

Thank you for choosing our smartwatch. By reading this manual, you can fully understand the use of the equipment, appreciate its practical functions and simple operation methods.

The company reserves the right to modify the contents of this manual without prior notice.

Product configuration: one box, one manual, one host, one charging stand.

Please read this manual carefully before using the product and keep it properly.

This product supports life waterproof wear. Special attention should be paid not to wear in hot showers or saunas, as it cannot prevent water vapor; when soaking in sea water, wipe it clean and dry in time. If water enters due to not used according to the instructions, our company will not provide free warranty. After soaking in water, the speaker hole will accumulate water, please shake the water out, and the sound will return to normal.

If the power of the watch is exhausted when using the watch for the first time, please take out the charging stand, the watch will be automatically adsorbed on the charging stand, and the USB will be inserted into the adapter for charging. The input voltage of the adapter is required to be 5V1A/2A (Using an adapter with a rated voltage exceeding 5V is likely to cause charging damage) .

The measurement results of this product are for reference only, and the data provided by the product is not intended for any medical purposes or basis.

Product overview:



touch operation:



Connection Tutorial:

1. Download the 'DaFit' app to your phone and install it. You can directly search for 'DaFit' in the app store to download, you can also scan the following QR codes to jump to the download link (browsers, WeChat, etc. can scan the codes);

2. Connecting a watch

After enabling Bluetooth on the phone, enter the "Add Device" function in the APP, directly search for the device, find the corresponding Bluetooth MAC address of the device, and manually connect.

3. Connect to Bluetooth for calls

Slide down to open the shortcut menu and ensure that the Bluetooth call switch is on (the Bluetooth icon in the middle of the status bar is in purple), which can be set on the phone. Discovered a call Bluetooth in Bluetooth (with Bluetooth enabled on the phone), find the name of the audio device you are using, and click Connect. After successful connection, you can use the call function and music function. In Settings – Call, you can freely choose to turn on and off call audio and multimedia audio.



DaFit QR code :

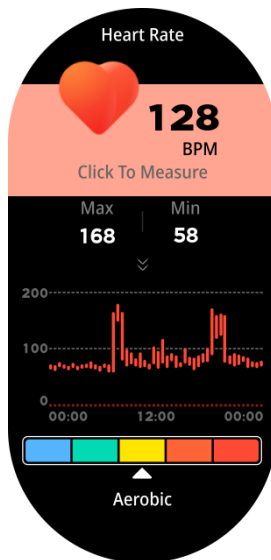
Android 5.0 and above and IOS10.0 and above



Health function introduction :

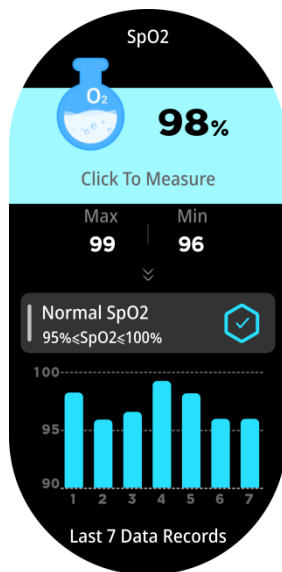
1. Heart rate :

- 1) Click to enter to measure the current heart rate value, it will remind you when you are in the air wear correctly;
- 2) The heart rate data can be detected in real time on the APP on the hour, and the corresponding record is recorded in the column in the shape chart;
- 3) Connect to APP to record heart rate data synchronously;



2. Blood oxygen:

- 1) Click to enter the function of testing blood oxygen ;
- 2) The test data will be synchronized in real-time to the APP;



3. Multi-sport mode:

- 1) Provide multiple sports modes for free selection;
- 2) Heart rate, calories and other data will be recorded during exercise;



Features:

3. Phone: After connecting to the phone's audio Bluetooth, it can enter, support viewing recent calls, dialing, and also have contact functions (set up shortcut communication in the app to support up to 8 contact cards);

4. Step counting: You can view the number of steps taken, calorie consumption, and exercise time on that day; Every night at 12 o'clock, the data of the day will be saved and reset to zero, supporting up to the last seven days of step counting records; Click on the step counting interface to view relevant data about the step counting function;

5. Sleep monitoring: From 10pm to 8am the next day, your sleep duration and quality will be recorded to help you better adjust your schedule and improve sleep quality. On the sleep function interface, you can search for sleep related data;

6. Games: Supports multiple mini games for free selection;
7. Voice Assistant: After connecting the APP and call audio, wake up the phone's voice assistant through the watch's voice assistant function.

8. Information recording: This function requires connecting to the mobile app "DaFit" application to query third-party program messages for setting message notifications.

9. Music control: It can control and play music on the phone.

10. Calculator: Can perform simple calculations.

11. Stop watch: Turn on this function to time.

12. Settings: Set various local settings for the device, including display and brightness settings (brightness adjustment, sleep time, raised screen, dial and menu style, etc.), sound vibration settings, do not disturb mode, audio Bluetooth switch, etc.

13. Weather: After connecting to the app, you can synchronize the weather information provided by "DaFIT" in real time for the day and the last seven days.

14. World Clock: Real time times from various countries around the world can be added to the app to synchronize with the watch's world clock function;

15. Camera control: After connecting to the app (obtaining camera permissions), click to enter the function (or directly enter the function from the app's camera control), and then click to enable remote control of mobile phone photography (the app must be in the current interface of the phone and cannot be in the background);

16. Alarm clock: supports alarm function and can freely set alarm reminders;

17. Menstrual period: Female users can set their own female health information through other settings on the app, and will provide health reminders based on different settings;

Long sitting reminders, water drinking reminders, heart rate warnings, watch search, do not disturb mode period, and time settings for raising the hand to light up the screen can be set in the "Other Settings" function of the app.

How to set up message notifications:

On the phone, go to Settings - Application Management, find "DaFit" - Permission Management, and open all of them. Then enter the notification management - find "DaFit" and open all permissions. Permission to run in the background, enter, select unlimited. return. It will prompt to open automatically, enter open. Go back, select the APP message notification you want, and click Open. On the IOS side, you can turn on the shared system notification in the mobile phone settings - BT - connected BT settings;

Note: If the computer version of the selected APP is online, the mobile phone will not receive information notifications, and the watch will not remind.

Common Troubleshooting:

1. The watch cannot be turned on: the duration of pressing the power button is too short, taking more than 3 seconds; The battery level is too low, please use a charging cable to charge;

2. The watch cannot be charged normally: whether the charging contact is in normal contact with the watch, and whether the charger is normal; When the battery level is low, it takes a while to charge before the charging interface is displayed;

3. Firstly, watch devices monitor human activity through electronic sensors, which are considered consumer grade. It is normal for the product to experience certain errors. Please treat the data objectively;

4. If your phone is installed with security management or cleaning acceleration applications, please

Set "DaFit" as a whitelist (trust list);

5. If some software issues occur while the watch is running, it can be restored to normal by restoring the factory settings.

Warranty Description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., from the date of purchase, the motherboard will be guaranteed for one year free of charge, and the battery and charger will be guaranteed for half a year.

2. The failure caused by the user's personal reasons does not provide free warranty, as follows:

- (1) Damage caused by unauthorized disassembly, modification of watches, etc.;
- (2) Injury caused by accidental falling during use;
- (3) All man-made damage or third-party negligence, misuse (such as: water in the host, external force cracking, scratch damage to peripheral components, etc.), are not covered by the warranty.

3. When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase.

4. All the functions of the product are based on the physical object.

Date of purchase:	Customer signature:
MAC code:	Clerk signature:
Buy store:	Shop stamp:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.