USER MANUAL

SMART WATCH

Instructions

Open client download

Scan the QR code below, download and install it on your mobile phone client.

Da Fit

Brief introducti

Full-screen touch: slide dow
notification, slide left to enter
the shortcut function menu;

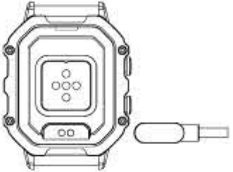
POWER key: wake up the scr

SPORT key: wake up the scr
start voice assistant/return to

Off-screen: after waking up t
screen, the watch will automa
After waking up the screen by
palm of your hand and turn it

Air Pressure Hole
10
09

Charging guide



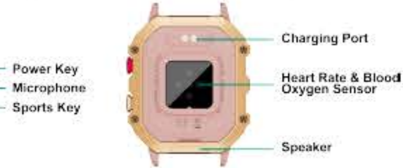
on of watches

n to enter the status setting bar, slide up to view the
the main function interface, and slide right to enter

reen/enter the main menu/return to the dial/turn on/off.

een/short press to enter sports mode/long press to
the previous level.

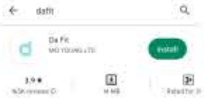
he screen by raising the hand and brightening the
tically off-screen when the arm is lowered.
pressing the key, you can cover the screen with the
off (increase the picture schematic)



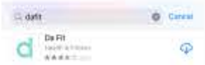
Before using the watch for the first time, it can be activated by charging, and the equipped magnetic charger can be attached to the metal contact on the back of the watch, and the other end of the charging cable can be connected to a 5V1A USB charging head or a computer USB interface.

Download the app

1. Download and install through Google Play Store.

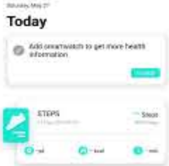


2. Download and install through AppStore.

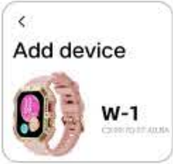


Binding device

1. Use Android system mobile phone to bind devices.
Open DaFit application, enter the device page and click bind device.



Click the device with Bluetooth name W-1 on the device search page to bind.



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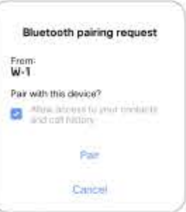
3. Download and install by scanning the QR code.

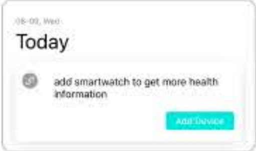
Da Fit

need to agree to the
wing permissions to use
Bluetooth calling function
mally.



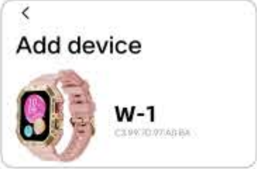
2. Use the iOS mobile phone to bind the device.

Use the iOS system mobile phone to bind the device, open the DaFit application, enter the device page and click bind the device.

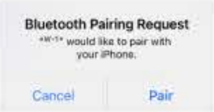


add smartwatch to get more health information

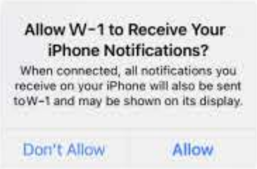
Click the device with Bluetooth name W-1 on the device search page to bind.



You need to agree to the following permissions to use the Bluetooth calling function normally.



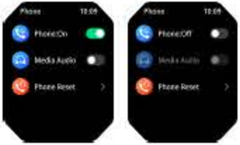
"W-1" would like to pair with your iPhone.



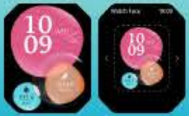
When connected, all notifications you receive on your iPhone will also be sent toW-1 and may be shown on its display.

Audio setting

Enter the watch settings-the phone sets the Bluetooth calling function and the function of playing mobile phone media audio.



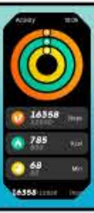
Dial setting



Dial switching

Press and hold for 1.5s in the dial interface to enter dial switching, and slide the dial left and right.

Brief introduction of function

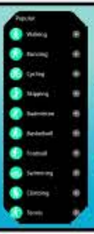


Activity center

Support daily steps, calories and activity time recording.
Support to record the total number of steps in 24 hours and the number of walking steps in each period.
Support to view the history of steps in recent seven days.

Sleep
07
26
Asleep
Awake
22:56
06:22

Heart Rate
128
BPM
Max
Min
168
58
Aerobic



Sleep monitoring

Support to record deep sleep, shallow sleep, rapid eye movement and waking state every day.
Support the recording of sleep trends in recent seven days.

Heart rate monitoring

Before heart rate monitoring, make sure that the watch is properly worn on the wrist (the best position is one finger wide above the wrist bone). Heart rate monitoring requires that the watch be worn tightly to avoid light leakage, so that it cannot be effectively detected. Then, the wrist is required to remain stationary during the heart rate monitoring. When entering the heart rate measurement interface, the green light at the bottom lights up to start measuring, and there will be a vibration reminder when the measurement is completed.

Support the measurement of current heart rate data
Support 24-hour heart rate detection and record trends.

Time
Calories
Distance
Open Goal

Take exercise

Click on the exercise interface to enter the exercise interface to support walking, running, outdoor cycling, skipping rope, badminton, basketball, football, swimming, mountaineering, tennis, rugby, golf, yoga, fitness, dancing and baseball.
More detailed information analysis and data records can be viewed on the mobile APP side;

98%
Max
99%
Min
96%

Blood oxygen monit

Before blood oxygen monito
is correctly worn on the wris
wide above the wrist bone).
requires that the watch be w
and cannot be effectively de
oxygen testing, and the wris
stationary during the testing
blood oxygen measurement
bottom will light up and ther
when the measurement is c
This measurement is based

Support the measurement o
Support to view the historica
nearly seven times.

Weather

After the watch is connected
interface will display the real
weather status.
Support to view the weather

Music control

After the watch is connected
pause and start, volume adj
the mobile phone music play
When the mobile phone play
watch-controlled mobile pho
previous song and play the

toring

ring, make sure that the watch
t (the best position is one finger
Blood oxygen monitoring
orn tightly to avoid light leakage
tected, and then enter the blood
t is required to remain
process. When entering the
interface, the red light at the
e will be a vibration reminder
ompleted for 30-60 seconds.
on PPG technology.

f current blood oxygen data
l data of blood oxygen for

l to the APP, the weather
-time weather temperature and

data for the next week.

l to the APP, it can control the
ustment and song switching of
ver;
vs music, you can use the
ne to play/pause, play the
next song.

18562002328

Bluetooth call

Bluetooth calling function can be realized by connecting with mobile App, and the calling scene is more convenient.

Decompression to help sleep

You can choose decompression and sleep-aiding mode, and adjust your breathing frequency with UI animation to achieve decompression and sleep-aiding effect.

Other functions

Common contacts, phone records, voice assistants, exercise records, physiological calendar, blood pressure monitoring, stopwatch, timer, alarm clock, message push, pressure detection, breathing training, decompression sleep aid, calendar, calculator, camera control, information screen display and other functions.

FAQ

1. Why are QQ, WeChat and other information notified and reminded, but the bracelet is not reminded?

1.1 Confirm whether the message can be displayed normally in the notification bar of the mobile phone, and push the device message by reading the message in the notification bar of the mobile phone; If there is no message in the notification bar of the mobile phone, the device will not receive the push. (You need to find the notification and status bar in the mobile phone settings, and turn on the phone, SMS, etc.).

1.2 open the APP, enter the APP device bar-click the message reminder-and open the application switch button corresponding to the message push you want to receive.

1.3 The device is always connected with the Bluetooth of the mobile phone.

2. How does the device unbind from the mobile phone?

Android mobile phone

On the "Devices" page of the APP, click the "Unbind" button and select OK to unbind.

iPhone

2.1 On the "My"-"Device Information" page of the APP, click the "Unbind" button;

2.2 Under Settings-Bluetooth-My Device of Apple's mobile phone, select the bracelet to be unbound, and click the blue "!" Logo, and then click "Ignore this device".

Note: If Apple mobile phone does not ignore the device, it will not be able to search for the device when it is bound again, and it will still receive a reminder notice when there are reminders such as information and phone calls.

3. Why is it easy for Android phones to disconnect?

The APP must be running in the background, so that Bluetooth will not be automatically disconnected. However, the memory management of Android mobile phone system will forcibly turn off the APP, which requires us to manually turn off the power-saving mode of the mobile phone system or add the APP to the green background of system management, and the APP will not be forcibly turned off.

FCC Caution:

This device complies with
following two conditions: (
harmful interference, and
including interference that
Any Changes or modificat
compliance could void the
Note: This equipment has
Class B digital device, pur
These limits are designed
interference in a residenti
generates uses and can r
used in accordance with t
harmful interference to rad
interference will not occur
If this equipment does ca
which can be determined
and on, the user is encou
the following measures
- Reorient or relocate the
- Increase the separation
- Connect the equipment i
receiver is connected.
- Consult the dealer or an
The device has been eval
device can be used in por
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Shenzhen, China

part 15 of the FCC Rules. Operation is subject to the
1) This device may not cause
(2) this device must accept any interference received,
may cause undesired operation.
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user's authority to operate the equipment.
been tested and found to comply with the limits for a
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to provide reasonable protection against harmful
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he instructions, may cause
dio communications. However, there is no guarantee that
in a particular installation.
use harmful interference to radio or television reception,
by turning the equipment off
raged to try to correct the interference by one or more of

receiving antenna.
between the equipment and receiver.
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experienced radio/TV technician for help.
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05, Building B, Bantian International Center, Longgang,

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including interference that may cause undesired operation.
Any Changes or modifications not expressly approved by the party
compliance could void the user's authority to operate the equipmen
Note: This equipment has been tested and found to comply with th
Class B digital device, pursuant to part 15 of the FCC Rules.
These limits are designed to provide reasonable protection against
interference in a residential installation. This equipment
generates uses and can radiate radio frequency energy and, if not
used in accordance with the instructions, may cause
harmful interference to radio communications. However, there is n
interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or telev
which can be determined by turning the equipment off
and on, the user is encouraged to try to correct the interference by
the following measures
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from th
receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help
The device has been evaluated to meet general RF exposure requ
device can be used in portable exposure condition without
restriction.

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FCC Caution：

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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