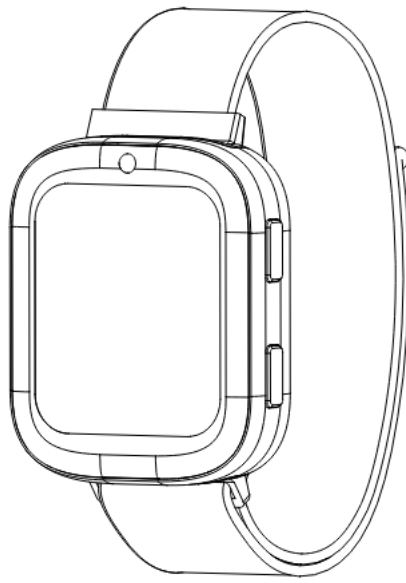


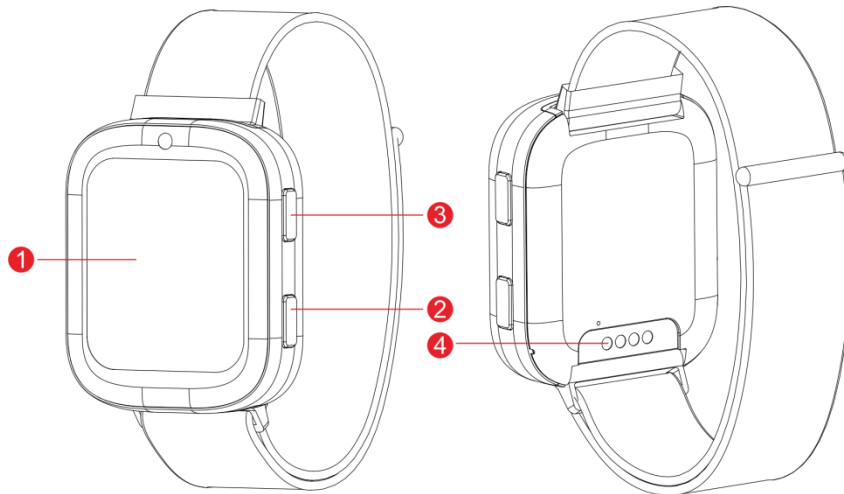


JA001

User Manual

1.Quick Start Guide

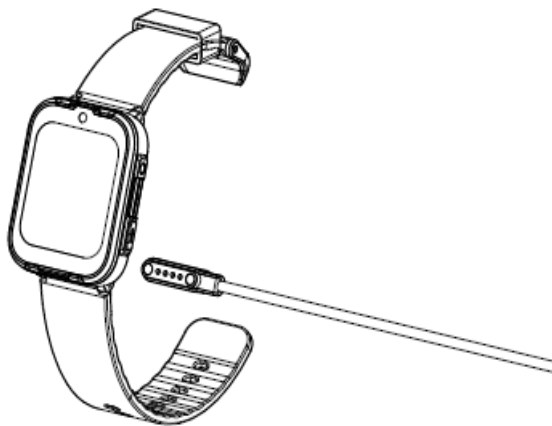
Overview



1. Screen
2. Bottom Button (Wake Screen, Back, Power On/Off)
3. Top Button (Enter Menu, Back)
4. Charging Port (Charging, Data Transfer)

Basic Operations

- To wake the screen, raise your wrist or press the lower button on the watch.
- To power on the watch, press and hold the lower button until the screen lights up.
- To power off the watch, press and hold the lower button until the shutdown interface appears on the screen, then tap the shutdown option to turn off the watch.



- When using the watch for the first time, ensure the watch has sufficient battery. If the battery is too low to power on, charge the watch fully first, which takes approximately two hours.
- Insert the USB end of the charging cable into a power source and connect the other end to the watch. Ensure the charging pins on the cable are properly aligned with the charging port on the back of the smartwatch. Once successfully connected and charging begins, a charging icon will appear on the screen.

2. Quick Start Guide

- For Android, search for and install **ZDfit** from the Google Play Store. For iOS, search for **ZDfit** in the App Store and install it. Alternatively, go to the settings menu on the watch, find the "Download and Connect" option, and use your phone to scan the QR code to download and install the app directly on your phone.



- To use the smartwatch, connect it to the mobile application. Open the **ZDfit** app on your smartphone for setup. When prompted for permissions, select "Allow" and fill in your personal information based on your actual situation. After entering the app, go to the device interface, click "Connect Smartwatch," and select the Bluetooth name of your smartwatch to pair. Alternatively, you can go to the settings menu on the watch, choose "Download and Connect," and at the same time, open the device page in the mobile app, click "Connect Smartwatch," and scan the QR code on the watch using your phone to establish the connection.

3. Features

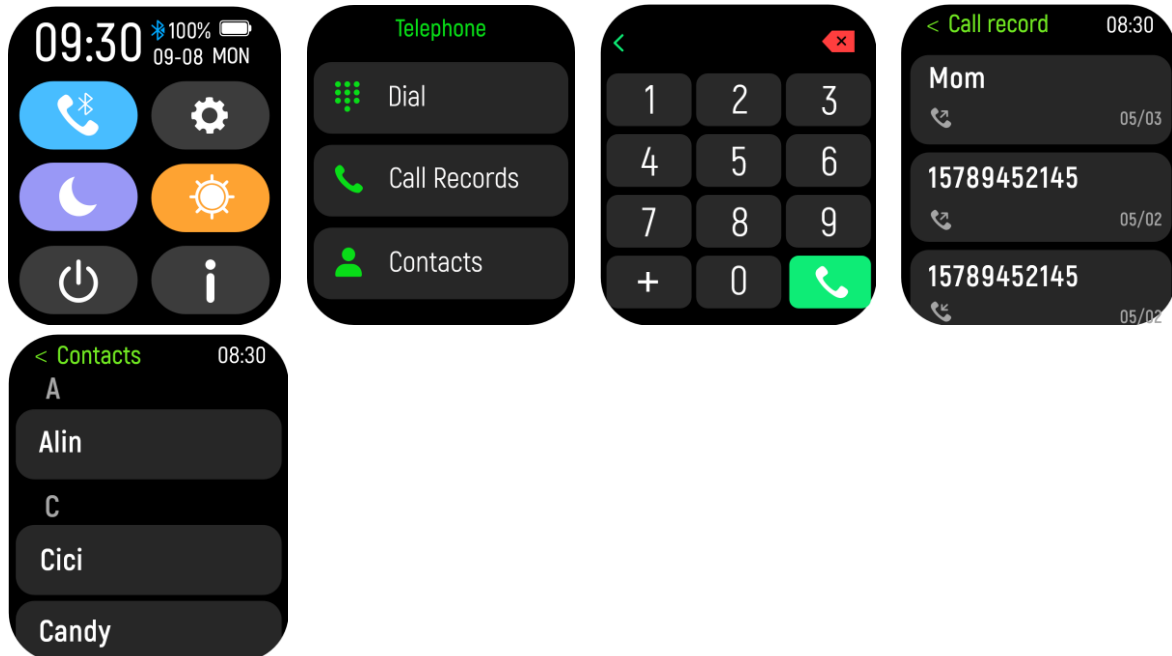
Watch Face

- On the smartwatch face interface, long-press the screen, then swipe left or right to switch watch faces.



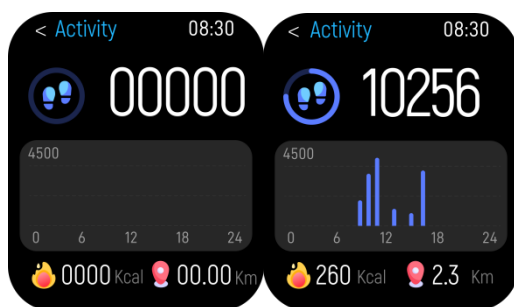
Telephone

- The watch has a Bluetooth calling function. After connecting the watch to your mobile phone, you can open the dial on the watch, enter the phone number, and make a call. You can also look up call records. Additionally, you can add contacts by synchronizing the contacts in the mobile app, and then directly select contacts on the watch to make calls.



Activity

- The watch will automatically record your daily activity steps. Swipe left on the watch face interface to view more detailed data, such as steps, calories, activity distance, and more.



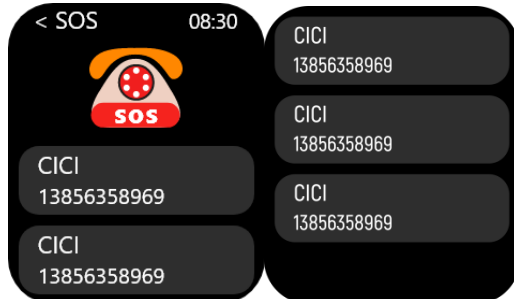
Rewards

- You can view the reward points your child earns on the watch when they complete the tasks you have set.



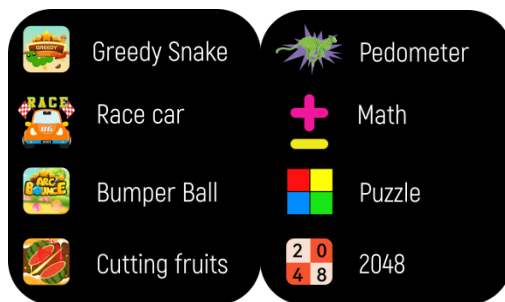
SOS

- Through the mobile app, your child can add the parents' phone numbers as emergency contacts on the watch. In situations where help or emergencies arise, the watch can display the emergency contact numbers and assist the child in reaching their parents.



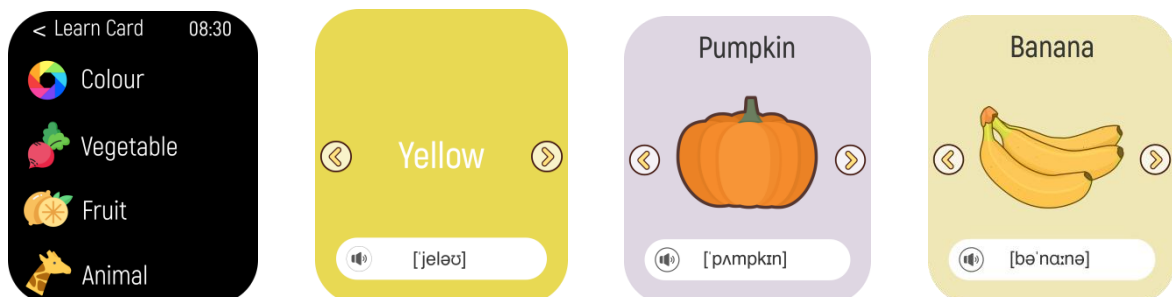
Games

- The watch comes with eight built-in classic games: Fruit Ninja, Bumper Ball, Racing, Snake, Step Counter, Arithmetic, Puzzle, and 2048.



Learning Cards

- After connecting the watch to the mobile app, you can select different languages and image types within the Learning Cards section of the app and push them to the watch as needed. Once the push is successful, you can access the Learning Cards section in the watch menu, select different cards, and click to learn and read or switch to the next image for further learning and reading.





Storybooks

- After connecting the watch to the mobile app, you can select different languages and story titles in the Storybooks section of the app and push them to the watch as needed. Once the push is successful, you can access the Storybooks section in the watch menu, select different storybooks to play, or switch to the next storybook for playback.



Camera/Album

- Open the camera function on the watch to take photos. You can use the watch to capture photos and apply different effects. The photos you take can be accessed by tapping the photo icon in the bottom right corner of the camera interface to enter the album. You can also find the album in the menu list to view your photos. Unwanted photos can be selected and deleted.



Sport Mode/Sport Records

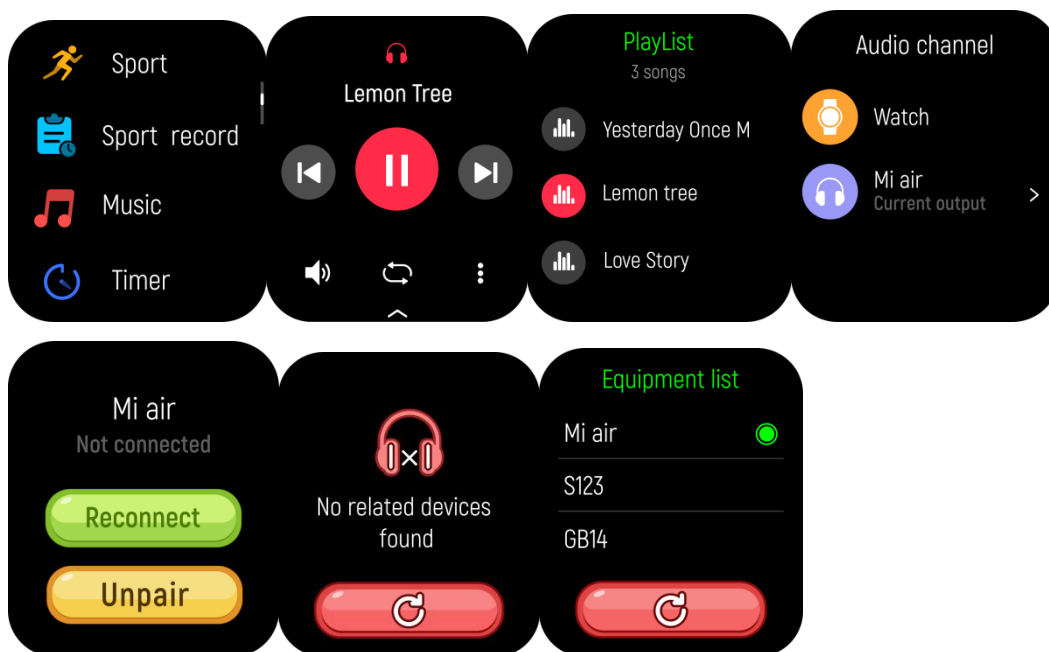
- The smartwatch offers multiple sport modes. You can find the sport mode in the menu interface or swipe left continuously on the watch face to access the sport mode. Tap "More" to select the desired sport activity and start exercising. The watch will record your activity data. If you need to pause or stop the activity, swipe right on the screen and tap "Pause" or "End." You can view your activity data by selecting "Sport Records" in the menu list.



Note: If the exercise duration is too short, the data will not be saved.

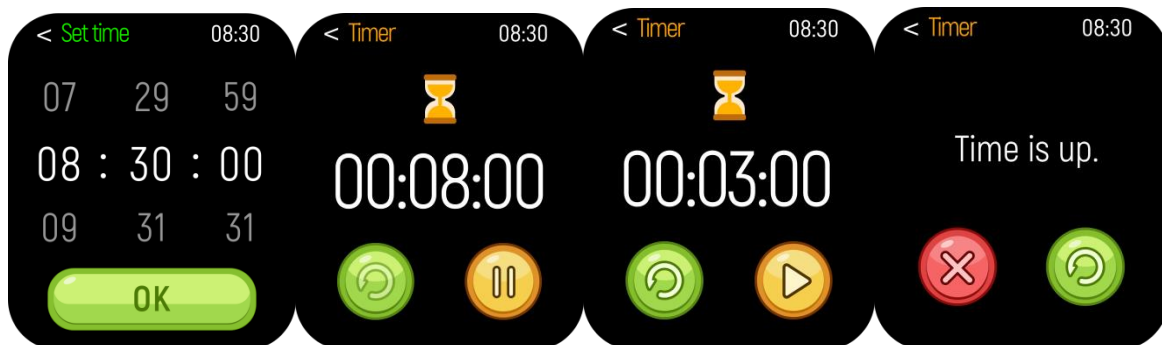
Music

- Find the Music feature in the menu interface to enter the music control interface. You can play downloaded music (go to the Settings option in the watch menu, select "PC Mode" from the list, and connect the watch to the computer using a data cable. You can then download music files to the "Music" folder on the watch). Alternatively, tap the bottom right corner to select "My TWS," search for your TWS device, connect it, and play music.



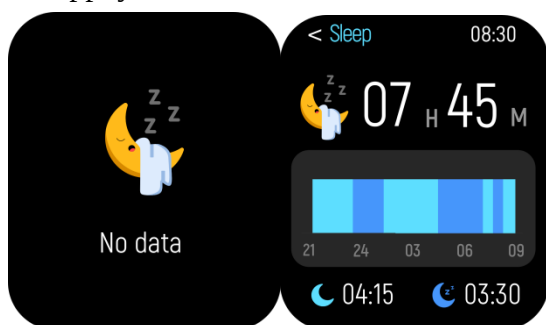
Timer

- Find the Timer in the menu interface. Enter the Timer screen, where you can simply select a preset time or click "+" to set a custom timer duration. Tap "OK" to start the timer. Once the timer ends, swipe right to exit the timer interface.



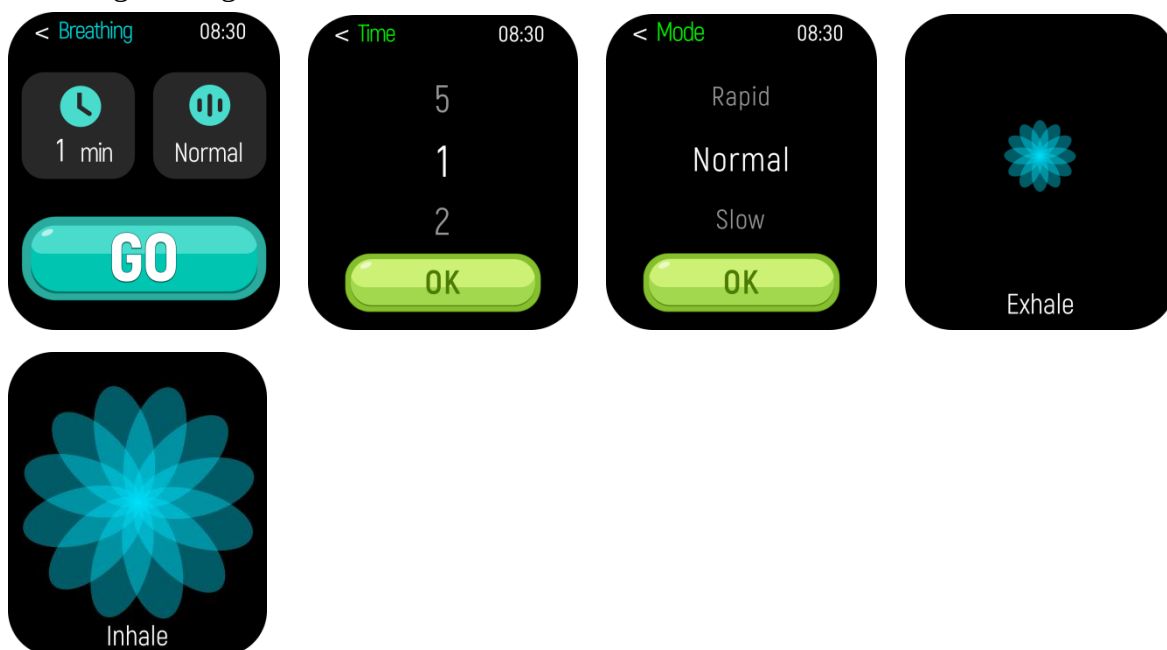
Sleep

- When you wear the watch while sleeping, it will generate sleep data. You can view your sleep data by finding "Sleep" in the menu interface or by swiping left continuously on the watch face interface. The sleep interface on the watch will display your total sleep time, light sleep, deep sleep, and details such as bedtime and wake-up time. After syncing with the app, you can view a more detailed sleep report on the app.



Breathing

- Find the Breathing function in the menu interface. Enter the breathing training screen, where you can set the training duration and type. After returning, click "GO" to start the breathing training.



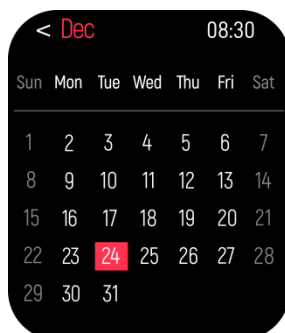
Stopwatch

- In the menu interface, find the stopwatch and enter the stopwatch screen. Tap to start timing, tap again to pause, or tap to clear the timing. Swipe right to exit the timing screen.



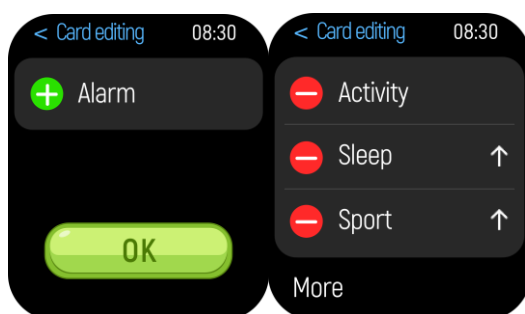
Calendar

- In the menu, tap the calendar option to enter the calendar. You can view information such as the month, week, and date.



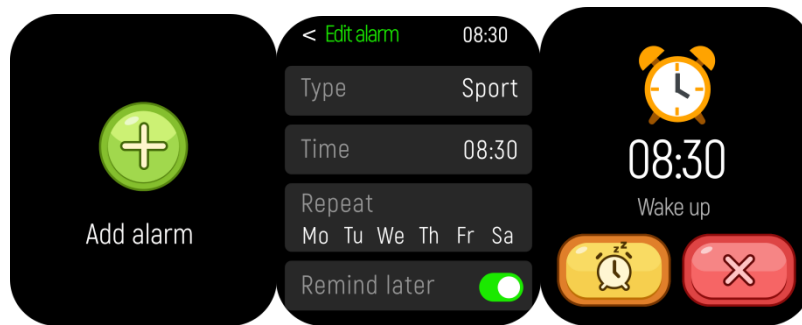
Card Editing

- In the card editing section, you can customize the display order of items such as activity, sleep, workout modes, alarms, and more based on your personal preferences. Once editing is complete, you can swipe left on the watch face to view them.



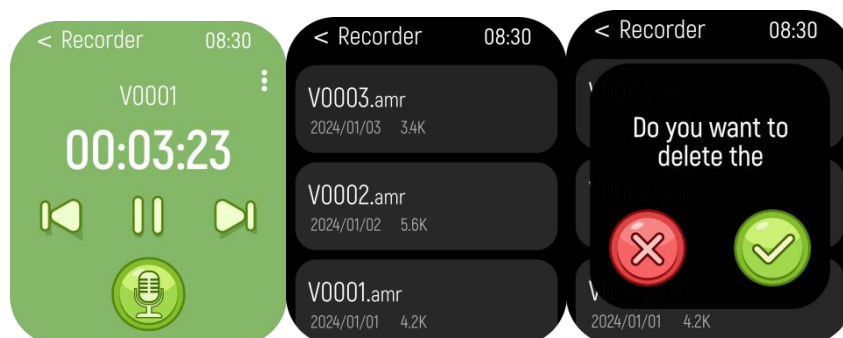
Alarm

- Swipe left continuously on the watch face interface to access the alarm screen. Tap "More" to enter the alarm interface and click "+" to add an alarm. Alternatively, select the alarm option from the menu to enter the alarm interface and click "+" to add an alarm. In the alarm editing screen, you can set the alarm time, whether it needs to repeat, and other relevant information. When the alarm time you set arrives, the watch will vibrate and ring to remind you. To delete a set alarm, swipe down on the alarm editing screen.



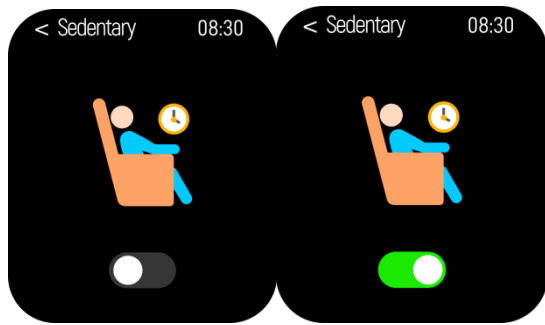
Recording

- Open the recording function on the watch, and you can use the watch to record audio. Your recorded audio files can be viewed by tapping the three-dot icon in the top right corner of the recording interface to access the recording list. You can also delete any unwanted audio files from the list.



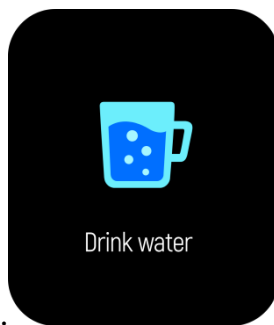
Sedentary Reminder

- Find "Settings" in the menu and locate the toggle settings in the list to turn on the sedentary reminder switch. After connecting to the mobile app, go to the device interface in the app and tap "Reminder" to enter the sedentary reminder screen. Turn on the sedentary reminder switch in the app, set the interval time, start time, and end time, and save the settings. The watch will remind you at the set intervals during the specified time period.



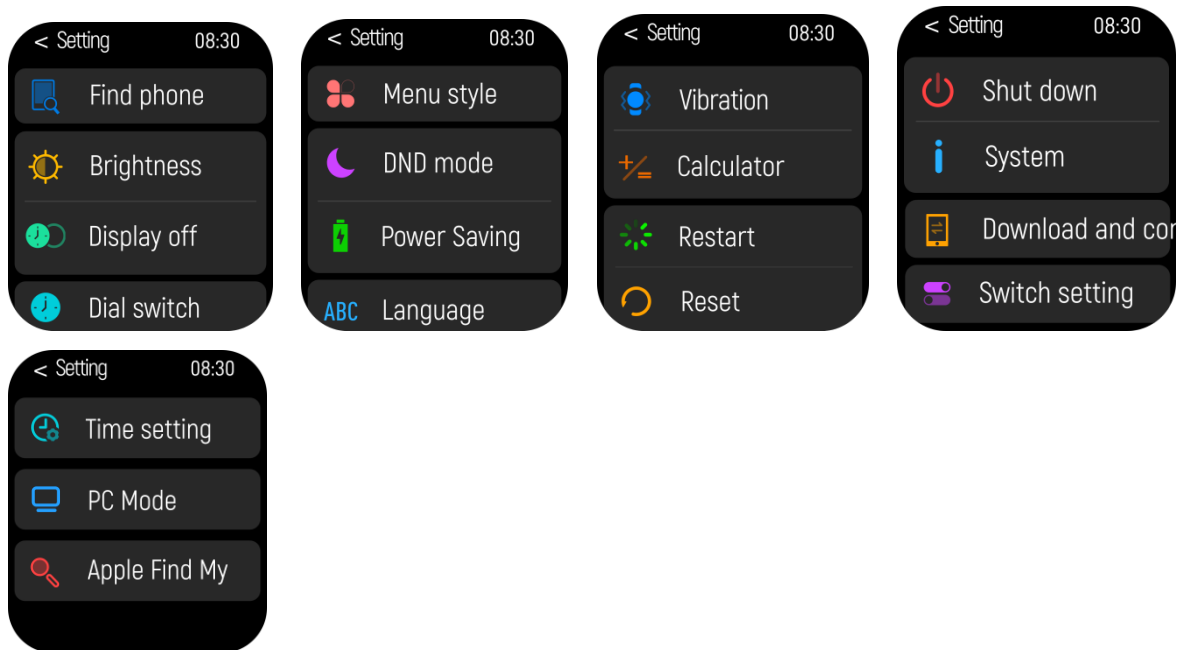
Drink Water Reminder

- Find "Settings" in the menu and locate the toggle settings in the list to turn on the drink water reminder switch. After connecting to the mobile app, go to the device interface in the app and tap "Reminder" to enter the drink water reminder screen. Turn on the drink water reminder switch in the app, set the interval time, start time, and end time, and save the settings. The watch will remind you to drink water at the set intervals during the specified time period



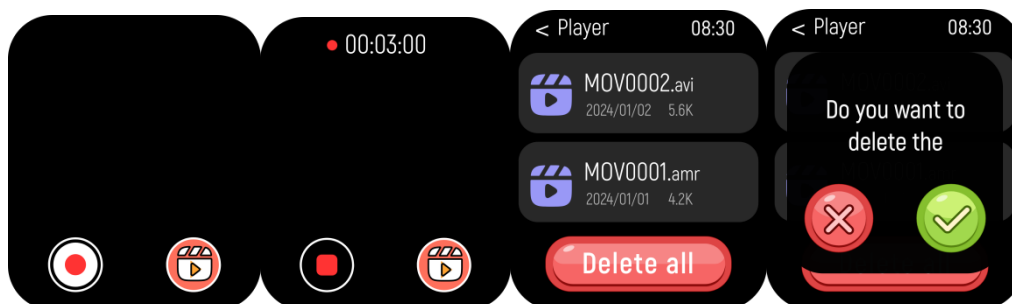
Settings

- In the settings menu, you can find various options, including Find My Phone, watch brightness adjustment, watch screen-on time settings, watch face selection, menu style settings, Do Not Disturb mode, power-saving mode, watch language selection, vibration intensity adjustment, calculator function, watch restart, factory reset, shutdown, system settings, download and connection, toggle settings, time settings, PC mode, and Find My Device.



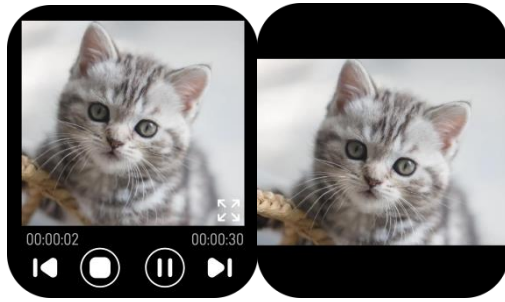
Video Recording

- Open the video recording function on the watch, and you can use the watch to record videos. Your recorded video files can be viewed by tapping the video icon in the bottom right corner of the video recording interface to access the video list. You can also delete any unwanted video files from the list.



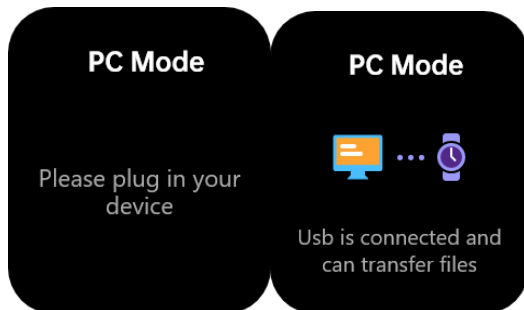
Player

- Open the player function to view and play your recorded videos and downloaded video files. You can also select unwanted video files from the list for deletion.



PC Mode

- First, go to the menu settings and select PC Mode. Then, use a 4-pin data cable to connect the PC and the watch. You can check the connection status on the PC.



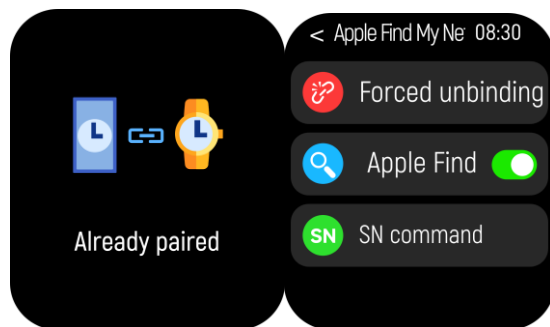
Apple Find My Network

- In the watch menu settings, locate the "Find My Device" function. Turn it on and tap "Pair Broadcast" to start pairing. Open the Find My app on your iOS device, go to the "Items" tab, and select "Add Other Item." Once the device is detected, connect it. You can customize the item name and icon.
- After connecting, you can test the connection by tapping "Play Sound" in the Find My app. If you hear a sound from the watch, the connection is successful. At this point, you can view the watch's location on your iOS device.
- Once paired, if the watch loses power, the phone moves away from the watch, or Bluetooth is disconnected, the watch will enter standby mode. When the paired phone is brought close to the watch again and the Find My app is opened, the connection can be re-established to play the sound.



Unbinding My Device: Phone and Watch

• **Method 1 (Recommended):** Turn on Bluetooth on your phone and bring it close to the accessory. Open the Find My app, tap the item name, and scroll down to select "Remove Item" (this operation requires the phone to be nearby with Bluetooth enabled. You can tap "Play Sound" to confirm the accessory is connected to the phone before proceeding with the unbinding).



• **Method 2:** (This method is suitable when the paired phone cannot unbind remotely or when the phone has deleted the binding, but the watch has not received the notification. Both steps must be completed): Perform a one-sided unbinding reset operation on the accessory. (On the watch: Menu > Find My > On the paired interface, long - press either the upper or lower button on the right side of the watch for 5 seconds to enter the secondary menu. Click "Force Unbind", then swipe the screen to the left to return."). On the phone, remove the item (if it shows "unable to connect," directly force delete it). This operation does not require Bluetooth to be connected.

Precautions

- Do not replace the built-in battery yourself to avoid safety risks.
- Forcing the watch case open may result in an internal circuit short, causing overheating or fire.
- The watch is not suitable for environments with temperatures above 60 °C, as this may cause battery leakage or even an explosion risk.

- This product has passed strict 3ATM waterproof testing but is not suitable for activities such as bathing, diving, water skiing, or other activities involving high temperatures, steam, or high-speed water flow. The waterproof performance is not permanent, and damage to the product structure may result in loss of waterproof capability.
- It is normal for the watch interface or usage methods to change due to firmware updates. Please refer to the upgrade information provided for the product.

Legal Statement

The use of the Works with Apple badge indicates that the product is specifically designed to work with the technology specified in the badge, and the product manufacturer has certified it to meet the specifications and requirements of Apple Find My network products. Apple is not responsible for the operation or use of this product, nor for its compliance with safety regulations.

Apple, Apple Watch, iPad, iPadOS, Mac, and macOS are registered trademarks of Apple Inc. in the United States and other countries and regions, and are used under license.

FCC WARNING

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.