available) to download the app, or search for "GloryFit" (based on review) in your phone's app store.
2. Open the app and follow the on-screen instructions to create an account and set up your profile.
3. Enable Bluetooth on your smartphone.
4. In the app, navigate to the device pairing section and select your Fempoin T31 Smartwatch from the list of available devices.
5. Confirm the pairing request on both your phone and the smartwatch.

2. Operating Instructions

2.1 Basic Navigation

The Fempoin T31 Smartwatch features a 1.47-inch HD full-touch TFT screen. You can navigate the interface using touch gestures:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different widgets.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or wake the device.



Figure 2: The smartwatch display showcasing multiple watch face options and the 1.47" HD TFT screen with 172x320 resolution.

2.2 Customizing Watch Faces

The smartwatch offers over 110 watch faces. You can also use your favorite photos as a custom watch face.

1. On the smartwatch, long-press the home screen to enter watch face selection mode.

2. Swipe left or right to browse available watch faces and tap to select.
3. Alternatively, use the companion app to explore more options and upload custom photos.

2.3 Health Monitoring (24/7)

The Fempoin T31 continuously monitors your health data:

- **Heart Rate:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Automatically tracks sleep patterns, including light, deep, and awake times, providing a comprehensive analysis of sleep quality.
- **Menstrual Cycle Tracking:** For female users, the watch can assist in tracking menstrual cycles.

View detailed health reports in the companion app.



Figure 3: Health tracking features including heart rate, SpO2, sleep monitoring, and menstrual cycle tracking.

2.4 Sports Modes and Activity Tracking

The smartwatch supports over 100 sports modes, including running, yoga, walking, climbing, cycling, badminton, football, and more. It tracks activity data such as steps, active minutes, distance, and calorie consumption.

1. To start a workout, navigate to the sports mode menu on the watch.
2. Select your desired activity.
3. The watch will begin tracking your performance.
4. End the workout from the watch interface. Data will sync with the app.



Figure 4: Activity tracking features showing distance, calories, and steps. The watch is IP68 waterproof and offers various sports modes.

2.5 Smart Notifications

Receive notifications for calls, messages, and app alerts directly on your smartwatch. Ensure the watch is paired with your smartphone and app notifications are enabled in the companion app settings.

- You can read messages on the watch screen.

- Note: You cannot reply to messages or answer calls directly from the watch.



Figure 5: Smart message notifications from various social media and messaging applications displayed on the smartwatch.

2.6 Additional Smart Features

The Fempoin T31 Smartwatch includes several practical tools:

- **Alarm Clock:** Set alarms via the app or directly on the watch.
- **Weather Forecast:** Get real-time weather updates.
- **Timer & Stopwatch:** For timing activities.
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Find Your Phone:** Locate your paired smartphone.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Flashlight:** Use the screen as a temporary light source.



Figure 6: Overview of practical functions such as weather, camera control, stopwatch, and alarm clock.

3. Maintenance

3.1 Cleaning

- Wipe the watch screen and strap regularly with a soft, dry cloth.
- For stubborn dirt, use a slightly damp cloth and then dry thoroughly.
- Avoid using harsh chemicals or abrasive materials, as they may damage the device.

3.2 Water Resistance (IP68)

The Fempoin T31 Smartwatch is IP68 water-resistant, meaning it can withstand daily activities like hand washing, sweating, and light rain. However, it is not recommended for swimming, diving, or hot showers/saunas, as steam and hot water can compromise the seal.

3.3 Storage

When not in use for extended periods, store the smartwatch in a cool, dry place. Ensure it has some charge to prevent deep discharge, which can affect battery longevity.

4. Troubleshooting

4.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for several seconds to power it on.

4.2 Unable to Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the smartwatch is within Bluetooth range (typically 10 meters).
- Restart both your smartphone and the smartwatch.
- Check if the companion 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 app.

4.3 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensor on the back of the watch.
- Environmental factors and individual physiology can affect readings. The data is for reference and not for medical diagnosis.

4.4 Notifications Not Appearing

- Verify that the watch is successfully paired with your phone.
- Check notification permissions for the companion app in your phone's settings.
- Ensure app notifications are enabled within the companion app itself.
- Make sure your phone's "Do Not Disturb" mode is off.

5. Specifications

Brand	Fempoin
Model	T31
Screen Size	1.47 inches
Display Type	TFT Full Touch HD
Resolution	172x320
Operating System	Wear OS (as per product spec)
Connectivity	Bluetooth
Compatibility	Android 6.0+ / iOS 9.0+
Battery Type	Lithium Polymer

Charging Time	Approx. 2 hours
Average Usage Time	5-7 days
Standby Time	Up to 30 days
Water Resistance	IP68
Weight	50 g
GPS	No

6. Warranty Information

The Fempoin T31 Smartwatch comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.
Please retain your proof of purchase for warranty claims.



Figure 7: Warranty and customer service details, highlighting a 2-year warranty and 24-hour customer service response.

7. Customer Support

For any questions, technical assistance, or warranty claims, please contact Fempoin customer service. We are committed to providing high-quality after-sales service and professional assistance.

- **Online Support:** Visit the official Fempoin website or the support section within the companion app.
- **Email Support:** Refer to your product packaging or the companion app for specific contact email.
- We aim for a **24-hour customer service response** time.

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