

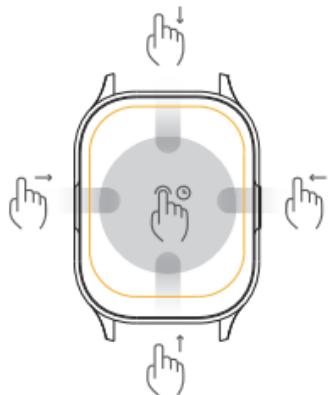
SMART WATCH

Quick Guide

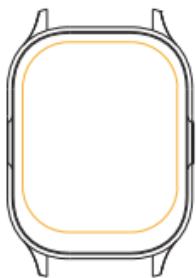


Please read this manual carefully and reserve it for use

Touch and key



Scroll down: Control Panel
Swipe up: SMS notification
Swipe right: split screen function
Swipe left: custom card



Button

Short press: light up the screen, return to the watch face interface, and enter the menu interface
Double-click: switch menu mode
Long press: enter the shutdown interface

※ If the power-on fails after pressing the power button for 3 seconds, please try again after charging.

Connect to phone



(CO-FIT APP)

(App only)

You will need to download and install the CO-FIT program on your phone. CO-FIT APP supports iOS 11.0 and Android 5.0.

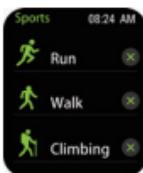
1. Turn on Wireless on your phone, open the app, register and log in to the home page.
2. Pair the watch with the APP. When pairing, please ensure that the watch and APP can communicate with each other (synchronize data); open APP > My > Device > Select Wireless device
3. In the searched binding list, select the Wireless model with the strongest signal and click Pair. At this time, the color of the Wireless icon on the watch is blue, indicating that you are connected to Wireless 5.0

Wireless 3.0 connection method:

iPhone users support Wireless 5.0+3.0 dual Wireless one-click link (follow the system prompt box when matching)

1. The Android user system will pop up a Wireless pairing request, check the prompt permission, and click "Pair" to complete the pairing of Wireless 5.0+3.0;
2. If the Android user system does not pop up a Wireless pairing request, you need to click "Unbind" on the "Call Service Pairing Options" in the Wireless pairing prompt interface and then follow the interface prompts to complete the Wireless pairing. Subsequently, the mobile phone will be connected to the watch 3.0 Wireless Generate memory to achieve dual Wireless one-click linking (if Wireless 3.0 is not automatically connected, please manually search for the Wireless watch model on your phone)

Function Introduction



Sport

Enter the sports mode selection interface, and click again to start the corresponding sports mode data detection: sports time, distance, calories, heart rate and other data.



Activity

Count the activity data of the day. The number of steps per day can be set in the APP to reach the standard value, and the watch also has a prompt of reaching the standard.



Dial

Connect the mobile phone with Wireless to dial out, and you can make a call at the watch end.



Heart rate

Put the watch close to the wrist, and the best place to wear it is on the wrist bone above the arm. The real-time heart rate value can be measured. The normal value of the average person is 60-100 times/minute. You can also view the heart rate record.



Message

It can push the content of real messages, such as SMS, QQ, WeChat, etc. (the system above IOS12 will block the SMS reminder by default).



Sleep

Turn on sleep detection to detect sleep quality during sleep, and view data such as sleep duration, deep sleep and light sleep.



Weather

If the APP is not connected, enter the weather display prompt, and the current weather temperature will be displayed after connecting the APP.



Music

It can control the playback of music in the phone, switch the previous and next music, and adjust the volume.



Voice Assistant

When connecting the mobile phone Wireless, click to talk to realize remote control.



Alarm

You can customize the alarm clock and delete it.



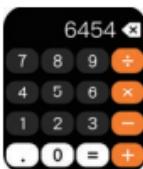
Breathing training

You can set the time and rhythm of breathing training, and then click to start breathing training.



Stopwatch

Start and end the stopwatch.



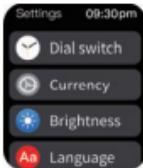
Calculator

Numeric calculations are possible.



Calendar

View the calendar.



Settings

Including dial switch, brightness adjustment, language setting, password lock and other functions.

Matters needing attention

- ① Do not disassemble, repair, or modify the product without authorization.
- ② Do not violently bump the product, so as not to cause damage to the product.
- ③ Please avoid strong magnetic field, direct light or high temperature environment.
- ④ This product is not used for disease diagnosis, treatment and prevention purposes.
- ⑤ Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.
- ⑥ Children please use this product under the guidance of their parents to avoid harm.

Information to User

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.

Important: Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment.

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.