

# Smart Watch User Manual





# Downloading the APP

Scan the following QR code, download and install the "Dafit" App

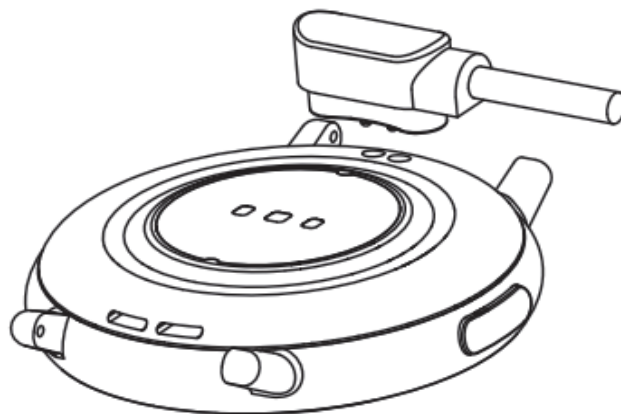


Scan QR Code and Download

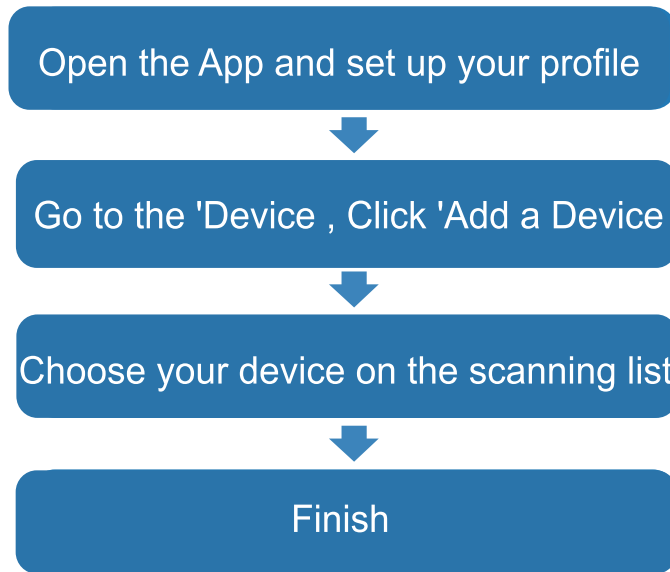
## Charging

Charging the device to active before the first time using;

Charging your device, plug the charging cable into the adapter or USB port on your computer.

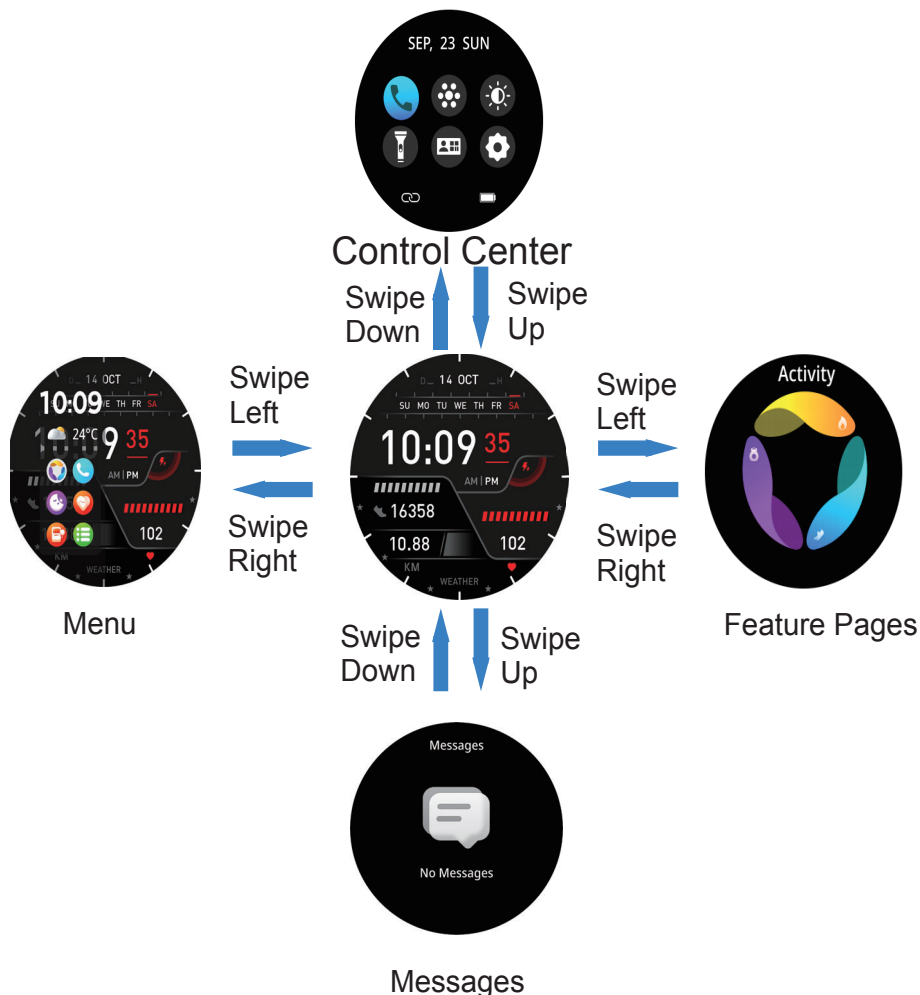


# Pairing

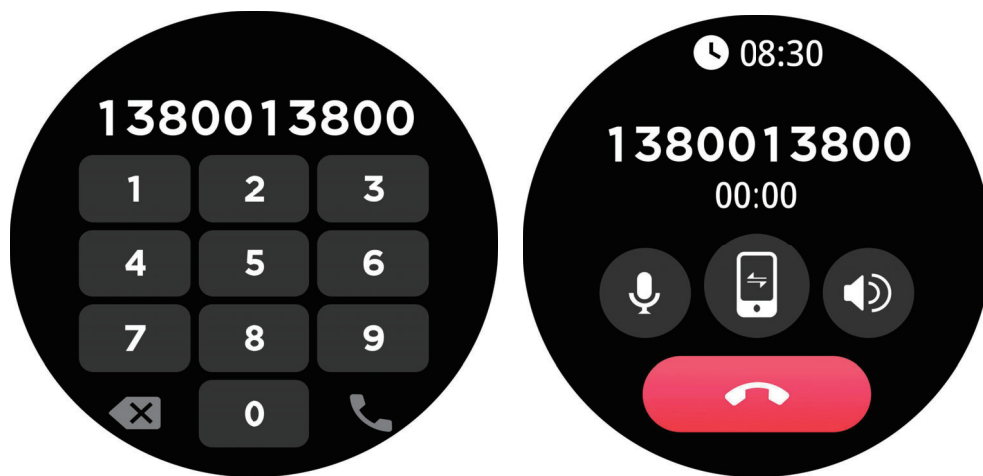


In the smart watch, the MAC address on the - "Setting"- "About" - "Version "page can help you identify your device on the scanning list.

# Use the Touch Screen



# Phone Call



Connect the smart watch with your mobile phone via the mobile phone's Bluetooth to make and answer calls.

Note: must connect the smart watch with your mobile phone via the Dafit APP to ensure other functions work well.

# Phone Call

## Points to note when using:

1. For the first using, please turn on your mobile phone's Bluetooth, then connect the smartwatch via the Dafit App first, then connect the smartwatch with your mobile phone via the mobile phone Bluetooth. Please note that the bluetooth name on the Bluetooth list is "📞 G87" (please don't connect to a Bluetooth device named "⌘ G87", otherwise it can not be used to make phone call or play music, then you need to disconnect it and search again).

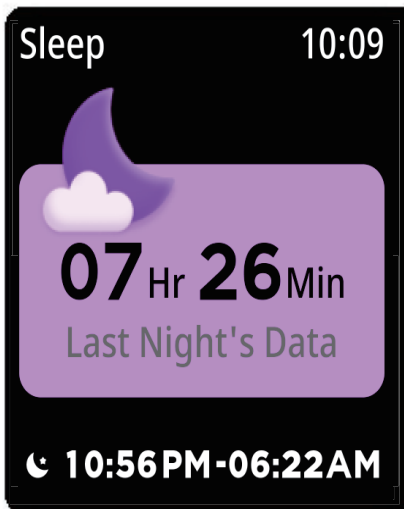
2. Please do not leave the smart watch more than 5 meters away from the mobile phone during a call, otherwise the call quality will be affected.

3. Please make sure that the phone function and the audio function are turned on, otherwise you can not find the smartwatch by your mobile phone Bluetooth. you can turn on them from "Setting"- "Phone", or you can also swipe down the screen from the home page to find the phone icon, change the icon color to "Blue" to turn on it. see below picture:



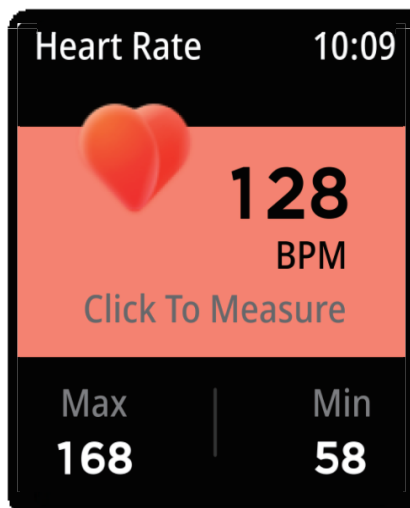
4. If the smart watch has been connected by another mobile phone, please disconnect it from that mobile phone from the Dafit APP and from the mobile phone Bluetooth, then you can use a new mobile phone to connect it via Dafit App and mobile phone Bluetooth.

# Smart Watch Features



## Sleep

If you keep wearing the Smart Watch during your sleep, it can provide the sleep time and sleep quality on both the smartwatch and the Dafit App. you can swipe up the screen from the sleep interface to see more information. NOTE: the sleep monitor from 10pm to next day's 8am. Sleep stats will be reset to zero at 8:00 pm



## Heart Rate Monitor

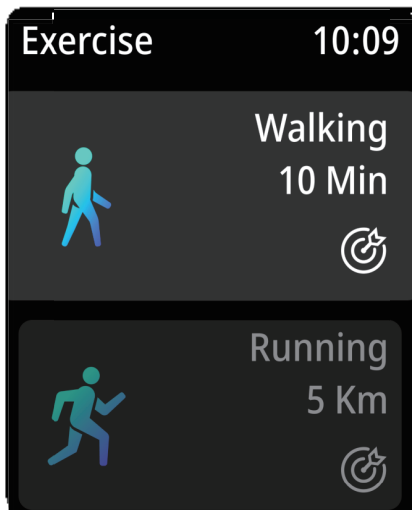
The Smart Watch can monitor your heart rate all day (you need to turn on the auto monitor function in the Dafit App first). you can also tap on the smart watch to start measuring the real time heart rate. you can swipe up the screen from the heart rate interface to see more information.



## Activity

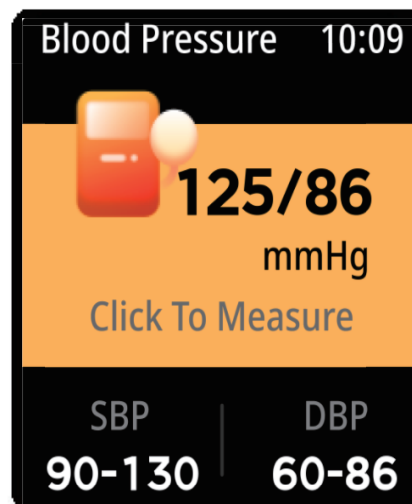
Smart Watch automatically tracks Steps and calories taken all the day. you can swipe up the screen from the Activity interface to see more information. NOTE: the movement stats reset to zero at midnight.

# Smart Watch Features



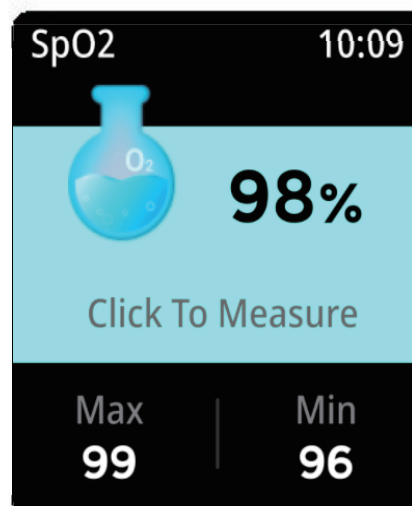
## Exercise

Tap the exercise icon on the menu to start a new exercise measure, there are 123 sport modes to be chosen. The last training recording will be shown on the training page



## Blood Pressure monitor

Tap on the blood pressure interface to start measuring your blood pressure. On the blood pressure interface, It can show the last time blood pressure measured data. you can swipe up the screen from the Blood Pressure interface to see more information.



## SpO2

Tap on the SpO2 interface to start measuring your SpO2. On the SpO2 interface, It can show the last time SpO2 data. you can swipe up the screen from the SpO2 interface to see more information.

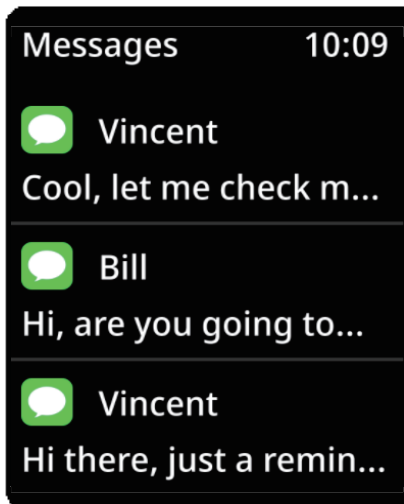


# Smart Watch Features



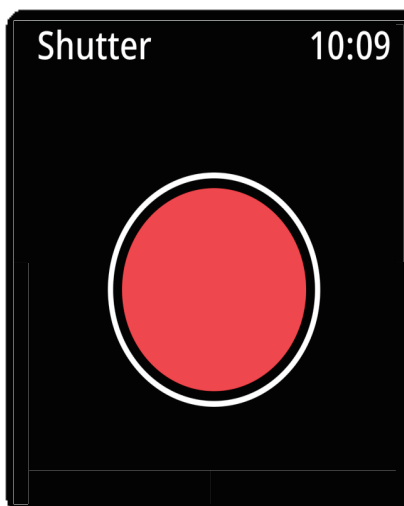
## Weather

It can show the weather data of 7 days on the weather interface. Weather info is synced after connecting with the mobile phone via the Dafit APP. you can swipe up the screen from the Weather interface to see more information.



## Messages Reminder

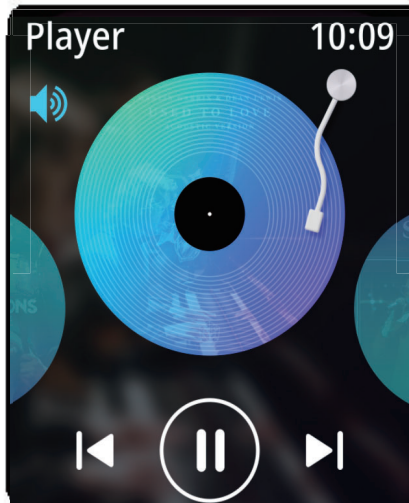
The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc. Recently 8 messages can be stored. Note: You can switch on/off the incoming notification in the Dafit App.



## Remote Shutter

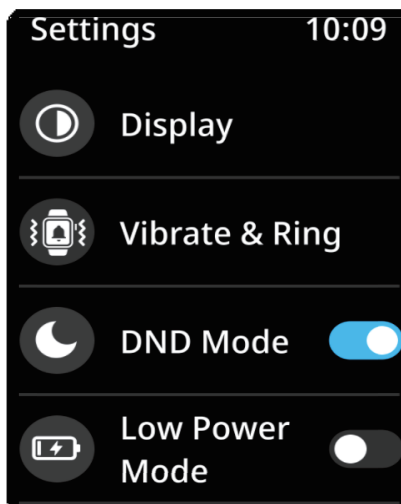
After connecting the smart watch with your mobile phone via the Dafit App, you can remote control the mobile phone camera by the smart watch.

# Smart Watch Features



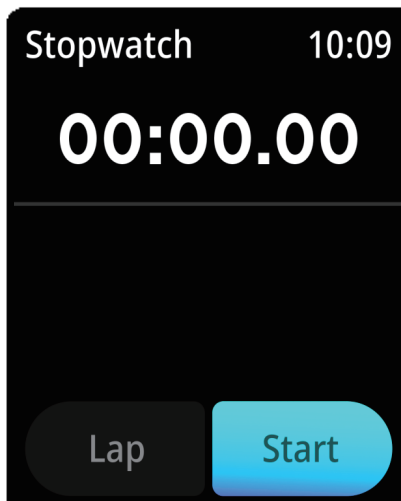
## Music Player

After connecting the smart watch with your mobile phone via the Dafit App, you can remote control the music player by the smart watch.



## Other Features

Other features include stopwatch, alarm, timer, brightness, mute on/off, low power mode, factory reset, power off, flash light, find phone, calculator.



## Stopwatch

Tap the start icon to start timing, and tap the stop icon to stop timing.

# Smart Watch Features

Alarm 10:09

08:30 AM

S M T W T F S

☒

09:30 AM

S M T W T F S

☐


09:00 AM

S M T W T F S

☒

## Silent Alarms


You can set up the alarm in the Dafit App, the smart watch will vibrate to alarm on time.



Time to Drink Water

## Remind to Drink

You can set this function in the Dafit App, the smart watch will remind you to drink water on time.



Stand up and move a little for one minute.

## Sedentary Remind

Turn on this function in the Dafit App, then the smartwatch will remind you to relax after one hour sittin.

# Getting to Know Your Device

## **1. Using in Wet Conditions**

NOTE: Do not swim with your Smart watch. We also don't recommend showering with your smart watch; Whenever you get your smartwatch wet, dry it thoroughly before putting it back on.

## **2. Using Quick View**

With Quick View you can check the time or the message from your phone on your Smart watch without tapping. Just raise up your wrist towards to your face and the smart watch screen will be lighted up for a few seconds.

# **General Info & Specifications**

## **1. Environmental Conditions**

Operating temperature: 14°F to 122°F (-10°C to 50 °C)

Non-operating temperature: -4°F to 140°F (-20 °C to 60°C)

## **2. Size**

Fits a wrist between 5.5 and 7.7 inches in circumference.

### **3. Disposal and Recycling**

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart watch and accompanying components. Do not dispose of Smart watch with common household waste, the Smart watch unit is considered as electronic waste and should be disposed of at your local electronic equipment collection facility.

For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

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