USER MANUAL

Please Read This Manual Carefully
Before Using The Product

Thank you
integrates
exercise,
reminder,
scientificall
experience
before usin

(the

Host x1

INTRODUCTION

for choosing our smart sports watch, the watch
a number of intelligent functions such as
health, goal achievement, message push,
etc., which can enrich your smart life and
ly guide the exercise health. For a better
, please read the operation guide carefully
ng the watch.

💧 WATERPROOF:

Supports waterproof
bracelet is not resistant to water vapour,
warm water, hot water).

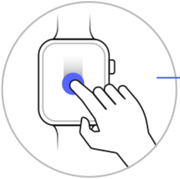
⚙ PRODUCT CONFIGURATION:

Manual x 1

Strap x1

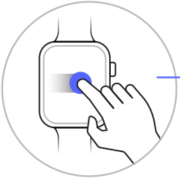
Charging cable x1

● OPERATING INSTRUCTIONS



① Slide down the d
to enter the cont

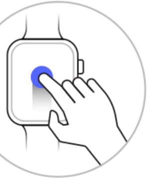
② Slide up the dial interface to
enter the message list.



③ Slide right in dial
enter function m

④ Slide left on the dial interface
to enter the first level card
function.

ial interface
trol centre.



interface to
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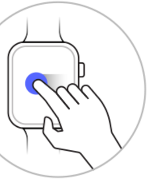
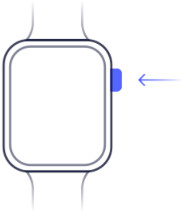


ACTIVATION AND CONNECTION



Long press the crown
for 3-5 seconds

APP DOWNLOAD:

① iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;

② Android mobile phones can also be downloaded by searching for "DaFit" in the application market, and iOS mobile phones can be downloaded by searching for "DaFit" in the AppStore.

Google Play App Store

CONNECT THE WATCH:

① Watch factory first boot, make sure the mobile phone to open the Bluetooth.

② In the settings to find the "add device", in the list of scanned devices click on your device.

③ In the page pop-up Bluetooth pairing box with Bluetooth connectivity pairing success that binding is complete.

BLUETOOTH RECONNECT:

① Beyond the Bluetooth
Bluetooth will be disco
Bluetooth connection ran
will be automatically conn

② Close the background of
mobile phone or one key
the Bluetooth will be disco
connected automatically a

③ APP running in the backgr
easy to be shut down by
phones can open the self-
within the permission
Bluetooth connection i
disconnection problem.

connection range bracelet nnected, when entering the nge, open the APP Bluetooth ected;

the application, restart the to clean up the application, nnected again, and it will be fter opening the APP again;

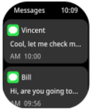
ound of the mobile phone is the phone, Android mobile starting authority of the APP settings to prevent the nstability caused by the

STANDARD FEATURES

Activity
10:09

① Activity

Record daily steps, active calories, and exercise duration.



Vincent
Cool, let me check m...
AM 10:00

Bill
Hi, are you going to...
AM 09:56

② Messages

After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.

Sleep
10:09
07 Hour
26 Min
Asleep
22:56
PM
Awake
06:22
AM

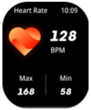
③ Sleep

Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.

Stress
10:09
45
Normal
Max
82
Min
12

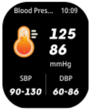
④ Stress

By monitoring our stress levels, we can help us better manage to improveour physical and mental health, and release stress to improve our positivemood.



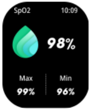
❺ Heart rate

Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60~100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.



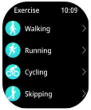
❻ Blood Pressure

Support blood pressure measurement, during the measurement, please relax your body, put your hand flat and wait for the value to be measured.



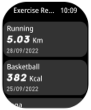
❼ SpO2

Click Start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 95~100%.

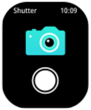


❽ Exercise

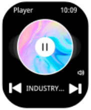
123 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end it on the exercise page.



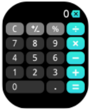
❾



⑩



⑪



⑫

Exercise Records

You can view historical exercise record data, including exercise duration, calories, h eart rate and other data details.

Shutter

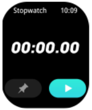
After connecting to your phone and turning on the camera control, the watch can be used as a remote control for your phone's camera.

Player

When connected to Bluetooth, you can play and control music from your mobile phone.

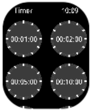
Calculators

Add calculator and other utilities to support daily simple calculation operations.



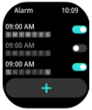
⑬ Stopwatch

Click on the stopwatch icon to enter the stopwatch function, you can perform counting operations during the time period.



⑭ Timer

Switch on this function to select or set your own countdown to switch on the countdown.



⑮ Alarm

Add your own alarm reminders and the watch will display alarm icon and vibrate at the set time.

⑯ Flashlight

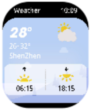
Turn on the flashlight in a dark environment the screen will re white and always lit, tap the screen to toggle on or off.

and

time

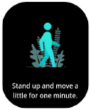
the

main



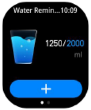
⑰ Weather

You can check the weather information of the last 7 days at any time after connecting your mobile phone to sync the data.


Stand up and move a little for one minute.

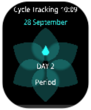
⑱ Sedentary Reminders

This function will detect the user's activity within a set period of time (default 60 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.



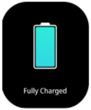
⑲ Water Reminder

Switching on this feature the watch alerts you when it's time to drink at the scheduled drinking time.



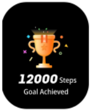
⑳ Cycle Tracking

Add the physiological cycle within the app and the watch will make a reminder close to the date.



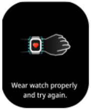
㉑ Battery Level Reminder

The watch alerts you when the battery is low, when it's charging, and when it's fully charged.



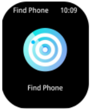
㉒ Goal Reached

Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.



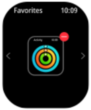
㉓ Wearing Error Alert

If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.



㉔ Find Phone

After connecting the mobile phone, turn on this feature click on the mobile phone will beep to help the user to quickly find the mobile phone.



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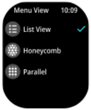

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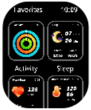

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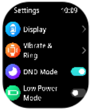

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Multi-dial Switching

Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial market.

Menu View

Includes a variety of menu display modes that the user can choose to switch between according to preference.

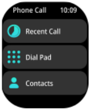
Custom Cards

Supports customisation of the order in which the first level cards are discharged and related functions.

Settings

Perform different setting operations of the watch, including brightness, duration of resting, flipping the wrist to light up the screen, vibration and ringing, do not disturb mode, call settings, switch off, restore factory, and local information.

OPTIONAL FEATURES



① Phone Call

Connect the Bluetooth for
watch side to achieve the
contains contacts and call
contacts on the client side.

② E-Card

The watch supports displayi
cards on the APP side to dis

calls, you can choose dialling from the call function on the watch side, the call logs, and you can add frequently used

ing electronic business cards, add business play them on the watch side.

COMMON TROUBLE

① The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.

② The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;

③ Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

WARNING:

① Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

NOTES

① The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;

② The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).

③ Some functions may vary according to the software version, please check the version and update it in time.

④ 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.

FCC Statement:

This equipment has be
with the limits for a Cl
part 15 of the FCC Rul
provide reasonable
interference in a re
equipment generates
frequency energy and
accordance with the in
interference to radio c
is no guarantee that in
particular installation.
harmful interference t
which can be determin
off and on, the user is
the interference by o
measures:
—Reorient or relocate
—Increase the separa
and receiver.
—Connect the equipm
different from that to
—Consult the dealer o
technician for help.

een tested and found to comply
lass B digital device, pursuant
es. These limits are designed to
protection against harmful
esidential installation . This
, uses and can radiate radio
, if not installed and used in
nstructions, may cause harmful
ommunications. However, there
nterference will not occur in a
If this equipment does cause
o radio or television reception,
ned by turning the equipment
encouraged to try to correct
ne or more of the following

the receiving antenna.
tion between the equipment

ent into an outlet on a circuit
which the receiver is connected.
r an experienced radio/TV