

# Smart Watch User Manual

Please Read This Manual Carefully Before Using  
The Product And Keep It Safe

## Download App Tutorial

Download the "DaFit" APP to your mobile phone and install it, you can directly search for "DaFit" in the APP mall. To download, you can also scan the following QR code to jump to the connection to download (browser, WeChat, etc. can scan the code)

DaFit APP

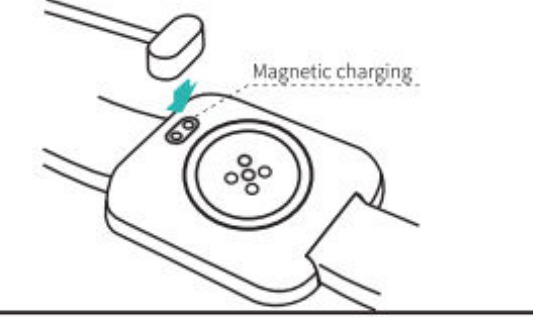
GET IT ON  
Google Play

Download on the  
App Store

DaFit QR code:  
Android 5.0 and above and  
IOS10.0 and above

## Charging And Activation

If the power of the watch is exhausted when using it for the first time, please take out the charging seat, and the watch will automatically absorb it when placed in the charging seat. Plug the USB into the adapter for charging, and require the adapter input voltage to be 5V1A/2A.(Using the adapter's rated voltage exceeding 5V may cause charging damage.)The measurement results of this product are for reference only, and the data provided by the product is not for any medical use or basis



## Connect App Tutorial

After the mobile phone turns on Bluetooth, enter the APP in the "Add Device" function.he device directly, find the corresponding device Bluetooth MAC address and connect to it manually



## Connect To Call Bluetooth

- Make sure the Bluetooth switch for calling is on
- Call Bluetooth is found in Bluetooth (when the Bluetooth of the mobile phone is turned on)
- Find the correct audio device name
- Click to connect

After the connection is successful, you can use the call function and music function. In Settings - on the phone, you can freely choose to turn call audio and multimedia audio on and off.

## Touch Tutorial



## Health Function

**Heart rate:**  
(1) Click to enter to measure the current heart rate value, and it will be reminded when it is empty. Wear correctly  
(2) Heart rate data can be detected in real time on the hour of the APP and recorded accordingly Record to bar chart  
(3) Connect to the APP to record heart rate data synchronously

**Blood oxygen:**  
(1) Click to enter to test blood oxygen function  
(2) The test data will be synced to the APP in real time.

**Multi-sport mode:**  
(1) Provide multi-sport mode, free to choose;  
(2) Heart rate, calorie and other data will be recorded during exercise;

## Other Functions

**Phone:** Enter after connecting the mobile phone audio Bluetooth, support viewing recent calls, dialing. There is also a contact function (setting up express communication in the APP supports up to 8 contact business cards)

**Step counting:** You can check the number of steps walked that day, calorie consumption and exercise time: 12 o'clock per night The data of the day will be saved and reset to zero, and up to the last seven days of step counting records will be supported:Swipe on the step counting interface to view relevant data about the step counting function

**Information recording:** This function requires connecting to the mobile APP "DaFit" app, Query the third party for setting up message notifications

**Music control:** You can control and play music from your phone

**Calculator:** Can perform simple calculations

**Stopwatch:** Turn on this function to time

**Alarm clock:** Support alarm clock function, you can set alarm clock reminders freely

**Menstrual period:** Female users can set their own female health/health through other settings of the APP Aspect information, health reminders will be provided according to different settings;

## Other Functions 2

**Settings:** Perform various native settings, including display and brightness settings(Brightness adjustment, sleep time, hand up, dial and menu style, etc.) Sound/vibration settings, do not disturb mode, audio bluetooth switch, etc

**Weather:** After connecting to the APP, the same day's information provided by DaFT can be synchronized in real time Weather and weather information for the last seven days

**Sleep monitoring:** Your sleep duration will be recorded from 10:00 every night to 8:00 the next morning Quality, to help you better adjust your schedule and improve sleep quality Click on the sleep function interface to query sleep-related data.

**Flashlight:** Support flashlight function

**Voice assistant:** After connecting the APP and call audio, use the watch's voice assistant Qiaoli Can wake up the mobile phone voice assistant

**World clock:** You can add the real-time time of countries around the world to the APP. Sync to watch world clock function

**Camera control:** After connecting to the APP (get camera permission), click to enter the function(You can also directly enter the function from the APP photo control), click to open it. Remotely control the mobile phone to take pictures (the APP must be on the current interface of the mobile phone, not in the background)

**sedentary reminder, drinking water reminder, heart rate warning, look for the watch, do not disturb mode period, Lift your hand to light up the screen, time settings, etc., can be found in the "Other Settings" function of the APP.Set up in.**

## Set up message notifications

Enter the phone settings - application management, find "DaFit" - permission management, open allEnter notification management again - find "DaFit" with all permissions open

Background run permissions, enter, select Unlimited

When returning, it will prompt to buckle the self-starting button, enter to open and return.Select the APP message notification you want and click Open.

On the IOS side, you can turn on the sharing system notification in the mobile phone settings - Bluetooth - connected Bluetooth settings.Note: If the selected APP computer version is online, the mobile phone will not receive the information notification, and the watch will not remind

## common troubleshooting

- The watch cannot be turned on: the time to press the power button is too short, more than 3 seconds: the battery is too low, please use the charging cable to charge.
- The watch cannot be charged normally: whether the charging touchpoint is in normal contact with the watch, and whether the charger is normal;
- First of all, watch devices monitor human activity through electronic sensors, which are consumer grade.It is normal for the product to have certain errors, please treat the data with observation;
- If the mobile phone has a safety management or cleaning acceleration wind application installed, please send"DaFit" is set to a whitelist (trust list);
- Some software sudden minor problems when the watch is running can be restored to normal by restoring the factory settings.

## Know your equipment

This product supports waterproof wear for life. Special attention should be paid to the fact that hot showers or saunas cannot be worn to prevent water vapor. Soak in seawater, etc., wipe it clean and blow dry in time. If water enters due to not using as instructed, Our company does not make a free warranty. After soaking in water, the speaker hole will accumulate water. Please throw the water out so that the sound can return to normal.

## Product configuration

- One packing box × 1
- A manual × 1
- One host × 1
- A charging seat × 1

## Disclaimer

Thank you for choosing our company's smart watch. By reading this manual, you can gain a comprehensive understanding of the use of the equipment, appreciate its practical functions and simple operation methods. The company reserves the right to modify the content of this manual without prior notice.Please read this manual carefully before using the product and keep it safe.

## Warranty Description

During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., 1. From the date of purchase, the main board is guaranteed for free within one year, and the battery and charger are guaranteed for half a year No free warranty is provided for failures caused by the user's personal reasons, as follows: (1) Injuries caused by unauthorized disassembly, assembly, modification of watches, etc.; (2) Injuries caused by accidental falls during use; (3) All man-made damage or third party negligence, misuse (such as: water ingress of the main engine, external force cracking, scratches on peripheral components)Damage, etc.) is 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 functions of the product are based on the actual product.

Purchase date: _____	Customer Signature: _____
MAC code: _____	The clerk signed: _____
Purchase store: _____	Store Stamp: _____

**FCC Warning:**  
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.  
Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.  
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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.