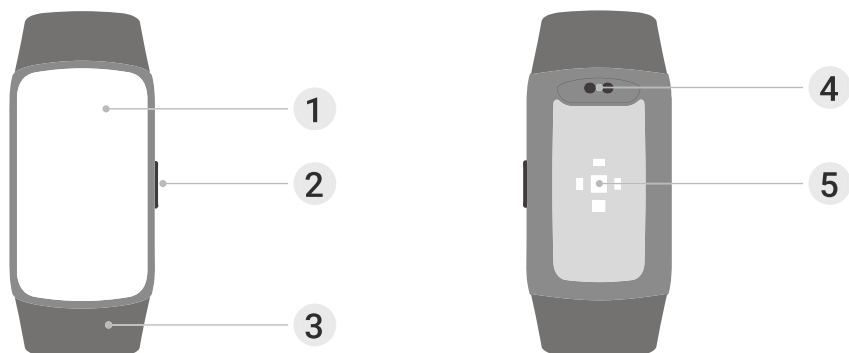


Product Manual

Appearance Introduction



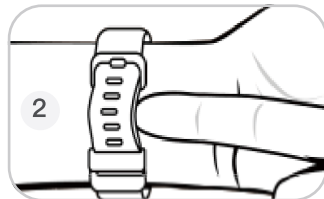
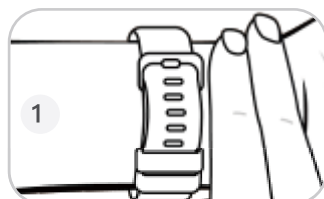
1	Display Screen	4	Charging port
2	Button	5	Heart rate sensor
3	Watch Strap		

Start using

1 Wearing a watch

To ensure the accuracy of the watch's measurements and wearing comfort, please note the following two points:

1. When wearing the watch, keep the strap about two finger widths away from your wrist.
2. After wearing the watch, keep a gap of about one finger width between the strap and your wrist. It should not be too loose or too tight.



2 Power on

Press and hold the button until the screen displays the startup screen.

If the watch cannot be turned on, it may be due to prolonged storage leading to battery depletion. Please charge for about 10 minutes and wait for it to turn on automatically.



3 Connect the watch

Step 1: Install the app

Please search for the "Da Fit" app in your phone's app store and install it.

- For Android systems, please go to the phone brand's app store.
- For iOS systems, go to the App Store.

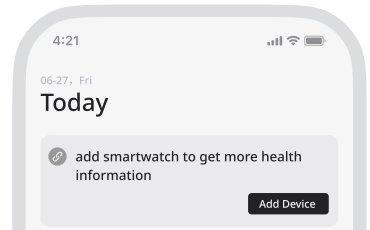
You can also scan the QR code on the right to access the link, download, and install the app.



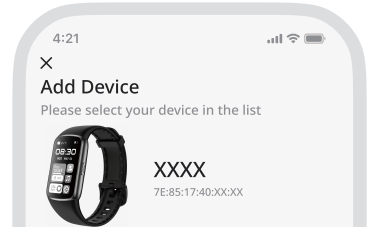
Step 2: Connect the watch to the app.

On the app's homepage, click "Add Device." After the Bluetooth locates the device, click the watch icon to pair.

1. Please do not pair directly in the phone system's Bluetooth settings, otherwise the watch cannot be connected.
2. Please allow the Da Fit APP to access the phone's "Bluetooth, Location, Camera" permissions to ensure successful pairing.



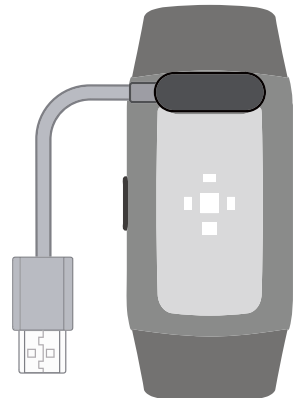
Bluetooth device search



Charging

Plug the USB end of the charging cable into a power source and attach the other end to the charging port on the back of the watch. The watch screen will display a charging icon.

- Please use a USB charger with a rated output voltage of 5V and a rated output current of 1A or above.
- Before charging, please clean the watch charging port and the metal contacts on the charging cable.



Key operation

Operation	State	Function
Click the button	Screen off	Light up the screen
Click the button	Watch Dial interface	Enter the main menu
Click the button	Non-dial interface	Return to the dial interface
Press and hold the button	/	Power Off/Power On

Screen control



Click



Slide up



Slide down



Swipe left



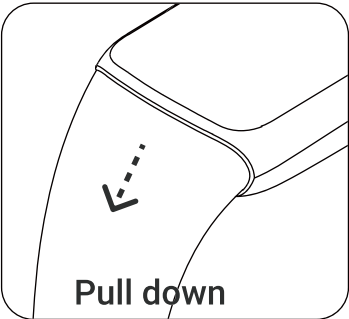
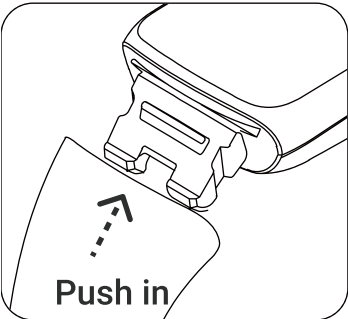
Swipe right

Operation	State	Function
Click	/	Select Confirm
Press and hold	Watch Dial interface	Replace the dial
Slide down	Watch Dial interface	Enter the control center
Slide up	Watch Dial interface	View messages
Swipe left and right	Display Feature Cards	Switch function cards
Slide right	Watch Dial interface	Enter the main menu
Swipe right	Non-dial interface	Return

Replace the watch strap

Installing the strap: Align the strap with the watch body's buckle and push it in the direction indicated by the arrow in the diagram to install the strap.










Removing the strap: Pull the strap out in the direction indicated by the arrow in the diagram to remove the strap.



Control Center










Swipe down from the main watch face to enter the Control Center, and swipe up to exit the Control Center.

The Control Center supports quick access to Do Not Disturb mode, Power Saving mode, Flashlight, Brightness Adjustment, Settings, and Digital card wallet.

	Status: Bluetooth Connected
	Status: Bluetooth Disconnected
	Battery level
	Do Not Disturb Mode
	E-Card
	Power-saving mode
	Brightness adjustment
	Flashlight
	Settings



Reminder Icon Introduction

	Heart rate warning		Sedentary reminder		Drink water reminder
	Menstrual cycle reminder		Fitness goal reminder		Alarm clock
	Low Battery		Charging		Charging complete
	Watch dial download		Firmware Upgrade		Incorrect wearing

Language settings

After connecting the watch to the app, the watch language will default to the same language as your phone system.

You can also go to the app and tap: Device > Other Settings > Language Settings, select your preferred language, and then click "Done"

Raise wrist to wake screen

After enabling the "Raise Wrist to Wake Screen" feature, you can automatically light up the screen by raising your wrist or turning your wrist inward.

On the watch's main menu, click: Settings > Display > Raise Wrist to Wake Screen, to enable or disable this feature.

You can also click in the app: Device > Other Settings, then toggle the "Raise Wrist to Wake Screen" switch to enable or disable this feature.

Do Not Disturb Mode

After enabling the Do Not Disturb, Notifications for incoming calls and messages will be disabled (Except for alarm clocks), The raise wrist to wake screen feature will be disabled.

You can activate Do Not Disturb by clicking the "Do Not Disturb mode" button in the watch control center.

Click in the app: Device > Other Settings > Do Not Disturb, set the start and end times for this feature. If the time is outside the set time range, the feature will not take effect even if it is turned on.

Power-saving Mode

After enabling Power Saving Mode, the watch vibration, raise wrist to wake screen feature, and screen brightness will be reduced.

You can activate this feature by clicking the "Power Saving Mode" icon in the watch's control center.

You can also click in the app: Device > Other Settings, and click the "Power Saving Mode" switch.

Sedentary reminder

Turn on the sedentary reminder to receive alerts when your activity level is too low for 60 minutes.

Click in the app: Device > Other settings, then tap the "Sedentary reminder" switch button to turn on this feature.

E-Card

In the watch control center, click the "E-Card" icon to display the required QR code. Before use, follow the steps below to upload the QR code to the watch.

Click in the app: Device > E-Card > "+", then click "QR Code" to select a photo containing the QR code, Enter a title and click "Save".

Supports setting up to 8 QR codes. Please ensure the QR code in the photo is clear and complete; otherwise, it cannot be uploaded.

Set main menu style

On the watch's main menu, tap: Settings > Display > Menu View, to change the main menu style.



Change dial

On the watch dial interface, press and hold the screen to switch watch faces.

You can also click in the app: Device > Watch Faces > Watch Face Gallery to download more watch dial to your watch.

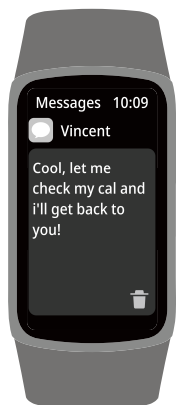


Message notification

Swipe up on the main watch face to view message notifications.

Click in the app: Device > Push Notifications to enable or disable notifications for related apps.

- Please allow the DaFit app to access your phone's notification permissions.
- If your watch does not display message notifications, please check your phone's status bar for new messages and ensure that the relevant apps on your phone are open and have notification permissions enabled.
- Check whether your watch has Do Not Disturb mode enabled.

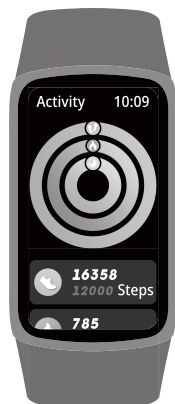


Activity Record

You can check the daily steps, calories, exercise duration, and activity trends for the past 7 days in the "Activity Center" of your watch.

You can also view the historical data of daily activities in the activity card on the APP homepage.

- Activity data for the day is automatically cleared at 0:00 daily.
- The watch only stores activity data from the last two days. Please keep the watch connected to the app so that the data can be synchronized to the mobile app for permanent storage.

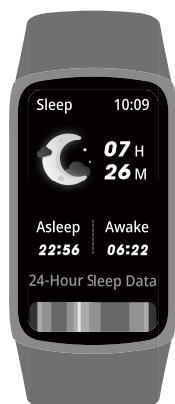


Sleep monitoring

Tap "Sleep" on the main menu of your watch, then swipe up on the screen to view your nighttime sleep and sporadic naps data for the day.

You can also view the trend data for the last 7 days and historical sleep data on the sleep card on the app's home page.

At 0:00 daily, reset and refresh the sleep data of the previous day.

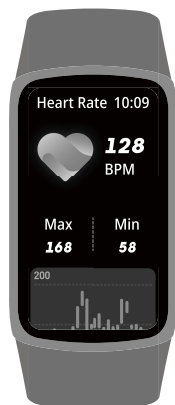


Measure heart rate

Single Heart Rate Measurement: In the watch's main menu, tap "Heart Rate," then tap the screen to start the measurement.

Continuous Heart Rate Measurement: Click in the app: Devices > Other Settings > Full-day Heart Rate, set the interval time to enable continuous measurement. You can view daily historical data in the full-day heart rate card on the app's homepage.

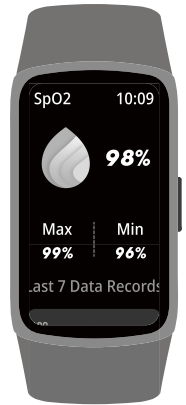
Heart Rate Alert: Click in the app Devices > Other Settings > Heart Rate Alert, Turn on the switch, When the heart rate exceeds the set value, the watch will sound an alarm to alert you.



Measure blood oxygen saturation

On the watch's main menu, tap: "Blood Oxygen," then tap the screen to measure. Swipe up on the screen to view data from the most recent 7 measurements.

You can also view the trend data of the most recent 7 measurements on the "blood oxygen saturation-card" on the homepage of the app.



Emotional Stress Measurement

Single stress measurement: On the watch's main menu, tap "Stress," then tap the screen to measure.

Full-day stress measurement: Click in the app Device > Other Settings > Full-day Stress, and click the switch button to enable continuous measurement throughout the day.

View historical data: In the APP homepage's "Emotion Pressure-Card", view the trend data and historical stress data for the past 7 days.



Female menstrual cycle prediction

The menstrual cycle prediction feature is based on historical period data, intelligently calculating future menstrual and ovulation periods.

You need to click in the app: Device > Other Settings > Physiological Cycle Reminder, click the switch button, Enter your menstrual cycle data and set the reminder mode and reminder time.

Setup is complete, you can view menstrual cycle prediction information on the "Physiological cycle card" in both the watch and the app homepage. The watch will also receive menstrual cycle reminders at the scheduled time.

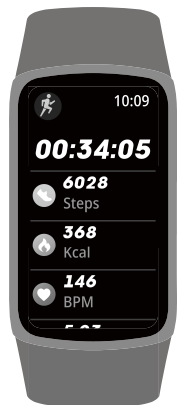


Start exercising

In the watch's main menu, tap "Exercise," select the exercise type, and click the "Start" button to begin the exercise. After the workout starts, swipe right on the exercise interface to pause or end the exercise.

You can also go to the workout page in the app and tap: Workout > Select exercise type > Click the "Start" button. When starting a workout from the app, the watch will automatically sync and enter workout mode.

· The exercise distance or duration is too short, and activity data will not be recorded.

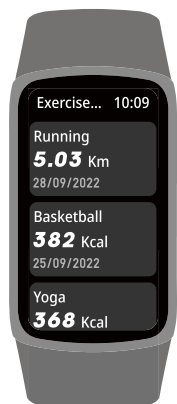


Exercise Records

In the watch's main menu, tap "Exercise Records" to view workout data. Tap the corresponding data entry to view detailed exercise records.

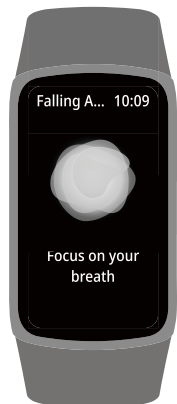
You can also go to the workout page in the app and tap: Workout > View Exercise Records, to access historical data statistics and detailed information.

The watch only keeps the most recent 5 exercise records. Please maintain the connection between the watch and the APP, and the data will automatically sync to the phone APP for permanent storage.



Breathing Exercises

In the watch's main menu, select "Relaxation", set the training duration, and click "Start" to begin the breathing exercise.



Weather

On the watch's main menu, tap "Weather" to view the current day's weather. Swipe up on the screen to view the weather forecast for the next 7 times.

Please ensure that your phone's GPS is turned on and that the DaFit app has permission to access your phone's notifications. Otherwise, the watch will not be able to push weather information for your city.

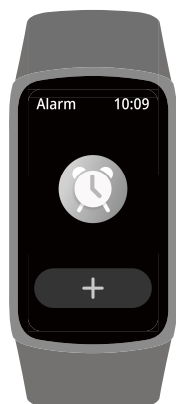


Alarm clock

In the watch's main menu, tap "Alarm," then tap the "+" add a new alarm. You can also tap an existing alarm to edit or delete it.

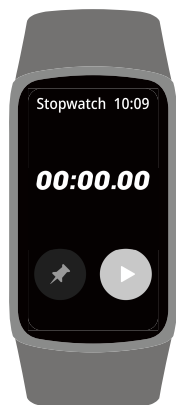
Alternatively, you can use the app, tap: Device > Alarms, where you can add, edit, modify, or delete alarms.

- Newly added alarms are enabled by default, and up to 8 alarms can be set.
- Alarms without set repeat cycle will only remind you once on that day.



Stopwatch

In the watch's main menu, tap "Stopwatch," tap "▶" to start timing, tap "⏸" to pause, tap "🏁" to record a lap, and tap "↺" to reset.



Timer

In the watch's main menu, tap "Timer", select or set a custom time, tap "▶" to start the timer, tap "⏸" to pause, and tap "✕" to stop the timer.



World Time

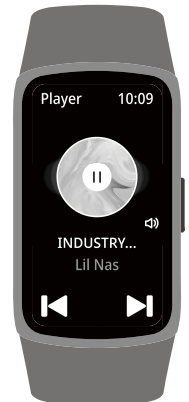
In the watch main menu, tap "World Clock", swipe up on the screen to switch between the times of different regions.

You can also click in the app: Device > World Clock, in the app to add the time for up to 6 regions globally.



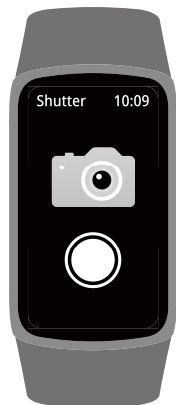
Music Control

The watch remains connected to the phone, and music is played on the phone. In the watch main menu, tap "Music Control" to control music playback, pause, previous track, next track, and adjust the volume through the watch.



Remote Photography

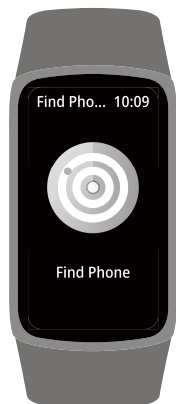
The watch stays connected to the phone, and the phone enters the camera mode. On the watch's main menu, tap "Shutter," and you can control the phone to take photos by tapping the watch screen.



Find Phone

The watch and the phone remain connected, and the DaFit app runs in the phone's background.

On the watch's main menu, tap "Find Phone" > Tap the watch screen, and the phone will play a ringtone as a reminder.



Calculator

In the watch's main menu, tap "Calculator" to use the calculator function.



FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

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.



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 disassemble, puncture, crush, heat, or burn.



Made in China