ACWO®

SMARTWATCH

FWIT
GO-ON
Manual

Screen

SEL Button

UP Button

DOWN Button

BACK Button

Watch Strap

Sensor

Magnetic Charging Interface

Appearance:

1 Screen
2 UP Button
3 DOWN Button
4 SEL Button
5 BACK Button
6 Sensor
7 Watch Strap
8 Magnetic Charging Interface

What Will You Find In The ACwO Box?

- Magnetic Charging Base
- Smart Watch
- Warranty Card
- Scan Me Card
- ACwO X Sunil Chhetri Catalogue

Smartwatch Specifications:

- Model Name - FwIT Go-On
- Bluetooth Pairing Name - FwIT GO-ON
- Screen Size - 1.43'' AMOLED™ Display
- Working Time - Up To 5 Days
- Net Weight - 80gm
- IP Rating - 5ATM & IP69K Rated

Charge Before Using:

- Full Charge your Go-On Smart Watch before the first usage.
- Connect your Go-On Smart Watch with the magnetic charging base using a 5V/2A adapter.

Install the ACwO Connect App:

Download and install the ACwO Connect app on your phone.
(Available On Both Google Play Store And Apple Store)

OR

Scan to download App
or pair a device

Scan This QR Code
(Also Available In The Settings Of Your Smart Watch)

Note: Only Android 5.0 and iOS 11.0 or above systems are compatible with the App.

Connecting to the ACwO Connect App:

Activate Bluetooth: Ensure the Bluetooth function on your device is switched on.

Install and Open the App:

- Download and install the ACwO Connect app from your app store.
- Launch the ACwO Connect app on your device.
- Proceed to set up your "Profile".

Register and Access the Device Page:
Once you've registered in the app, click on the device page.

Open the QR Code Scanner:
On the device page, click on the QR code scanner icon.

Display the Pairing QR Code:
Show the pairing QR code on your watch.

Pair Your Device:
Scan the QR code using the app and pair your device.

Grant Permissions:
Allow all necessary permissions for a smooth transition and optimal functionality of the app and the device.

Syncing Your Smart Watch To The App:

- Open The ACwO Connect app.
- Make sure your is connected to the app.
- Once inside the app, your Go-On will automatically get synchronised.

Kindly Note:
Please make sure to synchronise your Go-On at least once a day to avoid any data loss.

Safety Guidelines:

- Battery and Charging Safety: Always use the charger that is recommended by the manufacturer. Avoid overcharging the battery and do not charge the watch near flammable materials. Ensure the charging cable is in good condition and not frayed or damaged.

- Water and Heat Exposure: While Go-On is equipped with 5ATM & IP69K Rated water-resistant, it's important to know the limits of your device. Avoid exposing the smartwatch to extreme temperatures or humidity.

- Battery Replacement Warning: Only replace the battery of your smartwatch with the correct type specified by the manufacturer. Using an unsuitable battery could lead to a risk of explosion.

- Battery Disposal Instructions: When your smart watch's battery reaches the end of its life, follow the manufacturer's instructions for disposal. Proper disposal of batteries helps prevent environmental damage and health hazards.

- Eco-Friendly Disposal of Electronic Devices: Do not dispose of your smartwatch with your household waste. Take it to a designated collection point for electronic devices. By doing this, you are helping to recycle valuable materials and ensuring safe treatment of hazardous components.

Cleaning Your Go-On Smart Watch:

- Screen Cleaning: Before cleaning please make sure to power off your smartwatch. Use a soft, lint-free cloth (like a microfiber cloth) to gently wipe the screen and case. You can slightly dampen the cloth with fresh water if needed, because of the 5ATM & IP69K Rated of the smartwatch. Avoid using any cleaning products, solvents, or abrasive materials that could damage the screen or case.

- Strap Cleaning: Your Go-On strap is made with silicon/rubber and is undetachable, so you have to take extra care while cleaning it. Before cleaning please make sure to power off your smartwatch. Use a bit of mild, soap-free detergent mixed with water. Gently scrub with a soft brush or cloth and then rinse with fresh water. Dry thoroughly.

Health Warnings:

- Electromagnetic Interference: If you have a medical device such as a pacemaker, consult with a healthcare professional about the safe use of a smartwatch in proximity to the device.

- Physical Activity and Health Monitoring: While smart-watches can be excellent tools for tracking fitness and health, they should not replace professional medical advice. Always consult with healthcare professionals for health-related concerns and use the watch's health-tracking features as supplementary tools.

- Skin Sensitivity and Comfort: If you have sensitive skin or allergies, ensure that the materials used in the watch band and casing are suitable for you. Wear the watch snugly but not too tightly to prevent skin irritation or discomfort.

- Photosensitive Individuals: During continuous heart rate monitoring, the smartwatch emits continuous green sensory lights, these could potentially trigger seizures in individuals with photosensitive epilepsy. If you or someone close to you has a history of epilepsy or seizures,

Disclaimer:

- The manufacturer retains the authority to make alterations or enhancements to any features detailed in this manual without prior notification. Concurrently, the manufacturer maintains the right to revise the product's content perpetually.
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  The health monitoring features of the smartwatch are intended for general wellness and fitness tracking only. They should not be used as a substitute for professional medical advice or diagnosis. If you experience any health issues, please consult with a healthcare professional.

Swipe Functions Of Your Go-On :

- Swipe down from the watch face to enter the Control Center (Shortcut Menu) and tap on '+' to edit to customise.x

- Swipe up from the watch face to enter the Notification Center and customize by swiping to the bottom.

- Swipe right on the watch face to view unread notifications.

- Swipe left on the watch face to enter the App list.

Physical Buttons Of Your Go-On :

SEL Button Functions

- App List:
  Short press on the button to enter the App list.

- Workout Control:
  Short press on the button during a workout to pause, resume, or end the workout.

- Confirmation:
  Short press on the button a confirmation page to confirm (e.g., Confirm or Cancel).

- Stopwatch/Timer:
  Short press on the button the Stopwatch or Timer to pause or resume.

- Settings:
  Short press in the Control Centre (shortcut menu) to enter Settings.

- Power Options:
  Long press for 3 seconds to power off, restart, or activate Emergency SOS.

- Force Restart:
  Long press for 12 seconds to force a restart.

BACK Button Functions

- Customise BACK Button
  Short press to access any set function on the BACK key.

  To customise the function of the BACK button on your device, follow these steps:

- Access the settings menu on your device.
- Find and tap on the 'Bottom Key Setting' option within the settings menu.
- From the list of available functions, select the one you want to assign to the BACK button.

- Previous Page:
  Short press on other pages to go back to the previous page.

- Cancel Confirmation:
  Short press on a confirmation page to cancel (e.g., Confirm or Cancel).

- Stopwatch:
  Short press to end the stopwatch and return to the stop-watch list.

- Timer:
  Short press to reset the timer.

- End Workout:
  Long press for 3 seconds during a workout to end and save the workout details.

- Voice Assistant:
  Long press for 3 seconds on the watch face to activate Voice Assistant.

UP Button Functions

- Control Center:
  Short press on the watch face to open the Control Centre (shortcut menu).

- Scroll Up in Lists:
  Short press on other list pages to scroll up.

- Scroll Up on Long Pages:
  Short press on long pages to scroll up.

- Increase Volume:
  Short press on the sound setting page to turn up the volume.

- Increase Brightness:
  Short press on the brightness adjustment page to increase screen brightness.

DOWN Button Functions

- Notification Center:
Short press on the watch face to open the notification center.

- Scroll Down in Lists:
Short press on other list pages to scroll down.

- Scroll Down on Long Pages:
Short press on long pages to scroll down.

- Decrease Volume:
Short press on the sound setting page to turn down the volume.

- Decrease Brightness:
Short press on the brightness adjustment page to decrease screen brightness.

Navigate Through Your Go-On :

Power On/Off The Smart Watch:
- To power off the smartwatch, long press the UP Button and confirm to power off.
- To power on the smartwatch, long press the UP button.

Contact Menu:
- To access the 'Contact' menu on your Go-On Smartwatch, follow these steps:

Contacts:
- You can store up to 100 contacts on your Go-On Smart-watch. Here's how to add them:
- Open the ACwO Connect app on your smartphone.
- Navigate to the 'Device' option and select 'Address Book'.
- Choose the contacts you want to add (up to 100) and click 'Import' to transfer them to your smartwatch.

Call Logs:
- View your recent calls by selecting 'Call Logs'. To clear all call logs, simply tap on 'Clear All'.

Keypad:
- Open the 'Keypad' to manually dial a phone number using your smartwatch.

SOS:
- In case of emergency, quickly access your SOS contact:
- Tap on 'SOS' from the menu.
- Slide to contact your designated emergency number.
- To set an SOS contact, open the ACwO Connect app, select the 'Device' option, and then 'SOS Call'. Set your SOS contact here.

Daily Activity:
- Open the main menu on your smartwatch.
- Select 'Daily Activity'.
- View your calorie count, step count, and distance travelled right on your wrist.

Workout:
To start a workout session on your Go-On Smartwatch, follow these simple steps:
- Navigate to the smartwatch menu.
- Select 'Workout'.
- Choose your preferred sport or activity from the list.
- Tap 'Go' to begin your workout.

During your workout:
- To pause, press the 'UP' button.
- To stop the workout completely, long-press the 'UP' button.

Workout Records:
- Go to the smartwatch menu.
- Select 'Workout Records'.
- Check your past workout sessions.
- View detailed fitness and sports performance data for each session.

Heart rate:
- Open the Smartwatch menu.
- Select 'Heart Rate'.
- Here, you can see your current heart rate and resting heart rate.

For more details, check the ACwO Connect App:
- Open the ACwO Connect App on your phone.
- Go to the Home Page.
- Tap on 'Heart Rate' to view comprehensive heart rate information.

Sleep:
- Navigate to the smartwatch menu.
- Select 'Sleep'.
- Here, you can view your sleep stages and set your sleep schedule, including wake-up time, bedtime, and desired sleep duration.

For a detailed analysis of your sleep patterns, follow these steps on the ACwO Connect App :
- Open the ACwO Connect App on your smartphone.
- Navigate to the Home Page.
- Tap on 'Sleep' to access comprehensive details about your sleep patterns.

Blood Oxygen:
- Open the smartwatch menu.
- Tap on 'Blood Oxygen' on the screen to start the measurement.
- Wait a few seconds for the test results to display.

For a detailed analysis of your blood oxygen levels, follow these steps on the ACwO Connect App:
- Open the ACwO Connect App on your smartphone.
- Navigate to the Home Page.
- Tap on 'Blood Oxygen' to access a detailed report of your blood oxygen levels.

Stress:
- Open the smartwatch menu.
- Select 'Stress'.

- Tap on the screen to start measuring your stress level.
- Wait for a few seconds to view the results.

  For a detailed analysis of your stress level, follow these steps on the ACwO Connect App:
- Open the ACwO Connect App on your smartphone.
- Navigate to the Home Page.
- Tap on 'Stress' to access a comprehensive report of your stress levels.

  Music:
- Open the Smartwatch Menu:
- Navigate to the main menu on your smartwatch.
- Select 'Music':
- Tap on the Play/Pause icon to start or pause the music.
- Tap on the Next icon to play the next track in your playlist.
- Tap on the Back icon to restart the ongoing track.
- To Adjust the volume by tapping the speaker icon. or
- Alternatively, use the 'UP' and 'DOWN' buttons for precise volume adjustments.

  Voice Assistant:
- Make sure your device is connected to the smartwatch.
- Tap on the 'Voice Assistant' option in the smartwatch menu.
- Tap on the screen to activate the voice assistant.
- Give command.

  Weather:
- Open the Smartwatch Menu.
- Select the 'Weather' option.

- Ensure all necessary permissions are enabled for a smooth experience.
- Tap on the 'Weather' option to view the current weather update, UV Index, and Air Quality.

Compass:
- Navigate to the main menu on your smartwatch.
- Choose the 'Compass' option from the menu.
- Follow the on-screen directions to get better results.

Barometric altimeter:
- Open the smartwatch menu.
- Select "Barometric Altimeter" from the menu options.
- Scroll to check current barometric pressure and altitude information.

Breathing Exercise:
- Tap on the 'Breathing Exercise' option from the smartwatch menu.
- Choose the duration and pace of the breathing exercise.
- Tap on the "Start" button to begin the breathing exercise.
- Follow the instructions displayed on the smartwatch screen.

Notifications:
- Open the Notification in the smartwatch menu.
- Scroll down to view all received notifications.

Or

- Swipe right on the homepage to access notifications quickly.

- To clear notifications, scroll down and select the option to clear.

Stop Watch:
- Tap on the 'Stopwatch' option from the menu.
- Tap on the 'Start' button to start.
- Tap on the 'Lap' button to mark the lap.
- Tap on the 'Pause'icon to pause.
- Tap on the 'Reset' icon to reset.

Or

- Press 'SEL' button to start the timer.
- Press 'BACK' button to reset the timer.

Alarm:
- Open the smartwatch menu.
- Select the 'Alarm' option.
- Click on "Add alarm" and set the desired time.
- To snooze the alarm, click on "Naps." To turn off the alarm, click on "Off."

Timer:
- Tap on the 'Timer' option from the menu.
- Tap on the preferred time to start the timer.
- Or tap on the custom option to set a custom time.
- Tap on the play icon to start.
- Tap on the Pause icon to pause the countdown.
- Tap on the 'Cross' icon to cancel the countdown.

Calculator:
- Tap on the 'Calculator' option from the menu.
- Tap on the screen to do the math.

Remote Shutter:
- Open the 'Remote Shutter' app on your smartwatch.
- Open the ACwO Connect App on your paired device.
- Allow all necessary permissions for the Remote Shutter function.
- Now tap on your smartwatch screen to capture pictures remotely.

Flashlight:
- Open the Flashlight menu on your smartwatch.
- Tap on the screen to turn the flashlight on or off.

Find my phone:
- Open the smartwatch menu.
- Select the 'Find my phone' option.
- Tap on the screen to start or stop locating your phone.

Women Health:
- Open the ACwO Connect app on your device.
- Scroll down the homepage and click on "Menstrual Period."
- Fill in all the necessary details for accurate tracking.
- Click on 'Women Health' to view detailed information and insights.

Explore Settings Of Your Smart Watch:

Change Watch Face:
- Tap and swipe left on the screen to view multiple watch faces.
- Tap on the screen to select and set a watch face of your choice.

Or

- Open the ACwO Connect app on your paired device. Navigate to the 'Device' option.
- Select 'Watch Face Market' to explore a wide range of watch faces.
- Tap on the watch face you like, then click 'Sync Watch Face' to set it on your smartwatch.

Select Language:
- Tap on 'Select Language'.
- Select your preferred language and hit done.
- Now you can view your smartwatch in the language you want.

Note: The language options are limited.

Always On-Display:
- Choose the clock display setting of your smartwatch.

Display & Brightness:
- Adjust the brightness to suit your preferences.
- Set how long the display stays on with 'Display Duration'.
- Choose a wake gesture to activate the display.

Explore Settings Of Your Smart Watch:

Sound & Vibration:
- Adjust the overall audio settings.
- Set the volume for ringtone alerts.
- Configure vibration settings for notifications.

Themes:
- Choose your preferred theme from the list.
- Simply tap to set the theme.

Password:
- Open the 'Password' option.
- Switch on the password toggle.
- Set a password to protect your device.

Time & Date:
- Switch on 'Sync App' to automatically sync with your device's time and date.
- Alternatively, manually set the date and time by switching off 'Sync App'.

Do Not Disturb:
- Turn on 'Do Not Disturb' to silence notifications.
- Customize settings according to your preference.

Sports recognition:
- Tap the toggle to turn on/off Sports Recognition.

Button Key Settings:
- Open the 'Button Key Settings' menu.

- Choose any function you prefer for the bottom key (BACK Button)

  Cover Lock:
- Tap the Cover Lock toggle to switch it on or off.

  QR Code:
- Scan code available for pairing with the 'ACwO Connect' app.

  System:
- Tap on System.
- Choose from 3 options:, Shutdown, Restart, Reset.

  About:
- Tap on About to view smartwatch details

Explore the 'ME' Setting In the ACwO Connect App:

Login:
- If you already have an account, enter the mobile number or e-mail & password to log in.
- If not create an account with a number or e-mail.

Set Goal:
- Use this option to set your fitness goals by setting your daily step count, calorie target, and distance goal.

Unit Settings:
- Temperature Unit: Choose between Celsius (°C) and Fahrenheit (°F).

- Metric & Imperial Units: Select your preferred system for measurements, including metrics like meters and kilograms, or imperial units like feet and pounds.
- Unit of Weight: Specify whether weights should be displayed in kilograms (kg) or pounds (lb).
- Time System: Decide between a 24-hour or 12-hour format for displaying time.

Weekly Report:
Click here to view detailed data of your weekly activities, including:

- Steps taken
- Calories burned
- Distance traveled
- Sleep patterns
- Heart rate

Training Schedule:
Use this menu to set up your training schedule:
- Choose the number of steps you aim to achieve.
- Select which days of the week you'll train.
- Set the start time for each training session.

Feedback:
You can share any comments, suggestions, or concerns you have to help us improve our service.

Permission Settings:
Enable all required permissions to ensure smooth operation and access to all functions.

- **System Settings:**
  Access the Privacy Policy, User Agreement, and About section for update checks. You can even logout of the
- app from here.

- **FAQ**
  Explore frequently asked questions about the FwIT Go-On Smartwatch and ACwO Connect App.

Explore the 'Device' Section In the ACwO Connect App

Watch Face Market:
- Access the gallery of multiple watch faces via 'Watch Face Market'.
- Click on 'More'.
- Under 'Watch Face Center', select a watch face to open.
- Tap 'Sync Watch Face' to apply it to your smartwatch.

SMS Reminder:
Click to switch on/off SMS alerts on your smartwatch.

Smart Alarm:
Open 'Set Alarm' and tap on 'Go to set' to configure and set your alarm.

Incoming call reminder:
Access settings to incoming call alerts on your smart-watch.

Health monitoring:
Access and adjust settings for heart rate, blood oxygen, sedentary reminders, and stress monitoring on your device.

App reminder:
Click on the app reminder to manually enable notification permissions for the listed apps.

Other:
Address book:
Access the address book to save up to 100 contacts. Click on open, select the contacts you want to save and click on 'Import' to transfer them to your smartwatch.

Watch Bluetooth Call:
Access your smartwatch Bluetooth calling settings like Sync contacts, Enable Bluetooth Call, and Disable Bluetooth Call.

Quick Reply:
Enable Quick Reply for calls and customise new replies for quick responses.

SOS call:
- Access SOS Call settings to designate your emergency contact.
- Long-press the 'SEL' button and slide SOS to call your designated emergency contact instantly.

Device Settings:
Access various smartwatch settings such as Raise to wake, Remote shutter, DND mode, Find my watch, Find my phone, Screen timeout, and Device language.

Clear Data:
Tap to delete all the history and data on the Go-On smartwatch and ACwO Connect App.

Firmware Update:
Tap to check new updates or update ACwO Connect apps.

Unbinding:
Click to unbind the smartwatch for the device.

Explore the 'Device' Section In the ACwO Connect App

- Swipe left to explore 'My Sports'
- Click the '+' icon to add or remove sports from the list of available sports.
- Tap the play button to start your chosen activity.
- Monitor duration, heart rate, calories burned, distance travelled, and other metrics during your activity.

Explore the 'Homepage' Section In the ACwO Connect App

On the homepage, easily access detailed health insights by tapping each option.

Important To Note:

For Informational Purpose Only:
The heart rate readings and other health data provided by this smartwatch are for informational purposes only. They should not be considered a substitute for professional medical advice or diagnosis. If you experience any health concerns, always consult with a qualified doctor.

Data Synchronisation:
To ensure no loss of data, it is vital to regularly synchronise your smartwatch data. We recommend doing this daily to maintain an up-to-date record of your activities **and health metrics.**

Cleaning Instructions:
Post a rigorous workout session, it's important to clean your smartwatch. Please follow the provided cleaning instructions to maintain its functionality and hygiene.

Eco-Friendly Disposal:
When you decide to dispose of your smartwatch, please do so responsibly. Avoid discarding it with regular waste. Instead, contact your local e-waste disposal service for environmentally safe disposal options.

Sunil Chhetri

TRUSTED BY THE LEGEND OF
INDIAN FOOTBALL TEAM