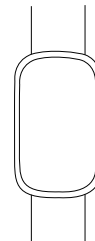


SMART SPORTS WATCH User instruction

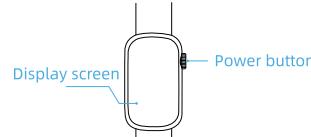


Thank you for choosing this product. Please read the user instruction carefully before use.

USING TIPS

- App register step: Download the FitCloudPro app==>Select "Register" ==>Input your email and set the app account password==>Check your email for the verification code and input it==>Finish app register
- Accurate readings: The activity monitoring function of the watch requires users to fill in basic information, such as height, weight, age, etc., in the app to track more accurate exercise monitoring data.
- Blood pressure calibration: Open the app (FitCloudPro)==>Click "Me"==>Tap your Avatar==>Input the calibrated bp reading to "Private BP Mode"
- Compatibility: FITVII Slim Fitness tracker is compatible with Android 5.0 & iOS 10 and above smartphones with Bluetooth 4.0 (10meter) , but is not compatible with PC, iPad, or Tablet.
- One full charge gives up to 7-10 days of working time. (Varies with use and other factors. Turning on all-day monitoring functions such as exercise and heart rate will shorten the battery life of the product)
- Wrist size: FITVII fitness tracker fits a 5.9--8.6 inch circumference wrist.

Quick start



Power Button

- | | | | |
|--|---------------------------|--|-----------------|
| | Short press | | Long press |
| | 1. Brighten screen/return | | 1. Power on/off |

Touch screen

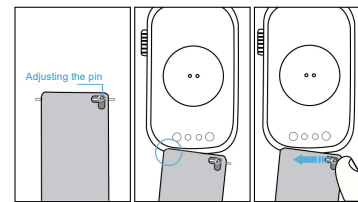
- | | | | |
|--|-------------------------|--|-------------------|
| | Swipe up | | Swipe down |
| | 1. Message Notification | | 2. Quick settings |
| | Swipe left | | Swipe right |
| | 3. Main function | | 4. Main menu |

Set up your smart watch

- Download the FitCloudPro app :
-Apple App Store for iPhones
-Google Play Store for Android phones
-Or scan the attached QR code below to download.
- Install the app, and open it.
-If you already have a FitCloudPro account, log in to your account.
-If you don't have a FitCloudPro account, tap "Join Us" to create an account for a better user experience.
- Continue to follow the on-screen instructions to connect the smart watch to your account.



Strap installation



Get Notifications

Go to the FitCloudPro app---Device---Push Notifications---Turn on the switch of the app you need to receive notifications. Please don't forget to allow the notification permission of the phone.

Smartwatch firmware upgrade

The APP will prompt that there is a new watch firmware version. You can enter the APP "Device" interface to Upgrade it.

- Smartwatch Upgrade notes:
- The watch's battery should be above 60%
 - During the upgrade process, the mobile phone interface will show an upgrade progress bar, please do not do any operations.

Set Time

Once the device is successfully connected to the APP, the time and date will be synchronized with your phone.

Change Watch Face

Open the FitCloudPro App-->Device-->Watchface (IOS) / DialLibrary (Android) -->Select the FIRST picture to edit picture in your own gallery as the watch face

Switch Units

Open the FitCloudPro App--> Me --> Unit Prefer --> Set units for length, weight or temperature

Auto Monitoring

Please go to your APP---Device---Turn on the switch of the Automatic Health Monitor and Elevated Heart Rate Measurement

Waterproof instructions

Waterproof rating:IP68

The watch is waterproof which you can wear it to swim or do water activities. But it cannot be taken to hot bath, diving.

Supplement: It is not recommended to wear it in a hot bath. Water vapor produced when washing hot water. Its molecular radius is small, and it is easy to seep into the gap of the watch case. When the temperature drops, it will gradually condense into water droplets, which will damage the circuit board of the watch and damage the watch.

Unbind or add device

Open the FitCloudPro app and tap "Device"> "Unbinding Bracelet" or "Add Peripheral"

NOTE:

- The app can only connect to one watch. To connect to another watch, please unbind the connected watch first.
- To successfully connect the watch and mobile phone, you need to turn on the Bluetooth connection device of the mobile phone.
- If you use an Android phone, it needs to turn on the location information function of the mobile phone system, otherwise, the device may not be searched.

Host size
44x26x10mm

Battery capacity
140mAh

Product weight
31.2g

Screen resolution
172x320 pixels

Screen size
1.47 inches

Sensor
Three-axis sensor

Function introduction

Super long battery life, thin and light smart sports watch. It integrates multiple functions such as multi-sports, heart rate, blood pressure, blood oxygen, sleep monitoring, daily exercise record, instant information reminder, etc. It is suitable for daily health testing and wearing during exercise.

After pairing and connecting with a mobile phone, you can experience one of the smart watches. Series function.

Smart watches support: main interface switching, message notification, blood oxygen detection, sleep detection, heart rate detection, blood pressure detection, exercise mode, message push, remote camera, music control, etc.

Maintenance

It is recommended to wear and maintain according to the

following 3 points:

- Keep the product clean
 - Keep the product dry
 - Please wear the product correctly
- * For stains that are not easy to remove, it is recommended to scrub with alcohol

Safety instructions

- Although smart watches can detect real-time dynamic heart rate, they cannot be used for any medical purposes.
- Do not place the device and its accessories in an area with too high or too low temperature, otherwise it may cause the device to malfunction, catch fire or explode.
- Avoid strong impact or vibration on the product, so as not to damage the equipment and its accessories and cause equipment failure.
- Do not disassemble or modify the equipment and accessories without authorization, please contact the after-sales service when the equipment fails.
- If the equipment is not used for a long time, please make sure to recharge it once every three months.



support@fitvii.com

If you have any questions,
please feel free to contact us

www.fitvii.com