User Manual

Smart watch
FT32

1.Appearance introduction

Up key

Charging port

Discharge air hole

Touch screen

Down key

MIC

PPG sensor

Speaker
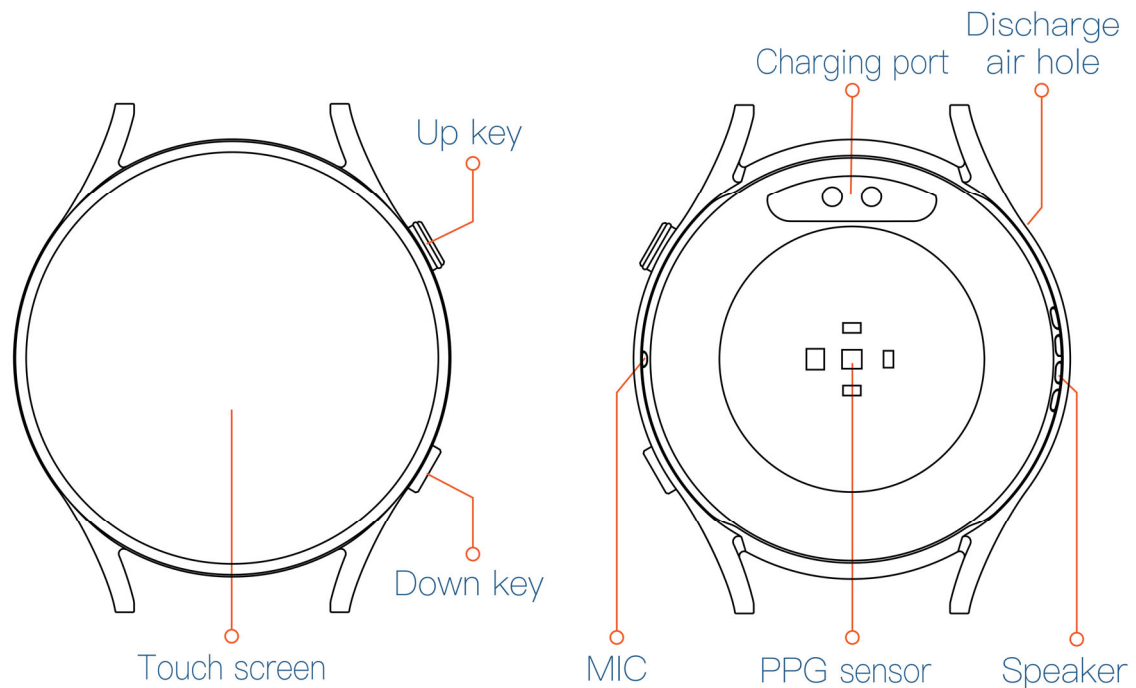
2.Operation for keys

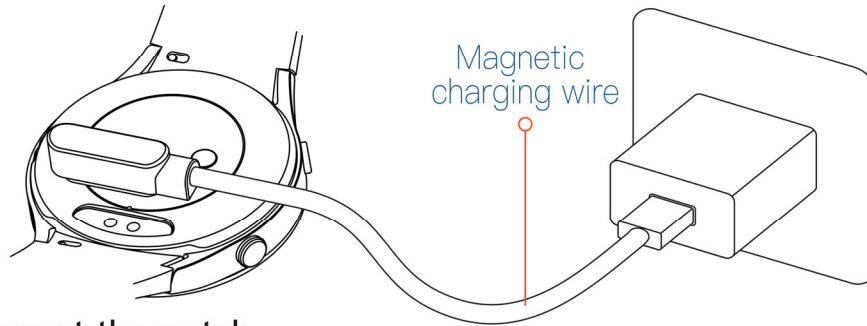| Status/Operation	Functions
Power off–Long press Up key	Power on
Main interface–Long press Up key	Power off
Screen off–Short press Up key	Screen on
Main interface–Short press Up key	Screen off
Secondary interface– Short press Up key	Return to the main menu
Secondary interface– Short press Down key	Back
Main interface–Short press Down key	Enter sport mode
Screen off–Short press Down key	Screen on

3.Install APP

Scan the QR code on the right or enter the APP market to download and install "DaFit". (compatible system: Android 4.4/IOS 9.0 and above; Bluetooth 5.2)
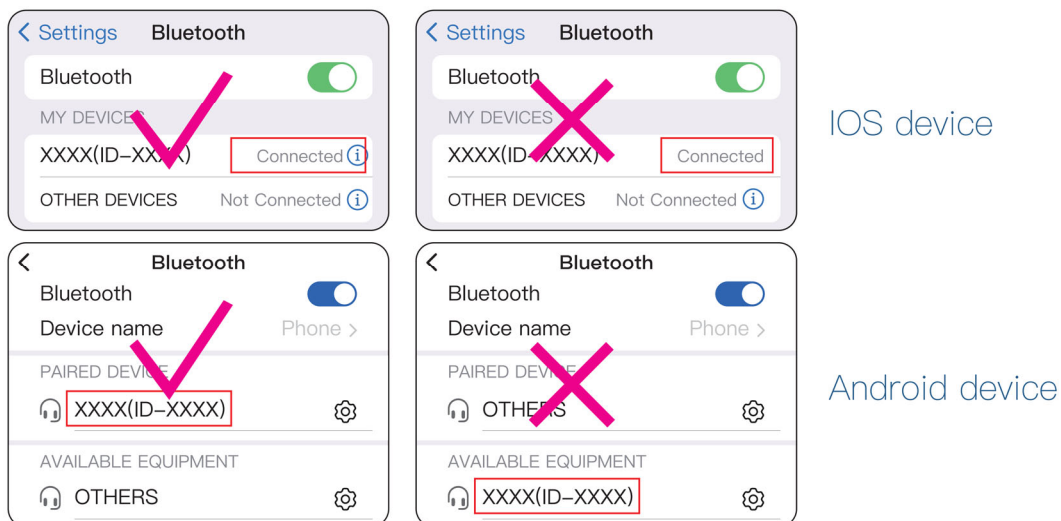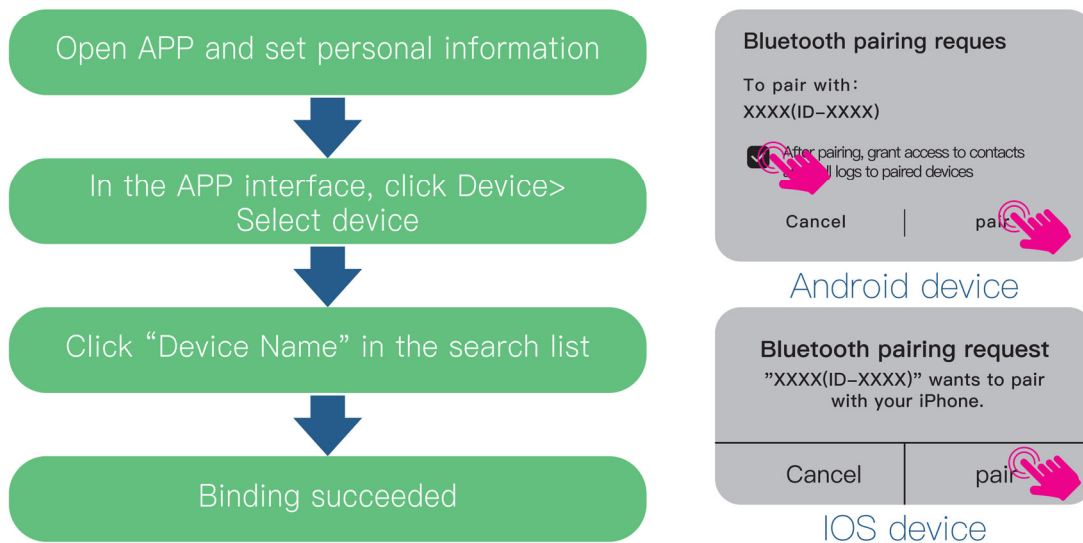
4.Charging/activation

Please charge and activate the watch for the first-time use. Connect the watch and magnetic charging wire according to the following figure, and connect the USB end of the charging wire to the power supply. (The watch will be fully charged around 2 hours.)

Magnetic charging wire

5.Connect the watch

Open APP and set personal information

In the APP interface, click Device> Select device

Click "Device Name" in the search list

Binding succeeded

Bluetooth pairing reques

To pair with:
XXXX(ID-XXXX)

After pairing, grant access to contacts
call logs to paired devices

Cancel | pair

Android device

Bluetooth pairing request
"XXXX(ID-XXXX)" wants to pair with your iPhone.

Cancel | pair

IOS device

‹ Settings   Bluetooth

Bluetooth

MY DEVICES
XXXX(ID-XXXX)   Connected ⓘ
OTHER DEVICES   Not Connected ⓘ

‹ Settings   Bluetooth

Bluetooth

MY DEVICES
XXXX(ID-XXXX)   Connected
OTHER DEVICES   Not Connected ⓘ

IOS device

‹   Bluetooth
Bluetooth
Device name   Phone ›
PAIRED DEVICE
🎧 XXXX(ID-XXXX)   ⚙
AVAILABLE EQUIPMENT
🎧 OTHERS   ⚙

‹   Bluetooth
Bluetooth
Device name   Phone ›
PAIRED DEVICE
🎧 OTHERS   ⚙
AVAILABLE EQUIPMENT
🎧 XXXX(ID-XXXX)   ⚙

Android device

Please allow Bluetooth of the mobile phone to get connected with APP of the watch, and check whether it (Settings > Bluetooth) is correctly paired with the watch based on the above figure, otherwise the call function of the watch will fail to work.

6.Data storage

The watch can store 2 days of health history data; it retains up to 5 exercise history entries with cyclic overwrite, and the synchronized data with the app can be permanently stored on the local phone.

7.Operation for screen

Control Center

Main Menu

Custom Functions

Favorites

Messages
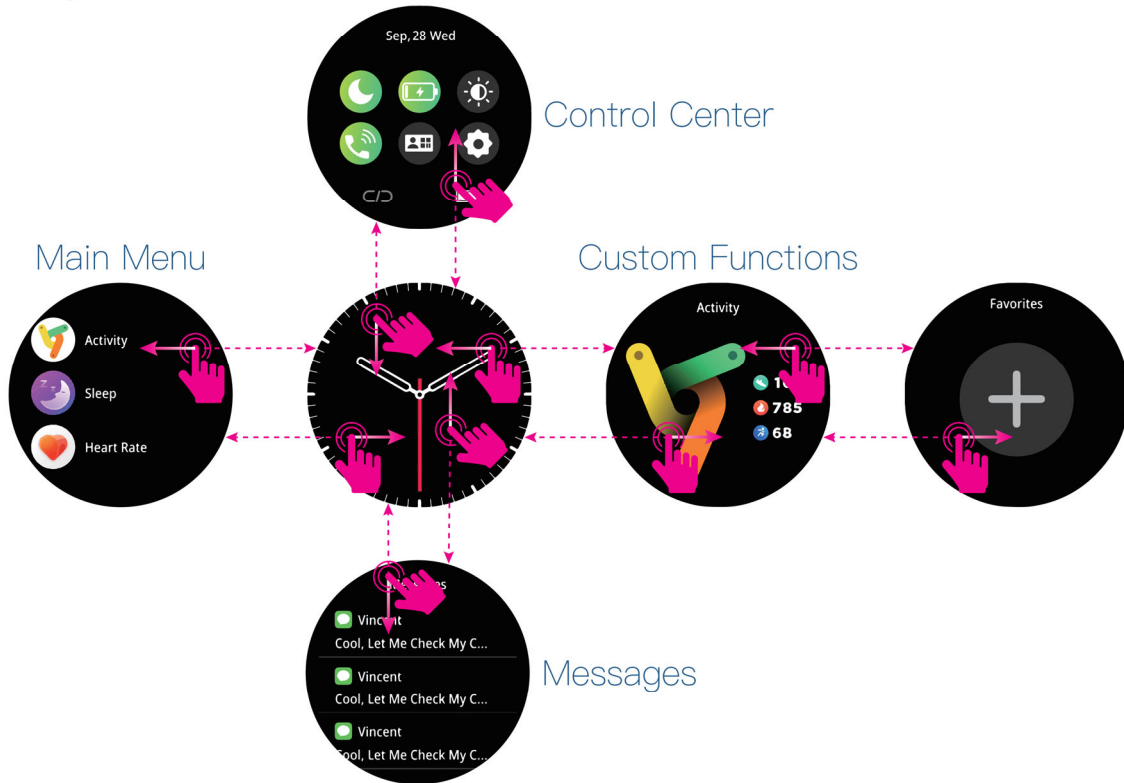
8.Motion monitoring

If a watch is worn normally, it will automatically monitor your steps, distance, and calorie data. (the watch will clear data of the last day at 0:00 every day.)
You can view the movement data a day at the home page of APP; click the step counting module to view the detailed data and historical data.

Activity

16358
785
68
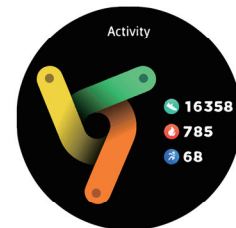
9.Sleep monitoring

The watch will automatically monitor your sleep and analyze waking time, deep sleep, light sleep.
You can view the sleep data a day at the home page of the sleep module; click the sleep module to view the data analysis and historical data.
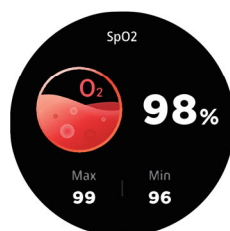
Sleep

07 Hr
26 Min

22:56-06:22

10.Measurement of health data

• The watch could measure relative health data after being changed to the following function interface.
• Keep the automatic measurement function "on" for the following functions in the APP, then the watch will automatically measure relative health data periodically and continuously. (It will reduce the endurance of the watch if the automatic measurement works.)
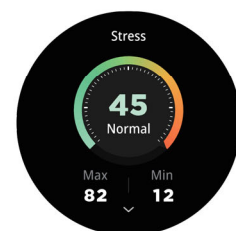
| Heart Rate	SpO2	Blood Pressure	Stress
102 BPM	98 %	125 86 mmHg	45 Normal
Max 168 Min 58	Max 99 Min 96	SBP 90-130 DBP 60-86	Max 82 Min 12
Heart rate	Blood oxygen	Blood pressure	Pressure

The current health data could be viewed on the APP home page. Click the corresponding module to check the data details and historical data.

11.Stress Relief and Sleep Aid

Switch to the stress relief or sleep aid interface, set the breathing duration, and click start. Follow the on–screen prompts to engage in stress relief or sleep aid training.
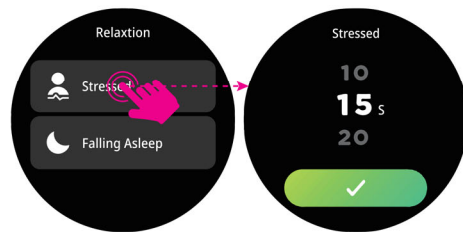
12.Sports mode

The watch supports 100+ kinds of workouts. You can view the movement details and historical data through the APP movement module at the end of the training.
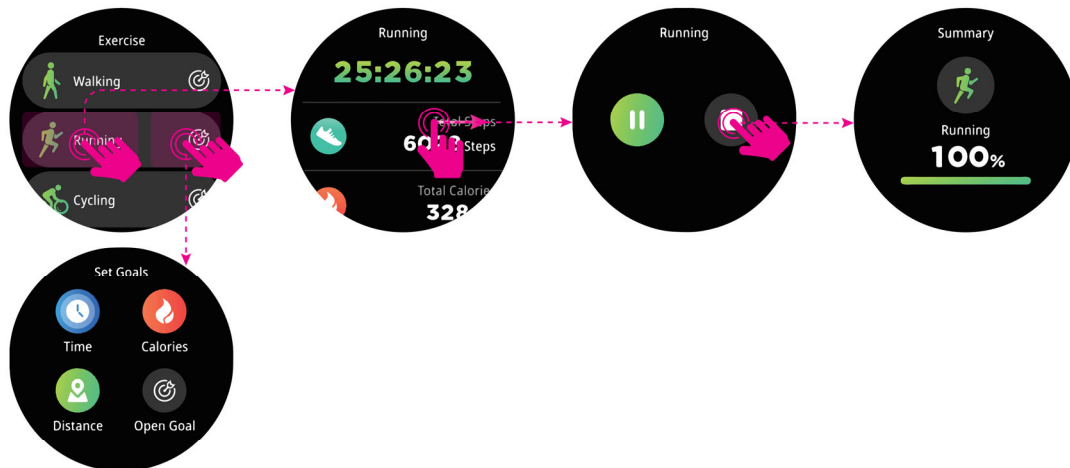
13.Message reminder

Keep the watch connected with the mobile phone, and turn on the message reminder function in the APP. When the mobile phone receives messages, the watch will vibrate to remind you and display the message content.

14.Call answering and ending

The watch is connected to the mobile phone, and the APP has enabled the call reminder function. When the mobile phone calls, the watch will vibrate and display the call number. Click the screen to choose to refuse or answer.
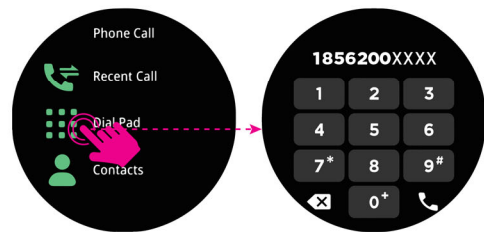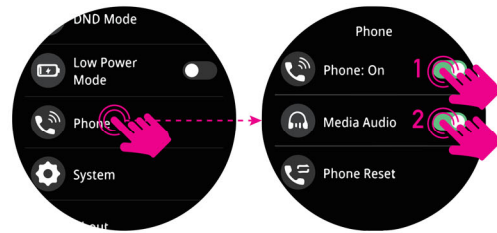
Disable the call   Enlable the call

15.Making a phone call

Switch to the call function interface, you can make a phone call by entering a number, selecting a call record, or choosing a contact.
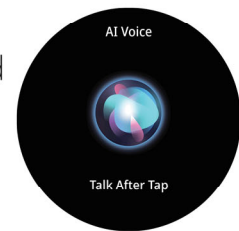
16.Media audio

Turn on the media audio on the watch, and the music on the mobile phone will be played through the watch speaker.

17.Voice assistant

Choose the voice assistant when the watch is connected to the mobile phone, and click the screen to say voice commands to the watch, such as "play music".

18.Remote-control photography

If APP enters the camera function, shakes the watch to control the mobile phone to take photos, and the photos are saved in the mobile phone album.

19.Music control

Keep the watch connected with the mobile phone, switch to the music control function, and click the Screen button to control the music playing, pause, previous and next of the phone.
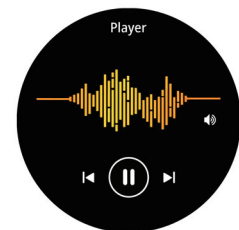
20.Alarm clock

Set the alarm time and repetition period in the alarm interface of the watch, and the watch will give a periodic vibration reminder. (8 groups of alarm clocks allowed)
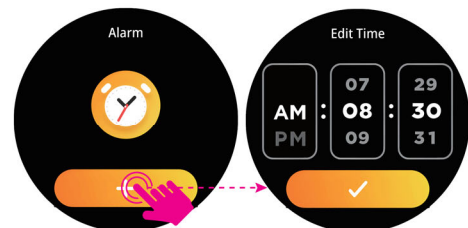
21.Reminder

When the reminder function meets the set conditions or the watch power is less than 10%, it will vibrate and display the following interface.
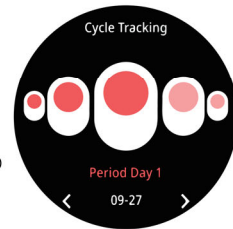
Hydration reminder   Goal reminder   Sedentary reminder   Low battery reminder

22.Menstrual Cycle

Female users are allowed to set the menstrual cycle info in the APP. The watch will calculate and display the menstrual status of the current day if the reminder function works. Such a function is not allowed if the APP personal info is set to be "male".
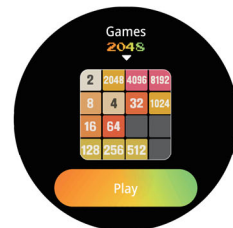
23.Weather

When the mobile phone activates the cellular network and the watch is successfully connected to the phone, the watch can display future weather information.
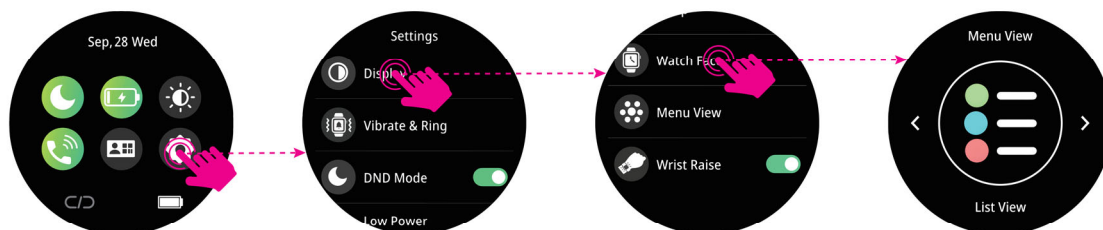
24. Games

Click on the 'Game' menu to access mini-games.

25.Theme

The watch can be customized with various theme menus.

26.Change the dial

1. Long press the main screen in the dial interface to change the watch face.
2. Go to App--Device--Dash Board; in the dash board you can choose and download the dial in the Dial center to the watch, or upload photos on your mobile phone to the dial interface.

27.Screen lights up

Turn on the function 'Light up" on APP.

When wearing a watch, turn the wrist inward or raise your hand; the watch screen will light up automatically.
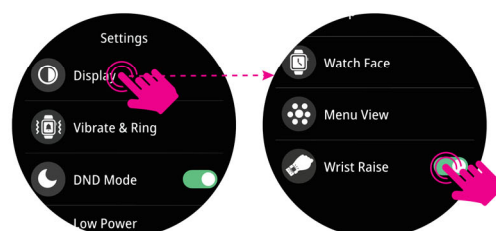
28.No Disturbance mode

You can set "No Disturbance mode's" start and end time on APP, and turn on No Disturbance mode in the app or watch. In the specified period, the watch will stop vibration and message reminders.

29. Power Saving Mode

Enabling the power saving mode will deactivate watch vibration, wrist raise to wake, and reduce the screen brightness.

30.More functions

The watch provides convenient functions such as a timer, stopwatch, find phone, calculator, etc. To access these features, click on the corresponding icons in the main menu of the watch.

| Timer | Stopwatch | Find phone | Calculator |

31.Cleaning and maintenance

• If the watch gets wet due to hands washing or soaking in water, please gently swing the watch towards the sound outlet of the speaker and microphone in time to clear the water.
• The watch does not support snorkeling, hot shower, sauna, diving, high–speed water flow, or deep–water activities.
• Avoid the watch from being hit seriously or falling to the ground, and avoid the collision caused by sharp objects.
• Please keep watch and skin clean and dry. Try to avoid contact with sweat, soap, sunscreen, and other liquids.
• Do not constantly expose the watch to the sun or receive external heating such as a hairdryer.

CPU	JL7013A6	Memory configuration	128M
Display screen	1.43" AMOLED 466*466	Sensor	Acceleration sensor + PPG heart rate sensor
Battery	240mAh Polymer battery	Charging interface	2PIN interface
Charging time	≤2 hours	Charging input specification	5V ⎓ 1A
Endurance time	5 days	Physical keys	2
Bluetooth version	BLE 5.3+BT3.0	Compatible system	Android 4.4 and above; IOS 9.0 and above
Product weight	43g(watch strap with silicone)	Watch head size	44.5*51.8*12mm
Waterproof grade	IP68	Accessories	Watch, Band, magnetic charging wire, Manual
Watch case material	Fiber–reinforced plastic	Strap Size	20mm

Scan the QR code to download Da Fit.

*This product is not designed to be a medical device, and is not intended to diagnose, treat, cure or prevent any disease. All data and measurements should be used for personal reference only.

All images on the packaging are for reference only, the actual product may differ from images on the packaging (including but not limited to colors, shape, and screen display).

Battery warning: Do not disassembie, puncture, crush, heat, or burn.

Made in China

All trademarks are the sole property of their respective companies

FCC Warning

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.

Any Changes or modifications 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.

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