

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

Manuals.plus /

- › [QVEQ](#) /
- › QVEQ Fitness Tracker Smart Watch Band 3 User Manual

QVEQ Band 3

QVEQ Fitness Tracker Smart Watch Band 3 User Manual

Model: Band 3

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your QVEQ Fitness Tracker Smart Watch, Model Band 3. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.

WHAT'S IN THE BOX

- QVEQ Fitness Tracker Smart Watch
- Charging Cable
- User Manual

PRODUCT OVERVIEW

The QVEQ Fitness Tracker Smart Watch features a 1.47-inch TFT full-touch display. It is designed for comfortable wear and intuitive interaction, providing quick access to your health data and smart notifications.



Image 1: Front view of the QVEQ Fitness Tracker Smart Watch, displaying time, date, and step count on its screen.

SETUP

1. Charging the Device

Before initial use, fully charge your smart watch. 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. A full charge typically takes approximately 2 hours.



Image 2: The smart watch connected to its magnetic charging cable, showing a charging icon on the screen. This image also illustrates the watch's IP68 waterproof capabilities.

2. App Installation and Pairing

To access all features and synchronize data, download the **GloryFit** application on your smartphone. The app is compatible with iOS 9.0+ and Android devices.

1. Scan the QR code provided in the quick start guide or search for "GloryFit" in your smartphone's app store.
2. Install and open the GloryFit app.
3. Follow the in-app instructions to create an account and set up your profile.
4. Enable Bluetooth on your smartphone.

5. In the GloryFit app, navigate to "Device" or "Add Device" and select your QVEQ Smart Watch from the list of available devices to pair.
6. Confirm the pairing request on both your watch and smartphone.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Up/Down:** Access notifications or quick settings.
- **Swipe Left/Right:** Navigate through widgets like activity data, heart rate, weather, etc.
- **Tap:** Select an item or enter a menu.
- **Press Side Button:** Return to the main watch face or power on/off.

Health Monitoring

The watch continuously monitors various health metrics. Access these features by swiping through the watch interface or via the GloryFit app.

- **Heart Rate:** Provides 24/7 heart rate tracking.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Tracking:** Monitors sleep patterns, including deep sleep, light sleep, and wake times. Detailed analysis is available in the GloryFit app.
- **Stress Level:** Provides an indication of your stress levels.

COMPREHENSIVE HEALTH MONITORING

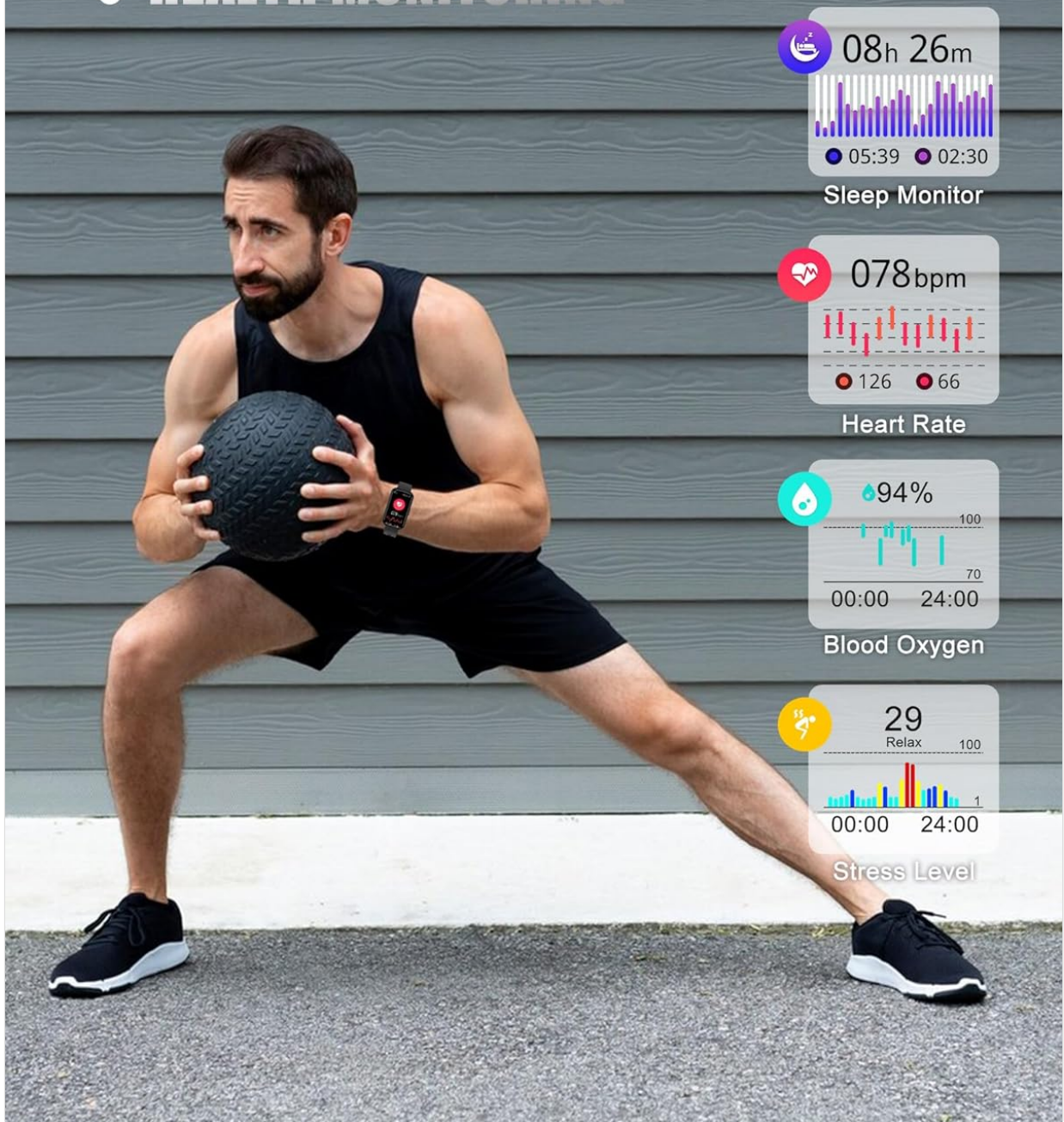


Image 3: A person exercising while wearing the smart watch, with an overlay showing sleep monitor, heart rate, blood oxygen, and stress level data.

Activity and Sports Modes

The watch tracks daily activities and offers multiple sports modes for specific workouts.

- **Step Counter:** Records daily steps.
- **Calorie Counter:** Estimates calories burned.
- **Distance Tracker:** Measures distance covered.
- **Sports Modes:** Select from various activities like running, swimming, basketball, etc., to get specific workout data.



Image 4: A person skiing, with the smart watch displaying exercise duration, heart rate, calories burned, steps, distance, and average pace, indicating multiple sports modes.

Smart Features and Notifications

- **Call and Message Alerts:** Receive notifications for incoming calls and messages directly on your wrist.
- **Social Media Notifications:** Get alerts from various social media applications.
- **Weather Updates:** View real-time weather forecasts.
- **Music Control:** Control music playback on your smartphone.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Find Phone:** Locate your paired smartphone.

- **Reminders:** Set hydration and sedentary reminders.
- **Female Health Tracking:** Monitor menstrual cycles and related data.

SMART MESSAGE NOTIFICATION & CALL REMINDER



Image 5: A collage showing the smart watch displaying incoming call notifications, text messages, and social media alerts from various apps like Facebook, WhatsApp, and Instagram.

COMPLETE PRACTICAL FUNCTIONS

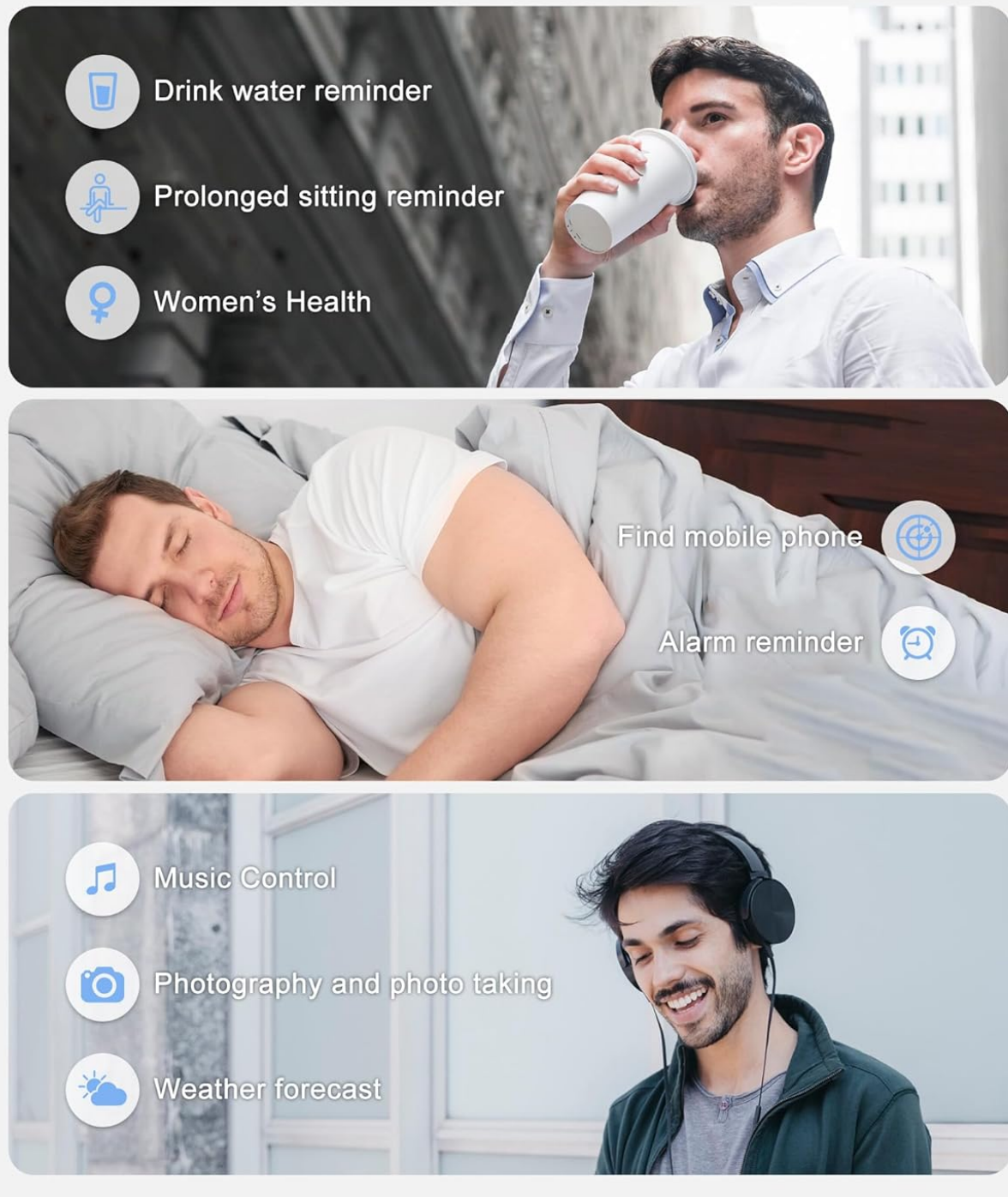


Image 6: A collage illustrating practical functions such as drink water reminders, prolonged sitting reminders, women's health tracking, find mobile phone, alarm reminder, music control, photography, and weather forecast.

Customizing Watch Faces

The GloryFit app offers over 200 watch faces. You can also upload your own photos to personalize the watch face.



Image 7: The smart watch displaying various customizable watch faces, including options to upload personal pictures, and a view of the GloryFit app interface for selecting dials.

MAINTENANCE

Cleaning

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

Water Resistance (IP68)

The QVEQ Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for swimming, showering, and daily

activities like washing hands. However, it is not recommended for hot water baths, saunas, or deep-sea diving.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable for at least 10 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within Bluetooth range.
 - Restart both the watch and your smartphone.
 - Check if the GloryFit app is updated to the latest version.
 - If previously paired, try unpairing and re-pairing the device.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
 - Clean the sensor on the back of the watch.
 - Note that this device is not a medical device and readings are for reference only.
- **Notifications not received:**
 - Check notification permissions for the GloryFit app in your phone's settings.
 - Ensure the app is running in the background.
 - Verify that notifications are enabled within the GloryFit app for specific applications.

SPECIFICATIONS

Feature	Detail
Model Number	Band 3
Display Size	1.47 Inches TFT Full Touch
Product Dimensions	10.31 x 3.07 x 0.67 inches
Item Weight	3.17 ounces (90 Grams)
Battery Capacity	200 Milliamp Hours
Charging Time	Approx. 2 hours
Usage Time	Up to 7 days
Standby Time	Up to 30 days

Waterproof Rating	IP68
Connectivity	Bluetooth
Operating System	Android & iOS (Compatible with iOS 9.0+ and Android)
Special Features	Heart Rate Monitor, Blood Oxygen Monitor, Sleep Tracker, Step Counter, Calorie Counter, Weather Forecast, Music/Camera Control, Activity Tracker, Sedentary Reminder, Water Drinking Reminder, Female Health Tracking, Find Phone

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official QVEQ website. We offer hassle-free returns and exchanges for quality concerns.