USER MANUAL
SMART WATCH

英 语

Watch client download
Scan the QR code below to download and install the watch client.

Da Fit

Sliding direction Horizontal Line Menu Full Moon Menu Honeycomb menu

Full touch
Slide down into the control center, slide up to check the message, slide left into the main function interface, and slide right into the express center;

Button
POWER key: SPORT key:
Press short: turn on/off/return to the dial interface.
Long press: on/off
Press short: to highlight the screen/ enter the main menu/return to the previous interface.
Press: to enter sports mode.

Watch charging and activation
It can be activated by charging before using the watch for the first time.
The magnetic charger used is attached to the metal contact on the back of the watch, and the other end of the charging cable is connected to the 5V1A USB charging head or computer USB interface.

Connect the watch
Download the watch client to set personal information

Open the mobile client to set personal information

Click your device in the list of scanned devices

Complete binding

Go to Watch-Settings-About, check the MAC address of the bracelet, and you can determine your device by the MAC address in the device list.
After the watch is successfully bound, every time the client is opened in the future, the watch will automatically connect with the mobile phone, and the data can be synchronized by pulling down the client data page.

Dial setting
Press and hold the dial interface for 1.5 seconds to switch the dials of different styles.
After the BT connection is successful, you can enter APP-Dial Selection-Custom Dial. After the BT connection is successful, you can go to APP-Dial Selection-More Dial Selection.

Daily data
You can record the total number of steps in the day, the number of walking steps, calories, exercise duration and other data in each period of the day.
All the detailed data can be viewed in the mobile APP.

Sleep monitoring
You can record and display the total sleep time, deep sleep time, light sleep time, and sleep quality.
More detailed information analysis data records can be viewed on the mobile APP.

Heart rate monitoring
Before monitoring the heart rate, first make sure that the watch is properly worn on the wrist (the heart rate sensor is in contact with the skin area). For the heart rate detection, it is required to wear it tightly so as to avoid light leakage, and the heart rate data will be more accurate. During the testing process, the wrist is required to keep still and wait for the heart rate value to be displayed.
Enter the heart rate icon interface to measure the current heart rate value;
Display the current value of the heart rate interface and the heart rate status of each period of the day;
More detailed information analysis and data records can be viewed on the APP side;

Blood pressure
Before blood pressure monitoring, first make sure that the watch is properly worn on the wrist (the blood pressure sensor is in contact with the skin area). For blood pressure testing, it is required to wear it tightly to avoid light leakage, and the heart rate data will be more accurate. During the testing process, the wrist is required to keep still and wait for the blood pressure value to be displayed.
Enter the blood pressure icon interface to measure the current blood pressure value and the measured data of the last seven times;
More detailed information analysis and data records can be viewed on the APP side;

Blood oxygen
Before blood oxygen monitoring, first make sure that the watch is properly worn on the wrist (the blood oxygen sensor is in contact with the skin area). Blood oxygen testing requires that the watch be worn tightly to avoid light leakage, and the heart rate data will be more accurate. During the blood oxygen testing process, the wrist is required to keep still and wait for the blood oxygen value to be displayed.
Enter the blood oxygen icon interface to measure the current blood oxygen value;
Display the current value of blood oxygen interface and the measurement data of the last seven times;
More detailed information analysis and data records can be viewed on the APP side;

Weather
The weather interface will display the current weather temperature and slide up to display the weather forecast for the next three days.
The weather information needs to be connected to the APP to get data. If the connection is opened for a long time, the weather information will not be updated.

Camera
After connecting the mobile APP, the watch can control the mobile phone camera to take pictures; After turning on the camera on the mobile phone, the watch can enter the camera interface and click to trigger the camera shutter of the mobile phone.

Music control
After connecting the mobile APP, the watch can control the music playing on the mobile phone; Click the pause button to pause the music, you can use the watch to control the mobile phone to pause/resume the previous song, the next song and adjust the volume.

Alarm clock
The alarm clock of the watch can be set on the APP side and the watch side, and up to 8 alarms can be set.
After the set time arrives, the watch will display the alarm clock icon and vibrate.

Message push
The watch can receive and display the notification push and incoming call reminder on the mobile phone, and can refuse the call. The push option switch is set in the APP terminal.
The watch message page can store the last 5 message records;

Other functions
Other functions of the watch include: Screenshot, screen recording, flashlight, vibration, stopwatch, alarm clock, timer, do not disturb mode, power-saving mode, brightness, vibration, shutdown, restart, shutdown, APP download QR code, etc.

Sedentary reminder
After connecting the APP, turn on the sedentary reminder;
Time setting-for 1 hour, the watch will prompt you to get up and walk;

Frequently asked questions and answers
Why can't you wear a watch to take a bath?
When bathing, the temperature is relatively high, which will produce a lot of water vapor,
Why the watch message page cannot receive the message push?
Android phone settings:
1. Confirm that the message push switch is turned on on the mobile APP;
2. Confirm that the message can be displayed normally on the notification bar of the mobile phone, and the watch message is pushed by obtaining the message of the notification bar of the mobile phone. If the message of the notification bar of the mobile phone, the watch will not be able to receive push; (You need to find the notification settings in the mobile phone settings, and turn on the notification switches of WeChat, QQ, phone, SMS and mobile client)
3. Open the watch's accessibility settings (Find the auxiliary function in the phone settings, and open the customer auxiliary function settings on the watch side)

Apple mobile phone settings:
1. Confirm that the message push switch is turned on at the mobile APP;
2. Confirm that the mobile phone message can be displayed normally in the notification bar;
3. Open the mobile phone notification settings in the mobile phone settings, and turn on the notification switches of WeChat, QQ, phone, SMS and mobile client)

According to Directive 2014/53/EU,the Bands and power are as follows:
Frequency Range:BT:BLE: 2402-2480MHz
RF-Output Power:BT: 6.78dBm , BLE: 6.26dBm

According to EN IEC 62311, be used to evaluate the environmental impact of human exposure to radiofrequency fields (RF) according to the 2 of Council Recommendation 1999/519/EC).
The RF Exposure is compliant.

To prevent possible hearing damage , do not listen to sound at high volume for long periods.

This marking on the product, accessories or literature indicates that the product and its electronic accessories should not be disposed of with other household waste.

德 语

Uhren clientseitige Downloads
Scannen Sie den unteren 2D-Code, um den Uhrwerk-Client herunterzuladen und zu installieren.

Da Fit

Gleitrichtung Dehnzeichen Linie Vollmond Menü Wabe Menü

Volle Berührung
Nach unten in die Kontrollzentralen gehen, nach oben Meldungen anzeigen, nach links in die Hauptfunktionsoberfläche gehen, nach rechts in das Schnellzentrum gehen;

Taste
POWER: Taste
Kurze Taste: Bildschirm ein/Aus/Zurück zur Benutzeroberfläche
Lange Taste Ein-/Ausschalten

SPORT: Taste
Kurze Taste: Hinweis Bereiche/ Gehe zum Hauptmenü/Zurück zur Oberfläche der oberen Ebene.
Lange Taste Wechselt in den Kinematikmodus

Uhren aufladen und aktivieren
Aktivierung vor der ersten Verwendung der Uhr durch Aufladen möglich;
Verbinden Sie das andere Ende des Ladekabels mit dem 5V1A USB-Ladekopf oder dem USB-Anschluss des Computers mit einem Metallkontakt, der an der Rückseite der Uhr befestigt ist.

Joins Uhren
Persönliche Informationen über die Einstellungen des Telefons Client öffnen

Zur Geräteliste wechseln, auf Gerät hinzufügen klicken

Klicken Sie in der Liste der gescannten Geräte auf Ihr Gerät.

Bindung abgeschlossen

Nach jedem in die Tabelle Einstellungen-info, ist die MAC-Adresse des Rings anzuzeigen, anhand der MAC-Adresse in der Geräteliste,um Ihr Gerät zu identifizieren.
Bei erfolgreichem Tabellen-Binding werden die Uhren bei jedem Öffnen des Kunden-Clients automatisch mit dem Handy verbunden, und die Daten können über die Dropdown-Liste der Client-Datenseiten synchronisiert werden.

CD-Einstellungen
Drücken Sie die Taste 1.5Sekunden lang auf die Zifferblattschnittstelle, um zwischen verschiedenen Zifferblättern zu wechseln.
Wenn die BT-Verbindung erfolgreich hergestellt wurde, können Sie auf APP-Zifferblattauswahl-Benutzerdefinierte Zifferblatt eingehen.
Wenn die BT-Verbindung erfolgreich hergestellt wurde, können Sie auf APP-Zifferblattauswahl-Weitere Zifferblätter eingehen.

Tägliche Daten
Es werden Daten wie die Gesamtanzahl der Schritte, die Anzahl der Gehschritte, die Dauer der Schritte pro Zeitraum des aktuellen Tages aufgezeichnet.
Weitere Einzelheiten können Sie in der APP für die Mobiltelefon einsehen.

Schlafüberwachung
Sie können die Gesamtdauer des Energiesparmodus und die Dauer des Tiefschlafs, des Leichtschlafs und der Schlafqualität aufzeichnen und anzeigen.
Weitere Einzelheiten zur Analyse der Daten können auf der APP-Seite des Mobiltelefons angezeigt werden.

Herzfrequenz-Überwachung
Stellen Sie vor der Herzschlagfrequenz sicher dass die Armbandur korrekt auf das Handgelenk getragen wird(es wird dann optimale Ergebnisse für den Herzschlag angezeigt).Bei der Herzschlagfrequenz-Messung ist es erforderlich, eng zu tragen, um Lichtlecks zu vermeiden, und die Herzschlagdaten werden genauer. Während des Herzschlagfrequenz-Tests ist es erforderlich, ruhig zu bleiben und auf den Herzschlagwert zu warten.
Geben Sie die Herzschlagfrequenz-Schnittstelle ein, um die aktuelle Herzschlagfrequenz aufzunehmen;
Zeigt den Wert für die Herzschlagfrequenz im Vergleich zum aktuellen Zeitraum an.
Weitere detaillierte Analysen und Datenprotokolle können auf der APP-Seite angezeigt werden.

Training
Training Schnittstelle Klicken Sie auf die Sportoberfläche, um zu gehen, um zu laufen, zu gehen, zu springen, zu springen, zu spring