

User Manual



Welcome to use our high-performance wristband smartwatch, which creates a thoughtful health experience for you.

Please fully charge it before use.

APP: Da Fit

1. Download and Pairing

1.1 Long-press the side button "Power" to turn on.

1.2 Scan the QR code below to install the Da-Fit APP, or download "Da-Fit" from the app store (available for installation via Google Play).

Compatible Systems: Android 4.4 and above, iOS 8.0 and above.



(For downloading the APP only)

Please translate the following text into English.

1.3 Open the mobile APP and select the device to be bound from the APP device list.

Step 1: Turn on the Bluetooth of the mobile phone.

Step 2: Open the "Da-Fit" app, click "Add Device" to connect.

Step 3: Open the phone menu on the watch.



Step 4: Check the last four digits of the MAC address in the "About" section of the watch menu (e.g., "0000"), then go to the phone's "Bluetooth Settings", search for a Bluetooth name matching the last four digits (e.g., "0000") to complete the BT connection, as shown below.

Note: Turn on the call switch in the watch's settings menu. For iOS systems, the APP will pop up a window asking if you allow the link. Click to allow the call connection.

1.5 CHAT GPT & AI Function

When using GPT and AI dial functions, ensure the watch is successfully connected to the app. Open the function interface, tap the screen, and confirm the question you want to ask or the text you want to generate for the dial.



2. Functions of Smart Bracelet

2.1 Time Interface

2.1.1 Power On: Press and hold the side button for 3 seconds.

2.1.2 Power Off: On the time interface, press the side button for 3 seconds, then tap the "✓" icon to shut down.

2.1.3 Dial Switching: From the main interface, long-press the screen to replace with various watch faces. Dials can be downloaded from the app, or you can upload your favorite pictures as the watch face.

2.2 Function Menu

2.2.1 Activity Record (Step Tracking)



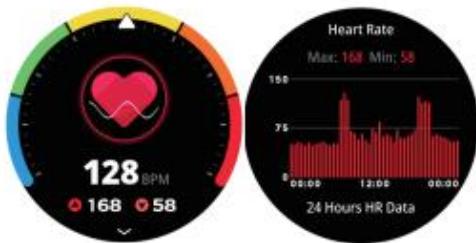
2.2.2 Sleep Monitor

Sleep monitoring time: 20:00 in the evening to 10:00 in the morning. Please ensure that the bracelet device is worn.



2.2.3 Heart Rate Monitor

(For 24-hour monitoring, please enable "All-day Heart Rate" under the "Other" menu in the Da Fit App.)



2.2.5 Sports (107 sports modes: walking, running, cycling, skipping rope, badminton, basketball, football, etc. All sports data will be synchronized to the Da Fit App on your phone)



Please select your desired exercise mode, start the test and display all exercise data: mileage, calories, heart rate, as shown in the figure below; swiping the screen from the left can exit or pause the exercise test.



2.2.6 Bluetooth Calling

You can answer calls directly from the watch or use the dial pad to make calls. You can also view your recent call history.



2.2.9 Blood Pressure Detection (Tap the screen to monitor)

Note: The measurement data is for reference only and should not be used for medical purposes.

2.2.10 Blood Oxygen Detection (Tap the screen to monitor)

Note: The measurement data is for reference only and should not be used for medical purposes.



2.2.11 Weather (Swipe up the screen to view the weather information for this week)



2.2.12 Remote Photography

Android: Open the Da Fit App, go to "Shutter" from the smart bracelet, then shake the bracelet or tap to take a photo.

iOS: Go to "Shutter" on the smart bracelet, ensure the phone's camera is turned on, then shake the bracelet or tap the icon.



2.2.13 Player (Enter BT music, tap the middle icon to pause or resume, tap the left icon to play the previous song, and tap the right icon to play the next song)



2.2.14 Notification Push (Open the Da Fit App "Notifications" for social applications such as Facebook, Twitter, Skype, etc.)

Note for Android phone settings: In Da Fit App/Notifications/Accessibility, turn on "Da Fit".)



3. Pop-up Menu (Swipe down from the main dial)



Do Not Disturb Mode

Drain Mode

Flashlight

Call Switch

Find Phone

Settings

APP Connection Status

Battery Level

4. Functions on Da Fit App

4.1 Data Synchronization

All measurement data from the smart bracelet will be synchronized on the Da Fit App, including: steps, sleep monitor data, heart rate, blood pressure, blood oxygen, and other metrics.

4.2 Smart Bracelet Connection Interface

4.2.1 Watch Faces (multiple interface options, 1 customizable watch face, AI watch face interface)



4.2.2 Notifications (Enable message push for social apps, such as WeChat, Facebook, WhatsApp, Twitter, etc.)

4.2.3 Alarms (3 options)

4.2.4 Others (Find My Smart Bracelet, Time Format, Do Not Disturb Time Settings, Sedentary Reminder, All-Day Heart Rate Monitor, All-Day Stress Tracking, Power Saving Mode, Unit Format, Screen On Time, Quick Screen View, Heart Rate Warning, Weather, Menstrual Cycle Reminder)

1. Activate "Find My Watch" mode. When the phone successfully connects to the smartwatch via Bluetooth, the watch will vibrate and ring.
2. Time Format (2 options: 12-hour and 24-hour formats)
3. Do Not Disturb Mode Settings
4. Sedentary Reminder (Effective from 10:00 AM to 10:00 PM)
5. All-Day Heart Rate Monitor (Turn on to detect your heart rate throughout the day)
6. All-Day Stress Tracking (After enabling, the smartwatch will record your stress levels in real time)
7. Power Saving Mode (Screen brightness is reduced, and call switch is turned off)
8. Screen On Time Settings (Screen on time can be selected between 5-30 seconds)
9. Heart Rate Warning (By default, your maximum heart rate is 187 BPM. A warning will be issued if this default value is exceeded)
10. Quick Screen View: Wake Screen (Enable and select the effective time period)

11. Weather (Enable weather, select your desired city or use auto-location; the bracelet will display the weather of the located city)

12. Menstrual Cycle Reminder

(Note: Please note that the above functions work based on activating and saving relevant settings.)

Frequently Asked Questions (FAQ)

1. Why does the smart bracelet automatically disconnect from Bluetooth when the Android screen turns off?

1> Lock the app in the background. If the Da-Fit process is cleared, the smart bracelet will disconnect from the phone.

2> Set the app to auto-start.

3> Unrestricted background operations. Android phones with the app installed will restrict background operations by default; the app should be manually set to operate without any restrictions.

2. Why can't the smart bracelet receive message pushes?

1> Please confirm that you have turned on the message push switch in the mobile client.

2> Please confirm that messages can be normally displayed in the phone's notification bar. Message pushes on the smart bracelet are completed by reading messages in the phone's notification bar. If there are no messages in the phone's notification bar, the smart bracelet will not receive message pushes. (You need to find the notification settings in the phone settings and turn on the notification switches for WeChat, QQ, calls, text messages, and the mobile client.)

3> Open the phone's "Settings", enter "Notification Access" in the top search bar, and re-enable Da-Fit.

3. Why can't you take a hot bath with the smartwatch?

Answer: The temperature of bath water is relatively high, which produces a large amount of steam. These steam molecules have a small radius and easily penetrate the smart bracelet through gaps in the casing. When the temperature drops, the steam condenses into liquid droplets, which can easily cause internal short circuits in the smart bracelet, damage the circuit board, and thus damage the device.

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

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

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