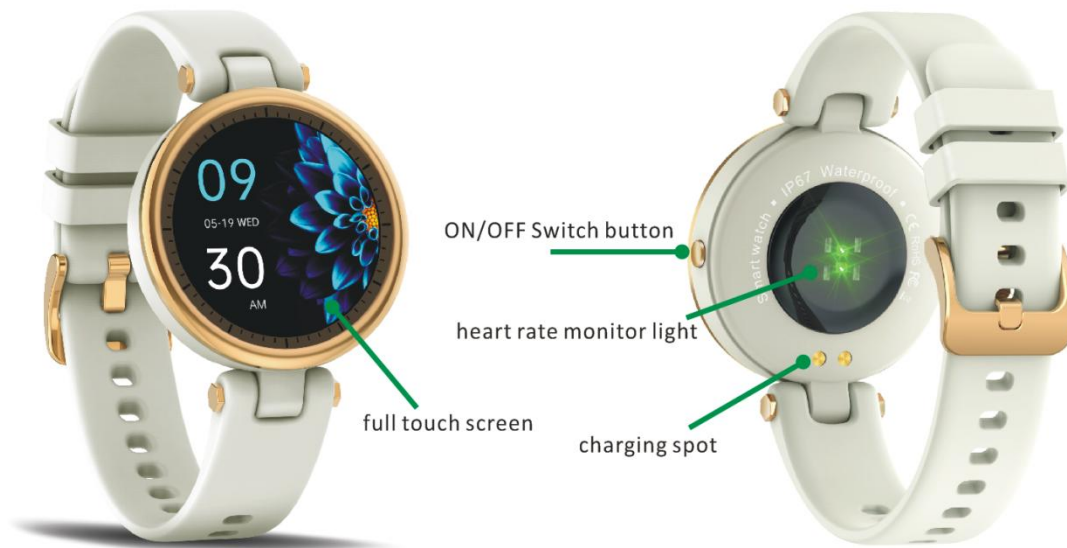


# Smart Watch User Manual



Thank you very much for purchasing our smart watch. Please read this manual carefully before use so as to explore its full functions and runs properly.

## Product description:



## Instructions:

1. Power on/off button: long press for 3 seconds to turn on/off  
Short press to turn on the screen / turn off the screen / quickly return to the main interface
2. Heart rate light: it will flicker during the test. Please don't test it against the object. It is recommended to wear the watch in proper tightness and measure it against the skin. (Please check wearing picture on 4)
3. Charging method: Please charge the watch to fully charge when using it for the first time (charging time 1.5-2 hours), and please contact the metal spots on the back of the watch with the charger contacts when charging, as shown in the example below. (The watch supports a charging current of 5V1A. If the current is too large or too weak, it will affect the charging use; do not use high-power plugs. It is recommended to use the universal charger with certification marks on the market.)



4、Wearing method: Please wear the smart watch correctly. While keeping your wrist comfortable, wear the watch 2-3 cm away from your wrist. Keep the back of the watch in contact with the skin of your wrist. Please avoid wearing too tight or too loose, and make sure During exercise, the watch will not move with the movement to ensure a more accurate measurement of various health values.

## Bluetooth Connection:

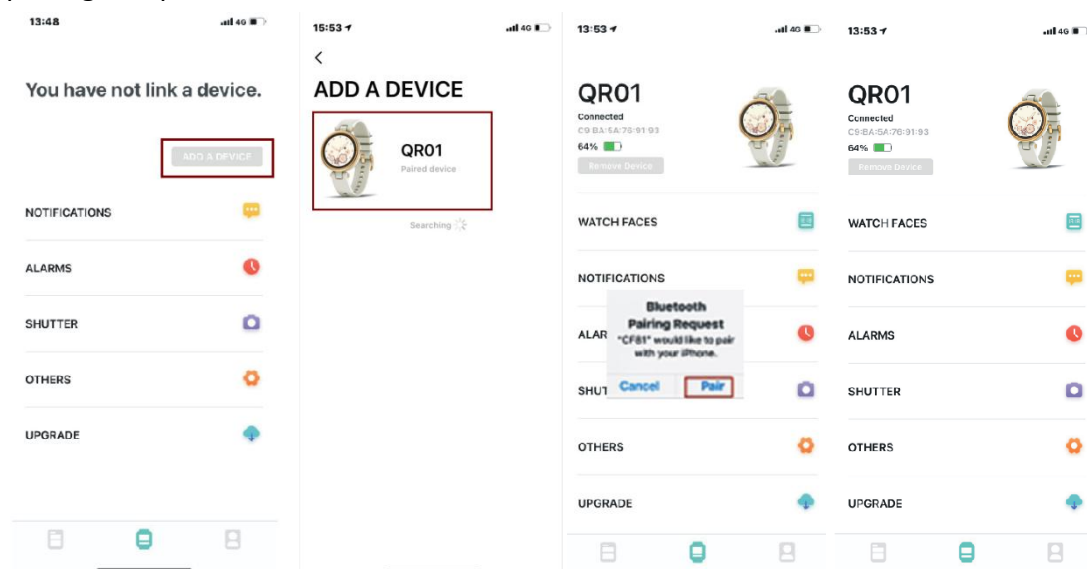
To use smart watch for the first time, please download the APP to your mobile phone:

1. You can search for "DaFit" APP in App Store / Huawei Store / Google play and other major app stores to download.
2. Use your mobile phone to scan the QR code in the picture below and download: "DaFit" APP to your mobile phone.



Note: The mobile phone system version currently supported by the "DaFit" APP is: Android 4.4 or higher, IOS 9.0 or higher.

After downloaded the APP, please confirm that the Bluetooth of the mobile phone is turned on, search for the Bluetooth "QR01" of the watch in the "DaFit" APP and click pairing and permission to connect.

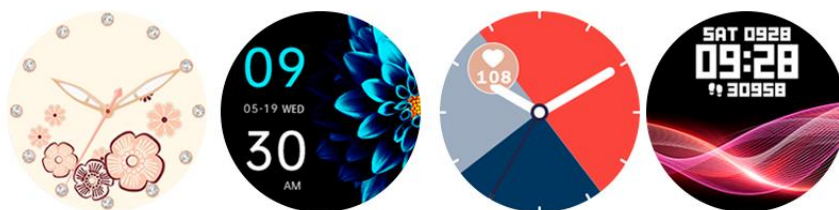


**Notice:**

1. Please do not directly link the watch in the Bluetooth setting of the mobile phone. You must firstly search for the Bluetooth connection of the watch in the APP. Please select "Pairing" and "Allow" in the pop-up request permission information window when connecting to give the APP permission, otherwise it will affect Watch function.
2. Users who use Android phones need to turn on the APP location permission and enable the phone system location function, otherwise the device may not be searched.
3. After successfully connected to the APP, the date, time and language on the phone will be automatically updated to the watch.

### Main Features:

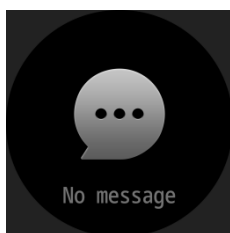
1. Change of watch dial: Long press on the main interface for 3 seconds, when the watch vibration window shrinks, enter the dial free selection page, slide left and right to choose from 4 built-in dial styles, select any dial with just one click. If you need more dial styles or use personal photos, please go to "WATCH FACES" in the APP—discover more dials/edit, select and download your favorite style dials to the watch.



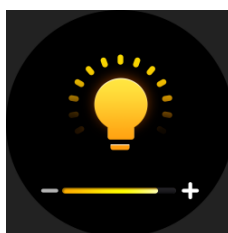
2. Control Center: Swipe from top to bottom on the main interface to enter the control center. This page can set theater mode (ie: power saving mode), screen brightness adjustment, turn off/on vibration, weather forecast, set, and view Bluetooth connection status And the battery level of the watch.
  3. Message center: The main interface slides from bottom to top to enter the message page, you can quickly browse the message records (display the latest 5 message records).
- Cellular function page: Swipe from left to right on the main interface to enter the cellular function page. Drag the cellular icon to quickly enter the corresponding function.



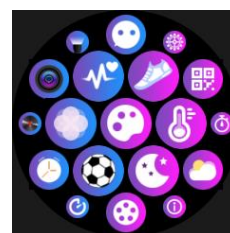
Mute mode



Message center

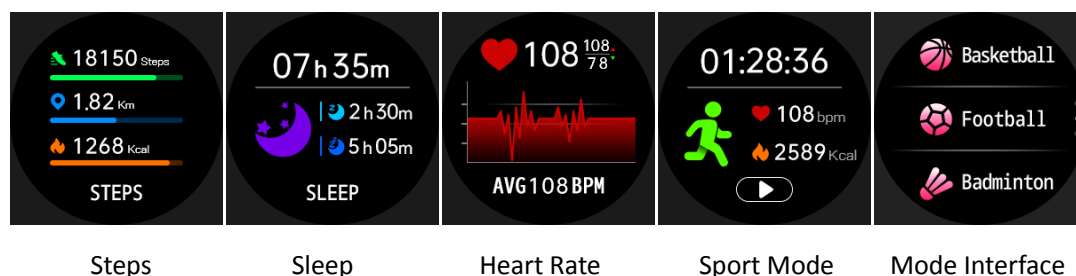


Brightness



Cellular function page

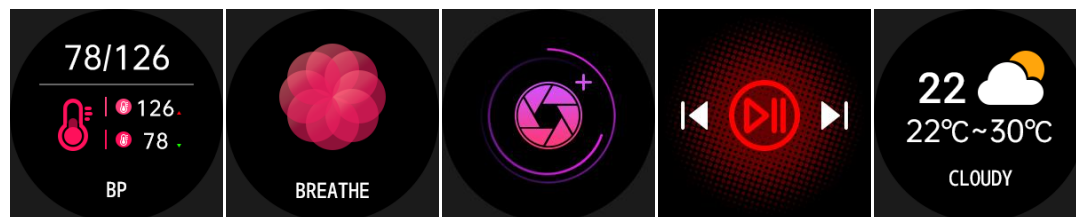
4. Step counts: Swipe left from the main interface to enter the step count page, which displays the current number of steps, distance, and calories burned.
5. Sleep monitor: After sliding left on the pedometer interface, it is the sleep monitoring page, this page can view the last sleep status.  
**Note:** The sleep monitoring period is from 8 pm to 10 am. If you need to monitor, please be sure to wear the watch to fall asleep the previous night, and check the sleep test data after the amount of activity > 100 steps in the morning. At the same time, the sleep data can be updated and uploaded to the APP to form a health report.
6. Heart rate measurement: Right swipe step counts, it is the heart rate measurement interface. Click on the page. When the icon "—" is beating, it means the measurement is being performed. Please stand still and wait for about 15-30 seconds. When the value is no longer beating, the watch has vibration feedback. That is the current test value.
7. Exercise mode: Right after heart rate monitor, it is the exercise mode interface. This interface displays the latest exercise data. Click to enter multiple mode options: walking, running, cycling, basketball, football, badminton, skipping rope, yoga. After you click to enter the corresponding exercise mode, it will count down. After the exercise is completed, click End and save the training data.



8. Blood pressure measurement: Right after sport mode, it is the blood pressure measurement interface. Click on the page. When the icon "---/--" jumps, it means the measurement is in progress. Please stand still for about 15-30 seconds, and the test value will pop up. And the watch has vibration feedback, which is the current test value.
9. Breath training: Right after BP, it is the breathing training interface. Click on the page to enter the breathing training mode. The icon will dynamically zoom in and out. Please follow the interface for deep breathing training.
10. Weather forecast: After the breathing training interface slides to the left, it is the weather forecast, and you can check the local weather information. (Note: This function needs to be correctly connected to the watch's Bluetooth in the DaFit APP, and confirm that the weather forecast permission button is turned on in the APP. From Yahoo Weather)
11. Remote control photography: After sliding left on the weather forecast interface, it is the remote control photography interface. When the watch APP Bluetooth is connected correctly, open the "DaFit" APP and click the watch remote control button, the APP pops up the camera function, and click the watch button to take a


picture. (Note: This function needs to be correctly connected to the watch's Bluetooth in the Dafit APP and used after opening the APP.)

12. Music control: The music control interface is displayed after the left slide of the remote camera is taken. When the Bluetooth of the watch APP is correctly connected, the interface buttons can control the play, pause, forward/backward, etc. of the mobile music APP. (Note: This function needs to be correct in Dafit APP Connect the watch Bluetooth internally, and confirm that the mobile music APP software is open or activated before it can be used normally. )




Blood Pressure      Breath exercise      Remote camera      Music control      Weather forecast

13. Setting page: On the setting page, you can quickly set the functions, such as: vibration, brightness, about, restore factory settings, and shutdown button.

14. Alarm clock: Select the alarm clock  on the watch cellular function page to quickly turn off or turn on three alarm clocks. If you need to set the alarm time, please go to Dafit APP to set it.

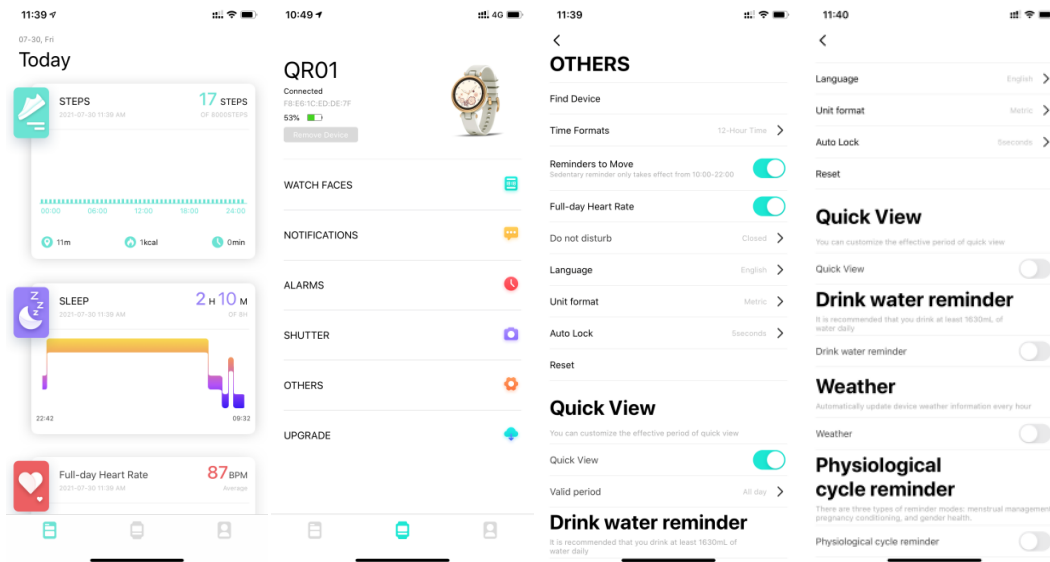
15. Stopwatch: Select the stopwatch  in the cellular function page of the watch, click start or clear; swipe left to exit.

16.Countdown: Select the countdown  in the cellular function page of the watch. There are 8 time periods available on this page, ranging from 1 minute to 2 hours. Click to enter or swipe left to exit.

### Setting guide of Dafit APP:

1. WATCH FACES: This function page can switch the watch dial style, or download more dials freely.
2. NOTIFICATIONS: Set the message notify from the Dafit app on your mobile phone that the watch can receives too. After the button is turned on, the watch can receive these APP incoming messages just same as what smart phone receives.
3. ALARMS: Set the alarm time in this function page. 3 alarms can be set.
4. SHUTTER: Click to turn on the remote camera function
5. OTHERS: it can be set as below: all-day heart rate monitor, language, screen on time, reset, Quick View\Drink water reminder, weather, women's menstrual cycle settings.

6. UPGRADE: When the watch has a new version update, this function can update the watch software. (Note that when upgrading the software, please keep the watch with sufficient power, and keep the watch close to the phone during the upgrade process)



### Note on IP67 waterproof:

The waterproof performance of this product is not permanently effective and may decrease over time. It supports short-term use such as washing hands, raining, etc., but does not support use scenarios such as hot water bathing and showering, swimming, diving, surfing, etc. The watch is not waterproof to seawater, acidic and alkaline liquids, solutions, chemical reagents and other aggressive liquids. If you touch it accidentally, please wash it with clean water and dry it. Damage caused by abuse or improper use is not covered by the warranty.

### Common problems:

1. How to set the time or switch language: Please connect the watch's Bluetooth in the DaFit APP. After the pairing connection is successful, the watch will automatically update the time and language of the phone.

2. Unable to connect or search the Bluetooth of the watch: please search the Bluetooth of the watch in the daFit APP first, do not directly connect the watch in the Bluetooth setting of the mobile phone, if it is connected in the Bluetooth setting, please disconnect and unbind first, and then go to the APP search. If you connect directly in the Bluetooth setting, it will affect the Bluetooth of the watch that cannot be searched in the APP.

3. Inaccurate pedometer/heart rate/blood pressure measurement values?

Answer: The test values are different in different scenarios, such as step counting: the watch uses the three-axis gravity sensor combined with the algorithm to get the



value. Regular users often compare the number of steps with a mobile phone, but considering that the mobile phone use scene is different from the watch scene, the watch is worn on the wrist, and the daily large movements such as raising the hand and walking are easily calculated as the number of steps, so there are scene differences between the two. No direct comparison.

Heart rate/blood pressure value is inaccurate: The heart rate and blood pressure measurement is based on the heart rate light on the back of the watch combined with the big data algorithm to get the value. At present, it cannot reach the medical level, so the test data is for reference only. In addition, the measurement value is limited by the measurement environment. For example, the human body needs to be in a static state and wear the measurement correctly. Different scenarios will affect the test data.

#### 4. Can't charge/can't turn on?

Answer: Do not leave electronic products for a long time. If they have not been used for a long time, please charge them for more than 30 minutes to see if they are turned on. In addition, do not use high-power plugs to charge the watch daily. Pay attention to waterproof and moisture-proof, do not wear swimming baths, etc.

#### 5. The watch cannot receive information?

Answer: Please confirm whether the Bluetooth of the watch is correctly connected in the Dafit APP, and set the permission of the watch to receive notification in the APP. Also, please make sure new messages can be notified on main interface of your mobile phone too, if not, definitely the watch could not receive either.

#### 6. The watch has no sleep monitor data?

Answer: The default time of sleep monitor is from 8pm to 10am. During this period, the activity changes are recorded according to the number of turns, arm movements, heart rate test values and other actions of the user after falling asleep, combined with big data algorithms to get the sleep value. Therefore, please wear the watch correctly to fall asleep. If the physical activity is too frequent during sleep, the sleep quality is very poor, and the watch is recognized as a non-sleep state. In addition, please fall asleep during the monitoring time.

**For any other unexpected issues which is not listed above, please contact seller for technical support or faulty replacement. Thank you.**