

Smart Watch

Guidelines for use

一、 Introduction of the whole machine

A > integrated design of watches and headphones for this product.

B > this product provides a 1.43-inch full-touch display screen.

C > product packaging

Watch ×1 Wireless Headset ×2 User Guide ×1

Packing box ×1 charging line ×1

D > charging

Watch charging: special magnetic suction line, close to automatic suction charging.

Headphone charging: headphones are put into the watch, and the watch automatically charges the headphones.

二、 Introduction of Wireless Headset Function

1. Touch key definition

A>Long press 3 seconds: switch on/off

B>Long press 1 second: reject call

C> single click: answer/hang up call, music play/pause

D>4 clicks: start voice assistant

2. Indicator light

A > power-on indicator: the earphone will be automatically turned on when it leaves the warehouse, and the LED will flash once every second, and then it will turn off when it is successfully connected to the mobile phone; LED slow flashing is not connected for 1 minute;

B > charging indicator: when charging, the LED stays on for a long time, and when it is full, the LED goes out.

3. prompt tone

A>Power on: "Power on"

B>Power off: "Power off"

C>Connect successfully: "connected"

D>Disconnected: "disconnected"

E>Low power: default sound

三、 The shortcut function

1. Key

A > power on: press the key for 3 seconds.

B > power off: press and hold the key for 3 seconds, and then click 'v' to power off.

C > application list: double-click the key in the standby interface to enter the 'application list' interface.

D > list style: double-click the key in the application list interface to switch the style of the application list.

2. Switch dial

Standby dial: press and hold the screen for 2 seconds, then slide left/right to switch the standby dial.

Other dials: double click the main interface to enter the 3D function dial switching interface.

3. Screen sliding

After the watch is turned on, it is in the 'standby interface' by default. You can enter different interfaces by sliding up and down, left and right.

A>Slide up: Enter the application list interface.

B>Slide down: enter the drop-down menu interface.

C>Slide left: Activity, weather, music playback, add component in order.

D>Slide right: Add component, music playback, weather, activity in order.

四、 Detailed function introduction

1. exercise

Click "Sports" to enter the "Sports" list; There are 24 kinds of sports to choose from, and all sports can be viewed by sliding the screen;

2. dial plate

Click "Dial" to enter the dial page;

a) Wireless is not connected, and when you enter the dial page, there will be "Please connect wireless from the phone settings!" Text prompt;

b) Connected to Wireless, you can make normal calls when you enter the dial page;

3. activity

Click "Activity" to enter the activity display interface, where you can view today's steps, calories and time data; Slide up to view today's data and weekly data.

4. sleep

Click "Sleep" to enter the sleep details page, and the interface shows the total length of deep sleep, shallow sleep and sleep last night.

5. Weather

Click "Weather" to enter the weather page; After the weather switch is turned on on the APP, the watch will display the weather information of the current city;

6. music

Click "Music" to enter the music playing page; The switchable music playing modes are: mobile phone mode, local mode and earphone mode;

- A) Mobile phone mode: the watch can be connected to Wireless, which supports playing mobile phone music. The watch can receive messages and push calls, and the watch can answer/make calls.
- B) Local mode: the watch can not be connected to Wireless, but can play local music of the watch, and the watch can receive messages and phone calls, but can not make calls;
- C) Headphone mode: the watch can't be connected to Wireless, but can search and connect TWS headphones to play the local music of the watch;

7. breathe

Click "Breathe" to enter the breathing page; Breathing duration and training speed can be set.

8. AI language

Click "AI voice" to enter the AI voice dialogue page; In mobile phone mode, click the screen to adjust the mobile phone voice assistant.

9. Exercise record

Click "Exercise Record" to enter the list of exercise records; You can view detailed sports records;

10. contacts

Click "Contact" to enter the contact details page;

A) In mobile phone mode, after the watch and APP are successfully connected, click the "Sync" icon in this interface to synchronize the contacts on the mobile phone to the watch;

B) This function is not applicable when the watch is in local mode or earphone mode.

11. call log

Click "Call Record" to enter the call record page;

A) In mobile phone mode, after the watch and APP are successfully connected, click the "Sync" icon on this interface to synchronize the call records of the mobile phone to the watch;

B) This function is not applicable when the watch is in local mode or earphone mode.

12. information

Click "Information" to enter the information notification interface; After the connection between the watch and the APP is successful, the information push switch is turned on the APP, and the watch can push the information and incoming calls received by the mobile phone;

13. calculator

Click "Calculator" to enter the calculator page; Simple addition, subtraction, multiplication and division can be performed on the watch.

14. sound recorder

Click 'Recorder' to enter the recording interface; It has the functions of recording, viewing recording list, deleting recording and so on, and supports background recording.

15. game

Click "Games" to enter the game list; There are 7 kinds of games to choose from.

16. alarm clock

Click "alarm clock" to enter the alarm clock setting page; Up to 5 alarm clocks can be set.

A) Support setting alarm clock time and repetition period;

B) When the alarm clock rings, press the key key or slide the screen right to stop the alarm clock from ringing; If you don't operate the watch, it will stop after ringing for 1 minute.

17. stopwatch

Click "stopwatch" to enter the stopwatch operation page; Timing and reset can be suspended during the timing process; Right slide to exit stopwatch.

18. timer

Click "Timer" to enter the timer details page; Support 1 minute, 2 minutes, 5 minutes, 10 minutes, 15 minutes, 20 minutes, 30 minutes and custom timing.

19. flashlight

Click "flashlight" to enter the flashlight lighting page, and the screen displays bright light; Touch the screen to turn off the flashlight.

20. Find a mobile phone

Click "Find Mobile Phone", and the watch screen will play the animation of finding mobile phone; After finding the mobile phone, the mobile phone will play music to remind you; In the process of looking for a mobile phone, slide the watch screen right to stop looking for a mobile phone.

Note: When using this function, make sure that the watch and the APP are connected normally.

21. camera

Click "Camera", and when the watch enters/exits the interface, the APP will enter/exit the camera synchronously; Both the app and the watch can take photos, and the photos will be saved in the mobile phone album after shooting.

Note: (1) Make sure that the watch is connected to the APP normally and the APP is running in the foreground;

(2) You need to agree to the permission request that the APP pops up for the first time.

22. setup

Click "Settings" to enter the settings list; Slide the list to see all the functions.

23. Add built-in music

Watch is to click Settings-> USB mode-> USB mode-> Watch is connected to the computer-> Open my computer in the computer-> Find the USB drive to open-> Find the music folder to open-> Copy the music to the music folder-> Wait for the music resource to be copied.

(Music format support: MP3, MP2, FLAC, AAC, WAV, APE, WMA, FLA, MP1)

五、 The download and use of APP

1. Download APP

APP only



App only

Scan the QR code on the watch and install the 'CanFIT' APP. Iphone system can also go to 'App Store' to search for 'CanFit' for download and installation;

Note: (1) The platform of 1)App is above 9.0 for Iphone and above 6.0 for Android;

(2) You need to agree to the related permission request of CanFIT for the first time.

2. The watch is connected to the APP

Step 1: open the APP, enter the "Equipment" interface-> click "No Equipment Added";

Step 2: Find the icon  on the watch and check the wireless name and address of the watch;

Step 3: Find the corresponding watch wireless name and wireless address in the "Add Device" interface of the 3: APP, and click it to connect;

Step 4: the APP and the watch will automatically synchronize the data. After the synchronization is completed, the app will pop up an authorization notice, and it can be used normally after the authorization is completed.

Note: After the Iphone is successfully bound, please open the phone settings-> wireless-> and click the exclamation mark behind the wireless name to open the shared contacts, so as not to affect your normal synchronization of the phone's address book and contacts.

3. Unbind the device from the APP

Step 1: Open CanFit --> Enter "Device" interface --> Click "Remove Device".

Step 2: After unbundling the Iphone mobile app, you need to go to Settings --> wireless. Click the exclamation mark behind the wireless name to "Ignore Device" to complete the unbinding.

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.

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.

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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.