Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

BOALZETD QS50

BOALZETD Fitness Tracker User Manual

Model: QS50

Introduction

This manual provides comprehensive instructions for the BOALZETD QS50 Fitness Tracker. It covers device setup, operational procedures, health and fitness tracking features, maintenance guidelines, and troubleshooting tips. Please read this manual thoroughly to ensure proper use and optimal performance of your fitness tracker.



Image: The BOALZETD QS50 Fitness Tracker in Smoke Violet, showcasing its sleek design and the included additional black band.

Setup

1. Charging the Device

Before first use, fully charge your fitness tracker.

- Connect the provided charging cable to the charging port on the back of the fitness tracker.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The screen will display a charging indicator. A full charge typically takes approximately 2 hours.
- Once fully charged, the device offers up to 7-10 days of daily use or up to 30 days of standby time.



Image: The fitness tracker connected to its charging cable, showing the recharge icon on its display, indicating the charging process.

2. App Installation and Pairing

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

1. Scan the QR code provided in the quick start guide or search for "GloryFit" in your smartphone's app store (available for Android and iOS).
2. Install and open the GloryFit application.
3. Follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the GloryFit app, navigate to the device pairing section and select your fitness tracker (e.g., "QS50" or a similar device name) from the list of available devices.
6. Confirm the pairing request on both your smartphone and the fitness tracker if prompted.

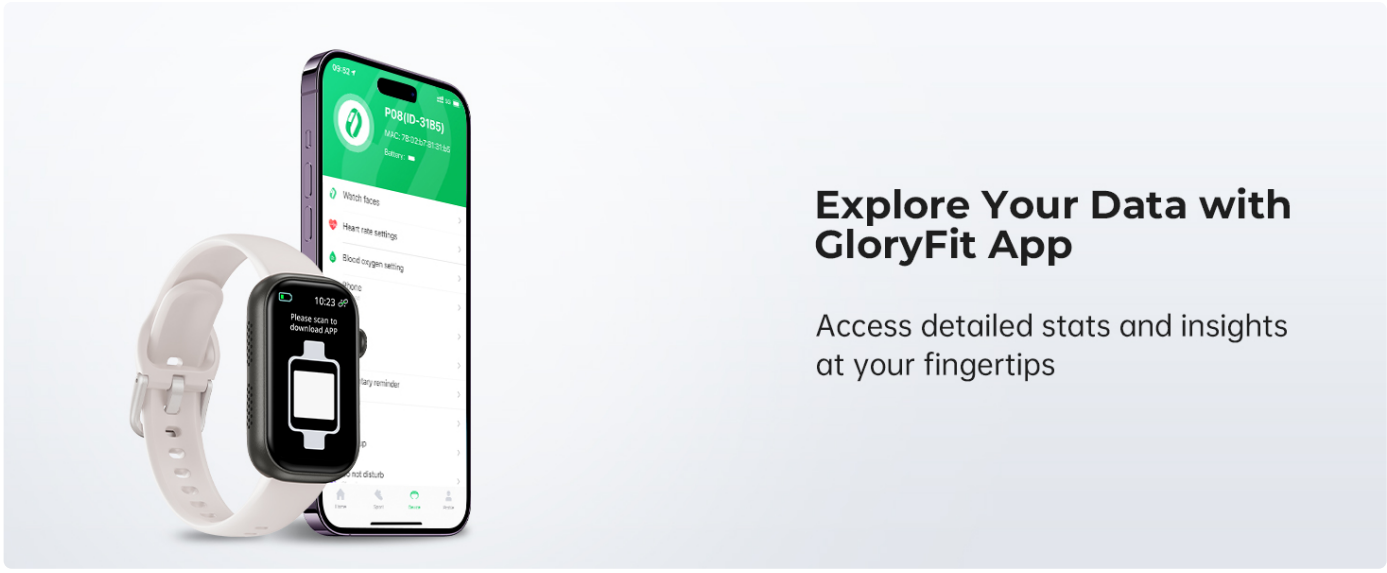


Image: A smartphone screen showing the GloryFit application, illustrating how to explore data and insights from the fitness tracker.

3. Customizing Watch Faces

Personalize your fitness tracker's display with various watch faces.

- Through the GloryFit app, access the "Dial Settings" or "Watch Face" section.
- Choose from over 165 pre-designed watch faces.
- You can also upload your own photos to create custom watch faces.



Image: A collection of diverse watch faces, demonstrating the extensive customization options available through the GloryFit app, including the ability to upload personal photos.

Operating the Device

1. Basic Navigation

The fitness tracker features a 1.47-inch full touch display for intuitive control.

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets (e.g., heart rate, weather).
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.



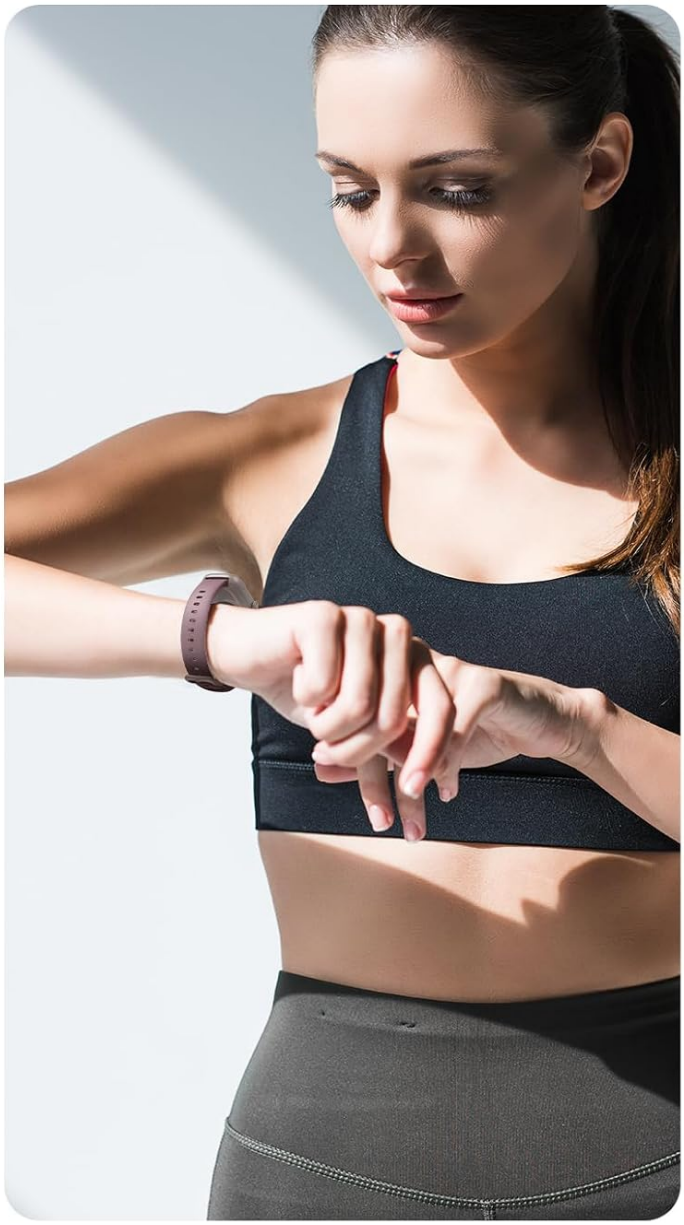
Image: A detailed view of the fitness tracker's 1.47-inch display, highlighting its clear resolution and brightness for easy readability.

2. Communication Features

- **Bluetooth Calling:** Make and receive calls directly from your wrist when connected to your smartphone via Bluetooth.
- **Message Notifications:** Receive alerts for incoming calls, text messages, and notifications from various social media applications (e.g., Facebook, Instagram, X) directly on your fitness tracker.
- **Voice Assistant:** Access your smartphone's voice assistant (e.g., Siri) through the fitness tracker for hands-free commands.

Stay Connected by You Wrist





Bluetooth Calling

Notifications

Image: A user demonstrating the Bluetooth calling feature, speaking into the fitness tracker on their wrist.



Smart Notifications at Your Fingertips

Never miss an important message again

Image: The fitness tracker showing a message notification, with various social media application icons floating around, illustrating smart notification capabilities.

3. Health Monitoring

The fitness tracker provides comprehensive health insights.

- **Heart Rate Monitoring:** Continuously tracks your heart rate 24/7. View real-time data on the device or detailed graphs in the GloryFit app.
- **Blood Oxygen (SpO2) Tracking:** Measures your blood oxygen saturation levels.
- **Sleep Analysis:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times, to provide a comprehensive sleep score and insights.
- **Female Menstrual Cycle Tracking:** Allows tracking of menstrual cycles, providing predictions and reminders.



Image: The fitness tracker showcasing its health monitoring capabilities, including heart rate, blood oxygen, and sleep tracking, with a person relaxing in the background.

4. Activity and Fitness Tracking

Track your daily activity and workouts with precision.

- **Daily Activity:** Automatically tracks steps taken, distance covered, and calories burned throughout the day.
- **Sport Modes:** Supports 24 different sport modes, including outdoor running, cycling, swimming, and skipping. Select the appropriate mode before starting an activity for accurate data collection.

Explore Your Potential with Versatile Sport Modes



Image: The fitness tracker showing real-time workout metrics such as heart rate, calories burned, and steps taken, set against a dynamic image of a person engaged in physical activity.

5. Daily Convenience Features

The fitness tracker offers various features to assist with daily tasks.

- **Weather Forecast:** View current weather conditions and forecasts directly on your wrist.
- **Alarms:** Set multiple alarms for reminders.
- **Hydration Reminders:** Receive alerts to drink water at regular intervals.
- **Sedentary Reminders:** Get notifications to move if you've been inactive for too long.
- **Find Phone:** Use the tracker to locate your misplaced smartphone.
- **Timer & Stopwatch:** Built-in tools for timing activities.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Camera Control:** Remotely trigger your smartphone's camera shutter.

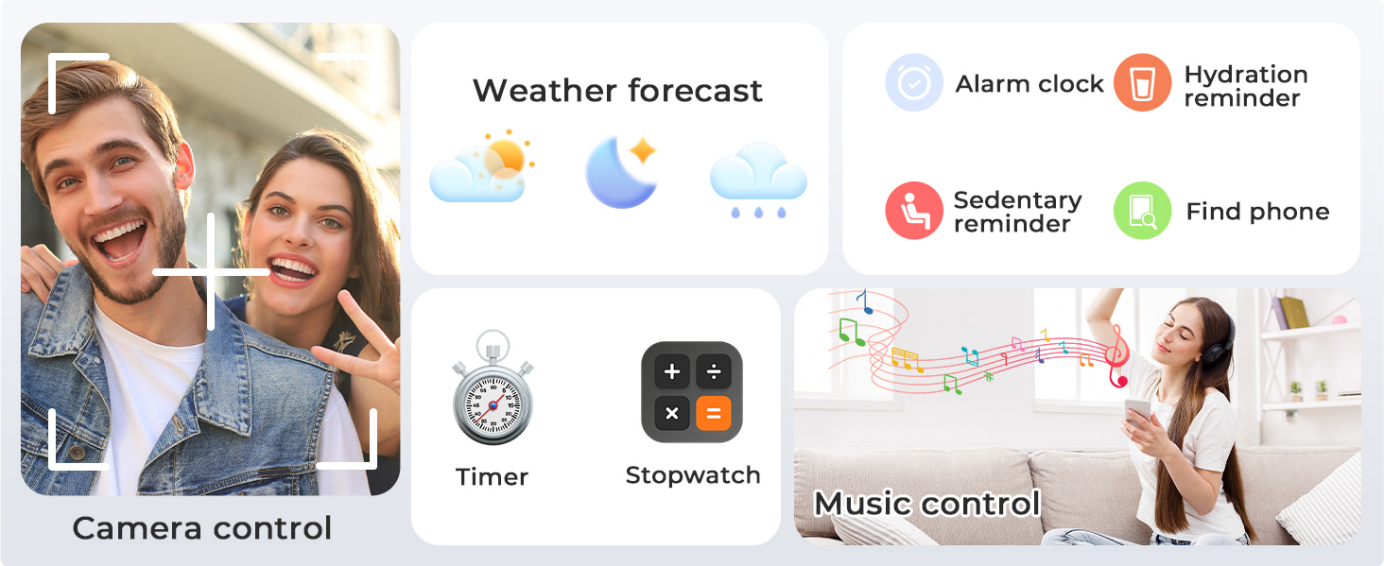


Image: A visual representation of the fitness tracker's additional features, including weather updates, alarm settings, hydration and sedentary reminders, phone finding, timer, stopwatch, camera control, and music control.

Maintenance

1. Cleaning Your Device

Regular cleaning helps maintain the device's appearance and functionality.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn spots, dampen the cloth slightly with water. Avoid harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper connection.

2. Water Resistance

The BOALZETD QS50 Fitness Tracker is IP68 waterproof.

- This rating means 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 daily use, including hand washing, rain, and shallow swimming.
- Avoid hot water, saunas, or diving, as extreme temperatures or high-pressure water jets may compromise the seal.
- After exposure to water, especially saltwater, rinse the device with fresh water and dry it thoroughly.

3. Battery Care

- Avoid fully discharging the battery frequently.
- Store the device in a cool, dry place when not in use for extended periods.
- Charge the device periodically if stored for a long time to prevent deep discharge.

Troubleshooting

If you encounter issues with your fitness tracker, refer to the following common solutions.

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Unable to pair with smartphone:**
  - Ensure Bluetooth is enabled on your smartphone and the tracker is within range.
  - Restart both the fitness tracker and your smartphone.
  - Forget the device in your smartphone's Bluetooth settings and try pairing again through the GloryFit app.

- Ensure the GloryFit app is updated to the latest version.

- **Inaccurate health/activity data:**
  - Ensure the tracker is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the device.
  - Ensure your personal information (height, weight, age) is accurately entered in the GloryFit app.
- **Notifications not appearing:**
  - Check notification permissions for the GloryFit app in your smartphone's settings.
  - Ensure the app is running in the background and not being closed by battery optimization settings.
  - Verify that notification alerts are enabled within the GloryFit app for specific applications.
- **Short battery life:**
  - Reduce screen brightness.
  - Disable continuous heart rate monitoring if not needed 24/7.
  - Limit the number of applications sending notifications to the tracker.

Specifications

Feature	Specification
Model Number	QS50
Display Size	1.47 Inches
Display Resolution	172 x 320 pixels
Brightness	450 nit
Connectivity	Bluetooth
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
Item Weight	3.88 ounces
Dimensions (Package)	5.83 x 3.78 x 0.79 inches
Manufacturer	Shenzhen Yougu Intelligent Technology co., Ltd.



Image: A technical diagram illustrating the precise dimensions of the fitness tracker and its band, including length, width, and thickness measurements.

Warranty and Support

For warranty information or technical support, please contact the manufacturer, Shenzhen Yougu Intelligent Technology co., Ltd., or refer to the official BOALZETD brand store on Amazon.

Visit the BOALZETD Store on Amazon

© 2025 BOALZETD. All rights reserved.
This manual is for informational purposes only. Product specifications are subject to change without notice.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0FFSVQL1P

More documents and user manuals: **https://manuals.plus/**