

# Fitness Tracker D36 Manual



Thanks for purchasing this product.  
Please read this Manual carefully before use.

Professoinal 24h Online Customer Service:  
[vipwiseofficial@163.com](mailto:vipwiseofficial@163.com)

Model	D36	Screen Type	1.57 inch Color Screen
Battery capacity	3.7V/230 mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	7Day
Waterproof level	IP68	Weight of Product	65g
Operating Temperature	0°C-60°C	Bluetooth Version	BLE5.2
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	4dBm



Scan the QR code  
for more function information



## Quick start guide (EN)

### 1. Product overview



#### Physical button operation

##### Short press

1. To return.
2. To wake the screen when it is off.

##### Long press

1. To turn on the watch.
2. Under the power on state, long press for 8s to restart.

### 2. Turning on/off

#### Turning on

Whilst the watch is off, it automatically turns on when you put it on charge.



Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

#### Long press the button to turn on the watch.

#### Turning off

To turn off the watch: go to Settings -> Turning off menu.



## App downloads and pairing

### 1. App downloads

Download and install the "FitCloudPro" app on the App Store, Google Play or by scanning the QR code below.



### 2. Pairing

Turn on FitCloudPro app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

## Screen operation

#### Swipe up/down

1. To toggle through menu.
2. To view long text/details.

#### Swipe left/right

1. To toggle through menu.

Tap the screen  
1. To enter the menu.  
2. To operate according to the prompts.

Tap and hold on the screen  
1. To switch between watch faces.



## Precautions for use

The heart rate monitoring function automatically detects and records the heart rate every 5 seconds within 24 hours, and the value changes in real time during the measurement.

The sleep monitoring time period is 21:30-12:00, and the recording starts after more than 3 hours of sleep. Sporadic nap monitoring is not supported for the time being.

When using FitCloudPRO APP on Android mobile phones, users need to allow background running; when using on Apple mobile phones, please turn on "Allow Message Push" in the system settings, otherwise you will not be able to receive information or sync data, and it is easy to disconnect.

For operating instructions and FAQs on these features, please open the online link on the product detail page and go to the "User Guide" section.

## Care and maintenance

Two suggestions for use and maintenance:

1. Keep the product clean and dry;
2. Do not wear the product too tight;
- \* Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.
- \* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

## Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

#### 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. The device can be used in portable exposure condition without restriction.