

# Smart Watch User Manual

Please Read This Manual Carefully Before Using  
The Product And Keep It Safe

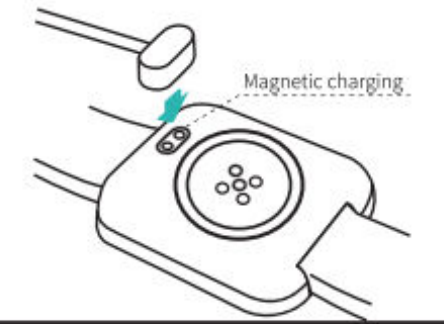
## Download App Tutorial

Download the "DaFit" APP to your mobile phone and install it,  
you can directly search for "DaFit" in the APP mall.  
To download, you can also scan the following QR code to jump to  
the connection to download (browser, WeChat, etc. can scan the code)



## Charging And Activation

If the power of the watch is exhausted when using it for the first time,  
please take out the charging seat, and the watch will automatically absorb it  
when placed in the charging seat.  
Plug the USB into the adapter for charging, and require the adapter  
input voltage to be 5V1A/2A.(Using the adapter's rated voltage exceeding 5V may  
cause charging damage.)The measurement results of this product are for  
reference only, and the data provided by the product is not for any medical use or basis



## Connect App Tutorial

After the mobile phone turns on Bluetooth, enter the APP in the  
"Add Device" function.he device directly, find the corresponding device  
Bluetooth MAC address and connect to it manually



## Connect To Call Bluetooth

- Make sure the Bluetooth switch for calling is on
- Call Bluetooth is found in Bluetooth  
(when the Bluetooth of the mobile phone is turned on)
- Find the correct audio device name
- Click to connect

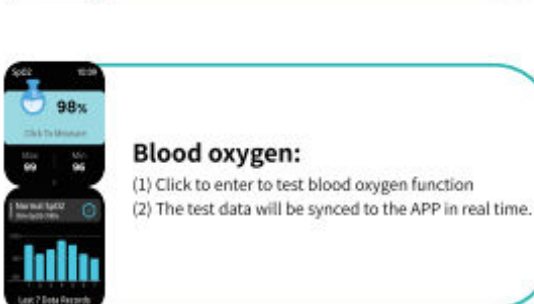
After the connection is successful, you can use the call function and music function.  
In Settings - on the phone, you can freely choose to turn call audio and multimedia  
audio on and off.

## Touch Tutorial



## Health Function

**Heart rate:**  
(1) Click to enter to measure the current heart rate  
value, and it will be reminded when it is empty.  
Wear correctly  
(2) Heart rate data can be detected in real time on the  
hour of the APP and recorded accordingly  
Record to bar chart  
(3) Connect to the APP to record heart rate  
data synchronously



**Blood oxygen:**  
(1) Click to enter to test blood oxygen function  
(2) The test data will be synced to the APP in real time.

**Multi-sport mode:**  
(1) Provide multi-sport mode, free to choose;  
(2) Heart rate, calorie and other data will be  
recorded during exercise;

## Other Functions

**Phone:** Enter after connecting the mobile phone audio Bluetooth,  
support viewing recent calls, dialing.  
There is also a contact function (setting up express communication  
in the APP supports up to 8 contact business cards)

**Step counting:** You can check the number of steps walked  
that day, calorie consumption and exercise time: 12 o'clock  
per night The data of the day will be saved and reset to zero, and  
up to the last seven days of step counting records will be  
supported:Swipe on the step counting interface to view relevant  
data about the step counting function

**Information recording:** This function requires connecting to  
the mobile APP "DaFit" app,  
Query the third party for setting up message notifications

**Music control:** You can control and play music  
from your phone

**Calculator:** Can perform simple calculations

**Stopwatch:** Turn on this function to time

**Alarm clock:** Support alarm clock function, you can  
set alarm clock reminders freely

**Menstrual period:** Female users can set their own female  
health/health through other settings of the APP  
Aspect information, health reminders will be provided according  
to different settings;

## Other Functions 2

**Settings:** Perform various native settings, including display  
and brightness settings(Brightness adjustment, sleep time,  
hand up, dial and menu style, etc.) Sound/vibration settings,  
do not disturb mode, audio bluetooth switch, etc

**Weather:** After connecting to the APP, the same day's information  
provided by DaFT can be synchronized in real time  
Weather and weather information for the last seven days

**Sleep monitoring:** Your sleep duration will be recorded from  
10:00 every night to 8:00 the next morning  
Quality, to help you better adjust your schedule and improve  
sleep quality  
Click on the sleep function interface to query sleep-related data.

**Flashlight:** Support flashlight function

**Voice assistant:** After connecting the APP and call audio,  
use the watch's voice assistant Qiaoli  
Can wake up the mobile phone voice assistant

**World clock:** You can add the real-time time of countries  
around the world to the APP.  
Sync to watch world clock function

**Camera control:** After connecting to the APP (get camera  
permission), click to enter the function(You can also directly  
enter the function from the APP photo control), click to open it.  
Remotely control the mobile phone to take pictures (the APP  
must be on the current interface of the mobile phone, not in the  
background)

**Sedentary reminder, drinking water reminder, heart rate  
warning, look for the watch, do not disturb mode period,  
Lift your hand to light up the screen, time settings, etc., can  
be found in the "Other Settings" function of the APP.Set up in.**

## Set up message notifications

Enter the phone settings - application management, find "DaFit" - permission  
management, open allEnter notification management again - find "DaFit" with all  
permissions open

Background run permissions, enter, select Unlimited

When returning, it will prompt to buckle the self-starting button, enter to open  
and return.Select the APP message notification  
you want and click Open.

On the IOS side, you can turn on the sharing system notification in the mobile phone  
settings - Bluetooth - connected Bluetooth settings.Note: If the selected APP  
computer version is online, the mobile phone will not receive the information  
notification, and the watch will not remind

## common troubleshooting

- The watch cannot be turned on: the time to press the power button is too  
short, more than 3 seconds: the battery is too low, please use the charging  
cable to charge.
- The watch cannot be charged normally: whether the charging touchpoint is  
in normal contact with the watch, and whether the charger is normal;
- First of all, watch devices monitor human activity through electronic sensors,  
which are consumer grade.It is normal for the product to have certain errors,  
please treat the data with observation;
- If the mobile phone has a safety management or cleaning acceleration  
wind application installed, please send"DaFit" is set to a whitelist (trust list);
- Some software sudden minor problems when the watch is running can  
be restored to normal by restoring the factory settings.

## Know your equipment

This product supports waterproof wear for life.  
Special attention should be paid to the fact that hot showers  
or saunas cannot be worn to prevent water vapor.  
Soak in seawater, etc., wipe it clean and blow dry in time.  
If water enters due to not using as instructed,  
Our company does not make a free warranty. After soaking in  
water, the speaker hole will accumulate water.  
Please throw the water out so that the sound can return  
to normal.

## Product configuration

- One packing box × 1
- A manual × 1
- One host × 1
- A charging seat × 1

## Disclaimer

Thank you for choosing our company's smart watch.  
By reading this manual, you can gain a comprehensive understanding of the use of the  
equipment, appreciate its practical functions and simple operation methods.  
The company reserves the right to modify the content of this manual  
without prior notice.Please read this manual carefully before using the  
product and keep it safe.

## Warranty Description

During normal use of this product, if there are product quality problems  
caused by manufacturing, materials, design, etc.,  
1. From the date of purchase, the main board is guaranteed for free within  
one year, and the battery and charger are guaranteed for half a year  
No free warranty is provided for failures caused  
by the user's personal reasons, as follows:  
(1) Injuries caused by unauthorized disassembly, assembly, modification of  
watches, etc.;  
(2) Injuries caused by accidental falls during use;  
(3) All man-made damage or third party negligence, misuse (such as: water  
ingress of the main engine, external force cracking, scratches on peripheral  
components)Damage, etc.) is not covered by the warranty.  
3. When requesting a free warranty, please provide a warranty card with the date  
of purchase and the stamp of the place of purchase.  
4. All functions of the product are based on the actual product.

Purchase date: _____	Customer Signature: _____
MAC code: _____	The clerk signed: _____
Purchase store: _____	Store Stamp: _____

**FCC Warning:**  
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.  
Caution: Any changes or modifications to this device not explicitly approved by manufacturer  
could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled  
environment. This equipment should be installed and operated with minimum distance 0cm  
between the radiator and your body.