

智能手表说明书 使用说明书 适应平台要求： 🤖Android 5.0及以上手机 🍏iOS 9.0及以上手机 🔄支持蓝牙BT3.0 APP下载方式： IOS/安卓手机用户：扫描下方二维码下载安装应用 安卓：通过软件应用商店搜索"Dafit"下载安装应用 苹果：通过App store搜索"Dafit"下载安装应用 	初次使用事项 • 为确保手表正常使用，请先进行充电 • 已连接电源的充电器对准手表背部即可充电 手表与APP的连接 APP安装过程中的权限全同意，手表跟手机要连接APP和手机蓝牙才能实现所有功能。 APP连接方法：打开APP和手机蓝牙，APP提醒启用通知点击确定。点击添加设备，搜索设备名称点击连接手表。 手机蓝牙连接：须在手表端打开通话蓝牙。进入手机蓝牙，搜索机型名称的蓝牙设备点击连接配对。 蓝牙常见问题简易处理方法：由于各个手机品牌的蓝牙协议没有统一性，有时会出现手机跟手表蓝牙连接不稳定的情况，可将手机蓝牙关闭了在重新连接一次，或将手表恢复出厂设置。 手表如果来电，QQ微信没有通知提醒，需要手机设置--通知设置，打开对应的应用将通知应用打开，才能接收到信息 通知。	手表操作说明 上键：短按可进行返回，菜单界面双击切换风格； 下键：长按可以用于开关机。 时钟界面：左滑功能卡片，右滑分屏，上滑查看推送信息， 下滑进入快捷界面。 手表功能介绍 🏃 活动中心：查看运动步数、卡路里、锻炼信息。 🌙 睡眠监测：22:00-次日8::00,在睡觉时监测睡眠质量。 ❤️ 心率：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值，一般人正常值为60-100次/分。 📞 通话（需打开手机通话蓝牙，连接手机蓝牙） 拨号盘：连接手机蓝牙拨出，可以在手表端实现通话。 联系人：手表与APP成功连接后，可以在APP中添加联系人，联系人人添加成功后手表联系人会同步显示，手表点击联系人可以拨打电话。 最近通话：可显示手表端通话记录，点击电话号码可拨号。 🏋️ 锻炼：多种运动选择，可查看运动时长、卡路里、运动距离等。	📅 运动记录：查看手表运动记录。 🩺 血压：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血压值，成人舒张压：60~90（mmHg） 成人收缩压：90~140（mmHg）。 🩸 血氧：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血氧值，数值正常范围一般在95%到100%。 💪 压力：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的压力值，数值正常范围小于80。 🌤️ 天气：显示当前天气温度度数。 📧 消息：可显示消息推送内容，如：QQ、微信等。 📷 相机控制：在APP打开拍照界面，手表点击拍照，手机会拍照并将照片存储到手机。 🎵 音乐控制：进入手表-设置-通话，打开媒体音频，可控制播放手机中的音乐。 🏃 锻炼：多种运动选择，可查看运动时长、卡路里、运动距离等。	🌀 减压助眠：能有效放松精神状态一级缓解压力，按屏幕提示作相应的呼气、吸气动作。 🗣️ 语音助手：连接通话蓝牙后，点击图标会启用手机语音助手。 ⌚ 计时器：可自定义计时时间。 🕒 闹钟：点击"+"号设置自定义闹钟，可选择重复周期；点击已设置的闹钟可修改闹钟定义。 ⌚ 秒表：开始秒表计时和结束计时。 🌐 世界时钟：连接APP后，在APP添加世界时钟，可同步至手表。 🕒 生理期：在APP设置生理期时间及提醒。 🔍 查找手机：手表和手机连接时，点击手表端找手机，手机会震动响铃提醒。 🧮 计算器：数字+、-、×、÷ 计算。 🎮 游戏：手表内置小游戏。	👛 支付宝(部分机型支持)：手机支付宝扫描手表绑定二维码，可使用手表离线支付。 ⚙️ 设置：更多功能设置。 💧 喝水提醒： 可以在APP设置喝水时间，到点手表会震动提醒。 🧘 久坐提醒：在APP设置久坐时间，到时间时手表会有震动提醒。 🎨 菜单风格：菜单界面双击上按键可以更换UI风格。 📌 使用注意事项： • 洗澡和游泳时不宜佩戴。 • 同步数据时请连接手表。 • 使用自带的充电线充电。 • 不要把手表长时间暴露在水分较高、温度极高或极低的地方。 🔧 手表保养： • 不要划伤传感器，保护它避免受损； 🧼 可用湿布擦拭手表表面，用温和的肥皂水去油污或灰尘； ⚠️ 请勿将手表暴露在有强烈化学物质的环境中，如汽油，清洁溶剂、丙醇、酒精或驱虫剂，化学物质会损坏手表的密封性和外壳表面避免你的手表遭受强烈的撞击、极度高温的暴晒； 🚿 *本产品不支持IP68级防水，不支持淋雨、洗手、游泳佩戴，热水淋浴或桑拿等不能佩戴，防不住水蒸气。 🔧 *如因不按指示使用导致手表进水损坏，本公司不作免费保修。	🔧 常见问题： 无法搜到手表？ 答：因为手表的蓝牙广播没有被手机搜索到，请确保手表处于有电和激活状态，且没有被其他手机连接上，将手表靠近手机重新搜索，如果仍然无效，关闭手机蓝牙20秒后重新开启蓝牙再次搜索。 🔧 蓝牙连接要一直开启吗？关了的话还会有数据？ 答：没有同步数据前，运动和睡眠数据会保留在手表主机上。当手机和手表蓝牙成功连接时，手表会自动上传数据到手机端，但手表存储的数据有限，大约只能存储一周的蓝牙数据，空间满后会自动覆盖最早的数据来产生最新数据，所以请及时将手表同步到手机上。 备注：如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态，闹钟提醒支持离线。 🔧 手表出现不能充电怎么办？ 1、请确认充电器的方向是否正确，充电器与手表接触是否良好； 2、当手表电量低于3.6V时，会有一段时间的电池预充时间。 备注：支持插上充电器后会立马进入充电状态，如果没有显示则需要充3-5分钟就可以进入充电状态。 🔧 手表长期佩戴会不会对人体造成伤害？ 答：设备辐射远低于美国的FCC标准，基本可以忽略不计，长期佩戴不会对人体造成辐射伤害
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Smart watch manual Adapt to platform requirements: 🤖 Android 5.0 and above mobile phones 🍏 iOS 9.0 and above mobile phones 🔄 Support Bluetooth BT 3.0 APP download method: IOS/Android phone users: scan the QR code below to download and install the application. Android: Search for "Dafit" through the software application store to download and install the application. Apple: Search for "Dafit" through the App store to download and install the app. 	Initial use To ensure the normal use of the watch, please charge it first. Align the charger connected to the power supply with the back of the watch to charge it Watch and APP connection The permissions during the APP installation process are fully agreed, and the watch and the mobile phone must be connected to the APP and the mobile phone Bluetooth to achieve all functions. APP connection method: Open the APP and Bluetooth on your phone, and the APP will remind you to enable notifications by clicking OK. click.Add a device, search for the device name to connect to the watch. Mobile phone Bluetooth connection: Talking bluetooth must be turned on the watch side, enter the mobile phone Bluetooth, search for the Bluetooth device of the model name, and click Connect to pair. Simple solution to common Bluetooth problems: Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to the factory settings. If the watch has an incoming call, there is no notification reminder on QQ WeChat, you need to set the phone settings-notification settings, open the corresponding application and open the notification application to receive information notification.	📖 Watch operating instructions Up button: short press to return, Double click on the menu interface to switch styles. down button: long press can be used to switch the machine. 🕒 IClock interface: Left swipe function card, right swipe split screen, up swipe to view push information, Slide down to enter the shortcut interface. 📖 Watch function introduction 🏃 Activity Center: View exercise steps, calories, exercise information. 🌙 Sleep monitoring: From 22:00 to 8:00 the next day, sleep quality was monitored while sleeping. ❤️ Heart rate: Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min. 📞 Call (Turn on the watch Bluetooth and connect the phone Bluetooth). Dial pad: connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side. Contact person: After successfully connecting the watch to the app, you can add a contact person to the app and contact them.After the person is successfully added, the watch contact will be displayed synchronously. Clicking on the contact on the watch can make a phone call. Recent call: can display the call record of the watch, click the phone number to dial.	🏃 Exercise: Multiple sports options, can view exercise duration, calories, exercise distance, etc 📅 Movement record: Find the watch movement record. 🩺 Blood pressure: Put the watch close to your wrist, the best place to wear it is the wrist bone above the arm, you can measure the real-time blood pressure, adult diastolic blood pressure: 60~90 (mmHg) adult systolic blood pressure: 90~140 (mmHg). 🩸 Blood oxygen : The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the arm. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%. 💪 Pressure: Put the watch on the wrist, the best position to wear the wrist bone above the arm, can measure the real-time pressure value, the normal range of values is less than 80. 🌤️ Weather: Display the current weather temperature in degrees. 📧 Information: The content of the message push can be displayed, such as: QQ, WeChat, etc. 📷 Camera control: When the APP opens the camera interface, the watch clicks to take a picture, and the phone will take a picture and store the photo to the phone.	🎵 Music control: Enter Watch - Settings - Talk, open media audio, you can control the playback of music in the phone. 🌀 Reduce stress and help sleep: Can effectively relax the mental state of the first level to relieve pressure, according to the screen prompts for the corresponding exhalation, inhalation actions. 🗣️ Voice Assistant: After connecting talking bluetooth, clicking on the icon will enable the mobile voice assistant. ⌚ Timer: You can customize the timer time. 🕒 Alarm clock: Click "+" to set a custom alarm clock, you can select the repeat cycle;Click the set alarm to modify the alarm definition. ⌚ Stopwatch: start stopwatch timing and end timing. 🌐 World Clock: After connecting the APP, add the world clock in the APP, which can be synchronized to the watch. 🕒 Period: Set period time and reminder in APP. 🔍 Find the phone: When the watch is connected to the phone, click the watch terminal to find the phone, the phone will vibrate and ring to remind. 🧮 Calculator: calculates numbers+, -, x, and ÷.	🎮 Game: Watch built-in mini game. 👛 Settings: More feature settings. 👛 Alipay (supported by some models): mobile Alipay scanning watch is bound with QR code, which can Use a watch for offline payment. 💧 Drink water reminder: you can set the drinking time in the APP, and the watch will vibrate to remind you when it arrives. 🧘 Sedentary reminder: Set the sedentary time in the APP, and the bracelet will vibrate to remind you when the time is up. 🎨 Menu style: Double-click the button on the menu interface to change the UI style. 📌 Precautions for use: * Not suitable for bathing and swimming. * Please connect the watch when synchronizing data. * Use the built-in charging cable to charge. * Do not expose the watch to high moisture, extremely high or extremely low temperatures for a long time. 🔧 Watch maintenance: • Do not scratch the sensor, protect it from damage. • You can wipe the surface of the watch with a damp cloth, and use mild soap and water to remove oil or dust. • Do not expose the watch to an environment with strong chemical substances, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent, chemical substances will damage the sealing of the watch and the surface of the case. • Avoid your watch from being exposed to strong shocks and extreme heat exposure. • This product does not support IP68 waterproof, does not support rain, hand washing, swimming wear, hot showers or saunas, can not be worn, and cannot prevent water vapor. If the watch is damaged due to water ingress due to use in violation of the instructions, our company will not provide a free warranty. 🔧 Common problem: Can't find the watch? Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones. Move the watch close to the mobile phone and search again. If it still does not work, turn off the bluetooth of the mobile phone and turn it on again after 20 seconds. Bluetooth searches again.	🔧 Is the Bluetooth connection always on? Will there be any data if it is turned off? Answer: Before synchronizing the data, the exercise and sleep data will remain on the watch host. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited. It can only store Bluetooth data for about one week. When the space is full, the oldest data will be automatically overwritten to generate the latest data, so please Sync your watch to your phone in time. 🔧 Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline. 🔧 What should I do if the watch cannot be charged? 1. Please make sure that the direction of the charger is correct and the charger is in good contact with the watch. 2. When the power of the watch is lower than 3.6V, there will be a period of battery precharging time. Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 3-5 minutes to enter the charging state. 🔧 Will the watch cause harm to the human body if worn for a long time? Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.
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FCC Caution:

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.