

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

Smart Watch

Wireless charging



product description

Packing list: watch host (including strap) x1, wireless charger x1, product manual x1



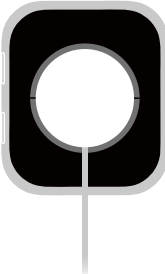
- 1
- Unpack. Follow the steps to connect the buttons on the back of the strap to the smartwatch



- 2
- Wear your smartwatch and long press to turn it on
- 3
- Open the Da Fit APP on your phone to set up the device



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- To charge, place the back of the watch on the wireless charger



Product overview

Buttons and touch

Connect the watch



- menu button
- Double-click the switch button

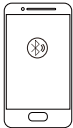


- menu button
- Long press the double button to turn on/off

- Swipe right: Split screen effect



- Swipe up: message notification
- Swipe left: menu interface
- Sliding down: shortcut button



1. Download the "DaFit" APP to your phone and install it. You can directly search for "DaFit" in the APP store to download, or you can scan the following QR code to jump to the link to download (scan code in browsers, WeChat, etc.).
2. Connect the watch
- 1) Scan code connection: After the watch is turned on and enter the dial page, swipe right to enter the split screen function, click the "Scan code connection" shortcut button, and the connection QR code will pop up, and you can scan the code connection directly in DaFit.
- 2) Manual connection: After the mobile phone turns on Bluetooth, enter the APP to directly search for the device to manually connect.
- 3) Connect and call Bluetooth
- In the initial state of the watch, the Bluetooth for calls is turned off. At this time, the call function and music function cannot be used. Scroll down to open the shortcut menu, and click the call Bluetooth switch. After turning it on, you can find the call Bluetooth in the mobile phone system (when the mobile phone Bluetooth is turned on), find the corresponding Bluetooth name, and click connect. After the connection is successful, the call function and music function can be used.

Watch operating instructions

1. Split screen function: double click to appear, click.
2. Dial page: Swipe left to enter the dial page selection, swipe left to switch to other dials.

Note: The system presets five dial pages, and the last dial is named "Custom". This dial will change with the dial market on the APP side and the download settings of the custom dial.

3. Menu page: On the dial page, single press the side key to enter the menu page. After entering the menu page, double press the side key to switch menus, and single press the side key to return to the main dial page.

4. Function page: In the menu page, click each application icon to enter the corresponding function, slide right to return, and press the side button to return to the main dial page.

Features

- phone**
- Contacts: Connect to the mobile phone to synchronize mobile phone contacts and set emergency contacts;
Dial-up: connect to the mobile phone to dial out, you can make a call on the watch side;
Call record: Connect the mobile phone to synchronize the call record of the mobile phone;
- Exercise record**
- Record the exercise data of the day, including: calories, activity time, number of activities, steps and distance.
- Scan QR code to pay**
- Open the QR code bound to the APP to scan the QR code to pay.
- Heart rate**
- Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The real-time heart rate value can be measured. The normal value of the average person is 60-90 beats/min. The watch records the last 7 measurement records, and records the highest and lowest values.
- blood pressure**
- Place the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The blood pressure can be measured. The watch records the last 7 measurement records.
- Blood oxygen**
- Put the watch close to your wrist, and the best wearing position is on the wrist bone and above the arm. The blood oxygen value can be measured. The watch records the last 7 measurement records, and records the highest and lowest values.
- Indoor activities**
- There are 6 routine sports including indoor running, indoor riding, sit-ups, push-ups, and free training.

- Sleep**
- Check your sleep status every night.
- add friend**
- Bind the social app to open the QR code at the other party scan to add friends.
- Outdoor sports**
- Record 5 exercise data during exercise: steps, calories, heart rate, cadence, pace, and can set exercise goals, fully decompose your exercise details.
- Breath training**
- Breathing training can quickly relax oneself, relieve stress and quickly replenish oxygen to the body. There are three frequency options for breathing training: slow, normal, and slightly faster; breathing time options: 1-5min.
- Music control**
- Connect APP to control music playback.
- the weather**
- The weather can be synchronized by connecting to the APP.
- Stopwatch**
- The watch supports stopwatch timing.
- Timer**
- The watch turns into a timer every second.
- Meit**
- The watch implements the Meit function, converts all daily exercise into a Meit value and displays it on the watch and APP, records a week's exercise energy metabolism equivalent, and forms a visual icon to allow users to clearly understand their own exercise volume.
- pressure**
- The watch supports continuous pressure monitoring, monitoring the user's 24-hour pressure changes, using scientific health algorithms to display the pressure as an icon, allowing users to adjust their status at any time. Pressure range display: 1-29 relaxed; 30-59 normal; 60-79 medium; 80-99 high.
- Set up**
- Including brightness setting, often turn off the screen, raise the wrist to turn on the screen, do not disturb mode, sound and vibration, Set language switch, connect mobile phone, password, about watch, restart, restore factory, shut down.

Recharge

Please place the back of the watch on the surface of the wireless charger to start charging, and the charging instructions will be displayed on the watch screen.



- note:
1. Do not charge in a humid and water environment;
2. Make sure that the back of the watch is in clean and complete contact with the surface of the wireless charger;
3. Please clean the back of the watch and the surface of the wireless charger with a clean flannel regularly, and ensure that the surface of the watch and the wireless charger are in full contact to ensure normal charging;
4. This product is not equipped with a power adapter. In order to ensure the safety of family and property, you can use a computer USB port or choose a power adapter with an output not exceeding 5V=1A when charging. Please purchase power adapters through formal channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

Bluetooth data transmission

When connected with a mobile phone, the watch will instantly synchronize some data with the mobile phone via Bluetooth, including weather, notification messages, sports health data, etc. After the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

Precautions

1. The measurement results of this product are for reference only, not for any medical purposes or basis. Please follow the doctor's instructions and never make self-diagnosis and treatment based on the measurement results.

Basic parameters

Product Name: Smart Watch
Body material: zinc alloy
Battery capacity: 220mAh
Screen size: 1.69inch
Equipment requirements: Android 4.2 or ios 9.0 and above

Dimensions: 43*38. 8*11.4mm
Strap material: Silica gel
Blue teeth: Bluetooth 5.0
Memory: 64MB



Federal Communications Commission (FCC) Statement. 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.

Warning: Changes or modifications made to this device not expressly approved by **ShenZhen KY Technology Co., Ltd** may void the FCC authorization to operate this device. Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF exposure statement:

The device complies RF exposure requirement and can be installed and used without restriction