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BOALZETD QS50

BOALZETD Fitness Tracker User Manual

Model: QS50

Introduction

This manual provides detailed instructions for the proper use, setup, and maintenance of your BOALZETD Fitness Tracker, Model QS50. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

Product Overview

Key Features

- **Stylish & Comfortable Design:** Slim, lightweight, with 2 soft silicone sport bands for all-day comfort.
- **Crystal-Clear Touchscreen & Smart Connectivity:** Vibrant 1.47-inch full touch display, Bluetooth call, message notifications, and voice assistant access.
- **Extended Battery Life:** Up to 7-10 days of use on a single charge (up to 30 days standby) with a 250mAh battery.
- **Comprehensive Health Monitoring:** 24/7 heart rate, blood oxygen (SpO2) tracking, sleep analysis, and female menstrual cycle tracking.
- **All-Day Activity & Fitness Tracking:** Pedometer watch supporting 24 sport modes, accurately tracks steps, distance, and calories burned.
- **Customizable Faces & Daily Convenience:** 165+ watch faces, weather forecasts, hydration alerts, sedentary reminders, alarms, timers, and phone finder.
- **Versatile Lifestyle Companion:** Combines essential features like call/message alerts, activity tracking, sleep analysis, and health monitoring.

Components

The BOALZETD Fitness Tracker package includes:

- 1 x BOALZETD Fitness Tracker (Model QS50)
- 2 x Silicone Sport Bands
- 1 x Charging Cable
- 1 x User Manual



Image: The BOALZETD Fitness Tracker in black, displaying the time and heart rate. This image illustrates the primary device and its display.

Setup

Charging the Device

Before first use, fully charge your fitness tracker.

1. Connect the charging cable to the charging port on the back of the device.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer USB port.
3. The charging indicator will appear on the screen. A full charge typically takes approximately 2 hours.

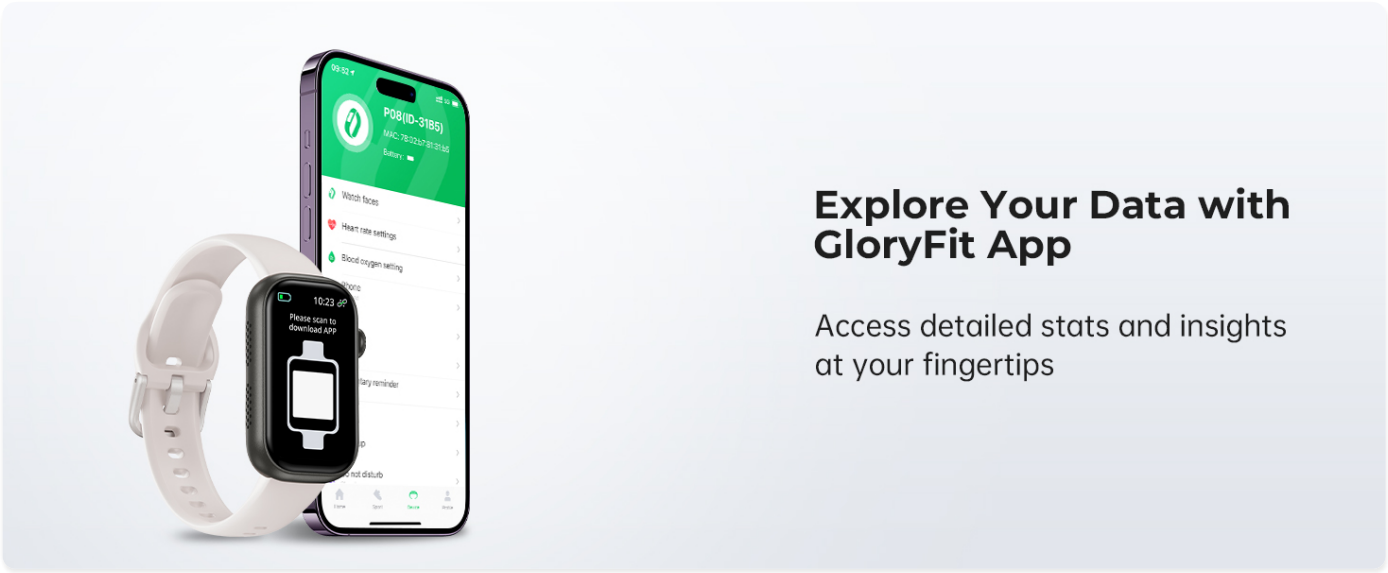


Image: Illustration of the fitness tracker being charged, highlighting its battery life specifications: 30 days standby, 2 hours charge time, and 7-10 days of daily use.

App Installation and Pairing

To access all features and synchronize data, download the companion app.

1. Scan the QR code provided in the quick start guide or search for "GloryFit" in your device's app store (App Store for iOS, Google Play Store for Android).
2. Install the "GloryFit" app.
3. Open the app and create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the app, navigate to "Device" or "Add Device" and select your fitness tracker from the list of available devices (e.g., "QS50").
6. Follow the on-screen prompts to complete the pairing process.



Image: A smartphone displaying the GloryFit application interface, positioned next to the fitness tracker. This image demonstrates the app's role in data exploration and device management.

Operating Instructions

Basic Navigation

The fitness tracker features a full touch display for easy 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.
- **Press Side Button:** Return to the previous screen or watch face.



Image: A close-up of the fitness tracker's display, highlighting its specifications: 1.47-inch display, 172 x 320 resolution, and 450 nit brightness, ensuring a clear and vibrant view for every workout.

Smart Connectivity Features

The fitness tracker offers various smart features when connected to your smartphone.

Bluetooth Calling

Make and receive calls directly from your wrist.

1. Ensure the tracker is connected via Bluetooth to your phone.
2. Access the call function on the tracker.
3. You can dial numbers or answer incoming calls.

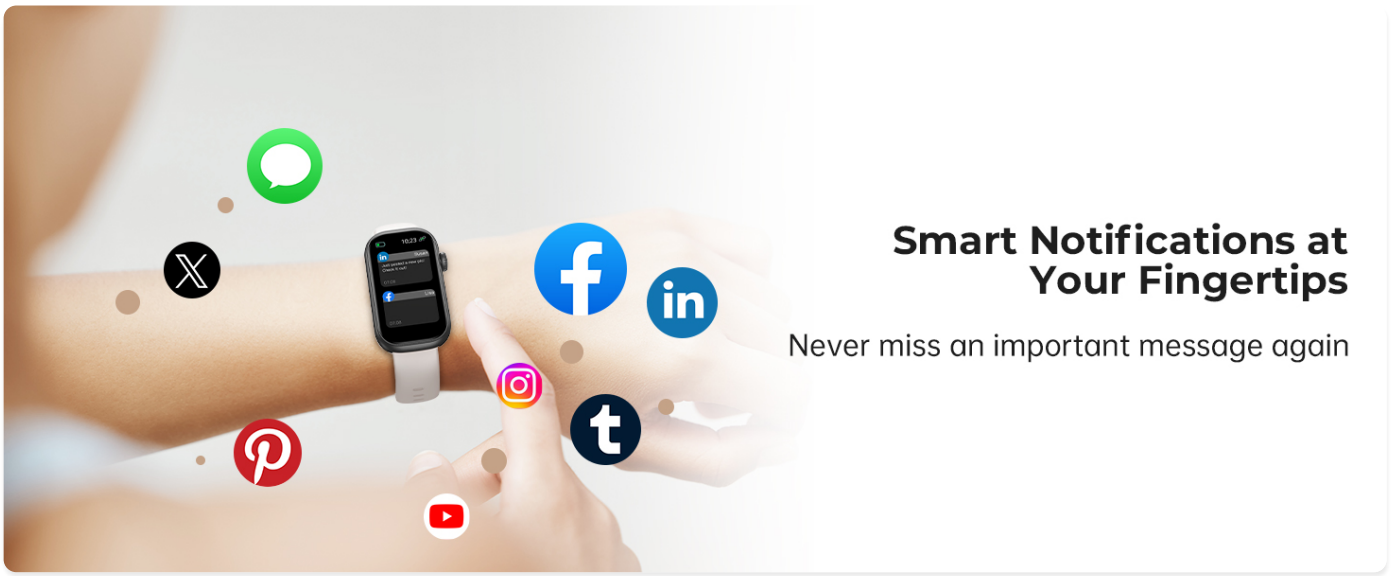


Image: A person interacting with the fitness tracker on their wrist, demonstrating the Bluetooth calling feature. A speech bubble indicates a greeting, illustrating effortless communication.

Message Notifications

Receive alerts for incoming messages from various applications.

1. Enable app notifications in the GloryFit app settings.
2. Notifications from supported apps (e.g., SMS, WhatsApp, Facebook) will appear on your tracker's screen.

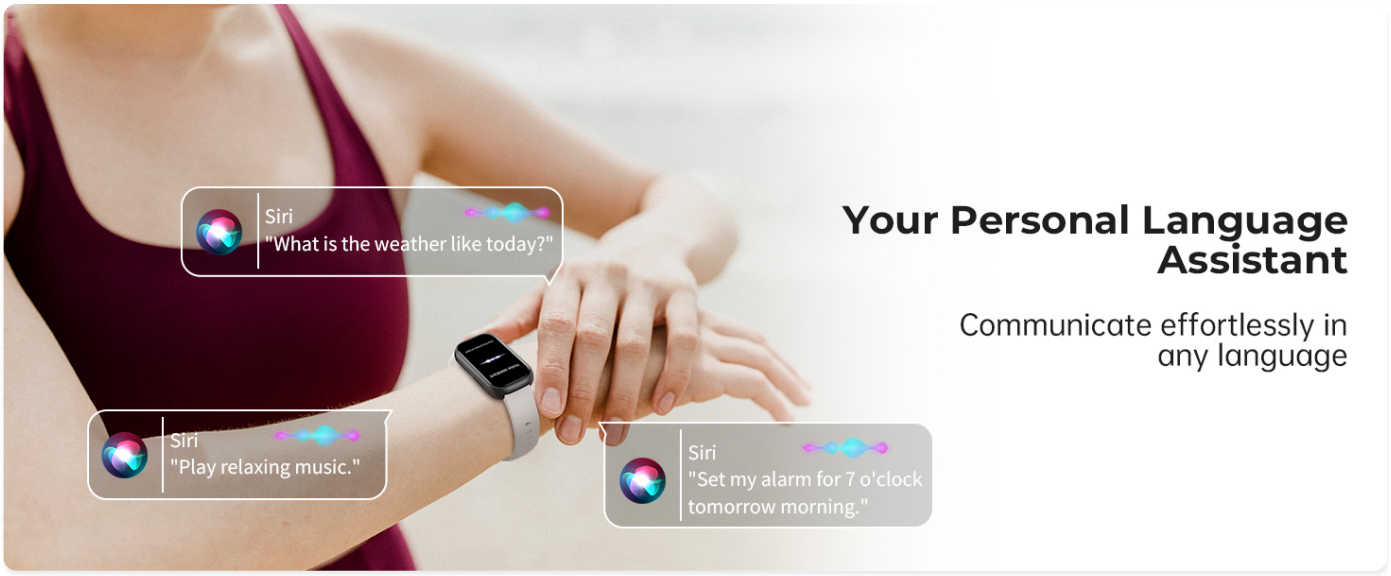


Image: The fitness tracker displaying a message notification, surrounded by icons of various social media and messaging applications. This illustrates the smart notification feature, ensuring users never miss important messages.

Voice Assistant

Use your tracker to interact with your phone's voice assistant.

1. Ensure your tracker is connected to your phone.
2. Activate the voice assistant feature on the tracker (refer to device specific instructions in the app).
3. Speak your commands (e.g., "What's the weather like today?", "Set my alarm").

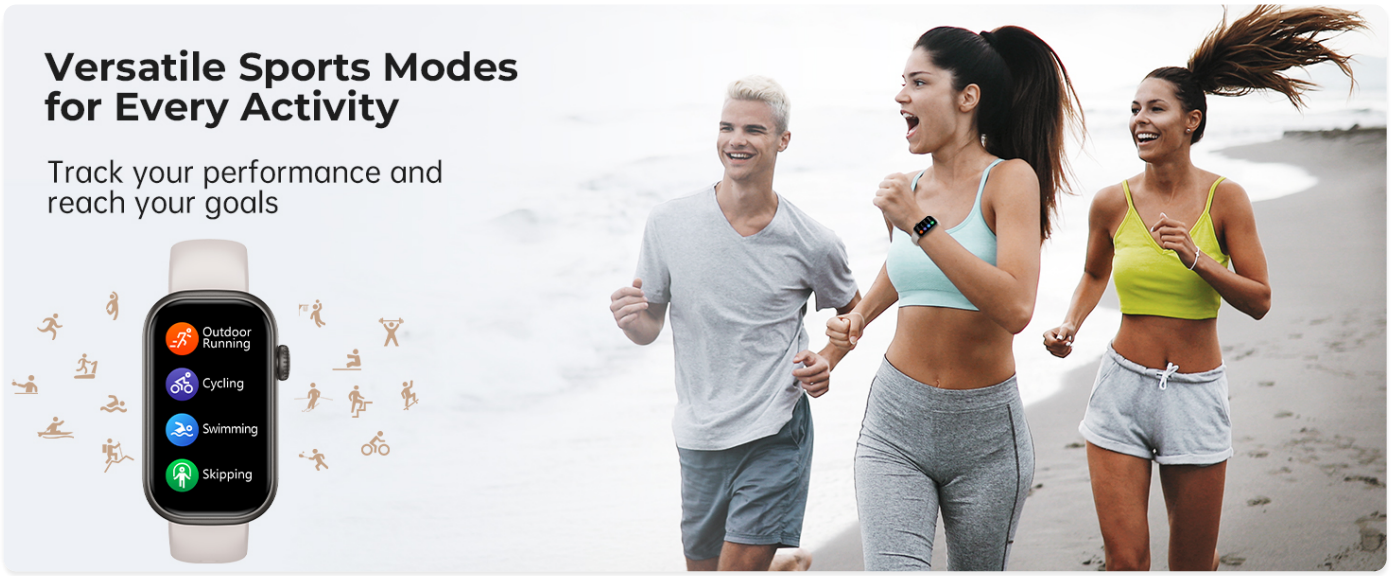


Image: A person using the fitness tracker to communicate with a voice assistant, with speech bubbles showing example commands like "What is the weather like today?" and "Set my alarm for 7 o'clock tomorrow morning."

Health Monitoring

The QS50 fitness tracker provides continuous monitoring of key health metrics.

Heart Rate Monitoring

The device continuously tracks your heart rate throughout the day.

- View real-time heart rate on the watch face or in the "Heart Rate" section of the app.
- Historical data and trends are available in the GloryFit app.

Blood Oxygen (SpO2) Tracking

Monitor your blood oxygen saturation levels.

- Access SpO2 measurement from the device menu.
- Ensure the watch is worn snugly on your wrist for accurate readings.

Sleep Analysis

The tracker automatically monitors your sleep patterns.

- Records total sleep time, deep sleep, light sleep, and awake periods.
- Detailed sleep reports and insights are available in the GloryFit app.



Image: Visual representation of health data, including graphs for heart rate (bpm), blood oxygen (%), and stress levels. This image illustrates the precision with which the device monitors vital metrics.



Image: A woman sleeping peacefully, accompanied by a graphic illustrating sleep patterns, including total sleep duration and sleep stages. This image highlights the device's ability to provide insights into sleep quality.

Female Menstrual Cycle Tracking

The tracker supports tracking of the female menstrual cycle.

- Enable and configure this feature in the GloryFit app.
- The app will provide predictions for menstrual periods and ovulation.

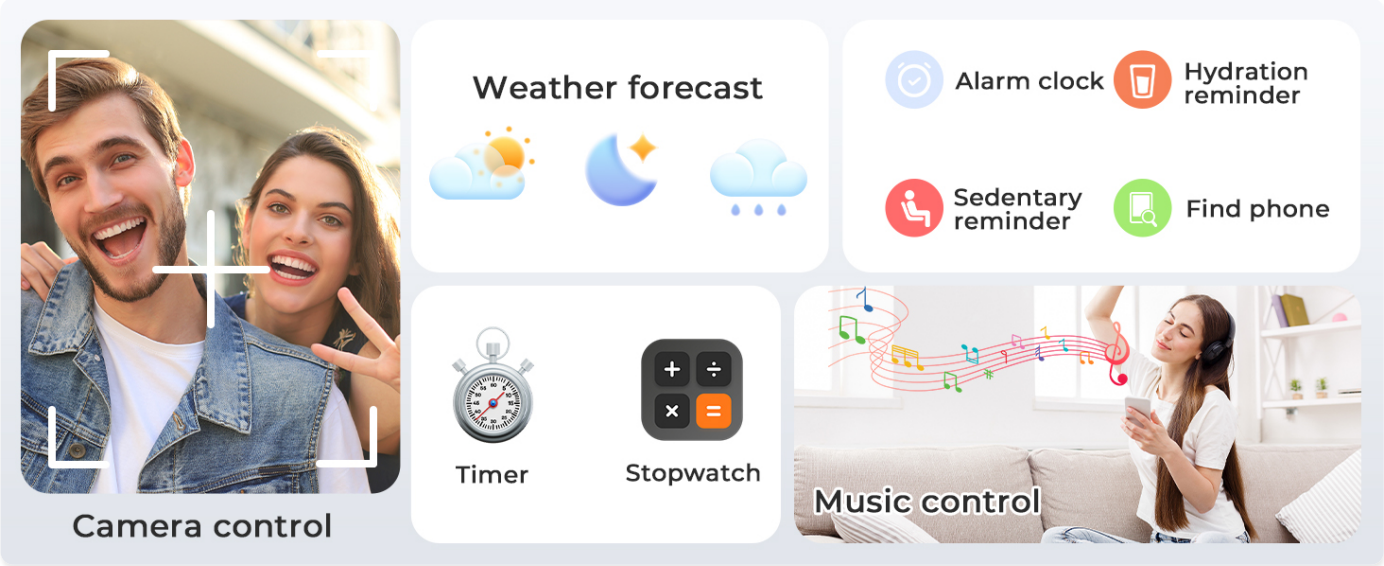


Image: A woman holding a child, with a calendar graphic displaying menstrual cycle tracking. This image emphasizes the device's feature for effortlessly tracking menstrual health.

Activity Tracking

The QS50 fitness tracker is designed to monitor your daily activity and workouts.

Daily Activity Tracking

The device automatically tracks your steps, distance, and calories burned throughout the day.

- View daily summaries on the device or in the GloryFit app.
- Set daily goals in the app to motivate your activity.

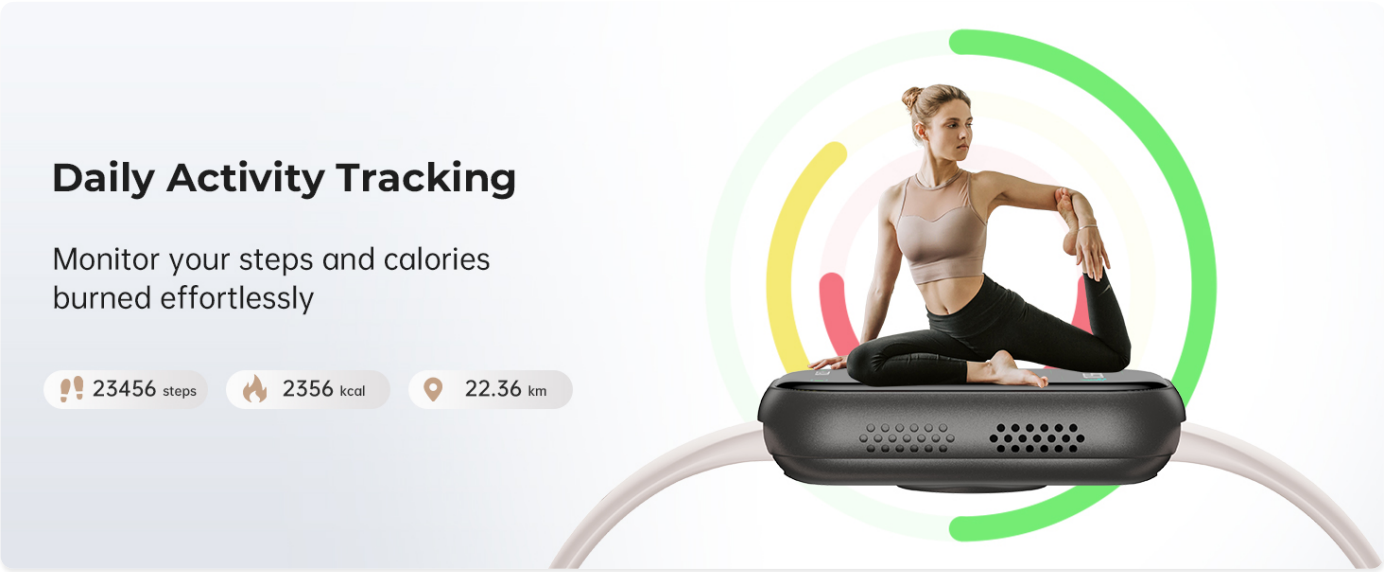


Image: A woman performing a stretch, with an overlay of daily activity metrics including steps, calories burned, and distance covered. This image illustrates the device's capability to effortlessly monitor daily activity.

Sport Modes

The tracker supports 24 different sport modes to accurately track specific activities.

1. Navigate to the "Sport" section on your device.
2. Select the desired sport mode (e.g., Outdoor Running, Cycling, Swimming, Skipping).
3. Start your activity. The tracker will record relevant metrics for that sport.
4. End the activity when finished. Data will sync to the GloryFit app.



Image: Three individuals running on a beach, with a graphic displaying various sport modes such as Outdoor Running, Cycling, Swimming, and Skipping. This image highlights the versatile sports tracking capabilities of the device.

Customization and Daily Convenience

Watch Faces

Personalize your fitness tracker with over 165 customizable watch faces. You can also upload your own photos.

1. Open the GloryFit app.
2. Navigate to the "Dial" or "Watch Face" section.
3. Browse available watch faces or select "Custom Dial" to upload a photo.
4. Sync the chosen watch face to your device.



Image: A collage of various watch faces available for the fitness tracker, alongside a screenshot of the mobile app interface for customizing and uploading personal photos as watch faces. This demonstrates the extensive personalization options.

Additional Features

The fitness tracker includes several features for daily convenience:

- **Weather Forecast:** Get real-time weather updates on your wrist.
- **Alarm Clock:** Set silent vibrating alarms.
- **Hydration Reminder:** Receive alerts to drink water.
- **Sedentary Reminder:** Get reminders to move after periods of inactivity.
- **Find Phone:** Locate your misplaced phone by triggering an alert from your tracker.
- **Timer & Stopwatch:** Built-in tools for timing activities.
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Use your tracker as a remote shutter for your phone's camera.



Image: A compilation of icons and illustrations representing various daily convenience features of the fitness tracker, including weather forecasts, alarm clock, hydration reminder, sedentary reminder, phone finder, timer, stopwatch, camera control, and music control.

Maintenance

Cleaning

Regularly clean your fitness tracker and bands to prevent skin irritation and maintain device hygiene.

- Wipe the device and bands with a soft, damp cloth.
- Do not use harsh chemicals or abrasive cleaners.
- Ensure the device is dry before charging.

Water Resistance

The QS50 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, hand washing, and light rain.
- Avoid prolonged immersion, hot water, or steam.
- Do not press buttons underwater.

Storage

When not in use for extended periods, store the device in a cool, dry place.

- Avoid extreme temperatures.
- Charge the device periodically (e.g., every 3 months) to prevent battery degradation.

Troubleshooting

Problem	Possible Cause	Solution
Device not turning on	Low battery; Device frozen.	Charge the device for at least 10 minutes. If still unresponsive, perform a hard reset (refer to app for specific instructions).
Cannot pair with phone	Bluetooth off; Device out of range; App issue.	Ensure Bluetooth is on. Keep device close to phone. Restart phone and tracker. Reinstall GloryFit app.
Inaccurate health data	Improper fit; Sensor obstruction.	Ensure the tracker is worn snugly, about one finger's width above the wrist bone. Clean the sensor on the back of the device.
Notifications not received	App permissions; Notification settings.	Check app permissions for GloryFit (e.g., notification access). Ensure notifications are enabled for specific apps within GloryFit.

Specifications

Feature	Detail
Model Number	QS50
Display	1.47-inch Full Touch Display
Battery Capacity	250mAh
Battery Life (Daily Use)	7-10 Days
Battery Life (Standby)	Up to 30 Days
Charging Time	Approx. 2 Hours
Water Resistance	IP68
Compatibility	Android and iOS
Item Weight	3.88 ounces
Manufacturer	Shenzhen Yougu Intelligent Technology co., Ltd.

Warranty and Support

For warranty information and customer support, please refer to the official BOALZETD website or contact their customer service directly.

- **Manufacturer:** Shenzhen Yougu Intelligent Technology co., Ltd.
- **Brand:** BOALZETD
- **Customer Service:** Refer to product packaging or official brand website for contact details.

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