

## Paukila P40

# Paukila P40 Fitness Tracker User Manual

Model: P40

## INTRODUCTION

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This manual provides detailed instructions for the Paukila P40 Fitness Tracker. Please read this manual thoroughly before using your device to ensure proper operation and to maximize its features. The Paukila P40 is designed to help you monitor your health and fitness activities, offering features such as heart rate tracking, blood oxygen monitoring, sleep analysis, and various sports modes.

## PACKAGE CONTENTS

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Verify that all items listed below are present in your package:

- Paukila P40 Smart Watch
- Charging Cable
- User Manual (this document)
- Watch Band

## SETUP

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### 1. Charging the Device

Before initial use, fully charge your Paukila P40 Fitness Tracker.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status. A full charge typically takes approximately **1.5 hours**.
4. Once fully charged, the device can operate for **5-7 days** with typical use.

# Long Battery Life Without Frequent Charging



Image: The Paukila P40 Fitness Tracker connected to its magnetic charging cable, displaying a "Fully Charged" icon. This image illustrates the charging process and the watch's long battery life capabilities.

## Long Battery, Fast Charging

Just take 1.5 hours to fully charge, it can last 5 days with typical use. Enjoy smart life without frequent charge.

**155MM-225MM**

Strong Magnetic Charging

**5 Days** Normal Use

**1.5 Hours** Fast Charge

Android 5.0+

iOS 9.0+

Image: A detailed view of the Paukila P40's magnetic charging mechanism and a graphic indicating 5 days of normal use and 1.5 hours for fast charging. Compatibility with Android 5.0+ and iOS 9.0+ is also shown.

## 2. App Installation and Pairing

To unlock the full functionality of your Paukila P40, download and install the companion app.

1. Search for the "**GloryFit**" app on the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the app on your smartphone.
3. Open the GloryFit app and follow the on-screen instructions to create an account and set up your profile.
4. Ensure Bluetooth is enabled on your smartphone.
5. Within the GloryFit app, navigate to the device pairing section and select your Paukila P40 from the list of available devices.
6. Confirm the pairing request on both your smartphone and the watch.

The Paukila P40 is compatible with Android 5.0+ and iOS 9.0+ devices.

## OPERATING INSTRUCTIONS

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### 1. Basic Navigation

- **Touchscreen:** The P40 features a 1.65-inch LCD touchscreen for intuitive interaction.
- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.
- **Raise to Light:** The screen will automatically light up when you raise your wrist.

### 2. Call and Message Notifications

Once paired with your smartphone via Bluetooth, the P40 can display notifications.

- Receive notifications for incoming calls, SMS messages, and alerts from social media applications (e.g., Facebook, WhatsApp, Instagram, YouTube).
- Configure which app notifications appear on your watch through the GloryFit app settings.

# INCOMING CALLS & MESSAGES NOTIFICATIONS



Image: The Paukila P40 Fitness Tracker on a wrist, showing an incoming message notification from "Vincent" on its screen. Various social media app icons are displayed below, indicating notification compatibility.

## More Practical Functions

Meet your different needs and make your life simpler and smarter.



Weather Forecast



Alarm Clock



Camera Control



Music Control



Find Phone



Find Watch



Sedentary



Stopwatch



Image: A Paukila P40 Fitness Tracker on a wrist, displaying a message notification. Icons for message reminders, call notifications, and call history are shown, emphasizing smart message notification features.

### 3. Sports Modes

The P40 supports **24 different sports modes** to track your physical activity.

- Select your desired sport mode from the watch menu before starting an activity.
- The watch will record exercise distance, pace, calories burned, and heart rate during your workout.
- For outdoor activities like walking, running, or climbing, the watch can provide a workout route map using your smartphone's GPS function.
- Supported sports include Cycling, Running, Tennis, Walking, Yoga, and more.

## MULTIPLE SPORTS

Activity tracker help you achieve your fitness goals, a great fitness partner for you!



98 kcal  
Calories



6.31 km  
Distance



89 bpm  
Heart Rate

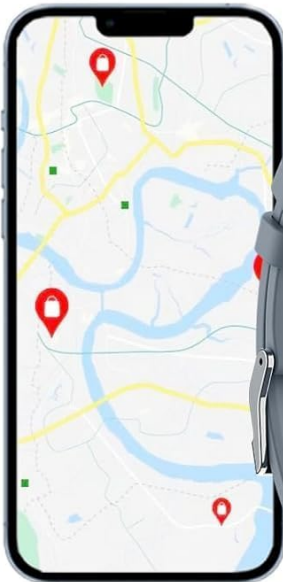


Image: The Paukila P40 Fitness Tracker showing a screen with "Outdoor Running," "Swimming," "Cycling," and "Indoor Running" options. Surrounding images depict individuals engaged in various sports, highlighting the multiple sports tracking feature.



Image: A Paukila P40 Fitness Tracker displaying a list of sports modes. Various icons representing different sports are shown, along with metrics like calories, distance, and heart rate, illustrating the device's activity tracking capabilities.

## 4. Health Monitoring

The P40 is equipped with advanced sensors to monitor key health metrics.

- **Heart Rate:** Monitors your heart rate 24/7 in real-time. Access your heart rate data on the watch or through the GloryFit app for detailed trends.
- **Blood Oxygen (SpO2):** Measures your blood oxygen levels.
- **Blood Pressure:** Provides blood pressure readings. *Note: This device is not a medical device. Readings are for reference only and should not be used for medical diagnosis or treatment.*

# COMPREHENSIVE MONITORING

Know Your Wellness Better



**Sleep Monitor**



**Heart Rate**



**Blood Pressure**



**Blood Oxygen**

Image: The Paukila P40 Fitness Tracker displaying health monitoring icons for Sleep Monitor, Heart Rate, Blood Pressure, and Blood Oxygen. Two individuals are shown exercising, emphasizing the comprehensive wellness tracking.

## Smart Message Notification

Stay Connected, Work Smarter



**Message Reminder**



**Call Notifications**



**Call History**



Image: A Paukila P40 Fitness Tracker displaying health metrics. Icons for Sleep Monitor, Heart Rate, Blood Pressure, and Blood Oxygen are prominently featured, indicating comprehensive health monitoring capabilities.

## 5. Sleep Tracking

The P40 automatically tracks your sleep patterns.

- Wear the watch while sleeping to record your sleep duration and quality.
- The GloryFit app provides a comprehensive analysis of your sleep, categorizing it into awake, light sleep, and deep sleep stages.
- Use this data to understand your sleep habits and work towards improving sleep quality.

### SLEEP MONITORING AND ANALYSIS



Image: The Paukila P40 Fitness Tracker displaying sleep data on its screen, categorized into Awake, Light Sleep, and Deep Sleep. A smartphone screen shows a detailed sleep analysis graph, illustrating the sleep monitoring feature.

## Track Your Sleep at Night

Track your sleep quality, including awake, light sleep, and deep sleep. Providing a valuable insight to help you develop healthier sleep habits.



Image: A Paukila P40 Fitness Tracker on a wrist, with a smartphone displaying detailed sleep analysis graphs. Icons for Deep Sleep, Light Sleep, and Awake stages are shown, indicating the watch's ability to track sleep quality.

## 6. Practical Tools

The P40 includes several practical functions to enhance daily convenience.

- **Weather Forecast:** View current weather conditions and forecasts.
- **Alarm Clock:** Set alarms directly from your watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Find Phone:** Locate your misplaced smartphone by triggering an alert sound.
- **Find Watch:** Use the app to locate your watch.
- **Sedentary Reminder:** Receive alerts to move if you've been inactive for too long.
- **Stopwatch:** A built-in stopwatch for timing activities.
- **Do Not Disturb:** Silence notifications during specific times.

# MAKE YOUR LIFE SIMPLER AND SMARTER

## Multiple Practical Functions











-  Weather Forecast
-  Alarm Clock
-  Camera Control
-  Music Control
-  Find Phone
-  Find Watch
-  Sedentary
-  Stopwatch

Image: The Paukila P40 Fitness Tracker showing a stopwatch function on its screen. Icons for Weather Forecast, Alarm Clock, Camera Control, Music Control, Find Phone, Find Watch, Sedentary Reminder, and Stopwatch are displayed, illustrating the range of practical tools.



## Long Battery, Fast Charging

Just take 1.5 hours to fully charge, it can last 5 days with typical use. Enjoy smart life without frequent charge.



**5** Days  
Normal Use

**1.5** Hours  
Fast Charge

Image: A Paukila P40 Fitness Tracker displaying a weather forecast on its screen. Icons for Weather Forecast, Alarm Clock, Camera

Control, Music Control, Find Phone, Find Watch, Sedentary Reminder, and Stopwatch are shown, highlighting the device's practical features.

## MAINTENANCE

### 1. Water Resistance

The Paukila P40 Fitness Tracker has an **IP68 waterproof and dust-proof rating**.

- This rating means the watch can withstand daily domestic water scenarios such as washing hands, sweating during exercise, and exposure to rain.
- It is suitable for swimming in shallow water.
- Avoid hot water, saunas, or diving, as extreme temperatures and high-pressure water jets may compromise the seal.
- After exposure to water, wipe the watch dry with a soft cloth.



Image: The Paukila P40 Fitness Tracker submerged in water, with water splashing around a hand wearing the watch. Text highlights "IP68 Waterproof" and states it protects the fitness tracker from washing hands, swimming, or rain.

## 2. Cleaning and Care

- Regularly clean your watch and band to prevent skin irritation and maintain device performance.
- Wipe the screen and watch body with a soft, damp, lint-free cloth.
- For the silicone band, you can wash it with mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using abrasive cleaners, solvents, or harsh chemicals, as these can damage the watch's finish and components.

## TROUBLESHOOTING

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### 1. Device 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 and free of debris.
- Try a different USB power adapter or USB port.
- Allow the watch to charge for at least 30 minutes before attempting to turn it on.

### 2. Connectivity Issues (Bluetooth Pairing)

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the watch is within Bluetooth range of your phone (typically 10 meters or 33 feet).
- Restart both your smartphone and the P40 Fitness Tracker.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the GloryFit app.
- Verify that the GloryFit app is updated to the latest version.
- Confirm your smartphone's operating system meets the compatibility requirements (Android 5.0+ or iOS 9.0+).

### 3. Inaccurate Health Readings (Heart Rate, Blood Pressure, SpO2)

- Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
- Keep your arm still during measurements.
- Clean the sensor on the back of the watch.
- *Reminder: The P40 is not a medical device. Health data is for reference only and should not be used for medical purposes. Consult a medical professional for accurate health assessments.*

### 4. Inaccurate Step Count or Sleep Tracking

- Ensure your personal information (height, weight, age) is accurately entered in the GloryFit app.
- For sleep tracking, ensure you wear the watch consistently throughout the night.
- Movement during sleep or short naps might not be accurately recorded as sleep.

## SPECIFICATIONS

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Feature	Detail
Model Number	P40
Brand	Paukila

Feature	Detail
Screen Size	1.65 Inches
Display Type	LCD
Resolution	240 x 295
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Operating System Compatibility	Android 5.0+ / iOS 9.0+
Battery Capacity	180 Milliamp Hours
Battery Charge Time	1.5 Hours
Battery Average Life	5-7 Days (typical use)
Water Resistance Level	IP68 Waterproof
Band Material Type	Silicone
Band Width	20 Millimeters
Metrics Measured	Blood Oxygen (SpO2), Blood Pressure, Calories Burned, Heart Rate, Step Count
Special Features	Activity Tracker, Calls and Messages Notification, Music/Camera Control, Sleep Tracker, Heart Rate Monitor, Weather Forecast, Calorie Burned, Step, Distance, Sedentary Remainder, Time Display, Alarm Clock, Stopwatch, Do Not Disturb, Raise to light, Find Watch/Phone

## WARRANTY INFORMATION

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The Paukila P40 Fitness Tracker comes with a **2-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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If you have any questions, concerns, or require assistance with your Paukila P40 Fitness Tracker, please do not hesitate to contact our customer support team. We are committed to providing reliable support for our products.

- For support inquiries, please refer to the contact information provided on the Paukila official website or your purchase platform.
- When contacting support, please have your product model (P40) and purchase details ready.