

P28 Plus

User manual



Welcome to use our high-performance wrist-band smart watch which creates thoughtful and health experience for you.

Device maintenance

Please remember the following tips when you maintain your smart watch:

- Clean the smart watch regularly, especially its inner side, and keep it dry.
- Adjust the smart watch tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the smart watch.
- Please cease wearing the smart watch in case of skin allergy or any discomfort.
- **Why can not take a hot bath with the smartwatch?**

P.S. The bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the smart watch from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the smart watch and damage the circuit board and then damage the smartwatch.

1. Appearance description



- 1: 1.69" touchscreen 2: Multifunction button 3: Watch strap (width:20mm) 4: Microphone
5: Magnetic charging 6: Heartrate sensor 7: Speaker

2. Multifunction button introduction



When shutdown,
long press to turn on
the P28 Plus

When turn on, short
press to turn on the
display



When turn on, long
press to turn off the
P28 Plus

Short press to turn off
the display.

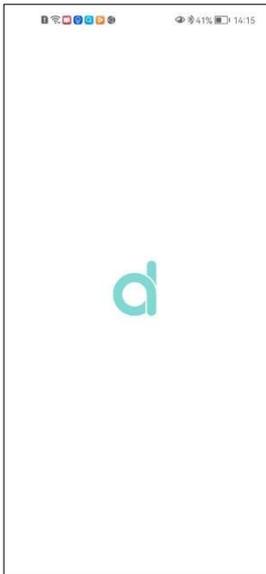
3. APP download and connection

a) APP download



Use your phone to scan the QR code to download the "Da Fit" by Google Play or APP Store. After installation according to the guidance, it can be used

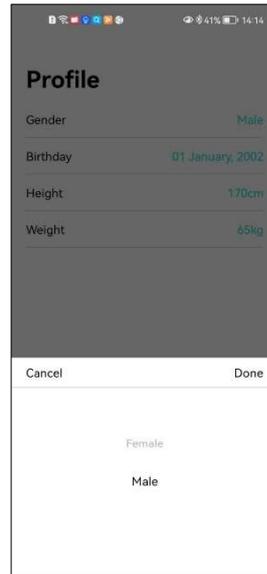
b) First use Da Fit



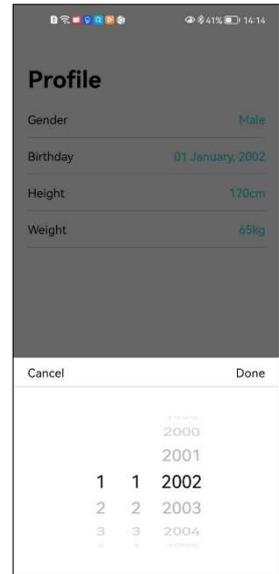
1. First use Da Fit



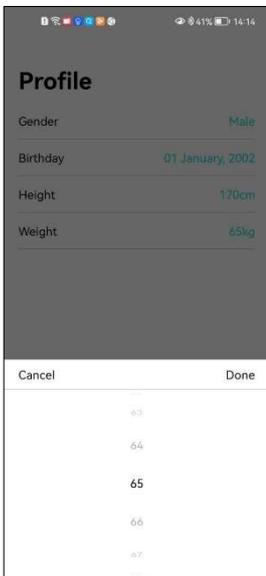
2. Enter the parameters



3. Enter the Gender



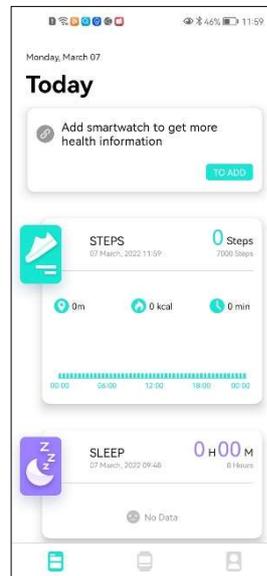
4. Enter the date of birth



5. Enter the height



6. Enter the weight



7. Start to use

P.S. The wrong body parameter setting will cause slight deviation in the relevant detection of p28 plus. When entering weight, please select the correct unit

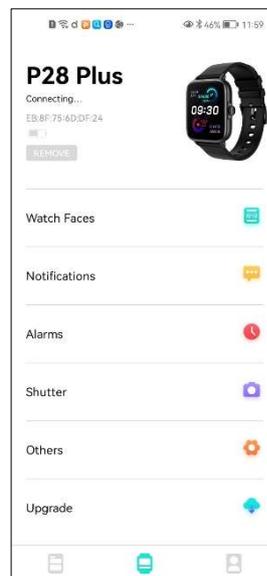
c) First connection to P28 Plus



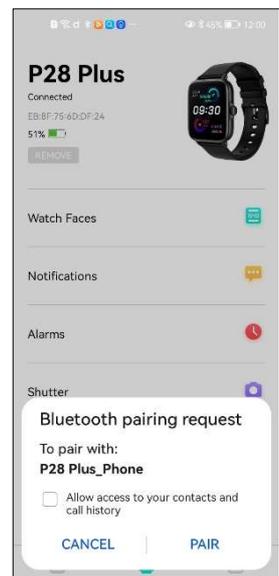
1. Tap "TO ADD" to add P28 Plus



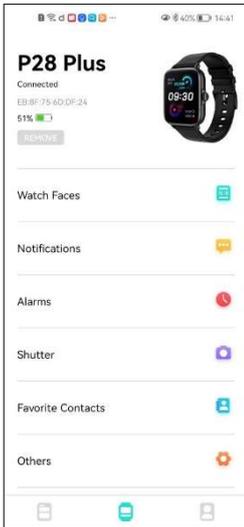
2. Find the P28 Plus



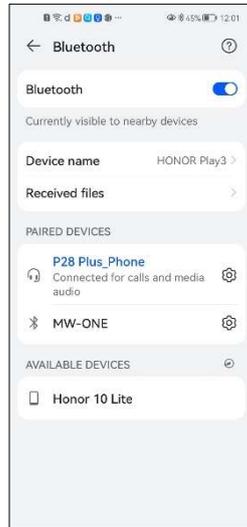
3. Tap the P28 Plus and connect it



4. Pair with P28Plus_Phone



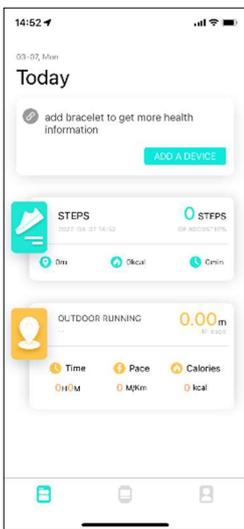
5. Finish the connection



6. P28 Plus_Phone can be queried or deleted under the Bluetooth connection list of the system

P.S. The above operation steps are carried out by using Android mobile phones. The operation interface of mobile phone system may vary slightly due to different mobile phones. Please understand

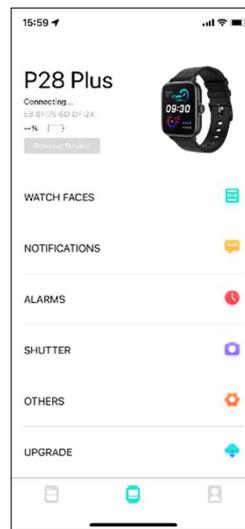
Da Fit connection of iOS system



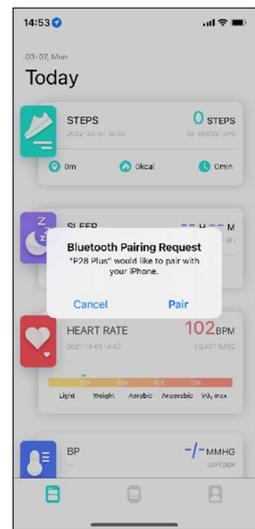
1. Tap "ADD A DIVECE" to add the P28 Plus



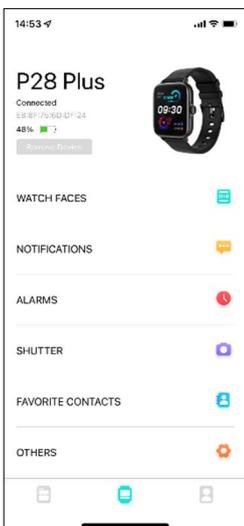
2. Find the P28 Plus



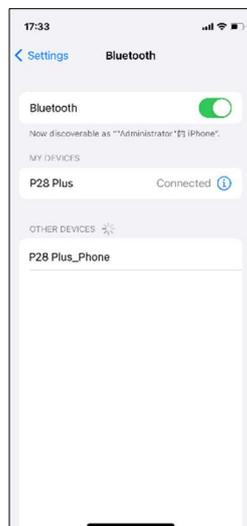
3. Tap the P28 Plus and connect it



4. Pair with P28Plus_Phone



5. Finish the connection



6. Enter bluetooth search in system Settings, search for P28 Plus_Phone, and connect it to complete the bluetooth call connection.

4. P28 Plus interface operation instructions

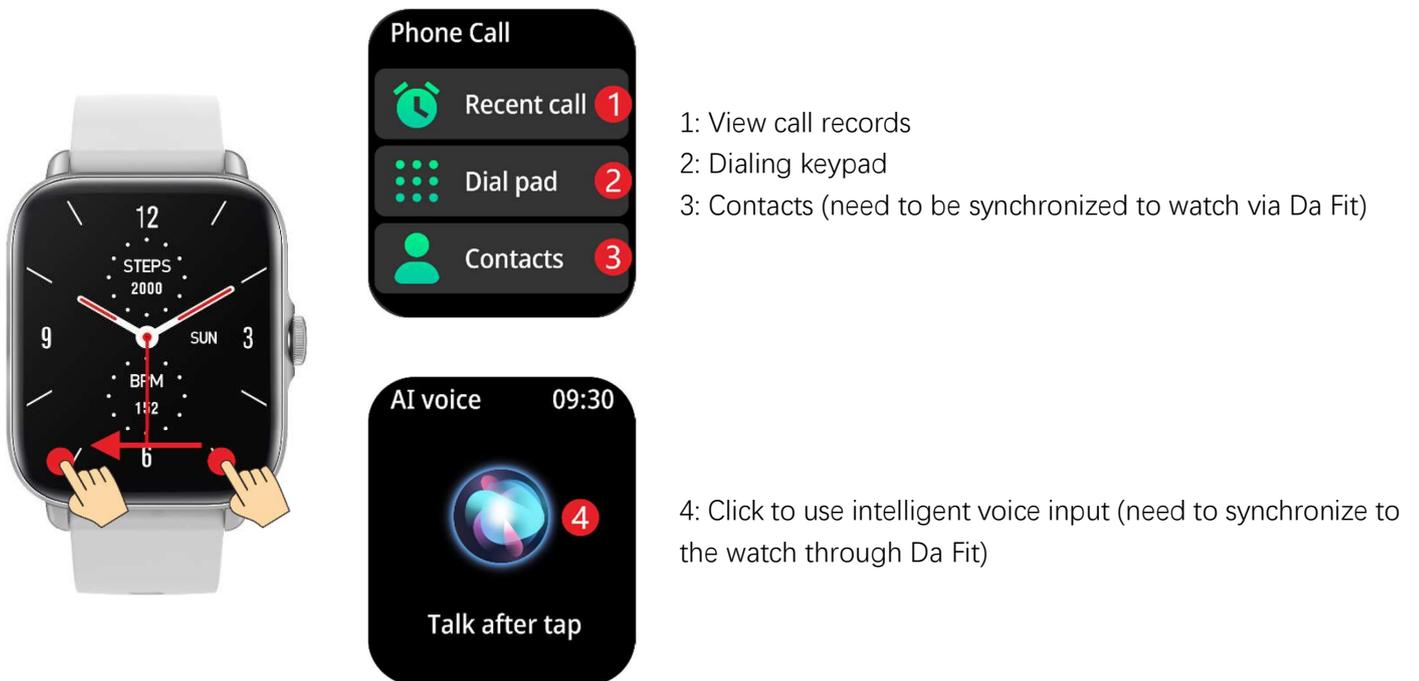
a) Dial instructions

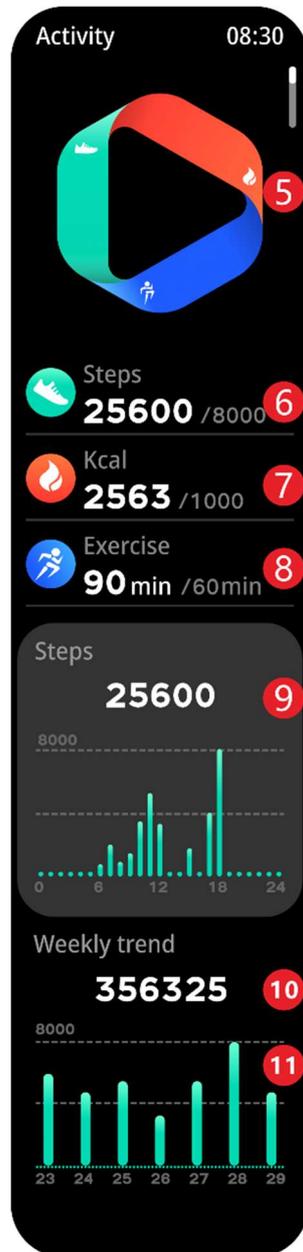


P. S. long press the dial to enter the dial switching interface, and slide left and right to switch the dial

b) Quick interface instructions

- Left swipe on the dial interface to enter the shortcut interface





5: Schematic diagram of sports compliance

6: Actual steps / target steps

7: Actual movement time / target movement time

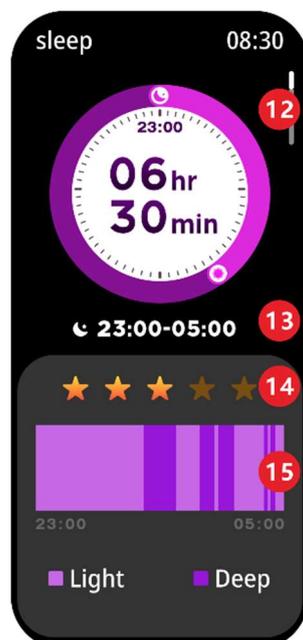
8: Actual calorie consumption / target calorie consumption

9: Steps per hour from 0:00 to 24:00 of the day

10: Total number of steps in 7 days

11: Daily steps in 7 days

P.S. The step counting data of p28 plus may have slight deviation due to incomplete capture of walking motion; At the same time, wrong body parameters may lead to slight deviation in calorie consumption.



12: Total sleep time of the day

13: Start and end time of sleep at that time

14: Sleep level

15: Sleep distribution, including mild sleep and light sleep

P.S. The sleep monitoring period of p28 plus is from 8 P.M. to 10 A.M., and beyond this period, it will not be included in the sleep data



16: Current heart rate measurement

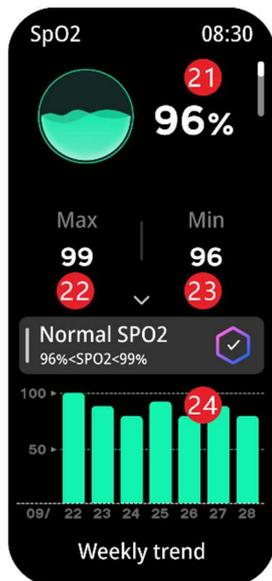
17: Maximum heart rate of the day

18: Minimum heart rate of the day

19: Schematic diagram of 24-hour heart rate (this function needs to use Da fit to turn on continuous heart rate test, and continuous heart rate detection will increase the power consumption of p28 plus and reduce the standby time)

20: Current heart rate level

P.S. Recommended resting measurement; The heart rate measurement results of p28 plus may deviate due to the user's wearing method; **The heart rate measurement data of p28 plus is for reference only and cannot be used for medical purposes**



21: Current measurement of blood oxygen value

22: Maximum blood oxygen of the day

23: Minimum blood oxygen value of the day

24: Last 7 times blood oxygen measurements

P.S. Recommended resting measurement; The blood oxygen measurement results of p28 plus may deviate due to the user's wearing method; **The blood oxygen measurement data of p28 plus is for reference only and cannot be used for medical purposes**

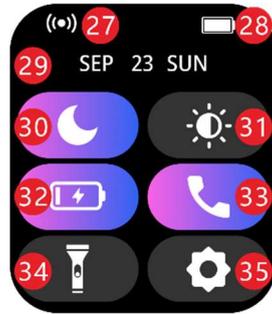


25: Weather information of the day

26: Future weather information

P.S. The weather function needs to be connected to the mobile app Da fit, and the mobile phone needs to be connected to the Internet; This weather data is provided by a third-party weather data provider, If it is inconsistent with the actual local weather, please understand

- Swipe down the dial interface to enter the shortcut setting interface



27: Device connection icon (not shown if not connected)

28: Battery power display

29: Date display

30: No disturb quick switch (legend shows no disturb on)

31: Brightness shortcut button, click to enter the brightness setting interface

32: Power saving mode quick switch (the legend shows that the power saving mode is on)

33: Call Bluetooth shortcut switch (legend shows call Bluetooth on)

34: Flashlight mode shortcut button, click to open flashlight mode

35: Set shortcut button. Click to enter the setting interface

- Right swipe the dial interface to enter the cellular menu interface



Cellular menu interface

- Scroll down the dial interface to enter the list menu interface



	Messages	36	*36: Messages reminder interface
	Activity	37	37: Activity interface
	Sleep	38	38: Sleep information interface
	Heart Rate	39	39: Heart rate measurement and information interface
	Training	40	40: Training mode interface
	Phone	41	**41: Phone function interface
	BP	42	42: Blood pressure measurement and information interface
	Spo2	43	43: Blood oxygen measurement and information interface
	Weather	44	44: Weather information interface
	Shutter	45	*45: Remote camera interface
	Player	46	*46: Remote control music interface
	AI Voice	47	**47: Intelligent voice assistant interface
	Breather	48	48: Breathing training interface
	Stopwatch	49	49: Stopwatch interface
	Alarm	50	*50: Alarm clock interface
	Countdown	51	51: Countdown timer interface
	Game	52	52: Game interface
	Flashlight	53	53: Flashlight interface
	Others	54	54: Other settings interface

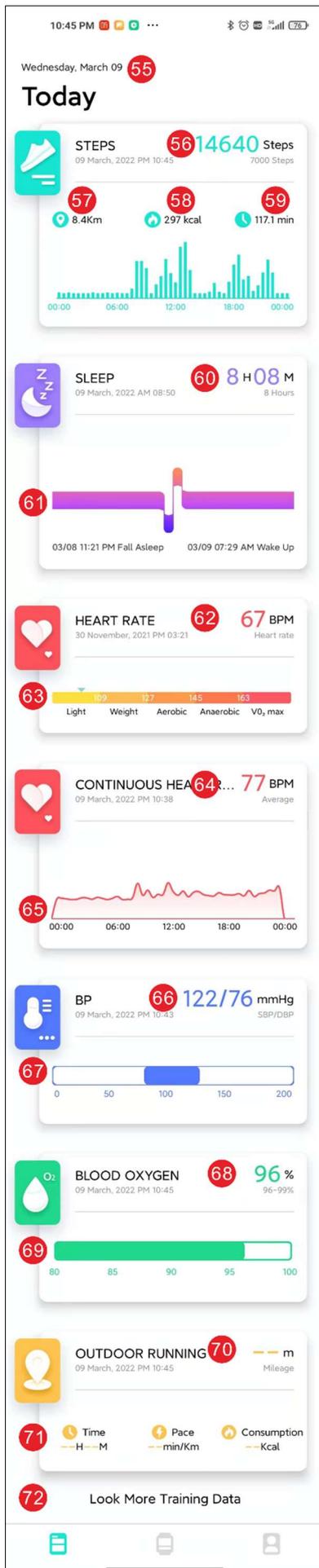
P.S

*This function needs to be connected to the mobile Da fit or set in Da Fit

**This function needs to connect mobile app and Bluetooth call

5. Da Fit operating instructions

a) Health information description



55:Date

56: Accumulated number of walks today

*57: Accumulated walking distance today

*58: Accumulated walking calorie consumption today

59: Accumulated walking hours today

60: Sleep duration of the previous day

61: Legend of sleep data of the previous day

62: Last heart rate measurement data

63: Heart rate level legend

64: 24-hour heart rate detection data

65: Legend of 24-hour heart rate detection data

66: Last blood pressure measurement data

67: Legend of blood pressure level

68: Last blood oxygen measurement data

69: Legend of blood oxygen level

70: Outdoor running distance

71: Outdoor running data

72: More training data

b) Step counting interface description



73: Historical step data query

74: Step counting data statistics of day

75: Step counting data statistics of week

76: Step counting data statistics of month

77: Total steps of the day

78: Legend of current day step distribution

79: Walking distance of the day

80: Walking calorie data of the day

81: Walking time of the day

82: Met of the day

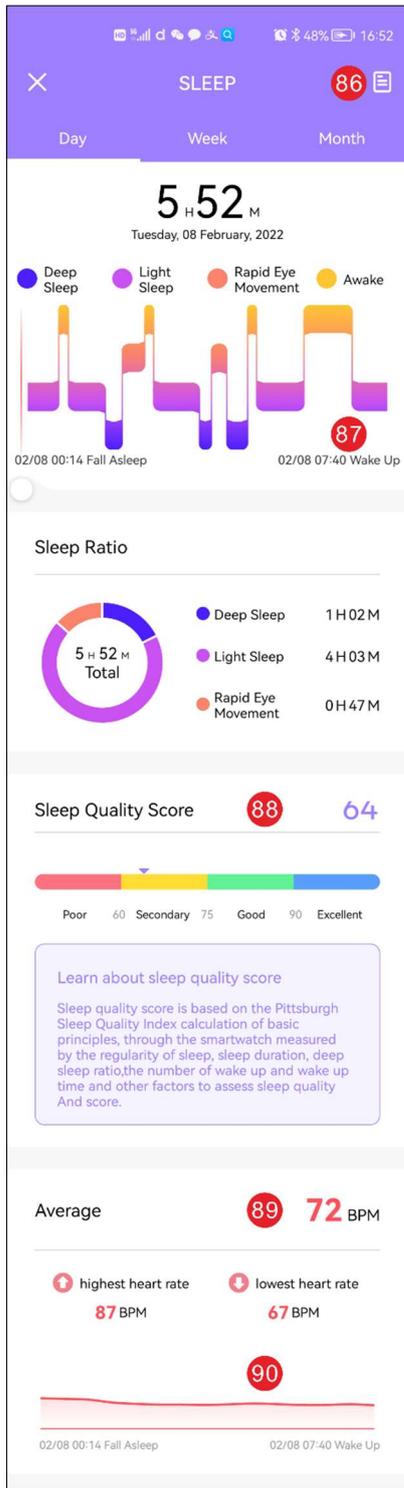
83: Legend of weekly step data statistics

84: Legend of walking goal achieved in the last seven days

85: Comparison of daily walking number with the same type of people

P.S. The step counting data of p28 plus may have slight deviation due to incomplete capture of walking motion; At the same time, wrong body parameters may lead to slight deviation in calorie consumption. Please understand

c) Sleep interface description



86: Historical sleep data query

87: Sleep data and distribution legend

88: Statistical legend of sleep data

89: Average heart rate during sleep

90: Heart rate legend during sleep



91: Last 7 Days Sleep Trends

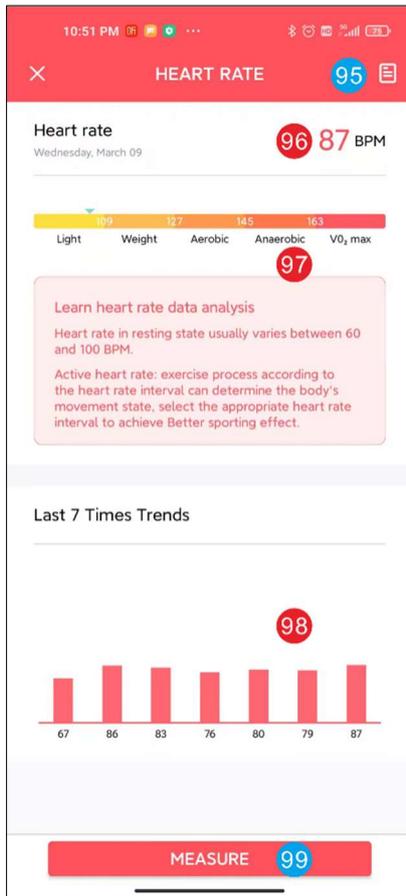
92: Legend of sleep time compared with others

93: Legend of awake time compared with others

94: Sleep duration compared with others

P.S. The sleep monitoring period of p28 plus is from 8 p.m. to 10 a.m., and beyond this period, it will not be included in the sleep data

d) Heart rate interface description



95: Historical heart rate data query

96: Last measured heart rate data

97: Last measured heart rate data level

98: Legend of the last 7 times heart rate data

99: Click to measure heart rate

P.S. Recommended resting measurement; The heart rate measurement results of p28 plus may deviate due to the user's wearing method; **The heart rate measurement data of p28 plus is for reference only and cannot be used for medical purposes**

e) 24-hour heart rate interface description



100: Historical 24-hour heart rate data query

101: 24-hour heart rate data measured today

102: 24-hour heart rate data measured this week

103: 24-hour heart rate data measured this month

104: Legend of 24-hour heart rate data

105: 24-hour heart rate data detection duration

106: 24-hour heart rate data grade distribution

P.S. The 24-hour heart rate of p28 plus is measured every 30 minutes. The measured data may slightly deviate from the actual heart rate due to the wrist movement during wearing; **The heart rate measurement data of p28 plus is for reference only and cannot be used for medical purposes**

f) Blood pressure interface description



107: Historical blood pressure data query

108: Legend of blood pressure measured this time

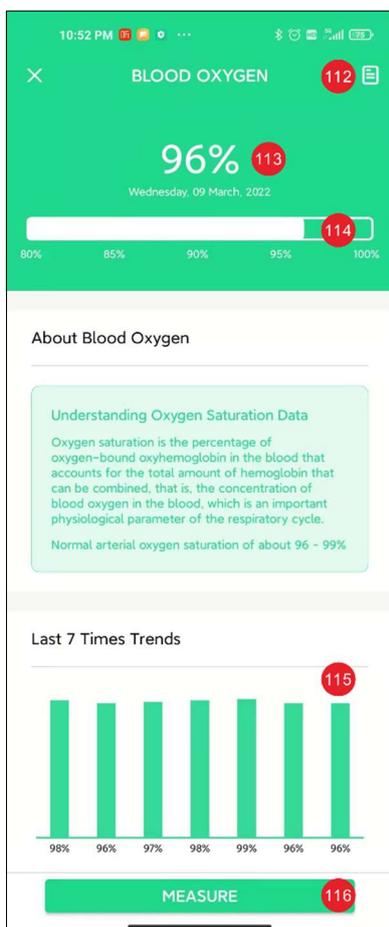
109: Blood pressure data measured this time

110: Legend of the last 7 times blood pressure data

111: Click to measure blood pressure

P. S. recommended resting measurement; The blood pressure measurement results of p28 plus may deviate due to the user's wearing method; **The blood pressure measurement data of p28 plus is for reference only and cannot be used for medical purposes**

g) Description of blood oxygen interface



112: historical blood oxygen data query

113: blood oxygen data measured this time

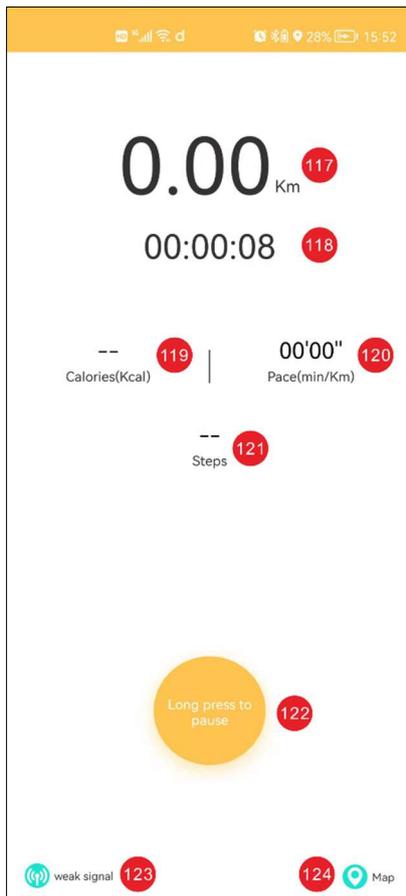
114: Legend of blood oxygen measured this time

115: Legend of the last 7 times oxygen data

116: Click for blood oxygen measurement

P. S. recommended resting measurement; The blood oxygen measurement results of p28 plus may deviate due to the user's wearing method; **The blood oxygen measurement data of p28 plus is for reference only and cannot be used for medical purposes**

h) GPS running interface



117: GPS run distance this time

118: GPS running time

119: Calories burned in this GPS run

120: This GPS run pace

121: Steps of this GPS run

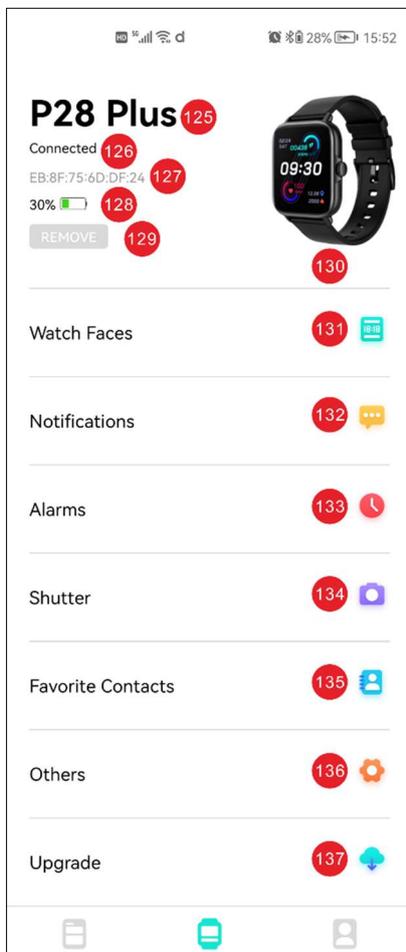
122: Long press to select exit or pause

123: Current GPS signal strength

124: Click to enter map mode

P. S. GPS running function uses the GPS data of the mobile phone. Please carry the mobile phone when using this function

i) Setting interface description



125: Connected device name

126: Device connection status

127: Bluetooth MAC address of connected device

128: Connected device battery level

129: Remove connected devices

130: Preview of connected devices

*131: Dial setting and downloading interface

132: Message push settings

133: Alarm clock setting

**134: Remote camera

***135: Frequently used contacts

136: Other settings

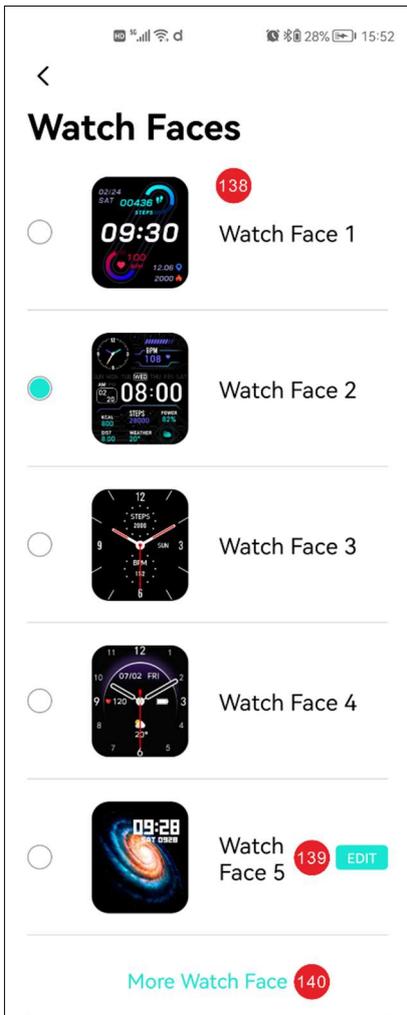
137: Connected device software upgrade

*The dial download interface requires the user's authorization. Da fit can use the mobile network function permission

**The camera used by the remote camera function is that Da fit calls the main camera of the mobile phone, and Da fit cannot call the macro lens, wide-angle lens, etc. in the multi camera of the mobile phone

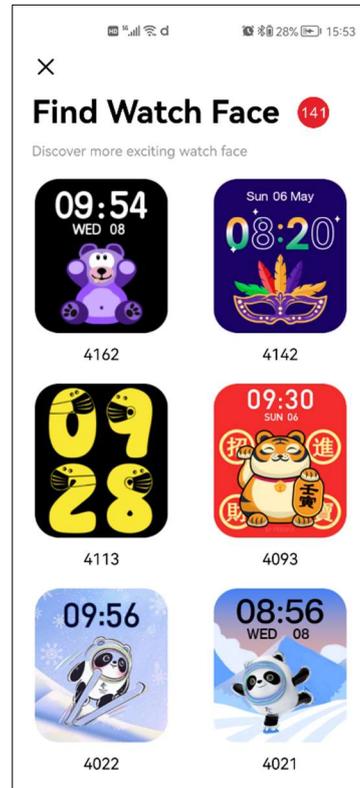
***Favorite contacts can add up to 8 phone numbers to the watch synchronously

j) Dial setting and downloading interface



- 138: Built in dial selection
- 139: Custom dial editing
- *140: Dial download market

*The dial download interface requires the user's authorization. Da fit can use the mobile network function permission



141: Dial market interface

142: Cancel editing dial

143: Save edit dial

144: Select dial picture

145: Reset edited content

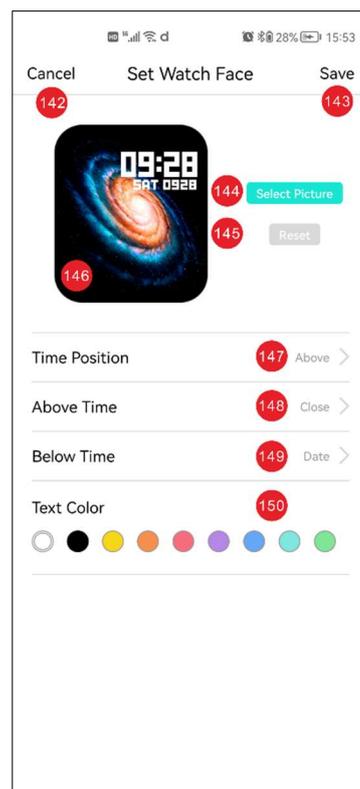
146: Edit dial Preview

147: Time position selection

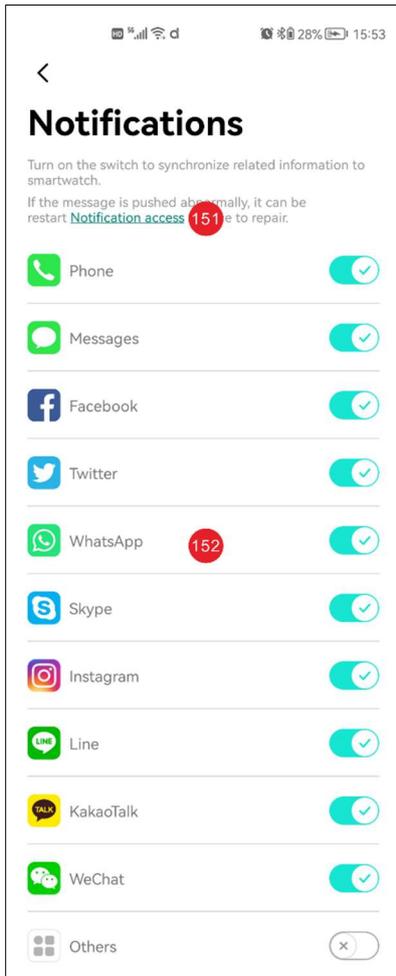
148: Above Time data selection, including date, sleep, heart rate and step count

149: Below time data selection, including date, sleep, heart rate and step count

150: Text color selection



k) Messages reminder setting interface

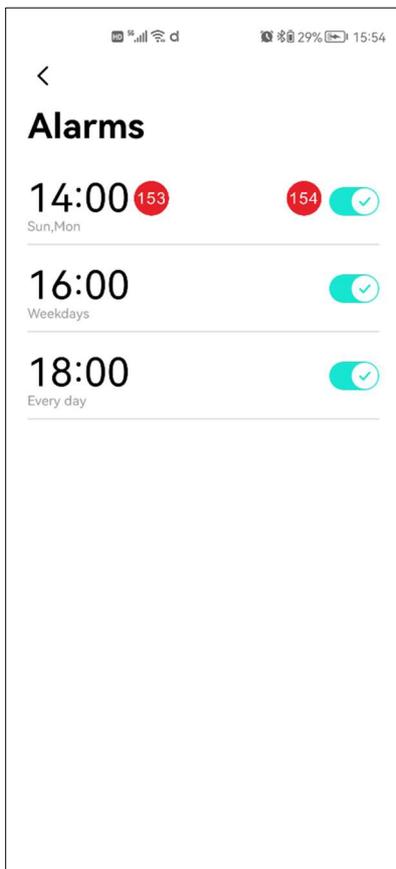


151: Set Da fit's permission to read mobile phone notification bar

152: App notification switch

P. S. This function requires the user to set that each app has the permission to use the notice bar

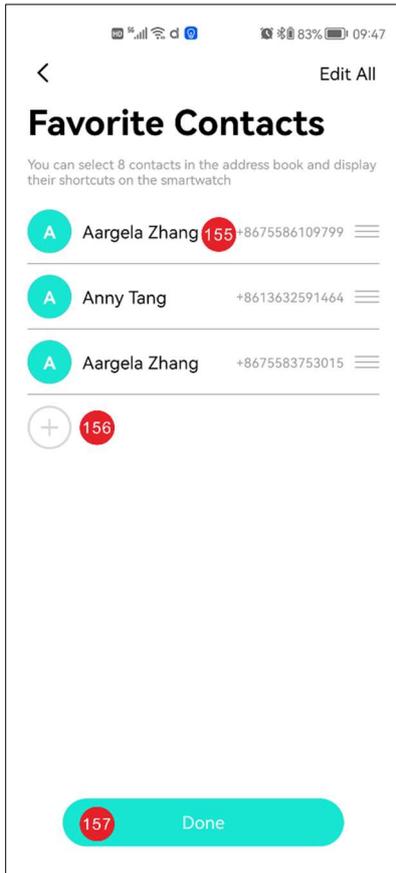
l) Alarm clock setting interface



153: Set the details of the alarm clock, including hour, minute and week

154: Alarm switch

m) Common contact interface

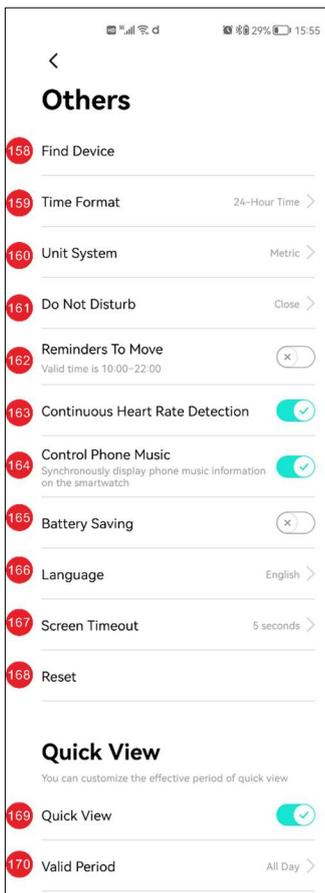


155: Favorite contacts added

156: Add frequently contacts

157: Synchronize favorite contacts to P28 plus

n) Other settings



158: Find the watch, the watch will vibrate after click it.

159: Time format setting, 12-hour and 24-hour modes can be selected

160: Distance unit format setting, metric unit and Imperial unit can be set

161: Undisturbed mode setting, start and end time can be set

162: Sedentary reminder settings

163: 24-hour heart rate detection switch. After it is turned on, the heart rate is detected every 30 minutes

164: Remote control music switch, turn on to synchronize song information to P28 plus

165: Power saving mode switch, which will be turned off when turned on: call Bluetooth, vibration, Raise your hand to light up the screen, push messages, and set the brightness to the lowest

166: Language setting: you can set the UI Language of P28 plus, including English, simplified Chinese, Japanese, Korean, German, French, Spanish, Arabic, Russian, traditional Chinese, Ukrainian, Italian and Portuguese

167: Screen off time setting, 5s, 10s, 15s and 20s screen off can be set

168: Restore the factory settings. Click to reset all P28 plus data

169: Raise the hand to light the screen switch

170: Raise your hand to light up the screen execution period

171: Drinking water reminder switch

172: Start time of drinking water reminder

173: Setting of drinking times

174: Drinking time interval setting

175: Weather switch

176: Temperature format setting, you can set Celsius and Fahrenheit

177: City setting, you can select the city

178: Female physiological period reminder

179: Total days of physiological period

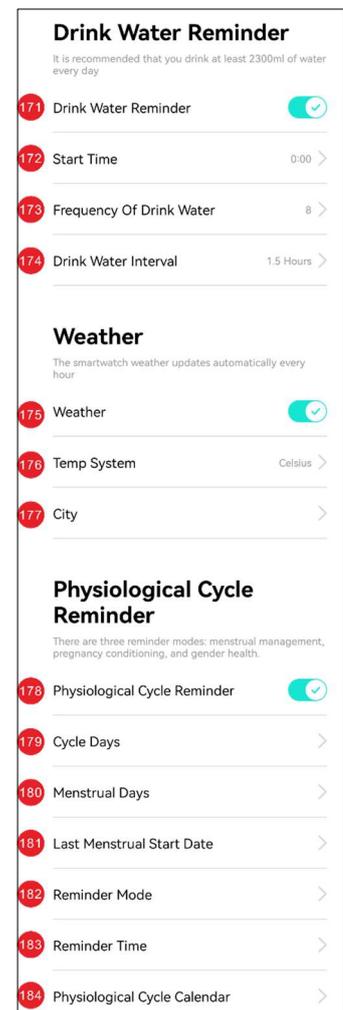
180: Menstrual days

181: Start date of last menstruation

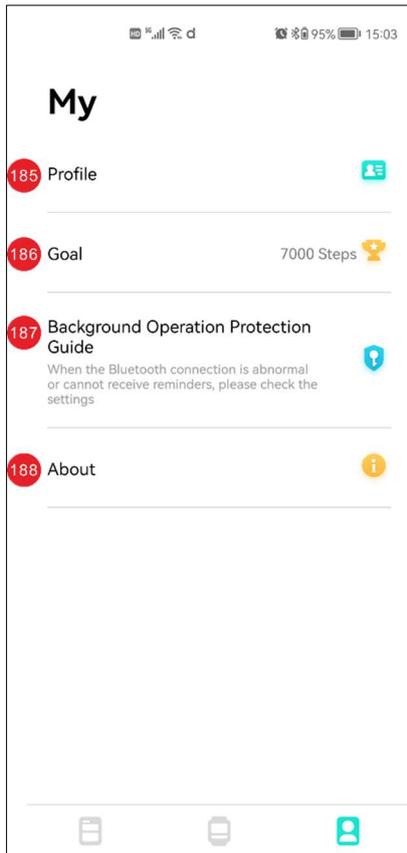
182: Reminder mode, you can set menstrual reminder, ovulation reminder, ovulation peak reminder and ovulation end reminder

183: Reminder time, you can set the specific reminder time

184: Physiological cycle calendar



o) Personal Center



185: Personal information setting, which can be set: gender, date of birth, height, weight and step size

186: Moving target setting

187: Da fit whitelist setting guide

188: About Da fit, you can view the version description, privacy policy, software license and service agreement

Note: For more FAQs, please refer to Da Fit APP feedback.



Warning: The smart watch should not be used for any medical purpose though it with dynamically monitor the heart rate at real time .