

[Manuals.plus](#) /

› [KEEPONFIT](#) /

› KEEPONFIT DR05 Smart Watch User Manual

KEEPONFIT DR05

KEEPONFIT DR05 Smart Watch User Manual

Model: DR05

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your KEEPONFIT DR05 Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your device. The KEEPONFIT DR05 Smart Watch is designed to be compatible with both Android and iOS smartphones, offering a range of health monitoring and fitness tracking capabilities.



Image: The KEEPONFIT DR05 Smart Watch, showcasing its elegant design with a black mesh band and an alternative pink silicone band.

WHAT'S IN THE BOX

Upon opening your KEEPONFIT DR05 Smart Watch package, you should find the following items:

- Smart watch (main unit)
- Watch Band (typically one pre-attached, and an additional strap)
- User Manual (this document)
- Magnetic Charging Cable



Image: An overview of the package contents, including the smart watch, magnetic charging cable, user manual, and two types of watch straps (steel and silicone).

SPECIFICATIONS

Feature	Detail
Model Number	DR05
Screen Display Size	1.27 Inches
Operating System Compatibility	Android 6.0+ and iOS 9.0+
Connectivity Technology	Bluetooth
Waterproof Rating	IP68
Battery Capacity	290 mAh
Battery Life	5-7 days (up to 7 days ultra-long standby)
Charging Time	Approximately 2 hours
Memory Storage Capacity	128 MB
GPS	Via Smartphone
Item Weight	4.6 ounces (0.13 Kilograms)

A Long-lasting Battery won't let you miss any Health indicators

The Watch battery capacity was built in 290mAh battery.



5-7 days

Up to 7 days of ultra-long standby



290 mAh

Battery capacity



2 hrs

Charging time



Image: Information on the watch's battery capacity (290mAh), typical usage duration (5-7 days), and charging time (2 hours).

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes about 2 hours.

2. App Installation (VeryFit)

To unlock all features and synchronize data, you need to install the 'VeryFit' app on your smartphone.

1. Scan the QR code provided in the user manual or on the watch screen to download the 'VeryFit' app.
2. Alternatively, search for 'VeryFit' in the Apple App Store (for iOS devices) or Google Play Store (for Android devices) and install it.

3. Device Pairing

After installing the app, follow these steps to pair your smart watch with your smartphone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 'VeryFit' app.
3. Navigate to the device pairing section within the app.
4. The app will search for available devices. Select 'DR05' from the list to connect.
5. Confirm the pairing request on both your watch and smartphone if prompted.

Simple to set up and use

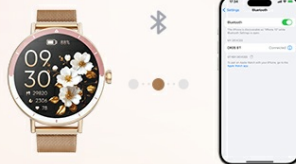
Step 1

Download and install the "VeryFit" app on the App store, Google Play or by scanning the QR code on the watch or the user manual.



Step 2

Turn on VeryFit app and Make sure the Bluetooth connection is on



Step 3

Search on the app for the device to pair with (or scan the QR code on the device)

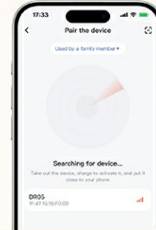


Image: A visual guide illustrating the three simple steps for setting up the smart watch: downloading the 'VeryFit' app, ensuring Bluetooth is on, and pairing the device.

OPERATING INSTRUCTIONS

1. Basic Navigation

The DR05 Smart Watch features a 1.27-inch full touch screen. Swipe left, right, up, or down to navigate through menus and features. Tap to select an option, and typically swipe right or press the side button to go back.

2. Bluetooth Calling and Notifications

Once paired, you can make and receive calls directly from your watch using the built-in microphone and speaker. You will also receive notifications for SMS, Facebook, WhatsApp, Instagram, Twitter, and other apps.

- **Making Calls:** Access the dialer or contacts on your watch.
- **Receiving Calls:** Tap the green icon on the watch screen to answer incoming calls.
- **Notifications:** Swipe down from the watch face to view recent notifications.

Bluetooth Call

Bluetooth 5.3 help free your hands
Wave and raise your wrist to show
your temperament

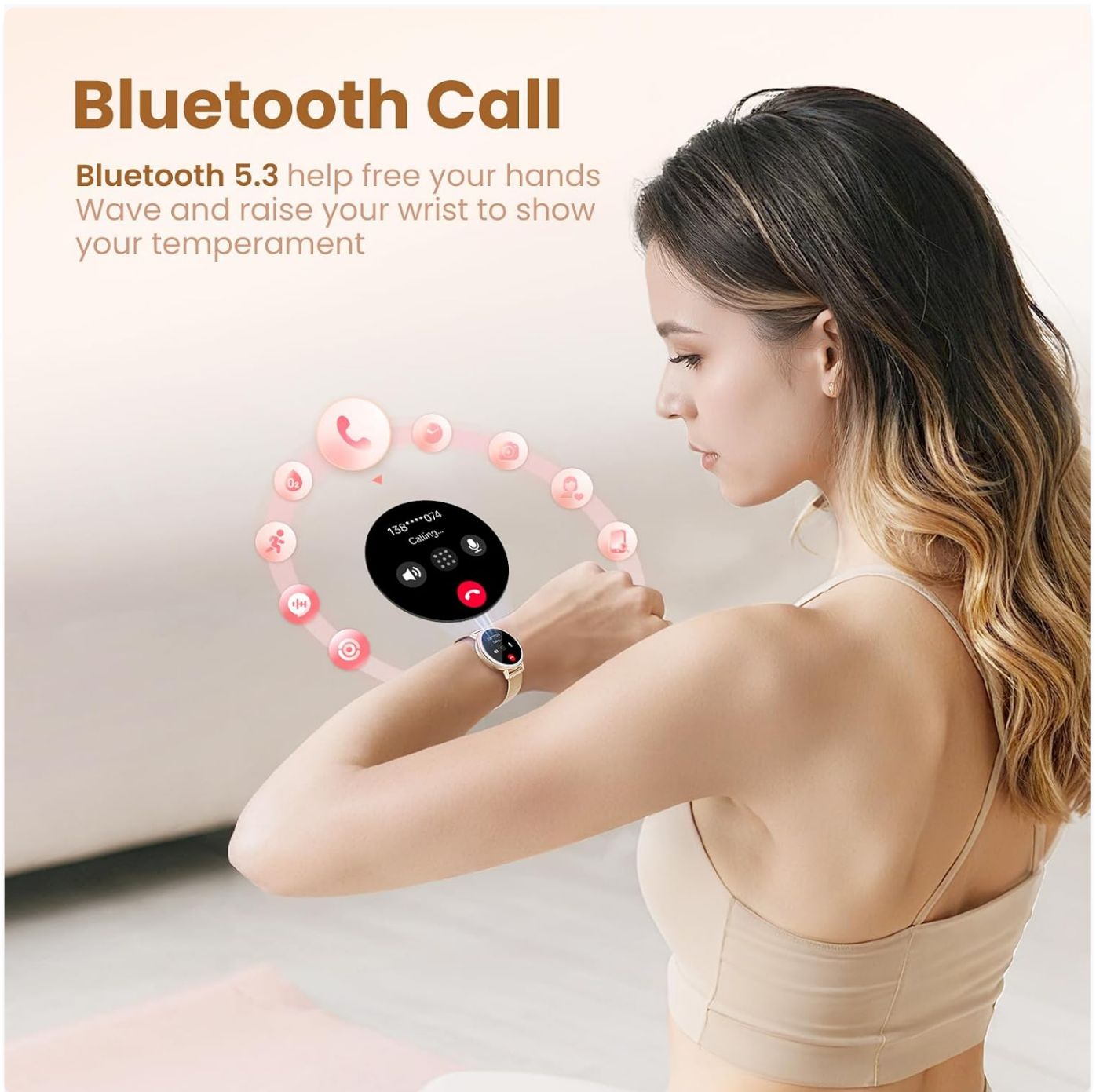


Image: A user demonstrating the Bluetooth call function, showing the watch displaying an incoming call interface.

Receive SMS And Notifications



Make yourself refined Answer & Make Call

Drinking water reminder keep you water.
Walking reminder keep you health.
Incoming call reminder and message
reminder ensure you can get messages and
respond while you working.

Image: The watch displaying incoming call and message notifications, highlighting its communication features.

3. Health Monitoring

The DR05 Smart Watch provides comprehensive health tracking features:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed trends in the VeryFit app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Provides a comprehensive sleep quality analysis.
- **Stress Monitoring:** Helps you understand your stress levels.
- **Menstrual Period Tracking:** For women, the watch can record and predict menstrual cycles when configured in the app.

Daily activity monitoring



Keep track of your body by monitoring heart rate and blood oxygen. Clearly understand your sleep status and quickly adjust your mood through stress monitoring.

Image: The watch interface showing various daily activity monitoring metrics such as heart rate, blood oxygen, stress levels, and sleep duration.

24/7 Health Guardian

Multi-dimensional health management

Heart rate monitoring

Stay heart-smart: Real-time alerts for abnormal heart rates and detailed hearthealth tracking

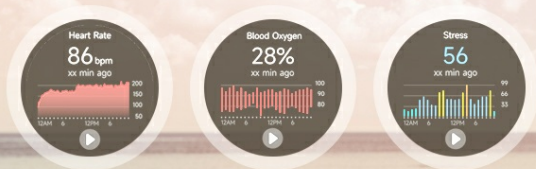


Image: A visual representation of the 24/7 health monitoring features, including real-time heart rate, blood oxygen, and stress tracking.

Menstrual monitoring

Care for women's health and provides menstrual cycle predictions/Give you 24/7 monitoring



M	D	M	D	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Menstrual days



Expected menstruation



Ovulation



Image: The watch displaying a menstrual cycle tracking calendar, providing predictions for menstrual days and ovulation.

A smiling woman with blonde hair, wearing a white turtleneck sweater, holds a white mug in her right hand and gives a thumbs-up with her left hand. She is wearing a smartwatch on her left wrist. The background is a soft, warm-toned sky with clouds.

Menstrual Period Reminder

Set your menstrual cycle in the App, and the watch will give you warm reminders to make your life happier.

The image shows a digital calendar for May 2024 and a smartwatch. The calendar has a grid with days of the week (Sun to Sat) and dates. Some dates are highlighted in red (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31). The smartwatch displays a menstrual cycle tracking interface with a circular calendar and a bar chart showing cycle phases.

Image: A user interacting with the menstrual period reminder feature, showing the watch's calendar interface for cycle tracking.

A woman with long brown hair is sleeping peacefully in a bed with white linens. She is wearing a yellow lace-trimmed nightgown and a smartwatch on her left wrist. The background is a warm, dimly lit room.

Sleep Monitoring

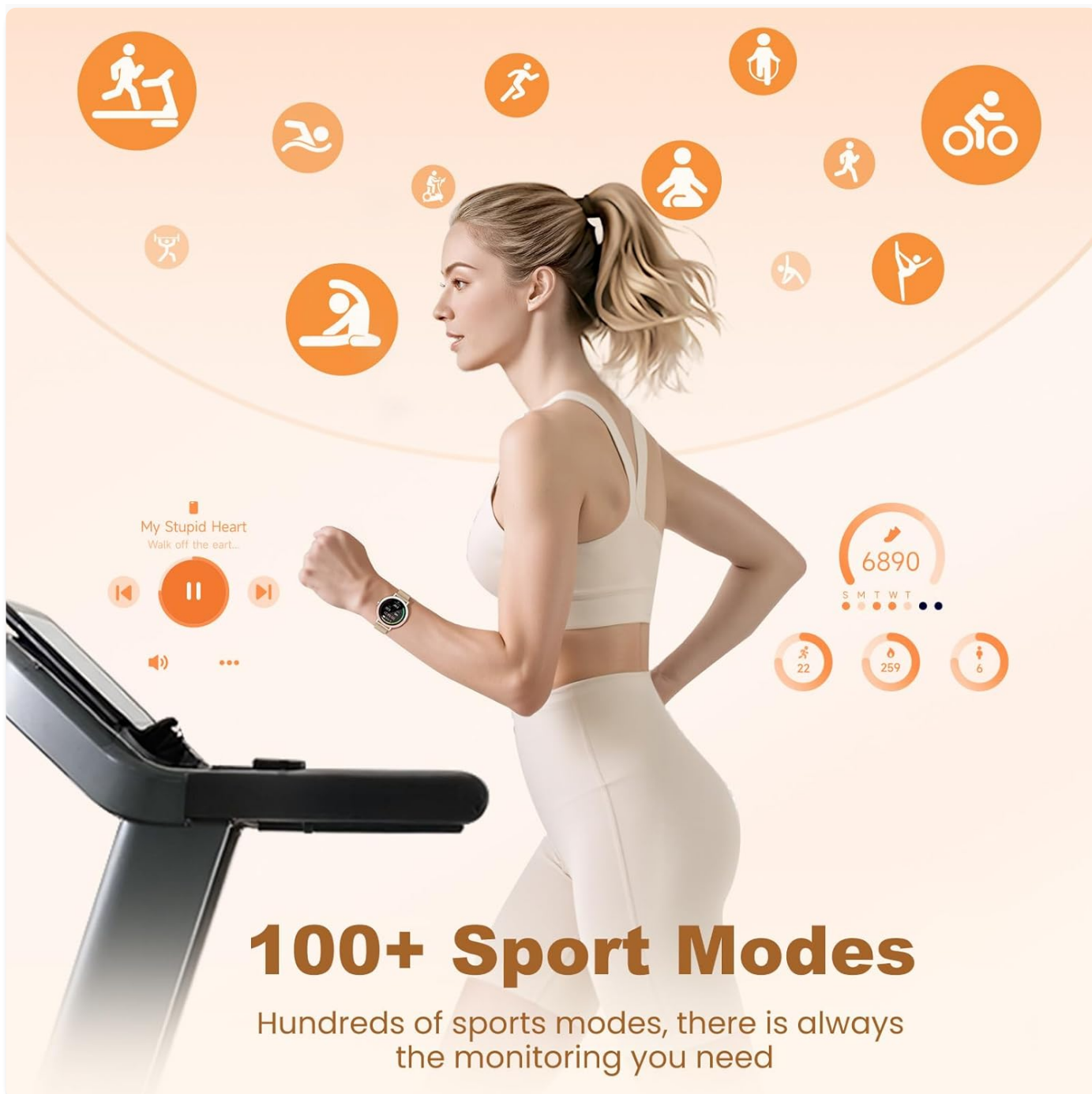
Real-time monitoring of invisible body data giving you information to better adjust your work and rest time also improve your sleep quality

The image shows a sleep monitoring interface. It includes a bar chart showing sleep stages: Deep Sleep (1h 24m), Light Sleep (5h 26m), and Awake (30m). To the right is a circular sleep duration bar chart showing a total of 8h 30min. Below the bar chart, it indicates the sleep start time as 10:30 PM and the wake time as 07:00 AM.

Image: The watch displaying detailed sleep monitoring data, including deep sleep, light sleep, and awake times, to help improve sleep quality.

4. Sport Modes

The watch supports over 100 sport modes, including walking, running, swimming, hiking, cycling, mountaineering, yoga, and more. Select your desired activity to track specific metrics like steps, distance, calories burned, and heart rate during your workout.



My Stupid Heart
Walk off the eart...

6890
S M T W T

22 259 6

100+ Sport Modes

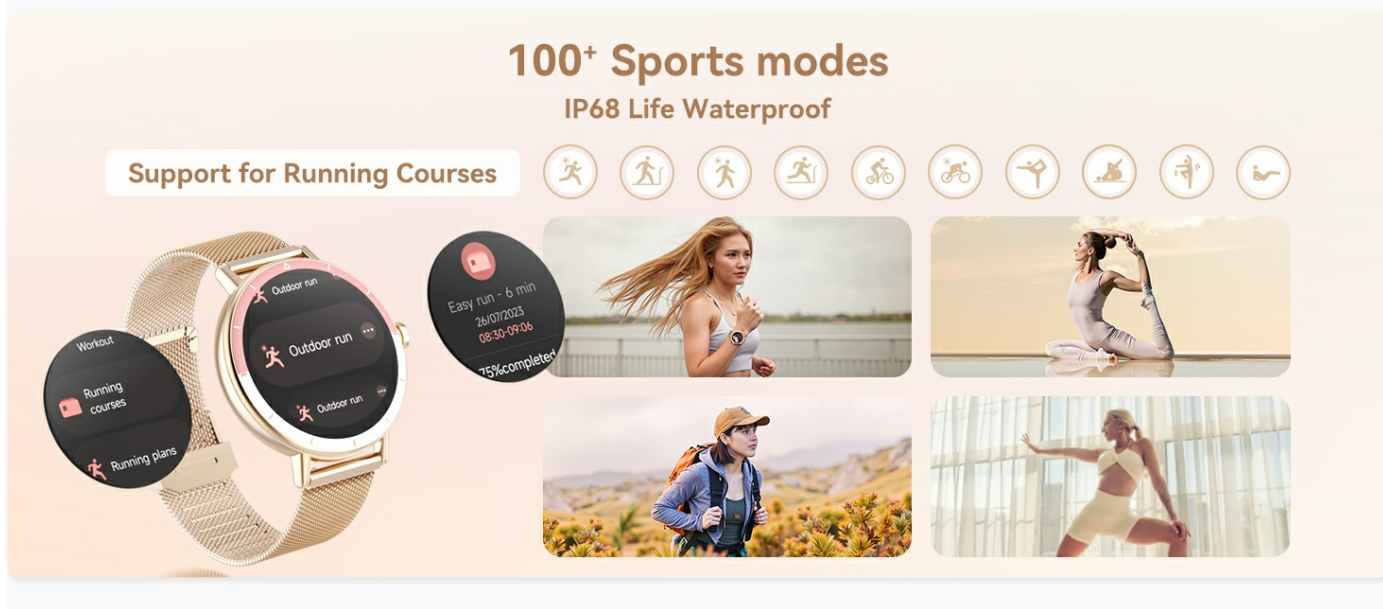
Hundreds of sports modes, there is always the monitoring you need

Image: A user engaging in a running activity, with the watch highlighting its capability to track over 100 different sport modes.

100+ Sports modes

IP68 Life Waterproof

Support for Running Courses



Workout
Running courses
Running plans

Outdoor run
Outdoor run
Outdoor run

Easy run - 6 min
26/07/2023
08:30-09:06
75% completed

Image: A collage showcasing the wide variety of over 100 sports modes supported by the watch, including running, cycling, and yoga.

5. Customization Options

- **Watch Faces:** Choose from over 100 free watch faces or upload your favorite pictures from your phone album to personalize your watch.
- **Adjustable Brightness:** Adjust the screen brightness for optimal visibility in various lighting conditions.



100+ 
freewatch faces

Support custom watch faces you can
customize the pictures you want
by selecting pictures in the phone album



Image: The watch displaying multiple customizable watch faces, including options to upload personal photos.

6. Additional Smart Features

- **Music Control:** Control music playback (play, pause, skip tracks) on your smartphone directly from your watch.
- **Remote Camera Control:** Use your watch as a remote shutter button for your smartphone camera.
- **Weather Forecast:** Get real-time weather updates and 6-day forecasts.
- **AI Voice Assistant:** Use voice commands to control music, check weather, set alarms, and more (message replies not supported).

- **Alarms & Timers:** Set alarms and use stopwatch/timer functions.
- **Sedentary Reminders:** Get alerts to move if you've been inactive for too long.
- **Find Phone:** Locate your misplaced smartphone using your watch.

Unlock Potential



Music control

Seamless Bluetooth connectivity to play, pause, or skip tracks directly from your wrist



Remote camera control

Snap photos effortlessly, your watch is the ultimate shutter button

Weather forecast

Real-time updates and 6-day forecasts to keep you prepared

Los Angeles



28°C

Los Angeles



8°C

Los Angeles



22°C

Los Angeles



32°C

Image: The watch showcasing its music control, remote camera control, and weather forecast functionalities.

MAINTENANCE

1. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the watch face and strap. Avoid harsh chemicals or abrasive materials.

2. Water Resistance (IP68)

The DR05 Smart Watch is IP68 waterproof, meaning it can withstand immersion in water up to 1.5 meters for 30 minutes. You can safely wear it for swimming, washing hands, and showering.

Important Precautions:

- Do not use the watch in hot water environments such as saunas or hot tubs, as steam can damage the seals.
- Avoid contact with seawater or diving, as the salt and pressure can compromise water resistance.
- Do not press any buttons while the watch is submerged in water.

IP68 Waterproof Design

5 meters waterproof depth allows you to be fearless in indoor swimming pool



Image: A user in a swimming pool wearing the watch, illustrating its IP68 waterproof design for indoor swimming.

Supports pool swimming data monitoring



Please note that it cannot be used in saunas or deep diving, and please avoid contact with sea water



Image: The watch's support for pool swimming data monitoring, accompanied by a warning against use in saunas, deep diving, or seawater.

3. Battery Care

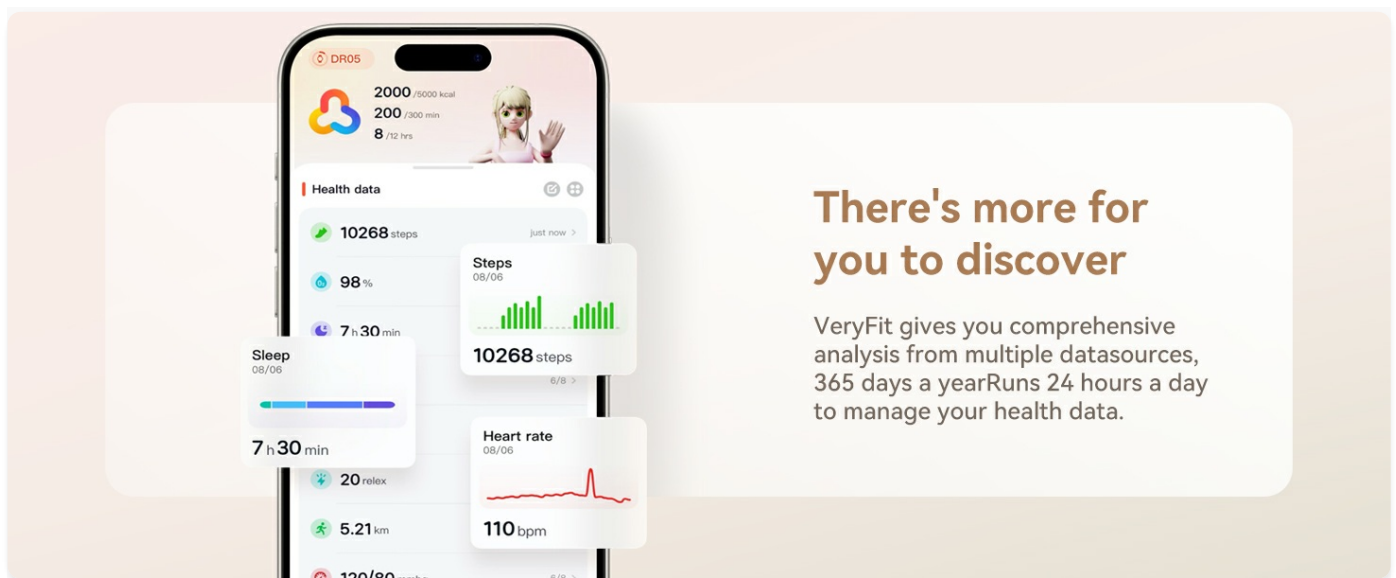
To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

If you encounter issues with your KEEPONFIT DR05 Smart Watch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and allow it to charge for at least 30 minutes before attempting to power it on.
- **Unable to pair with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both your watch and smartphone.
 - Check if the 'VeryFit' 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.
- **Notifications not appearing:**
 - Verify that notification permissions are enabled for the 'VeryFit' app in your phone's settings.
 - Ensure notification alerts are turned on within the 'VeryFit' app for specific applications.
 - Check if 'Do Not Disturb' mode is active on either your watch or phone.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Clean the sensors on the back of the watch.
 - For continuous monitoring, ensure the feature is enabled in the 'VeryFit' app (note: continuous monitoring can affect battery life).
- **Battery draining quickly:**
 - Disable continuous heart rate or SpO2 monitoring if not needed 24/7.
 - Reduce screen brightness or shorten screen-on time.
 - Limit the number of apps sending notifications to the watch.

For further assistance, refer to the 'VeryFit' app's help section or contact customer support.



There's more for you to discover

VeryFit gives you comprehensive analysis from multiple datasources, 365 days a yearRuns 24 hours a day to manage your health data.

Image: The 'VeryFit' application interface displaying comprehensive health data, including steps, sleep patterns, and heart rate, for detailed analysis.

WARRANTY AND SUPPORT

KEEPPONFIT is committed to providing excellent customer service. If you have any questions or require assistance with your DR05 Smart Watch, please do not hesitate to contact our professional technical support team.

- **Customer Support:** Our team is available to assist you within 24 hours. Please refer to your purchase documentation or the 'VeryFit' app for contact details.
- **Warranty Information:** For details regarding the product warranty period and terms, please refer to the warranty card included with your purchase or contact customer support.