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› TAOLOON Smartwatch Fitness Tracker User Manual - Model TAOLOON0421-G104bk

## TAOLOON TAOLOON0421-G104bk

# TAOLOON Smartwatch Fitness Tracker User Manual

Model: TAOLOON0421-G104bk | Brand: TAOLOON

## 1. INTRODUCTION

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This manual provides essential instructions for setting up, operating, and maintaining your TAOLOON Smartwatch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device. The TAOLOON Smartwatch is designed to assist with daily activities, fitness tracking, and health monitoring.



This image displays the TAOLoon Smartwatch with its primary black mesh band. Also shown are two additional silicone bands in grey and black, offering versatile styling options. The watch face features a vibrant butterfly design.

## 2. WHAT'S IN THE BOX

- TAOLoon Smartwatch (with one band attached)
- Additional Silicone Bands (2 pieces)
- Charging Cable
- User Manual (this document)

## 3. SETUP

### 3.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port. A full charge typically takes approximately 2 hours. The watch has a 250 mAh battery, providing 7-25 days of usage depending on feature use.

## 3.2 App Installation and Bluetooth Pairing

To unlock the full functionality of your TAOLoon Smartwatch, you need to install the 'Da Fit' application on your smartphone and pair the device via Bluetooth. The connection process involves two main steps:

### 1. Step A: App Bluetooth Connection (Da Fit)

- Turn on your phone's Bluetooth.
- Search for "Da Fit" in your phone's app store (Apple App Store or Google Play Store) or scan the QR code provided in the watch packaging to download the app.
- Install the app and follow the on-screen instructions to set up your profile.
- Open the Da Fit app, navigate to the device section, and find the G104 binding option to connect your smartwatch. Ensure the watch is charged before attempting to bind.

### 2. Step B: Second Bluetooth Connection (for Calls)

- On your smartwatch, slide the screen down or up to access the quick settings and turn on the "Call function switch" (often represented by a phone icon).
- On your smartphone, open the "Settings" menu and enter the "Bluetooth" interface.
- Locate and select "G104" (or a similar device name) from the list of available devices and click to connect.
- After successful connection, you can use your smartwatch to receive and make calls directly.



This diagram illustrates the two-step Bluetooth connection process for the TAOLoon Smartwatch. Step A details connecting to the 'Da Fit' app, including turning on phone Bluetooth, downloading the app, installing it, and binding the watch. Step B shows how to enable the call function on the watch and connect to 'G104' in the phone's Bluetooth settings for making and receiving calls. For app download, visit: <http://plus.crepa.com/app-download/dafit>

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

The smartwatch features a 1.83-inch full touch display. Swipe left, right, up, or down to navigate through





1.83-INCH TFT FULL TOUCH DISPLAY  
HIGH RESOLUTION 240\*284  
COMPATIBLE WITH ANDROID AND IPHONE

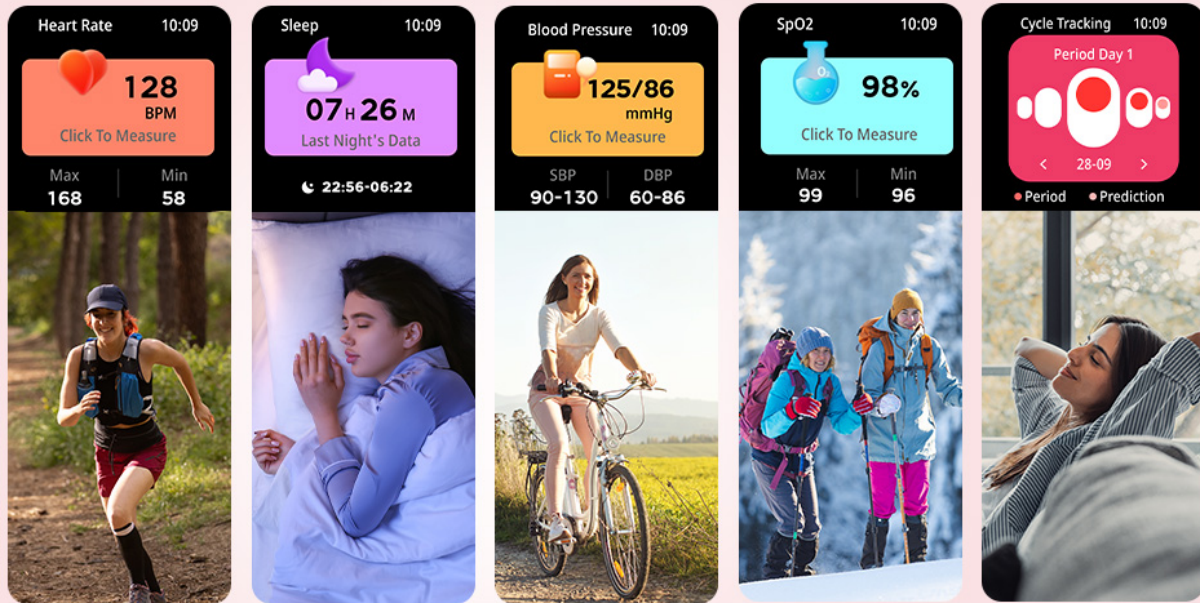


This image demonstrates the smartwatch's capability to display incoming calls and message alerts from popular applications like Facebook, Instagram, TikTok, and WhatsApp directly on the wrist. It emphasizes the convenience of staying connected without needing to check the phone.

#### 4.4 Additional Features

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Voice Assistant:** Access your phone's AI voice assistant for calls, information, and music playback.
- **Weather Information:** Get real-time weather updates on your wrist.
- **Alarms, Stopwatch, Timer:** Utilize built-in tools for time management.
- **Sedentary Reminder:** Receive alerts to encourage movement after periods of inactivity.
- **Screen Off Display:** Supports displaying time even when the screen is off.

# YOUR HEALTHY LIVING ASSISTANT



This composite image showcases several additional features of the TAOLoon Smartwatch: remote camera control, real-time weather updates, IP67 water resistance (allowing use during hand washing or in rain), and sedentary reminders to encourage movement.

## 5. HEALTH AND FITNESS TRACKING

The TAOLoon Smartwatch is equipped with high-performance optical sensors to accurately track various health and fitness metrics.

### 5.1 Activity Tracking

- **100+ Sport Modes:** Track activities such as walking, running, football, yoga, hiking, basketball, skipping rope, and more.
- **Real-time Data:** Records heart rate, steps, calories burned, distance, and active hours during your workouts.
- **GPS via Smartphone:** Obtain GPS positioning through your connected mobile phone to map your movement path.

# 123+

## MOTION MODE ACTIVITY MONITORING



KM  
3.8



STEPS  
5608



BPM  
92



CALORIES  
368



The image illustrates the smartwatch's extensive activity tracking features, supporting over 123 sports modes such as yoga, basketball, running, and skipping rope. It shows how the watch records key metrics like distance, steps, heart rate (BPM), and calories burned during exercise.

## 5.2 Health Monitoring

- **Heart Rate Monitoring:** Continuously monitors your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides estimates of your blood pressure.
- **Sleep Monitoring:** Tracks your sleep status (deep sleep, shallow sleep, awakening) and provides a comprehensive sleep quality analysis.
- **Female Physiological Cycle:** Offers tracking for the female physiological cycle.

# INTEGRATED HEALTH MANAGEMENT ACCURATELY TRACKS



This visual emphasizes the smartwatch's integrated health management capabilities, showing graphical representations of heart rate, blood oxygen (SpO2), blood pressure, and sleep monitoring. A user is depicted cycling, indicating real-time health data collection during activities.

## 6. MAINTENANCE

### 6.1 Water Resistance

The smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as washing hands or wearing in the rain. However, it is not recommended for swimming, diving, or hot showers/saunas as steam can damage the device.

### 6.2 Cleaning

Wipe the watch and bands regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

### 6.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device fully before long periods of inactivity. Do not attempt to replace the battery yourself.

## 7. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

- **Connectivity Issues:** If the watch frequently disconnects or fails to pair, ensure Bluetooth is enabled on both your phone and watch. Try unpairing and re-pairing the device through the 'Da Fit' app and your phone's Bluetooth settings. Ensure the 'Call function switch' is active on the watch for call features.
- **Inaccurate Weather Display:** Verify that the 'Da Fit' app has location permissions enabled on your phone and that your phone's location services are active. Ensure the app is running in the background.
- **Short Battery Life:** Battery life can vary based on usage. Frequent use of features like Bluetooth calls, continuous heart rate monitoring, and bright screen settings will consume more power. Try reducing screen brightness, disabling unnecessary notifications, or adjusting monitoring frequency in the app.
- **Inaccurate Step Counter:** Ensure your personal information (height, weight, step length) is accurately entered in the 'Da Fit' app. Calibrate your step length if available in the app settings.
- **Notifications Not Appearing:** Check notification permissions for the 'Da Fit' app in your phone's settings. Ensure the app is allowed to run in the background and that specific app notifications are enabled within the 'Da Fit' app.
- **Watch Not Responding:** Try restarting the smartwatch. If unresponsive, connect it to the charger to see if it powers on.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	TAOLOON0421-G104bk
Display Size	1.83 Inches
Connectivity	Bluetooth 5.2
Battery Capacity	250 mAh (Lithium Polymer)
Battery Life	7-25 days (depending on usage)
Water Resistance	IP68
Health Monitoring	Heart Rate, SpO2, Blood Pressure, Sleep Monitor, Female Physiological Cycle
Activity Tracking	100+ Sport Modes, Pedometer, Calories, Distance, Active Hours
Special Features	Bluetooth Call, Message Notification, AI Voice Assistant, Music Control, Camera Control, Weather Forecast, Sedentary Reminder, Screen Off Display
GPS	Via Smartphone
Item Weight	5.9 ounces

Package Dimensions	11.26 x 3.58 x 0.75 inches
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## DIMENSIONS



A technical diagram providing precise measurements of the smartwatch casing (38mm width, 50.5mm height) and the included bands (22mm width, 248mm length). It also specifies the maximum and minimum wrist circumference the watch can accommodate.

## 9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact TAOLLOON customer service through their official channels. Keep your purchase receipt for warranty claims.

