YOYOFIT Grace

User Manual
Version 1.0

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Get Started

Welcome to moreFit, an all-day companion that lasts 4+ days.

Think of it like an electronic watchdog for your health, putting a finger on your pulse, constantly measuring your vitals, checking your quality of sleep, counting your steps, getting smart notification and even more.

What's in the box

Your moreFit box includes.

smart watch

charging cable

Set up Grace

A fitness tracker is not a standalone device. The app is absolutely vital because it is where you make sense of the information the tracker collects and where you can make your personal setting like your stride, height, weight or set your own fitness goal, sleep time and more. Start by using our mobile app 'Da Fit', you will explore more fun and it could be of interest if you're a beginner.

Charge your watch

Please full charge your new device (1-2 hours) before initial use.

Place the watch into charging pinch, the pins on the charging cradle must align with the gold contacts on the back of the watch.

Compatibility with Mobile

IOS 8.0 & above

Android 5.1 & above

Not SUPPORT:Windows/Amazon Kindle/Amazon Fire/PC /Tablet/Ipad/Samsung J1/J2/J3/J5/J7

Download the APP

Search "Da Fit" App on the App store or Google Play store.
Or scan the QR code to download:

Pair with Phone

Steps:

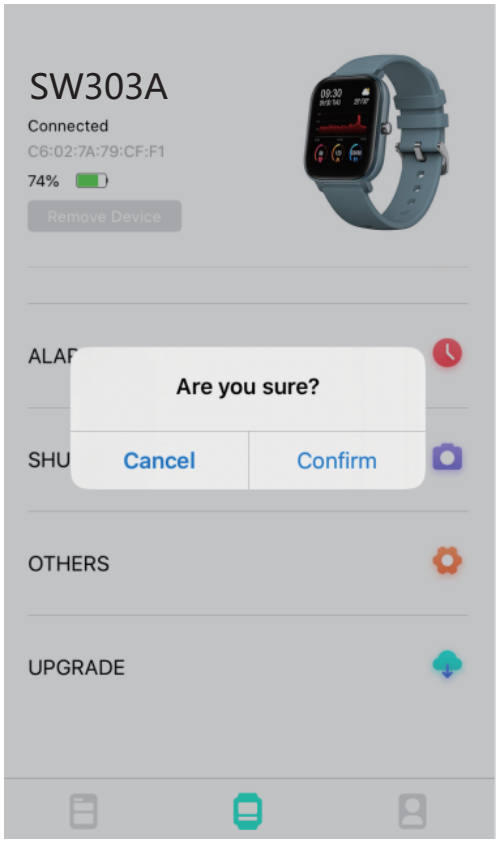
1). Make sure your phone bluetooth is ON. Please don't pair the tracker from bluetooth list directly.

2. Go to"Da Fit" App, click '' ADD A Device''.

3). Tap on ''SW303A'' to connect the watch to your smartwatch.

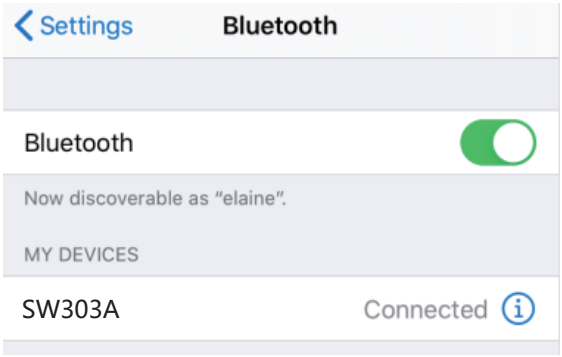
4). Keep your tracker awake while searching, the tracker will synchronize time with your phone after paired.

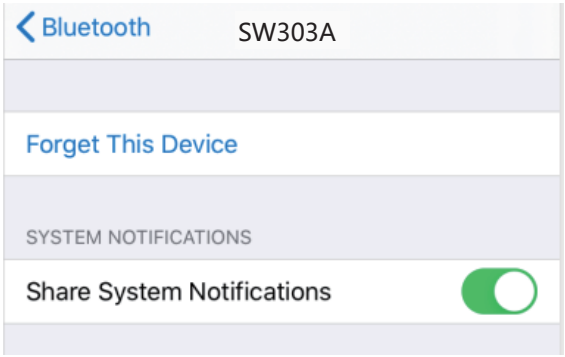
Disconnect from phone



For Android, go to the page of
" "
and disconnect device by clicking "Remove Device" .

For iOS, first go to connected device and disconnect device by clicking "Remove Device" and then go to iphone Setting → Bluetooth → Forget this device.





Wear Grace

Placement for all-day wear vs exercise

When you're not exercising, wear Grace a finger's width above your wrist bone.

For optimized heart-rate tracking while exercising:

- Try wearing Grace higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.

- Make sure the watch is in contact with your skin.

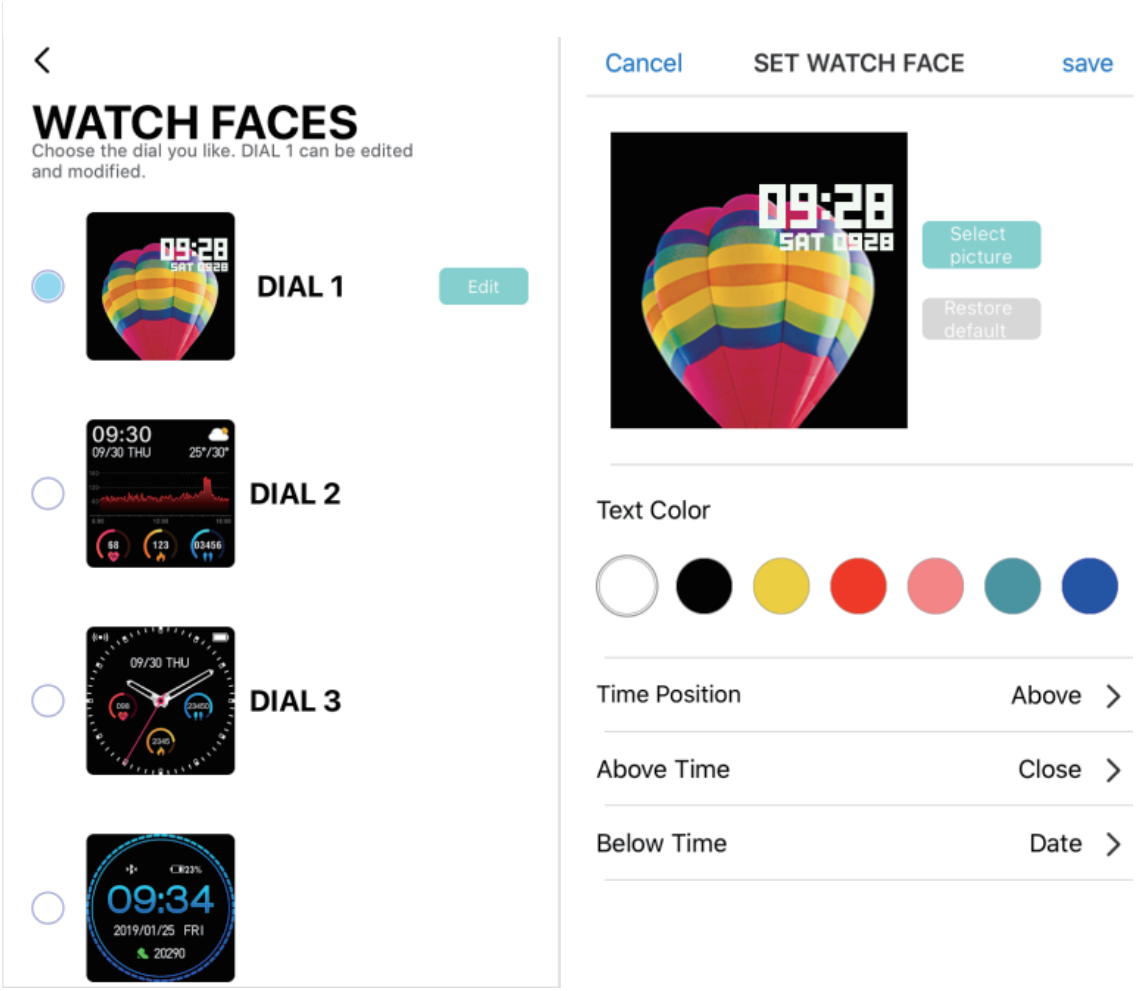
- Don't wear your watch too tight, a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The watch should be slightly tighter (snug but not constricting) during exercise.

With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

Change watch faces

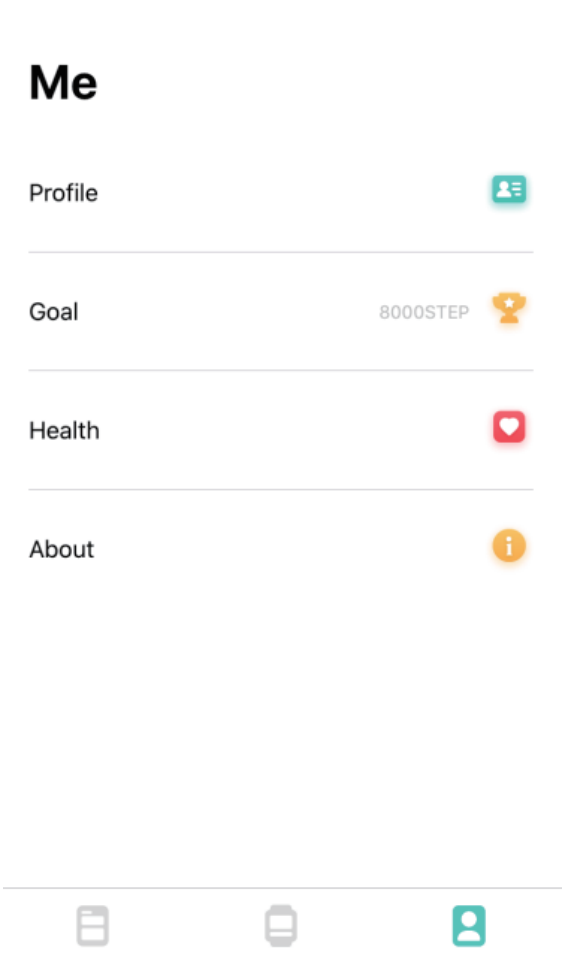
Steps: Go to smart watch → " "→ WATCH FACES → choose watch faces OR Discover more dials → choose watch faces → Download immediately

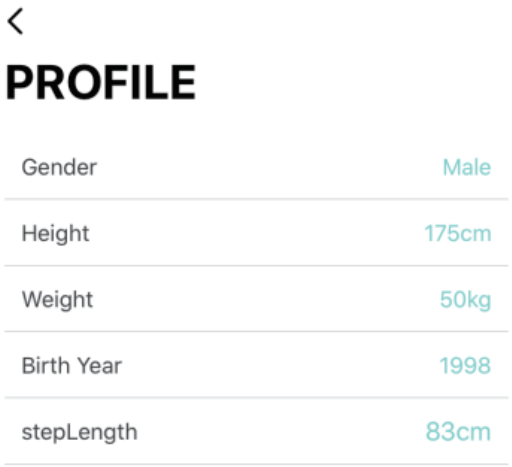
Click "Edit" → Choose time color and position.



APP instructions

Please go to " " tab to set your profile. Correct profile will get more accurate data. And the app will keep all your datas even if you reset the smart watch.

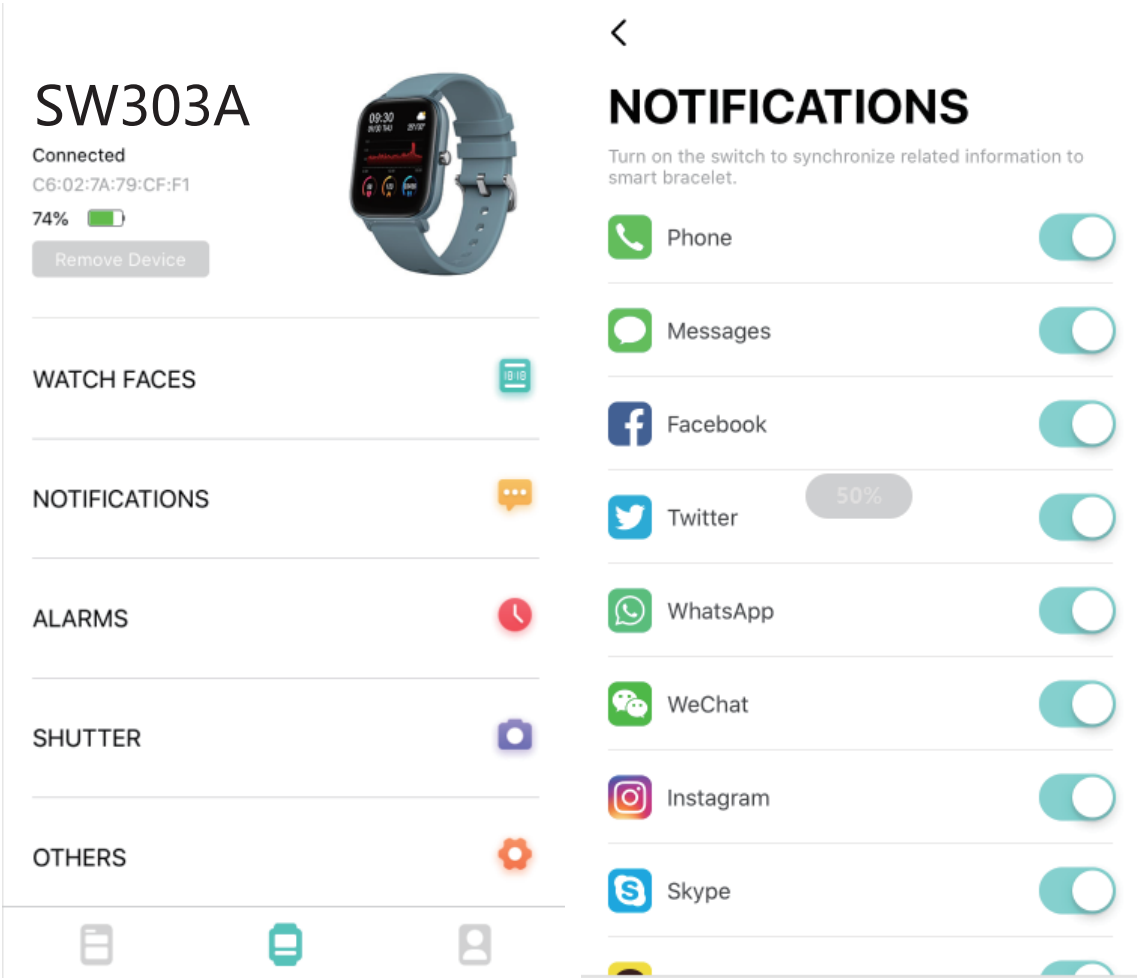




See incoming notifications

Never miss things that matter without staring at your phone. When your phone and Grace are within range, you will get notified when there's incoming call and messages.

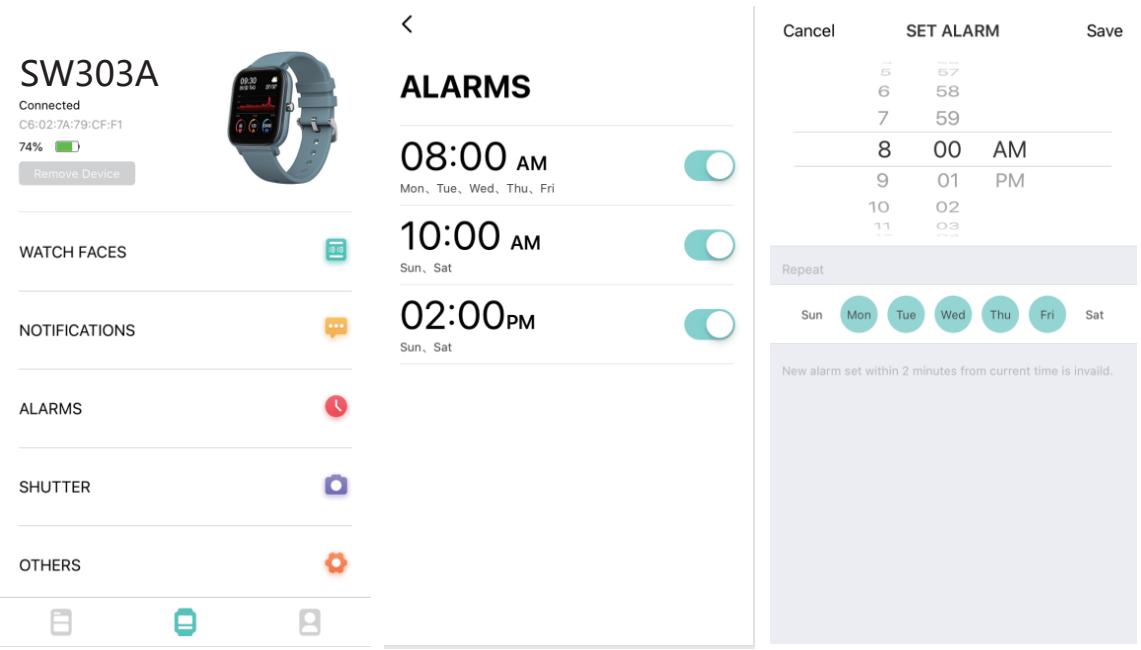
Steps: go to "Da Fit" APP→" "→ NOTIFICATIONS



Alarms setting

Set your own alarm time to wake you up with Grace silent vibrate alarm clock.

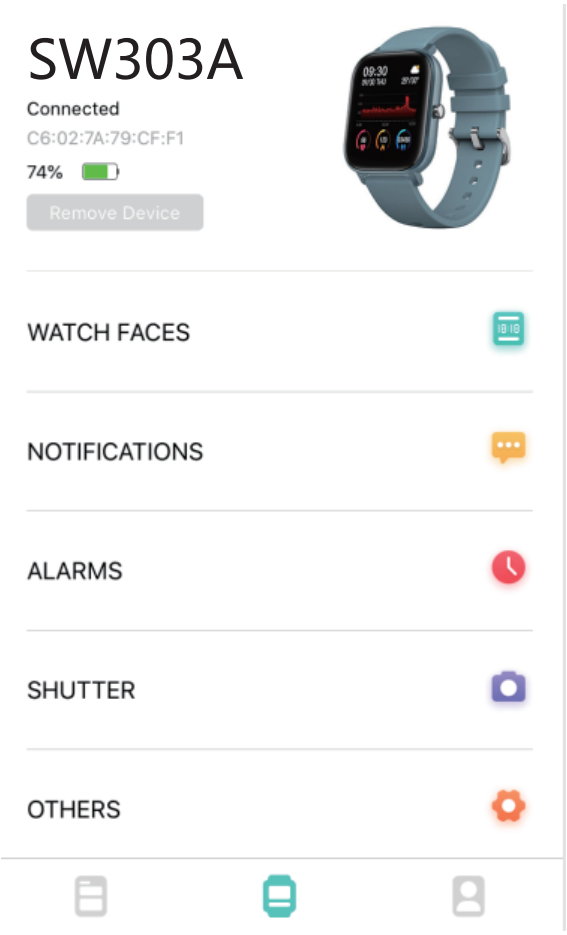
Steps: go to "Da Fit" APP→" " → ALARMS → Click one clock → Choose time/Repeat day → Save



Shutter

Think of it like an remote-control unit which can control your phone camera to take a photo wherever you put your phone on.

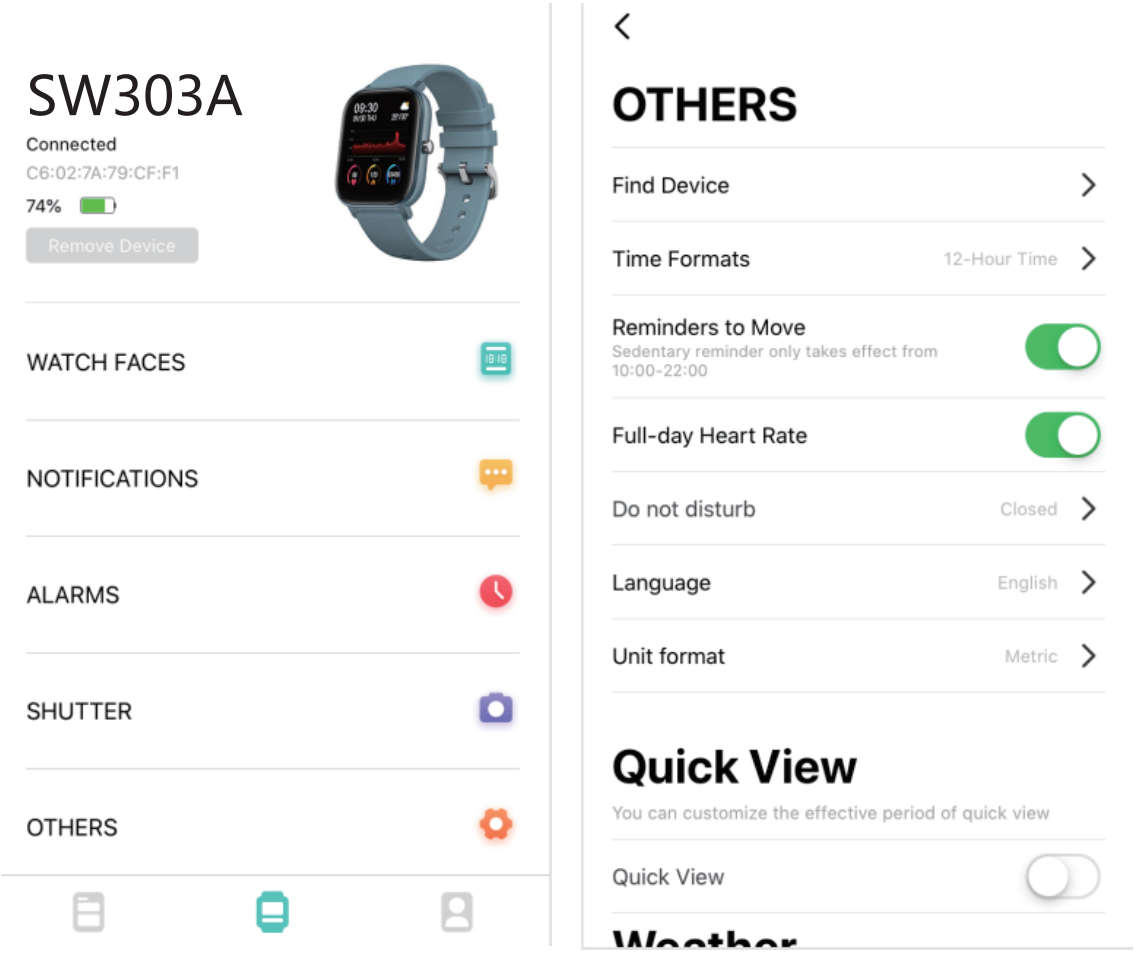
Steps: go to "Da Fit" APP → " " → SHUTTER → Go to smart watch click home key → Click touch screen



Find Device

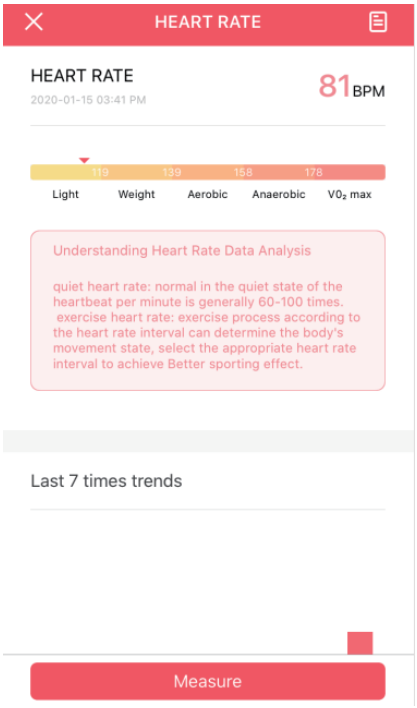
Hassle of finding your device even it's within the range? Figure it out with the function of "Find Device", your device buzzes to locate it itself.

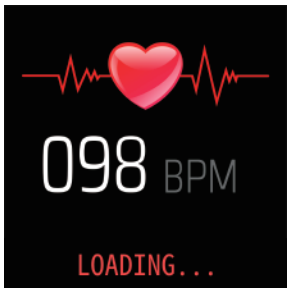
Go to smart watch → OTHER → Find Device

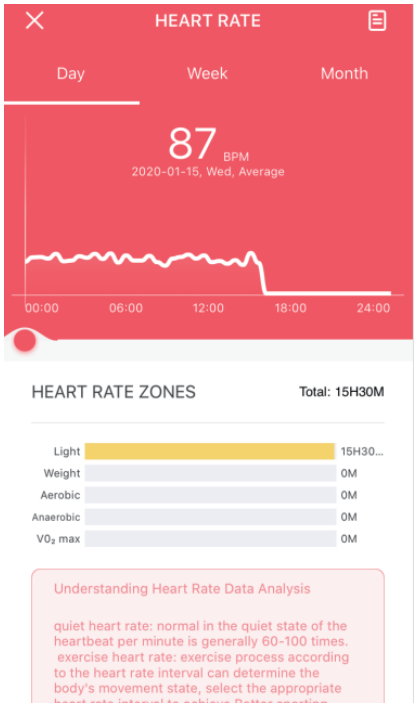


See your heart rate

Grace will measure the heart rate of the user in the heart rate measurement interface. Please waiting for 10~15s with patience, the result will be displayed.



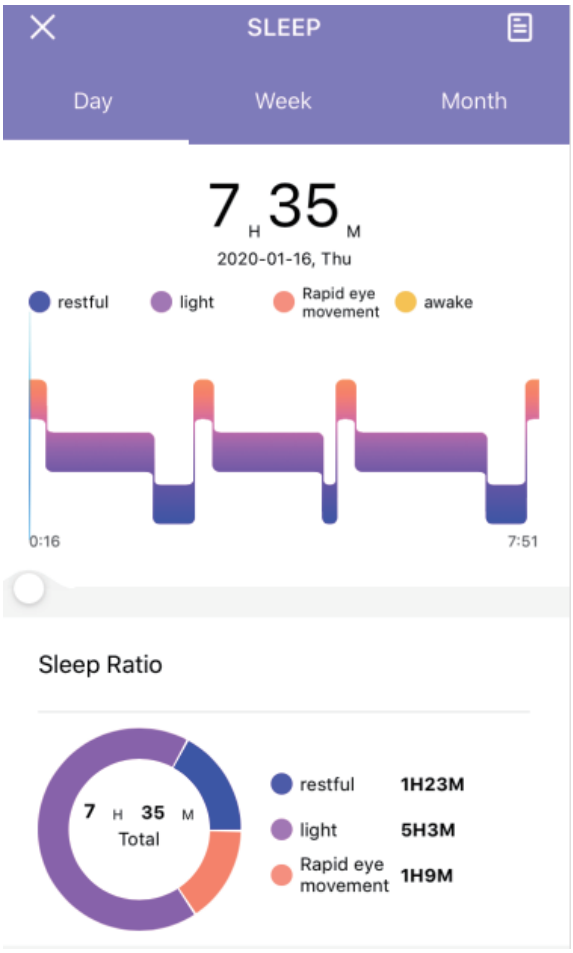


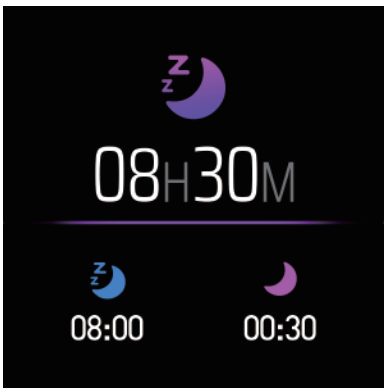


Sleep

Grace will record your sleep. Generally, when it works it detects your movement using a three-axis accelerometer to a more sensitive degree than it do during the day. Our Da Fit will report graphs showing the times when you were in light sleep and deep sleep based on motion.

Wear Grace to bed to automatically track your time asleep and sleep stages (time spent in restful, light, rapid eye movement and deep sleep).
To see your sleep status, sync your watch when you wake up and check the app.





You can check your detailed sleep data in the app.

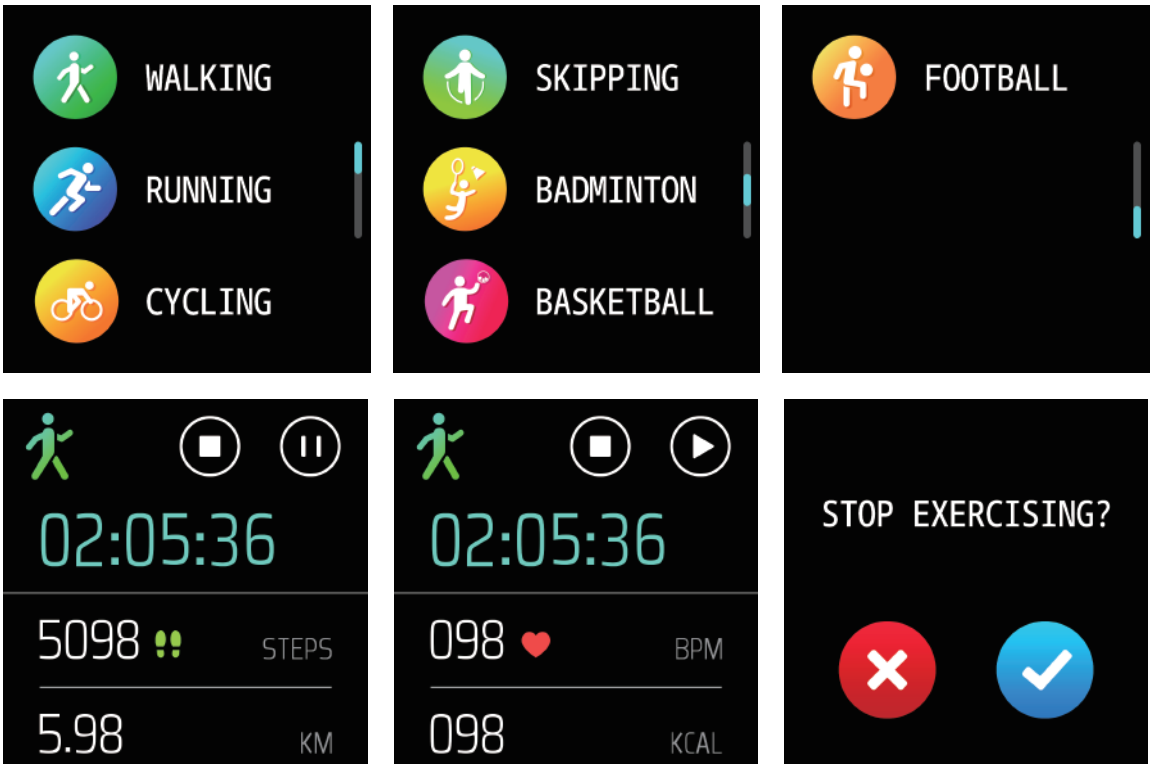
Learn about your sleep habits

Grace track several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each stage. Check your sleep with Grace and check the Da Fit app to understand how you sleep patterns compare to your peers.

Training

Count more than steps in multi-sport mode. Choose any sports mode you like to start your exercise.

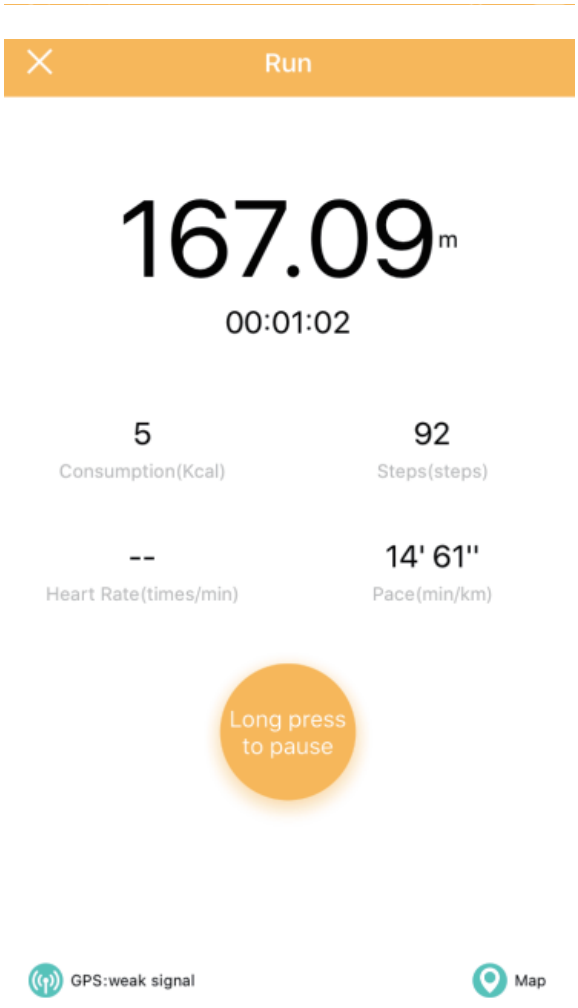
Choose sport mode on Grace and go exercise.



Check your workout summary

After you complete a workout, Grace shows a summary of your stats.

Sync your app to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS in Dashboard OUTDOOR RUNNING.

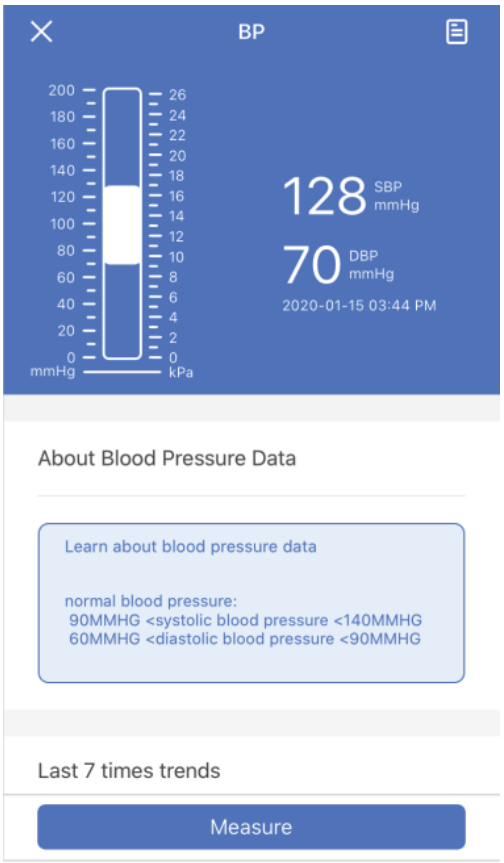


Blood pressure measure

BP Measuring in smart watch directly

Go to your smart watch → Health → Measure BP → single click to measure.

BP Measuring in "Da Fit" APP



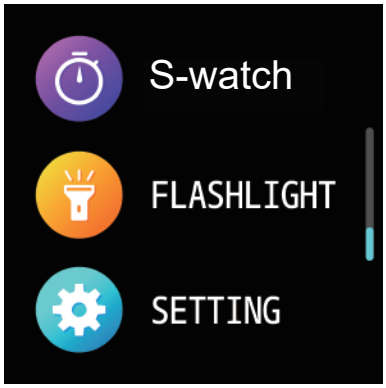
Tips:

1. A measurement process takes about 20 seconds.
2. Please note that it can't replace professional blood pressure testing instrument.

Set a stopwatch

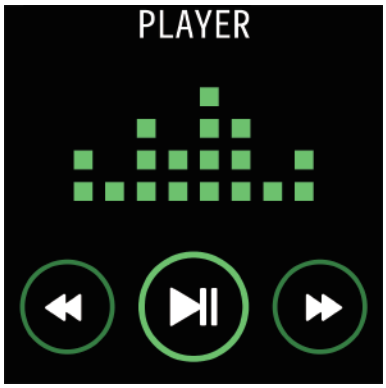
To use the stopwatch:

Open smart watch → find S-WATCH → single click to start, single click again to pause/restart, swipe the touch screen or press the home key to turn back.



Music Player

Bother to take phone out to switch songs or pause? Grace will help to release your hands.
Go to smart watch→Player→single click to enter



Restart and Erase

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Grace to another person.

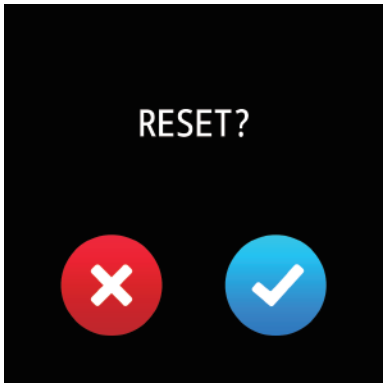
Restart Grace

You can directly long press watch's button to turn off or turn on.

Please don't worry, restarting/rebooting the device will not erase your history data.

Erase Grace

If you want to give Grace to another person, first clear your personal data:
Go to your smart watch → MORE → RESET



Troubleshooting

Heart-rate signal missing

Grace continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, the green light on the back of the watch will continue to flash continuously.

Next, please make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Grace should be in contact with your skin.

After holding your arm still and straight for a short time, you should see your heart rate again.

Other issues

If you experience any of the following issues, reset your device:

1. Won't sync;
2. Won't respond to button press;
3. Won't track steps or other data;

See "Reset Grace" on how to reset your watch.

Return policy and warranty

To learn more about your smart watch and warranty, visit www.iyoyofit.com

Specifications

System requirements	IOS system 8.0 or above; Android system 5.1 or above; Support bluetooth with 4.0 verson
Bluetooth version	BLE 4.0
Screen display	1.4 IPS 240*240
Battery capacity	170mAh
Stand-by time	7 days
Operating days	3-5 days
Motor	Build in, vibrating reminder
Water-resistance	IP67
Sensor	G-sensor

Safety Notices

1. The wristband that comes with watch is made of flexible, durable elastomer material similar to that used in many sports watches.

2. The buckle and frame on watch are made of stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in watch meets the European Union's stringent Nickel Directive.

3. Make sure the watch is not worn too tightly. The watch should be worn loosely and can be moved up and down the wrist.

4. Before putting the watch back on your wrist, make sure your skin is dry.

5. This watch is IP67 water resistance. But we do not recommend you wear it for taking shower with warm or hot water. Such behavior may reduce its life. You can wear it for swimming in pool no more than 1 meter.

Note: Please remove your watch and consult your doctor before re-wearing if you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around.