User's manual

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Charge:

The watch needs to be charged for two hours before using it for the first time to ensure that it is fully charged.

The magnetic charging base contacts the

bottom shell charging thimble to charge.

Mobile phone download APP:

Please scan the corresponding QR code below or enter "APP Store", "Googleplay" to download and install "F FIT" according to your mobile phone operating system.

Googleplay

APP Store

You can also directly scan the corresponding QR code on the watch to download and install.

System requirements: Android version 4.4 and above, IOS9.0 and above, mobile

phones supporting Bluetooth 4.0 and above.

Bind watch:

1. Turn on the phone's Bluetooth

2. Open the APP-click to add a device-search-click the searched Bluetooth name of the watch-the binding is successful.

Click "About" in the "Settings" menu of the watch to view the Bluetooth name of the watch.
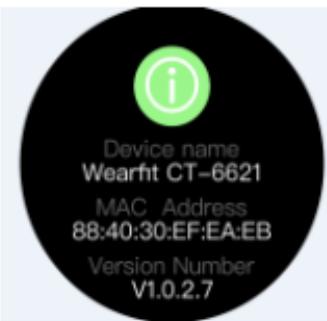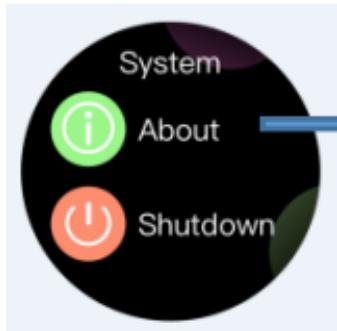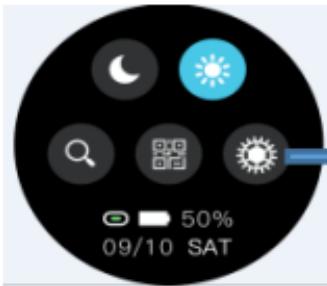
Instructions:

Switch button : Long press for 2 seconds to switch the machine on and off, short press to turn on the screen, stop the screen or return to the dial.

Display: 1.09 inches full screen touch, slide right to return to the previous menu.

Synchronized information: When the watch and phone are successfully bound, the watch will automatically adjust the time, and immediately synchronize and record your exercise information and health status.

The main function:

Clock, step counting, distance, calories,

sleep monitoring, 24-hour heart rate monitoring, blood pressure monitoring, call reminder, alarm clock reminder, sedentary reminder, message reminder, menstrual period reminder and other functions.

Watch language: Simplified Chinese, English

APP language: Simplified Chinese, Traditional Chinese, Japanese, English, French, German, Italian, Spanish, Russian, Portuguese, Korean, Malaysian.

Home interface switch:

The watch has five built-in home interfaces, which can be switched by clicking "theme" in the watch settings, or in the dial market of the APP.
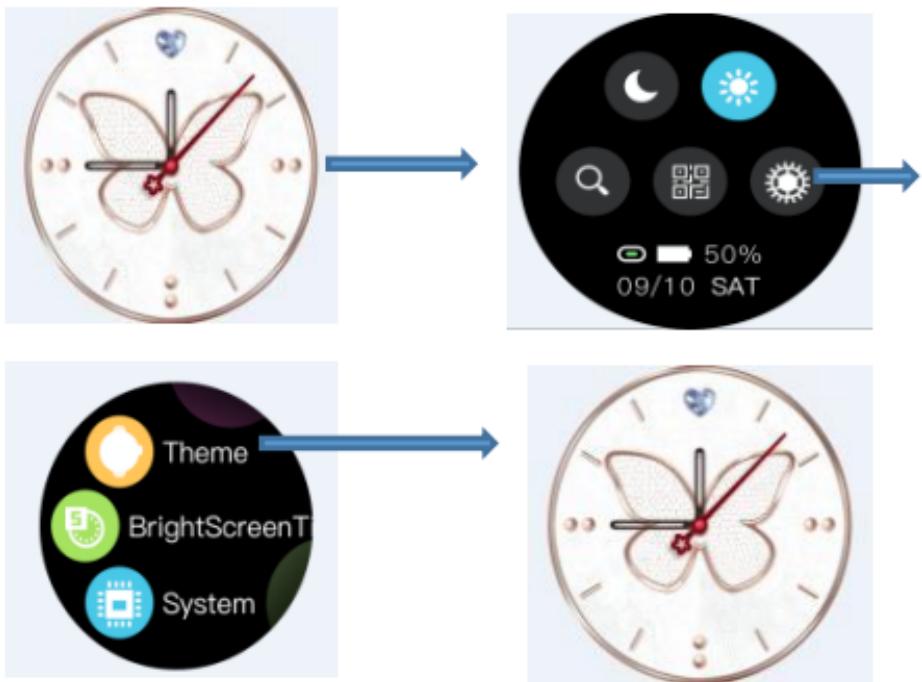
Sports data:

Record the number of steps, distance and calories, clear the data at 00:00 in the evening, start to recalculate on a new day, save historical data and upload the APP at the same time.
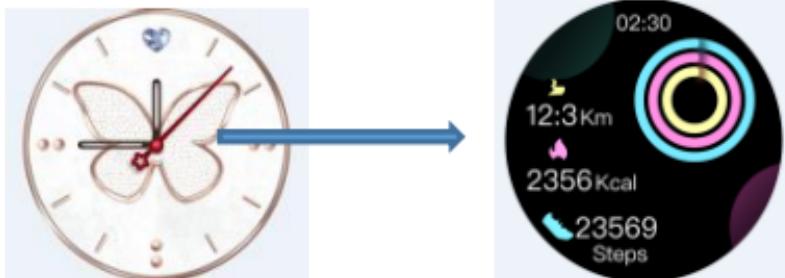
Heart rate monitoring:

Put on the watch, slide right to enter the heart rate monitoring screen, the heart rate at the bottom will light up, and the heart rate monitoring will start. After about 10 seconds, the heart rate data will appear and upload to the APP. Slide the screen or short press the button to exit the heart rate monitoring. Continuous heart rate monitoring can also be set in the APP.
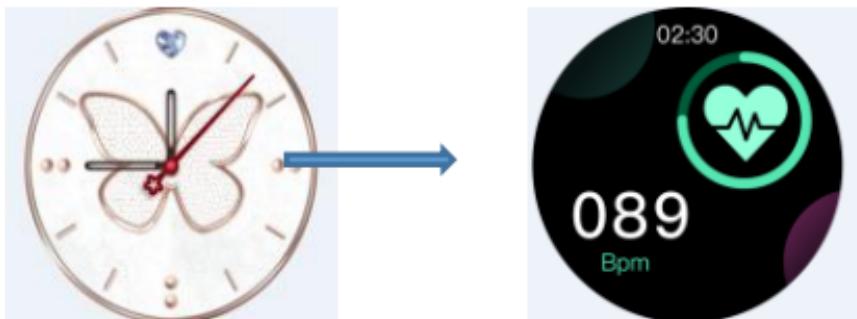
Blood pressure monitoring:

Put on the watch, slide right to enter the blood pressure monitoring screen, automatically start blood pressure monitoring, and blood pressure data will appear after about 10 seconds. Slide the screen or short press the button to exit blood pressure monitoring. Only the blood pressure measurement data when the APP is turned on will be saved on the APP.
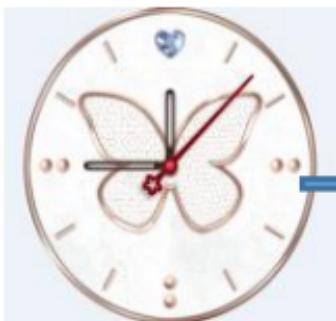
Sports mode:

There are nine sports modes including running, climbing, walking, cycling, football, basketball, table tennis, badminton and swimming.
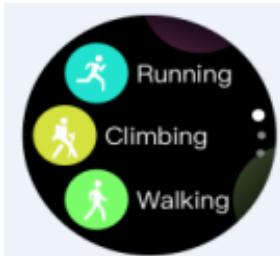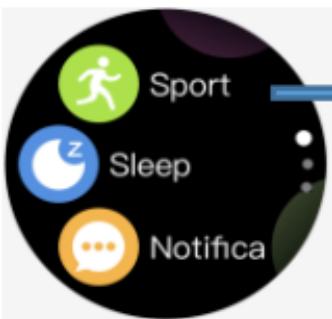
Sleep monitoring:

Record the sleep state of last night (deep sleep time, light sleep time, etc.) and check it on the APP.

You must wear a watch during sleep to monitor.
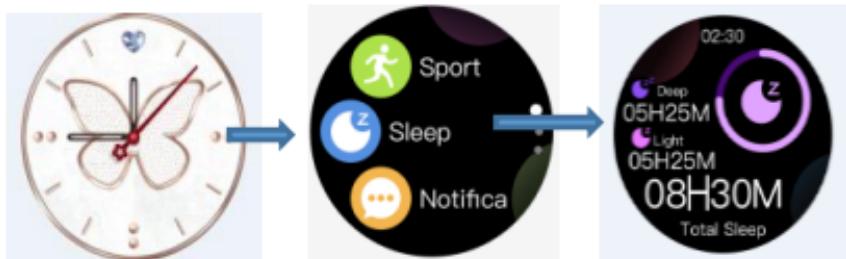
Message :

Keep up to 3 pieces of the most recent information.

Stopwatch:

The menu enters the stopwatch interface, click to start timing, and you can record multiple time nodes at the same time.
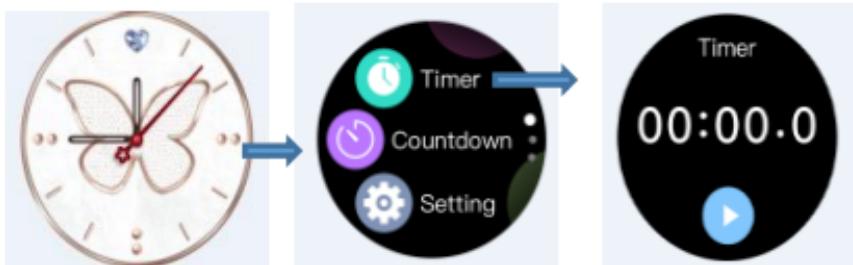
Countdown:

The default is 1, 3, 5, and 10 minutes countdown. Click "+" to set the countdown time by yourself.
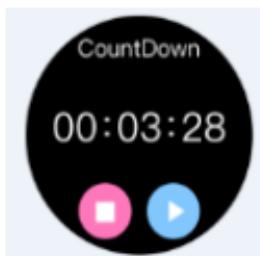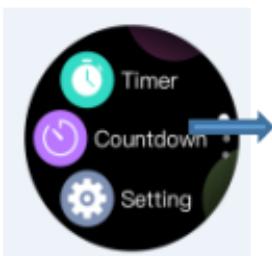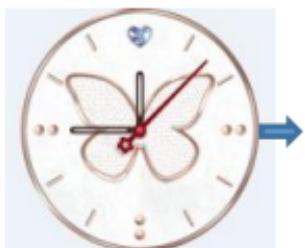
setting:

Theme selection: Enter the setting interface and click the theme selection to switch between different watch faces.

Bright screen time: Enter the setting interface, click on the bright screen time, you can choose the bright screen time (5-15S).

System: Enter the settings interface, click on the system, you can set the watch to shut down, restart, restore factory settings, and view watch information.

Message notification:

Turn on the reminder in the APP. There are 13 APPs to choose from, such as WeChat, QQ, Facebook, WhatsApp, Twitter, Line, etc. When the watch and the phone are connected and the reminder is turned on at the same time, the watch can receive the message reminder.

Incoming call reminder: Turn on the incoming call reminder in the APP, you can set delay reminder and call rejection, caller ID contact or phone number.

Reminders for sitting, taking medicine, meeting, drinking water: open in the APP, you can set the reminder start and end time and reminder interval.
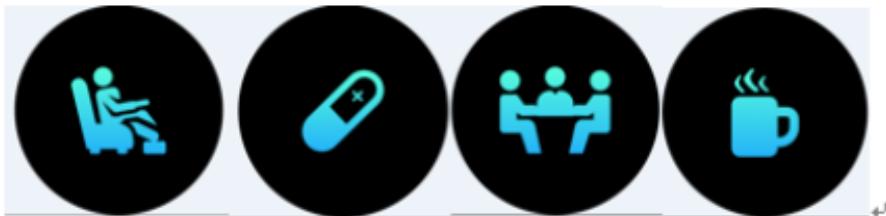
Alarm reminder: Turn it on in the APP, and it will automatically vibrate to remind you when the

Time comes.
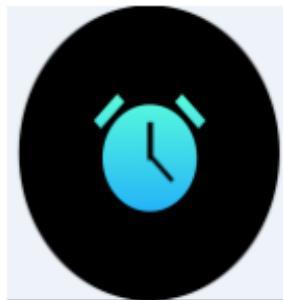
Main menu:
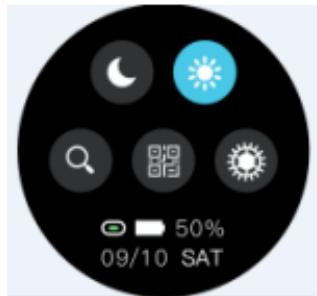
APP QR code: According to your mobile phone, select the corresponding QR code to scan, download and install.

Brightness adjustment: Choose different brightness according to your personal preference (a total of five levels to choose).

Do not disturb mode: turn it on in the watch, set the start time and end time. After turning on the watch

Find mobile phone: Click to enter to find mobile phone, click the icon, the phone will ring (only valid when the watch is connected to the mobile

phone).

Other functions:

Raise the wrist to light up the screen: Turn it on in the APP, and the screen will light up when the watch is raised.

Shake to take a photo: Turn it on in the APP, raise the wrist of the watch, and the phone counts down to 3-2-1 to start taking pictures.

Find the watch: Open in the APP, the watch will vibrate.

SMS reminder: Open in the APP, the phone will receive the SMS, and the watch will synchronize the reminder.

Time system: APP setting, 12-hour or 24-hour system can be set.

Product specifications:

Main chip: Realtek8762C

Battery capacity: 140mAh

Display: 1.09 inch TFT display

Working time: 5-7 days

Resolution:240*240dpi

Bluetooth version: Bluetooth 5.0

Product weight: 41g

Waterproof : IP67

Product size: 39.5*39.5*10.1mm

Compatibility: IOS9.0+Android4.4

Packing list: watch, magnetic charging stand, manual

FAQ:

Can't find the watch or can't connect when binding?

Please make sure your mobile phone has turned on Bluetooth, and at the same time make sure that the distance between the mobile phone and the watch is within 0.5 meters.

Please check whether the watch has electricity, if it still cannot be solved after charging, please contact us.

Why do I occasionally fail to connect to Bluetooth?

The Bluetooth service of some mobile phones may occasionally be abnormal when restarting. Usually, restart the mobile phone to establish a connection normally.

Why are Android phones easy to disconnect?

The system memory management of the Android phone will forcibly turn off the background APP, you need to turn off the power saving mode or pull the APP into the green background of the system manager, so that the APP will not be forcibly closed. The APP must be running in the background, and the Bluetooth will not be automatically disconnected.

Why can't the watch receive notifications?

Android phone settings:

Confirm that the message push switch is turned on on the mobile client.

The confirmation message can be displayed normally in the notification bar of the phone.

The watch message push is pushed by reading

the message in the notification bar of the phone; if there is no message in the notification bar of the phone, the watch will not be able to receive the push. (You need to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client)

Open the accessibility settings of the watch client (find the accessibility settings in the phone settings, and open the accessibility settings of the watch client)

Apple phone settings:

1. Confirm that the message push switch is turned on on the mobile client.

2. The confirmation message can be displayed normally in the notification bar of the mobile

phone. (You need to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client)

Notes:

Do not hit the watch severely.

Do not remove chemicals such as benzene, thinner, etc.

Please stay away from strong magnetic fields, electric shock stations.

Please avoid direct light or heating appliances.

Do not disassemble, repair, or modify by yourself.

Discarded packaging, batteries, old electronic products, please sort them and dispose of them

properly.

Disclaimer Warning: This product is not a medical device, and the watch and its applications should not be used for diagnosis, treatment or prevention of diseases or illnesses. If you want to change habits such as exercise, you must first consult with qualified medical professionals to avoid serious injury or death. Our company reserves the right to modify and modify any functions described in this manual without prior notice.

The right to improve, while the company keeps the right to continuously update the content of the product, all content please refer to the actual product.

FCC Warning Statement

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

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.

The device has been evaluated to meet general RF exposure requirement.