

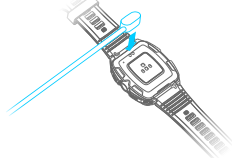
# USE MANUAL

## SMART WATCH

### Charging and Activation

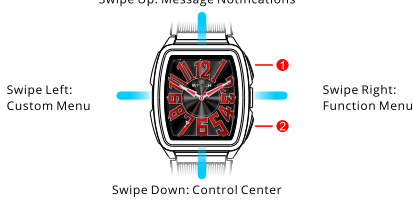
**Before using the watch for the first time, please ensure it is fully charged. If the charging icon does not appear, please keep charging for 10 minutes.**

1. Use the included magnetic charging cable to attach it to the metal contact points on the back of the watch, then charge it.
2. This product does not come with a power adapter. To ensure safety, you can use a computer USB interface or a power adapter with an output not exceeding 5V  $\equiv$  1A when charging. Please purchase a power adapter through legitimate channels and avoid using low-quality or counterfeit adapters to prevent damage to the watch, explosions, or fires.
3. Do not charge in a humid environment. Regularly clean the watch body with a dry cloth to ensure the cleanliness of the magnetic charging port and the magnetic charging cable for normal charging.



### Buttons and Touch

1. Long press button ❶ to turn on/off the watch. In the dial interface, click to turn off/on the screen. Click the button to return.
2. Single-click button ❷ to access the function menu. Double click on the function menu interface to switch UI style. Click on other interfaces to return, long-press button ❷ to access the sports list



### App Download and Connection



1. Download and install the 'Da Fit' app.  
You can scan the QR code in this manual, scan the QR code on the watch, or directly search for 'Da Fit' in the app store to download.
2. Connect the smartwatch.  
After turning on Wireless on your phone, enter the app (note: if you cannot open the app, please enable location services on your phone, then open the app) and click 'Device' -> 'Add Device' -> Bind the corresponding device that appears in the search (look for the relevant item in 'Settings' -> 'About' to find the Wireless name and MAC address of the device on the watch) -> Click 'Connect.'
3. Connect WirelessCalling/Audio Wireless.  
In the initial state of the watch, Wireless calling is turned off by default, so calling and music functions are unavailable. Slide down to the 'Control Center' on the watch face, enter the 'Settings' menu, click the 'Calling' icon, and turn on calling and audio Wireless to enable these functions.

### Features

- Dial switch**  
On the main screen, press and hold for 2 seconds to enter the watch face switching interface, swipe left and right to switch watch faces, and click to confirm. You can push 'Custom' watch faces through the app.
- Sports data**  
Displays the steps, distance, and calories recorded for the day. You can set step, distance, and calorie goals in the app.
- Message**  
The watch can sync notifications from common social apps.  
Note: You can enable/disable sync notifications in the app.
- Sedentary reminder**  
You can enable 'Reminders to Move' in the app to remind you to take breaks every hour.
- Alarm**  
After the smartwatch is connected to the app, you can set single mode alarms or recurring alarms.
- Stopwatch**  
Click 'Start' once to start the timer, click 'Pause' once to pause the timer, and 'Reset' to reset the timer to zero.
- Find Phone**  
When the device is connected to the app, click 'Find Phone,' and the phone will ring to indicate a successful search. If the watch is not connected to the app, it will prompt that the phone is not connected.
- Music**  
After the watch is connected to the app, you can control the phone's music player.
- Timer**  
System presets common timer intervals. Click to quickly time. Click the custom button to set the time.

- Weather**  
When the watch is connected to the app, the weather interface will display real-time weather and temperature, as well as weather conditions for the week.

- Sports**  
100+ sports modes such as walking, running, cycling, skipping, basketball, etc. are included. Click the icon to start exercising. When connected to the app, you can view more detailed content.

- Control center**  
Control Center: Do Not Disturb Mode, Power Saving Mode, Brightness Adjustment, Flashlight, Electronic Business Card, Settings.

### Waterproof

Waterproof: IPX8 (5ATM)

### Notes

1. This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.
2. To ensure long-term use of this product, it should not be used in hot water/sauna environments to prevent steam damage to the equipment.

### Common Issues

1. The watch cannot be turned on. Please press and hold the power button for more than 3 seconds or the battery may be low and needs charging.
2. Wireless is not connected or cannot connect.
  - 1) Try restarting the watch and reconnecting.
  - 2) Try connecting again after restarting your phone's Wireless.
  - 3) Do not connect your phone to other Wireless devices at the same time.
  - 4) When Wireless is disconnected, functions such as calls, message notifications, and health data syncing will not work.

**For more common issues, please refer to the App's 'My' > 'FAQ' section.**

### 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.