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## Paukila P91

# Paukila Smart Watch User Manual

Model: P91

## INTRODUCTION

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This manual provides comprehensive instructions for the setup, operation, and maintenance of your Paukila Smart Watch (Model P91). This device is designed to enhance your daily life with features such as fitness tracking, health monitoring, and communication capabilities. Please read this manual thoroughly to ensure proper use and to maximize the functionality of your smart watch.



Image: The Paukila Smart Watch, showcasing its sleek design with a black mesh band and a clear display. An inset image highlights its call notification feature.

## WHAT'S IN THE BOX

- Paukila Smart Watch (Model P91)
- Watch Band (2 included for different styles)
- Charging Cable
- User Manual

## SPECIFICATIONS

Model Number	P91
Display	1.85" Large HD Touch Screen

<b>Dimensions</b>	11.22 x 3.39 x 0.67 inches
<b>Item Weight</b>	5.3 ounces
<b>Battery</b>	1 Lithium Ion battery (included), 7-15 day battery life
<b>Water Resistance</b>	IPX8 Waterproof
<b>Compatibility</b>	Android 5.0 and above, iOS 9.0 and above
<b>Manufacturer</b>	Shenzhen Buzz Tech CO.,LTD

## SETUP

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### Initial Setup and App Connection

To begin using your Paukila Smart Watch, you must first connect it to your smartphone via the "Zmoofit" application.

1. **Step 1: Turn on Bluetooth.** Ensure the Bluetooth function on your smartphone is enabled.
2. **Step 2: Download the Zmoofit App.** Open the Google Play Store (for Android) or Apple App Store (for iOS) on your phone. Search for "Zmoofit" and download the application. You can also visit the official app page: [Zmoofit App](#).
3. **Step 3: Open the App and Connect.** Launch the Zmoofit app. Follow the in-app instructions to add a new device. Select "P91" from the list of available devices to bind your smart watch.

### Enabling Call/Answer Function

To utilize the call and answer features directly from your watch, follow these additional steps:

1. **Step 1: Pair for Calls.** After selecting "P91" in the Zmoofit app, a Bluetooth pairing request will appear on your phone. Accept this request to connect for calls.
2. **Step 2: Enable Watch Bluetooth.** On your smart watch, ensure the call Bluetooth function is turned on. This allows the watch to make calls and play media sound.
3. **Step 3: Grant Permissions.** In your phone's Bluetooth settings, locate the "P91" connection and grant all necessary permissions for call audio and contacts.
4. **Step 4: Ready for Calls.** Once connected and permissions are granted, you can use your watch to answer or make calls anytime.

*Note: If you do not wish to use the call function, you can turn off the answer/call function on the watch to extend battery life.*

## OPERATING YOUR SMART WATCH

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### Communication Features

Your Paukila Smart Watch allows for convenient communication directly from your wrist.

- **Make and Answer Calls:** With the built-in high-fidelity speaker and noise reduction microphone, you can make and answer calls directly on the watch. Store favorite contacts and check dialing records easily.
- **Message Notifications:** Receive notifications for SMS, WhatsApp, Facebook, and other social media messages directly on your watch display, ensuring you don't miss important updates.

# Bluetooth Call/Message Reminder

Bluetooth wireless call, you can make call/answer call on watch directly. Whether it is sports or driving. Built-in high-fidelity speaker and noise reduction microphone. Let you listen more clearly and brightly



Call Receive/Dial

Built in Mic/Speaker

Call Records

Message Notification

Image: The smartwatch interface showing an incoming call, demonstrating its Bluetooth call and message reminder capabilities.

## 24-Hour Heart Rate Monitor

Keep track of your heart rate rhythm and know your health condition



Image: Smart message notification feature, showing how the watch displays incoming messages from different applications.

## Health Monitoring

The smart watch is equipped with advanced optical sensors for accurate health data collection.




- **Heart Rate Monitoring:** Continuously track your heart rate rhythm throughout the day to understand your heart health.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels continuously to ensure proper breathing and overall well-being.
- **Sleep Monitoring:** Monitors and estimates your sleep status (deep sleep, light sleep, wake up) and provides a detailed analysis of your sleep patterns.
- **Breath Training:** Guided breathing exercises to help you relax and improve respiratory health.



Image: Demonstrates sleep monitoring and various health tracking features including heart rate and blood oxygen.

# Sleep Quality Monitoring

Monitors and estimates your sleep status and offers a detailed sleep analysis with continuous recording of your sleep patterns

 Awake  Light sleep  Deep sleep

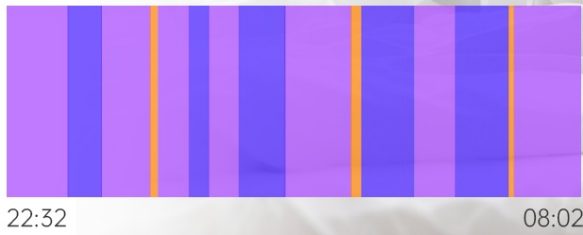


Image: Illustration of the 24-hour heart rate monitor feature, tracking heart rate rhythm during physical activity.

# Blood Oxygen Monitoring

Continuously measure Your BLOOD OXYGEN (SpO2) throughout the day to ensure your breathing and keep you safer

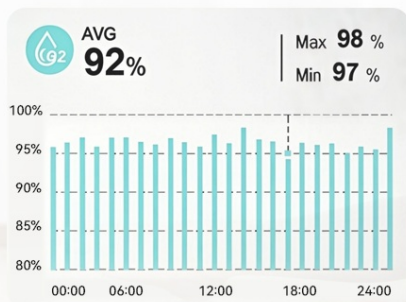


Image: Sleep quality monitoring, providing detailed analysis of sleep patterns throughout the night.



The image shows a hiker in a blue jacket and orange hat walking on a rocky trail with a large backpack. Overlaid on the scene is a smartwatch and a smartphone displaying activity tracking data. The watch face shows the time 02:10:50 and various activity metrics. The smartphone screen shows a summary of daily activity.

## All Day Activity Tracking

- Calories: 860 kcal
- Distance: 12.5 km
- steps: 16420 steps
- Heart Rate: 86 bpm

Smartwatch display: 02:10:50, 10:20, 00000 steps, 00.00 km, 0000 kcal, 000 bpm.

Smartphone display: 10:49, 3420 Step, Targeted 3000 steps, Calories 109kcal, Distance 8km, Sleep 7.8h, Heart rate 78bpm.

Image: Blood oxygen monitoring, continuously measuring SpO2 levels to ensure breathing health.

## Fitness Tracking and Sports Modes

Accurately track your daily activity and choose from a wide range of sports modes.

- **Activity Tracking:** Digital watch accurately tracks steps, distance, and calories burned throughout the day.
- **112+ Sport Modes:** Supports over 112 sport modes including running, hiking, badminton, riding, and more, providing detailed insights into your activity.
- **GPS Positioning:** The watch can obtain GPS positioning through your mobile phone to clearly upload your movement path.

# 112+ Sports Modes

## Record your personal data

The image features a grid of 18 sport mode icons in two rows. The top row includes icons for walking, running, hiking, cycling, badminton, tennis, basketball, and yoga. The bottom row includes icons for swimming, skiing, fishing, golf, tennis, and another walking/yoga icon.

The smartphone screen shows a 'Running' app interface with a map, a 'GPS' button, and a timer displaying '00:47:32'. Below the timer, it shows '6.2 km' (Duration), '06:34' (Speed), and '234' (Calories).

The smartwatch displays the time '10:20' and a large timer '02:10:50'. Below the timer, it shows '00000 steps', '00.00 km', '0000 kcal', and '000 bpm'.

Two circular data widgets are shown. The first widget lists activities: Running Outdoors, Indoor Running, Walking, and Cycling. The second widget shows a large step counter '25242' and smaller counts for '205 kcal' and '15.21 mile'.

Image: Showcases the 112+ sports modes and how the watch records personal data during activities.

# 112+ Sport Modes

Smart watch support 112 + sport mode:running,ridingbadminton, hiking etc to give you more detailed insightinto whole day activity



Image: All-day activity tracking, showing how the watch monitors calories, distance, steps, and heart rate.

## IPX8 Waterproof

Easily and perfectly meet daily waterproofing needs.



Image: Illustration of the 112+ sport modes supported by the smartwatch, providing detailed insights into activities.

### Additional Smart Features

The Paukila Smart Watch offers a variety of functions to make your daily life easier.

- **Music Control:** Control music playback (play, pause, next song, volume) directly from your watch while working out or on the go.
- **Camera Control:** Use your smartwatch as a remote shutter to control your phone's camera.
- **Weather Information:** Get real-time weather updates directly on your watch.
- **Stopwatch & Timer:** Essential tools for timing activities and workouts.
- **Alarm Clocks:** Set multiple alarms for reminders.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Drink Reminder:** Reminds you to stay hydrated throughout the day.
- **Menstrual Cycle Tracking:** For women, track and predict menstrual cycles.
- **Customizable Watch Faces:** Choose from over 200 built-in watch faces in the app or DIY your own with personal photos.

# Rich And Practical Functions

Make your dailyLife easier



Image: Overview of rich and practical functions including music control, camera remote, weather forecast, and stopwatch.

## Music Control

Control music with your watch while you workout, tap play back, next song, pause and adjust the volume on the watch.



Image: Camera control feature, allowing users to control their phone's camera shutter from the watch.



Stopwatch

Check Weather

Image: Music control feature, enabling users to manage music playback directly from their watch.

## Further Convenience For Your Life



Alarm Clocks



Tracking Menstrual Cycle

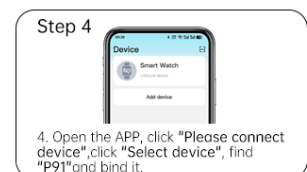
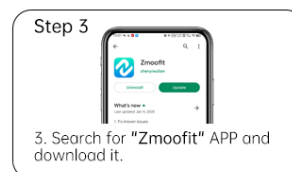
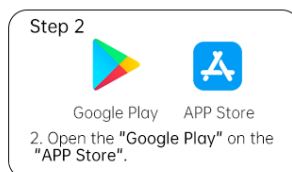


Drink Reminder

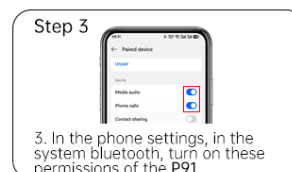
Image: Demonstrates the stopwatch and weather check functions of the smartwatch.

### How to connect the smart watch?

A: First of all, please be sure to connect our smart watch through the "Zmoofit" APP.



B: Perform the following steps to enable the answer/call function.



*\*If you don't need to use the call function, you can turn off the answer/call function so that the battery can last longer.*

Image: Further convenience features including alarm clocks, menstrual cycle tracking, and drink reminders.

# 1.85" Large HD Touch screen

More Clearer More Better  
Touch Experience



Broad color range



IPs Wide vision



Color Accuracy

Color saturation



## Customize Your Watch Face

200+ built in watch faces in app

Image: Highlights the 1.85" large HD touch screen and the ability to customize watch faces.

## Camera Control on your wrist

You can use your smartwatch to control your phone's camera shutter.



Image: Demonstrates the customization options for watch faces, including over 200 built-in designs and DIY wallpaper.

## MAINTENANCE

Proper care will ensure the longevity and optimal performance of your Paukila Smart Watch.

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by drying.
- **Water Resistance (IPX8):** The watch is IPX8 waterproof, meaning it can withstand washing hands, rain, and sweat. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can damage the seals.
- **Charging:** Use the provided charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.



Image: Demonstrates the IPX8 waterproof capability, suitable for daily activities like washing hands and exposure to rain.



Image: Visual representation of the IPX8 waterproof feature, highlighting its ability to withstand daily water exposure.

## TROUBLESHOOTING

If you encounter issues with your Paukila Smart Watch, refer to the following common solutions.

Problem	Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with phone	<ol style="list-style-type: none"> <li>1. Ensure Bluetooth is enabled on your phone and watch.</li> <li>2. Make sure the watch is within Bluetooth range (approx. 10 meters).</li> <li>3. Restart both your phone and the watch.</li> <li>4. Forget the device in your phone's Bluetooth settings and try pairing again through the Zmoofit app.</li> </ol>
Call function not working	<ol style="list-style-type: none"> <li>1. Verify that the call Bluetooth function is enabled on the watch.</li> <li>2. Check phone's Bluetooth settings to ensure "P91" is connected for calls and all necessary permissions are granted.</li> <li>3. Ensure the Zmoofit app has phone permissions.</li> </ol>
Inaccurate health data	<ol style="list-style-type: none"> <li>1. Ensure the watch is worn snugly on your wrist, not too loose or too tight.</li> <li>2. Clean the sensor on the back of the watch.</li> <li>3. Avoid excessive movement during measurements.</li> </ol>
Notifications not received	<ol style="list-style-type: none"> <li>1. Ensure the Zmoofit app is running in the background.</li> <li>2. Check notification permissions for the Zmoofit app in your phone's settings.</li> <li>3. Make sure "Do Not Disturb" mode is off on both your phone and watch.</li> </ol>

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the manufacturer directly.

- **Manufacturer:** Shenzhen Buzz Tech CO.,LTD
- **Protection Plans:** Optional 2-Year and 3-Year protection plans may be available for purchase. Please check your retailer for details.

- **Return Policy:** Typically, a 30-day return/replacement policy applies. Refer to your purchase terms for specifics.

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This manual is for informational purposes only. Product specifications and features are subject to change without notice.