



USER MANUAL MODELS Q00130-Q00139

First use

The watch requires a Bluetooth 4.0 or higher connection and a smartphone with at least Android 5.1 or IOS 8.0.

Charging the watch

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch. When charging the watch make sure the adapter/ power supply delivers a maximum of 5 volts and does not use fast charging technology.
- Attach the charging pin on the back to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or mobile phone chargers to charge the watch.



Power on

Long press the right button

• Hold the button on the right for 5 seconds to turn on the watch or plug in the charger to charge the smart watch

Short press the side button

• To turn on the screen or to return to the watch face

Downloading the app

To download the app, scan the QR code below with your device or search the app store for "Da fit".



Connecting the watch

- 1. Make sure the Bluetooth on your smartphone is turned on.
- 2. Open the DaFit-app
- 3. Click on "Add Device" to pair the watch
- 4. Select your watch from the list
- 5. For IOS systems, there will be a Bluetooth Pairing Request, for Android systems it will connect directly.
- 6. After the watch and app are first paired, the watch will synchronize the time, date, steps, and calorie counter with the phone.

Functions navigation

The screen can be navigated by sliding left/right or sliding down/up.

Functions

The watch has a lot of functions. These can be accessed by swiping left to the rotating menu. This new menu style is easy to operate. Rotate the menu and get the function you want to use to the white dot and simply click on it to start using. A short brief of the functions are as below:



Steps:

The watch automatically tracks the steps taken. Note: Your movement stats reset to 0 at midnight.

Sleep:

You need to wear the watch while sleeping to generate results. It will monitor the hours slept and quality of sleep. Note: Sleep stats reset to 0 at 8 pm and starts to monitor from 10 pm

Game:

Play your favourite games on your wrist and enjoy the leisure time.

Exercise mode:

The exercise mode includes walking, running, cycling, rope skipping, badminton, basketball, football and swimming. If you choose a mode, it will start recording the sport parameters in three seconds. Swipe to the right to select 'pause' or 'exit'.

Heart Rate:

The watch will record your heart rate all day.

You can also tap on the page to start measuring. Note: The results of a heart rate measurement are for reference only, and cannot be used as the basis of medical related aspects.

Oxygen Tracking (SPO2):

Tap the SPO2 page to start measuring. On the SPO2 page you can see the previous data.

Note: The results of an oxygen tracking are for reference only, and cannot be used as the basis of medical related aspects.

Notifications:

Swipe up to view your messages/notifications. You can delete the messages by clear all.

Breath:

This function helps you to do breathing exercises. Tap to start. The icon will dynamically zoom in (inhale) and out (exhale).



STEPS







Weather:

You can check the current weather and the forecast for tomorrow, this information is synced from your app. Scroll up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.

Camera control:

You can control the camera of your phone with your smartwatch once the watch is connected with your device.

Music control:

You can control the music player of your phone once the smartwatch is connected to the device. When the mobile phone plays music, you can use the watch to control the music, such as play/pause, next and previous song. You can also change the volume.

Flashlight control:

Never be scared in the dark again. The watch supports a flashlight.







SHUTTER







Settings

Swipe up to go to the Control Center and select Settings. Here you will find different features.

Watch Face:

1. How to replace the watch face?

Long press the screen. You shall get the option to change the watch face, scroll left and click on the watch face you want. See all watch face options below.



2. Replace the watch face in the DaFit-app

Tap the watch face settings entry in the 'profile' page. Choose one of the watch faces there.

3. How to create your own watch face?

Go to the DaFit-app and go to the 'profile' page. First choose the watch face and then go to edit. Select 'choose from album'. Upload an image that you like and choose your font color. Save it and you have your own watch face.

Notifications:

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the Da Fit App, and keep the watch and the mobile phone connected. If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" - > "Run in background" settings for different mobile phone systems.

View Notifications

When the watch receives a notification alert, it will vibrate to notify you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to go to messages and check the notification.

Weather:

The weather displayed by the watch is provided by the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes. In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> " Weather settings " page on the DaFit-app.

Settings:

In the settings page, the settings items Stopwatch, Alarm, Timer, Menu View, Brightness, Vibration, Theatre, Reset, Power Off, About, QR Code are provided.

Stopwatch:

You can begin and close any time line and stop the watch.

Timer:

A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.

Alarm:

When the set alarm time in the DaFit-app is reached, the watch will alarm you by vibrating.

Menu view:

This is a feature is to change the way the quick menu is seen.

Brightness:

You can tap the touch button to adjust the brightness and hold the touch button to apply.

Theater:

This is a mode where the brightness will dim and vibration will be turned off.

Reset:

This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to reconnect the watch before use.

About:

Here you can view the firmware version and Bluetooth address of the watch.

App QR Code:

This is a feature that helps to download the DaFit-app as it gives a QR Code on the watch screen which you can scan with your phone.

Vibration:

This feature allows the user to turn on and off the vibration of the watch.

Watch Status Reminder

Incoming Call:

When the watch receives incoming calls it will vibrate to remind you, also you can reject the call or silent the watch. And the caller or phone number can be shown on the watch.

Idle alerts:

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the DaFit-app.

Goal Notifications:

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "My devices" and turning on Goal notifications in the DaFit-app.

Watch Alarm Alert:

Before using alarm function enable the Watch alarm alert in the DaFit-app. Go to the "Profile" -> "My devices" and turn the Watch alarm on.

Maintenance

- The watch is IP67 waterproof (1m. deep water for max. 30 minutes). Please do not wear the device under a hot shower.
- When the watch falls or collides, it may cause damage or scratches to the device.
- Do not disassemble the device yourself.
- Keep the device away from high temperature and fire.
- Use a soft cloth to clean the device. Do not use soap, shower gel or any other detergents to clean it.
- Please charge the device one time per three months when not in use.

Specifications

- Screen size 1.3 inch IPS touchscreen
 - IP67 (dust-tight and splash proof)
- Waterproof Case size
- Battery capacity
- Standby time
- 5-7 days (depending on use)

Ø 43 mm. 200mAh

Required configuration iOS 8.0 or above/Android5.1 or above

Proof of purchase/receipt is needed to claim warranty

The company reserves the right to amend the contents of this manual without notice. Some functions cannot be applied to all mobile phones for normal conditions. Please understand that all test data generated (heart rate, SPO2, blood pressure) by this product are an indication and for personal use only and NOT FOR MEDICAL PURPOSES.