TIT mini Manual

TIT03 Smart Sports Watch

FCC ID:2AK9F-38072

Smart Sports Watch TIT03

How to Start

1. Open the package and check the items.

2. Items in the package: (1) the watch TIT03 (with built-in lithium battery); (2) the User Manual; (3) the original charging cable.

3. Combine the charging contacts of the magnetic charging cable with the charging contacts of the watch through the attraction of the magnet to charge, activate and turn on the watch.

4. In the App Store on your phone, find “Fastrack Reflex Vox” and download and install it; or scan the QR code to go to the App downloading page.

5. In the App, set the personal information and step goal.

6. Go to the Home screen of the App, click [Bind a Device] and select the watch in the device list to bind the watch.

Health

1. If you wear the watch in daily activities, the watch will record your activity data automatically.

2. The watch supports manual measurement of heart rate, SpO2 and stress, and automatic all-day monitoring of stress, heart rate and sleep. You can set the watch to monitor your health manually or automatically.

3. Start an exercise:

On the watch face screen, press the button to go to the App list, where you can click [Sports] and then click a sport (such as Outdoor Run) to start an exercise.

1. Start the Fastrack Reflex Vox App and enable the Bluetooth and GPS.

2. Turn on the watch’s screen and bring the watch close to your phone.

3. Go to the Home screen of the App, click [Bind a Device] and select the watch in the device list to bind the watch.

4. Confirm the binding request on the watch;

5. Finally, set the personal information and step goal in the App.

Basic Operations

1. How to wear the watch: make sure that the bottom sensor is attached gently to your skin, and the wrist strap is about one finger away from your wrist.

2. Touch operations: TIT03 supports full-screen touch control, including click (to select) and long-press (to enter) operations.

3. Button operations: TIT03 has a physical button, which supports press (to go to the App list or return) and long-press (invalid) operations.

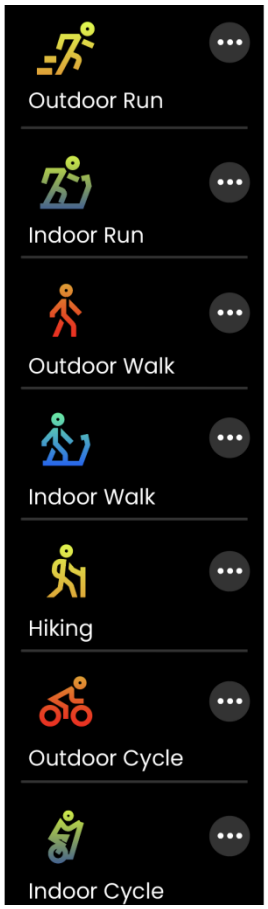
Function Information

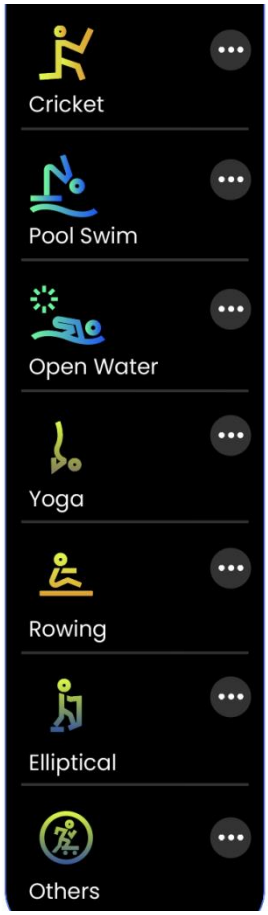
1. Watch Face

In the Fastrack Reflex Vox App, you can go to [Watch Faces] to change the watch face. You can also go to the Watch Face Market to download and install more watch faces.

2. Sports

a) 14 sports: Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Outdoor Cycle, Indoor Cycle, Pool Swim, Open Water, Hiking, Yoga, Rowing, Elliptical, Cricket and Others.



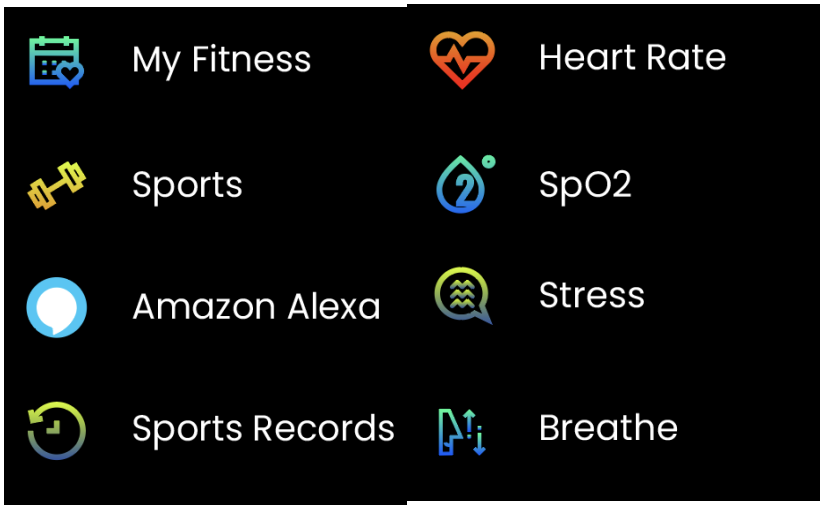


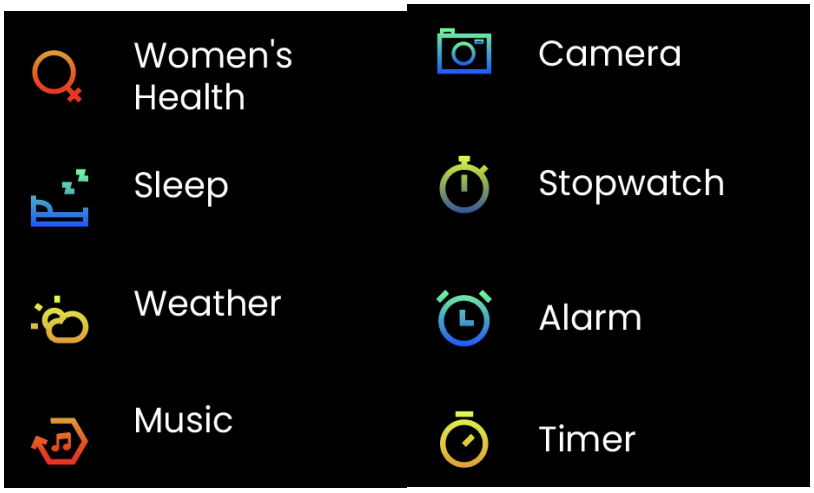
b) Sports Intelligence: to identify that you are running or walking.

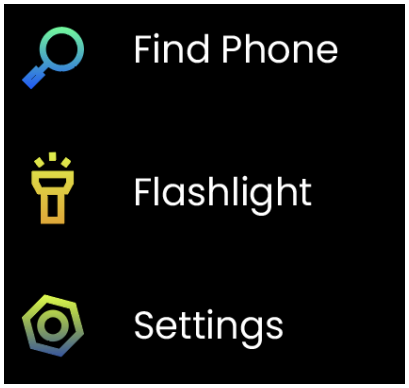
c) Sports Summary: to provide the records of multiple sports. You can view the detailed sports data in the Fastrack Reflex Vox App.

3. App List

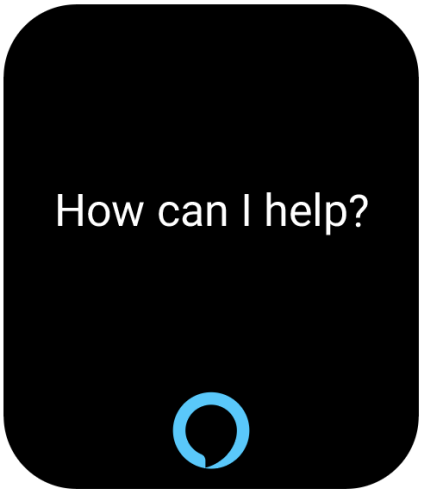
On the watch face screen, press the button to go to the App list (from top to bottom): My Fitness, Sports, Sports Records, Alexa, Heart Rate, Sleep, SpO2, Stress, Breathe, Women’s Health, Timer, Stopwatch, Alarm, Music, Camera, Weather, Find Phone,Flashlight and Settings.

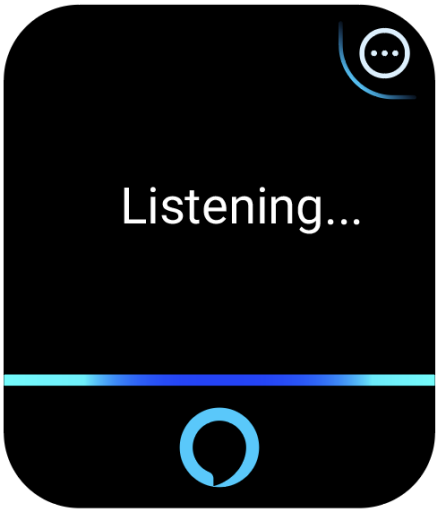


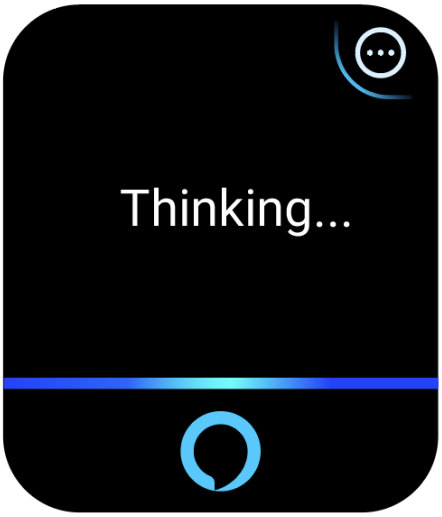


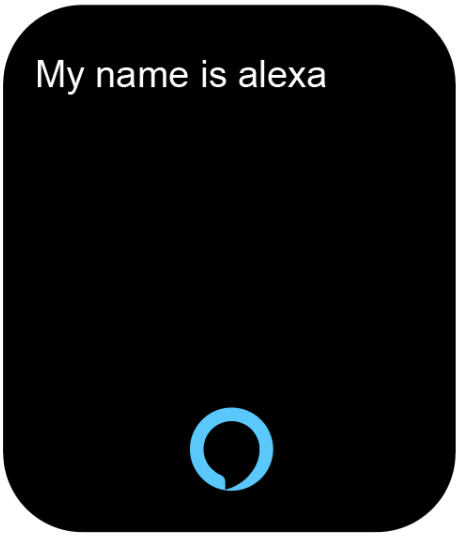

Find Phone
Flashlight
Settings

3.1 Alexa


How can I help?


Listening...

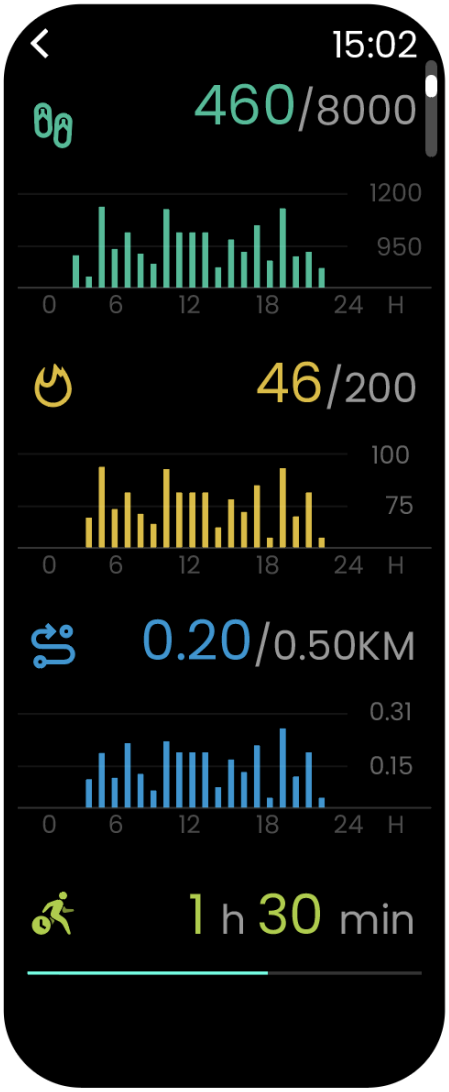

Thinking...


My name is alexa

1. The watch comes with built-in Alexa. If you ask a question or give a voice command on the “Listening…” screen, Alexa will go to the “Thinking…” screen and return the answer or execute the command. You can use Alexa to enable the Stopwatch, Alarm, Timer and Event Reminder on the watch.

2. If the request times out, the voice cannot be recognized, the account is not logged in, the network connection is not stable, or the Bluetooth is not connected, the corresponding message will be displayed.

3.2 Health Data



The watch allows you to view your (step, calorie and km) data of the day.

3.3 Heart Rate

1. The watch supports automatic 24-hour measurement of heart rate and allows you to view the all-day measurement data. In the App, you can go to [Settings] to select an interval of measurement or enable/disable the automatic measurement.

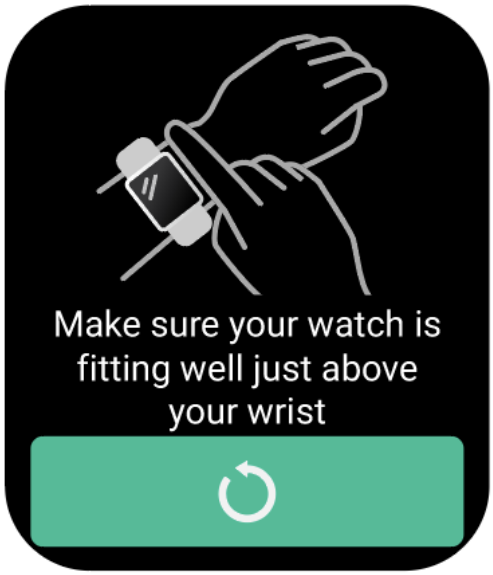
2. Each time you go to the heart rate measurement screen, please wait patiently and keep your arm and wrist still during the measurement.

3.4 Stress

1. The watch supports automatic 24-hour measurement of stress and allows you to view the all-day measurement data. In the App, you can go to [Settings] to select an interval of measurement or enable/disable the automatic measurement.

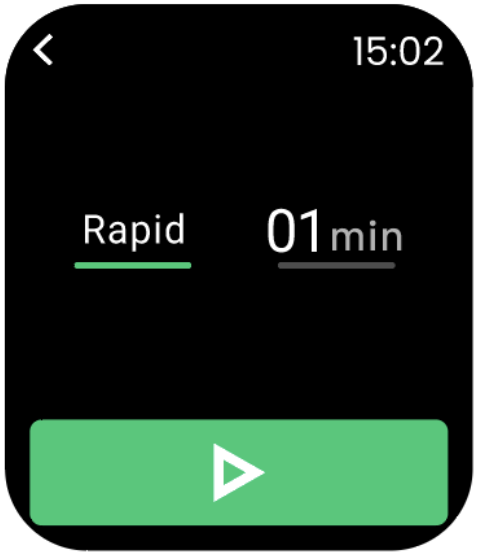
2. Each time you go to the stress measurement screen, please wait patiently and keep your arm and wrist still during the measurement.

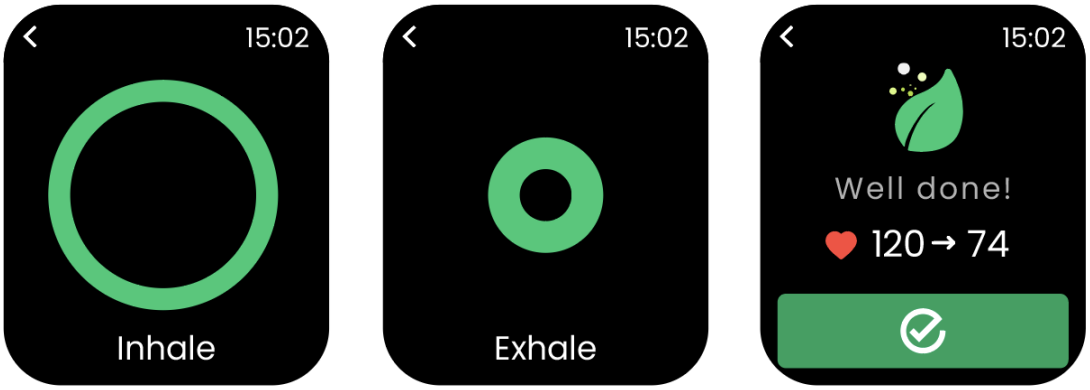
3.5 SpO2



1. Each time you go to the SpO2 measurement screen, please wait patiently and keep your arm and wrist still during the measurement.

3.6 Breathe

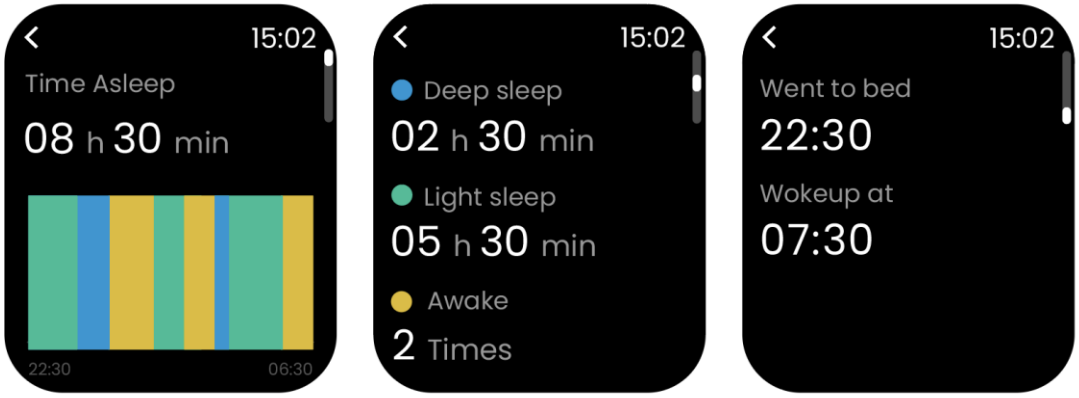




1. On the Breathe screen, you can adjust the breathing rhythm to be Rapid, Normal or Slow.

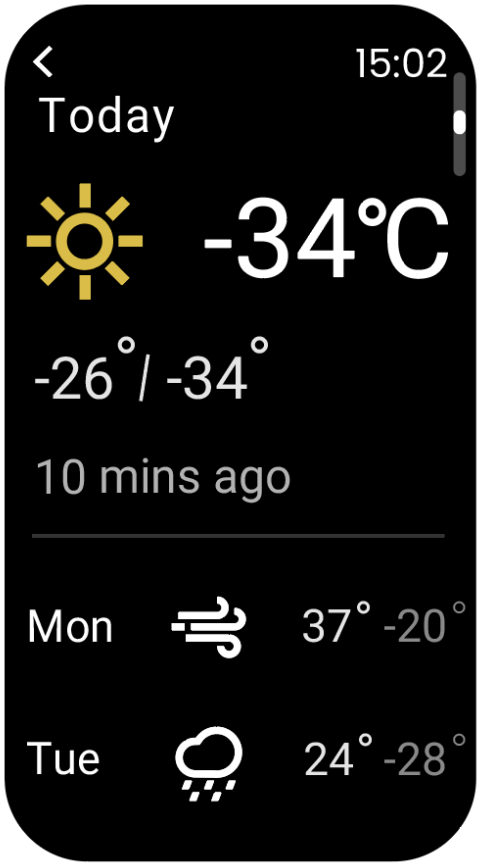
2. Click the START key to go to the breathing exercise animation. Please adjust your breathing according to the frequency of vibration and animation. Reasonable breathing adjustment can help relieve your mood.

3.7 Sleep



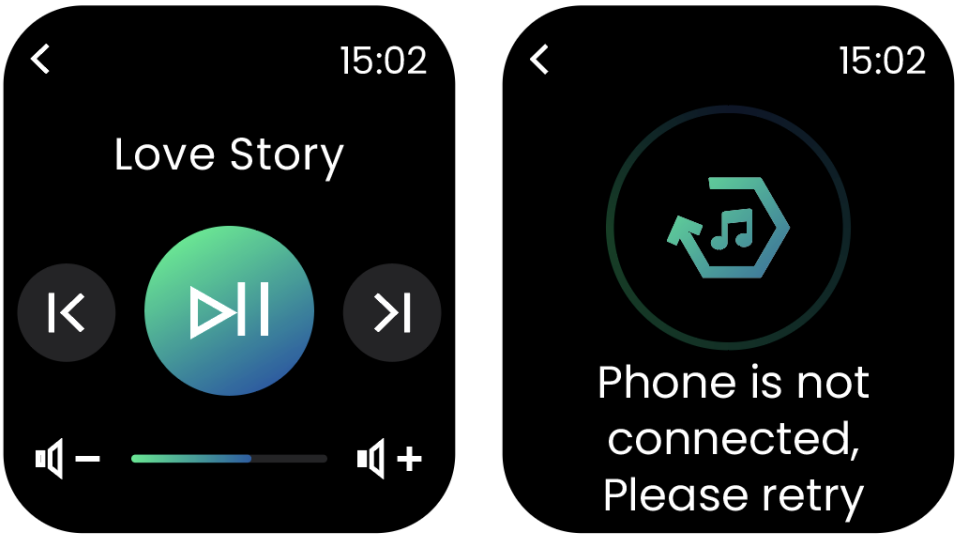
1. You can view the records of your last sleep and the sleep condition at each stage.

3.8 Weather



1. You can view the weather of three days: today’s “current weather value, highest weather value and lowest weather value”, and the “highest weather value and lowest weather value” of the next two days.

3.9 Music



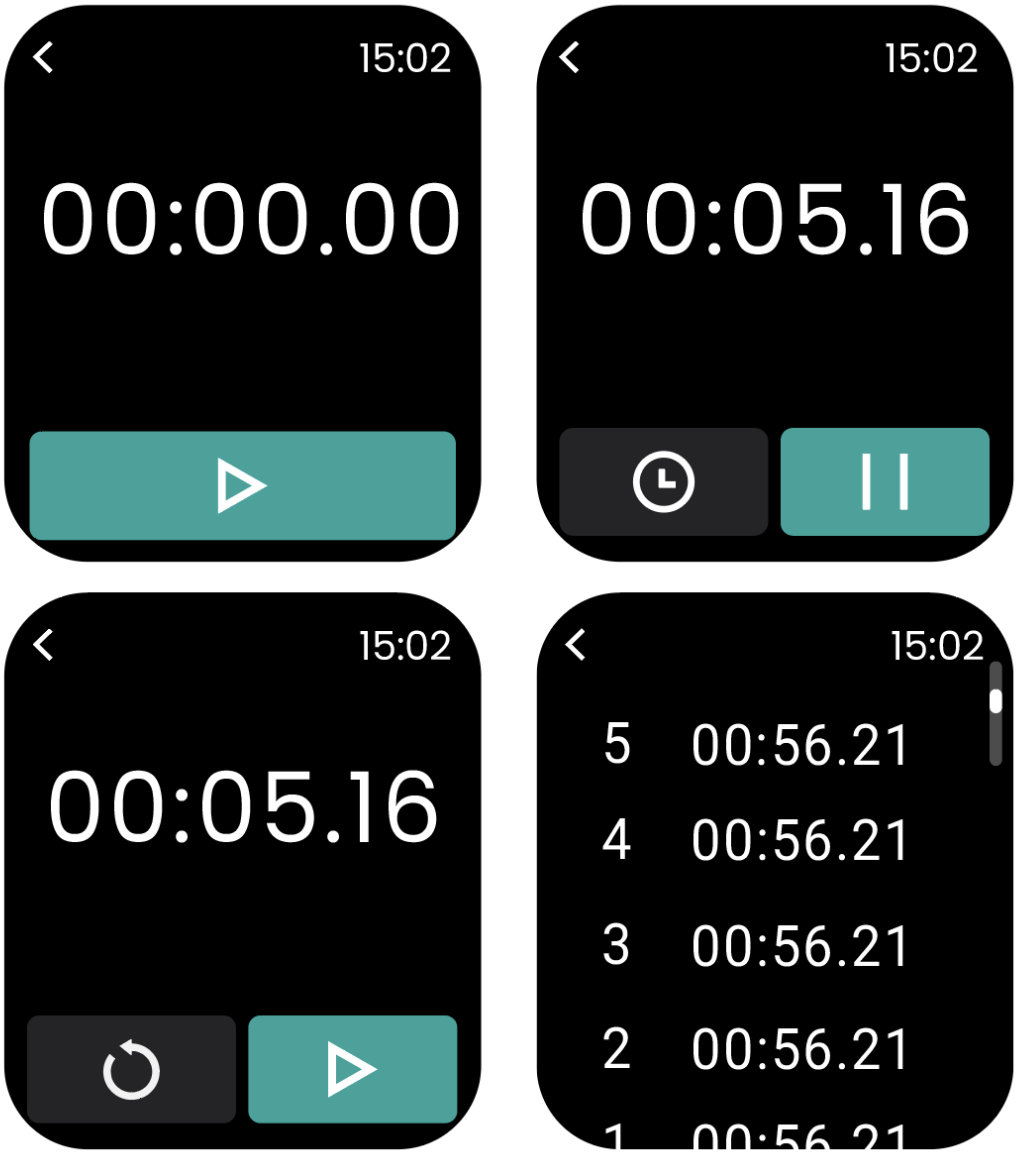
1. After the watch is connected to the App, you can control the music player on your phone to execute such operations as “Next”, “Previous”, “’Play/Pause” and “Volume+/-”.

2. In the App, you can go to [Settings] to show or hide this function.

3.10 Women’s Health

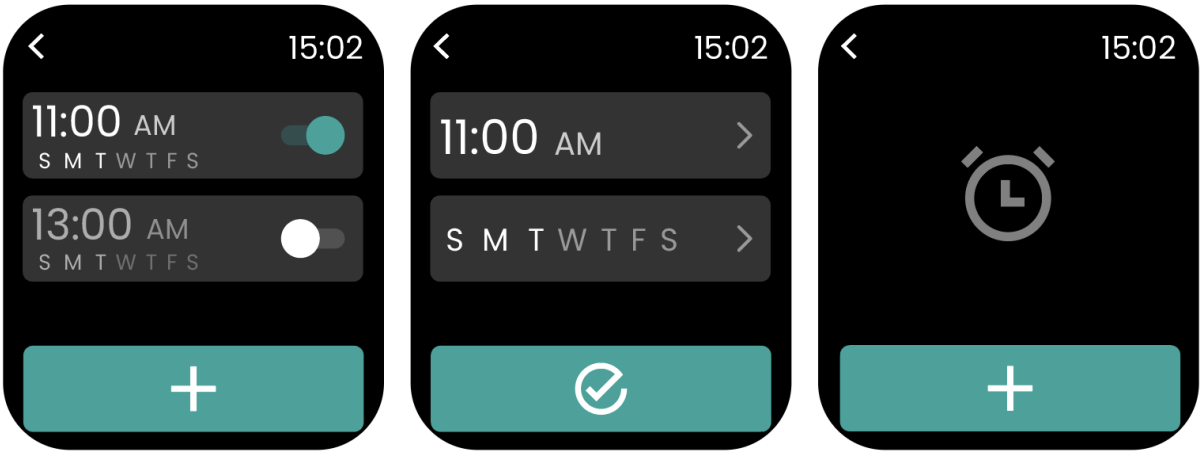
1. If you are a female user，After the watch is connected to the App, you can set the menstrual cycle and menstruation reminder.

3.11 Stopwatch



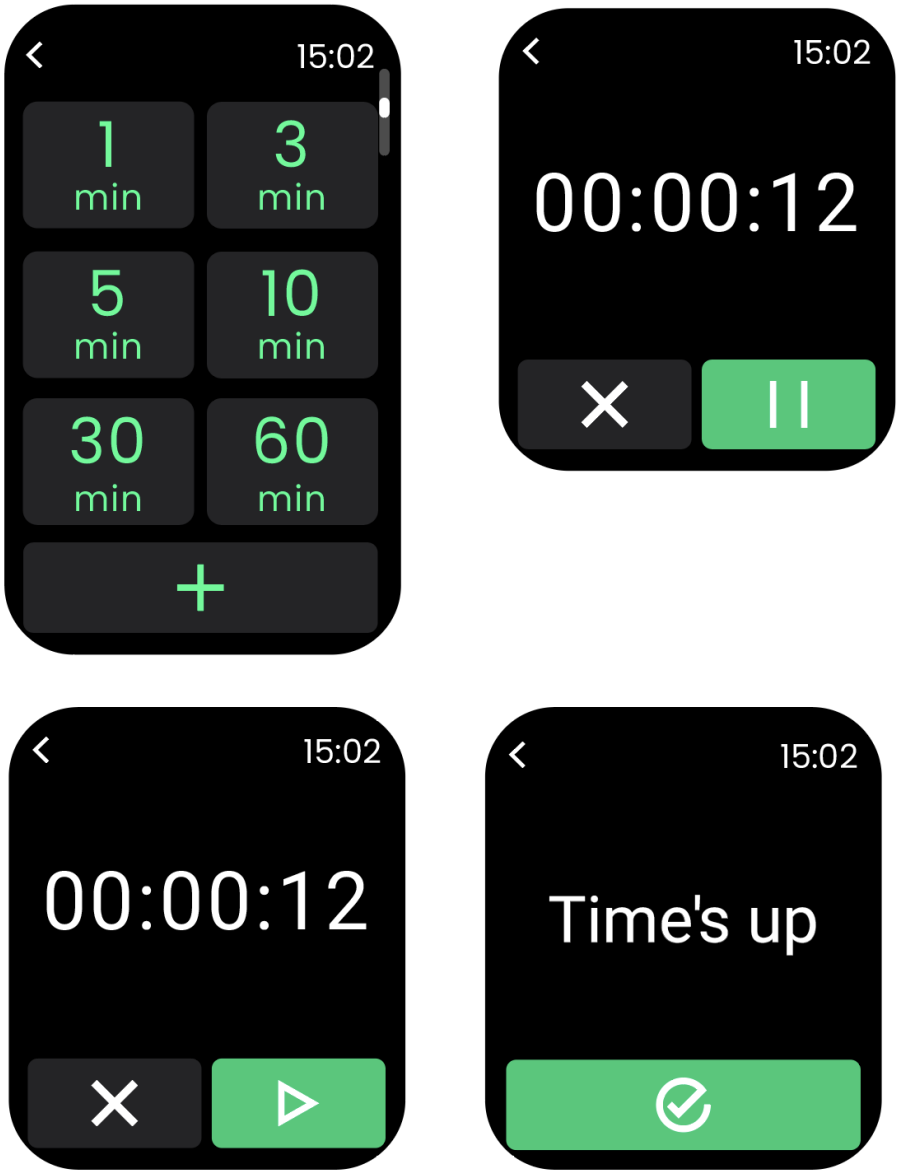
1. On the watch, you can start the stopwatch and record each lap.

3.12 Alarm



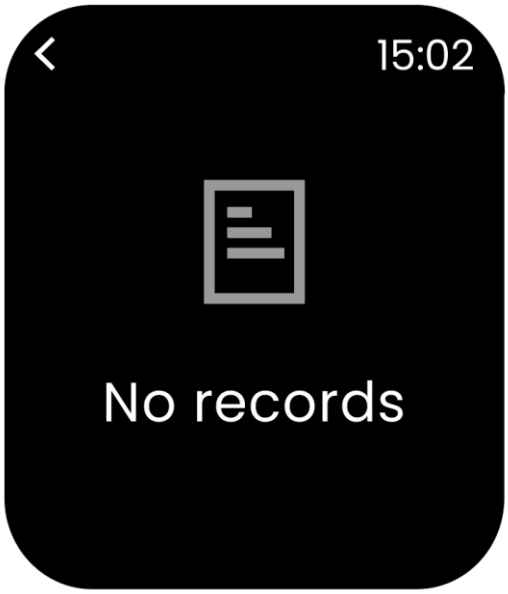
1. On the watch, you can create, delete and turn on/off alarms. You can also go to the App to set alarms.

3.13 Timer



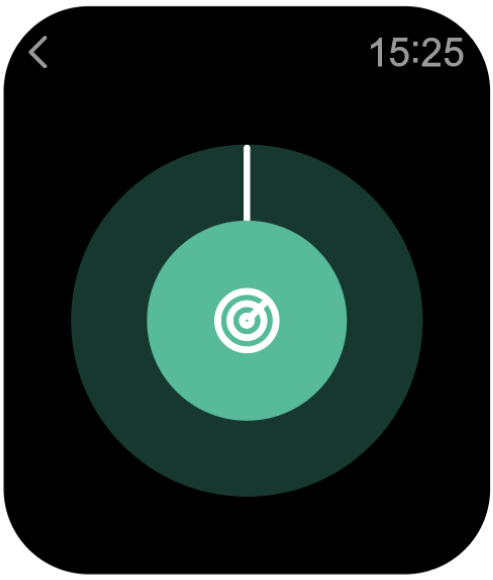
1. On the watch, you can create a user-defined countdown timer, which will remind you at the end of countdown.

3.14 Sports Records



1. On the watch, you can view the records of your recent exercises, including the detailed exercise data. You can also go to the App to view your sports records.

3.15 Find Phone

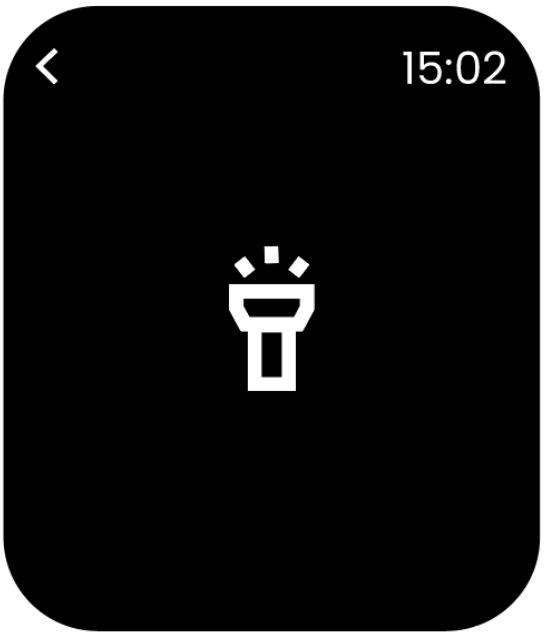


1. After the watch is connected to the App, this function allows

you to activate the ring of your phone.

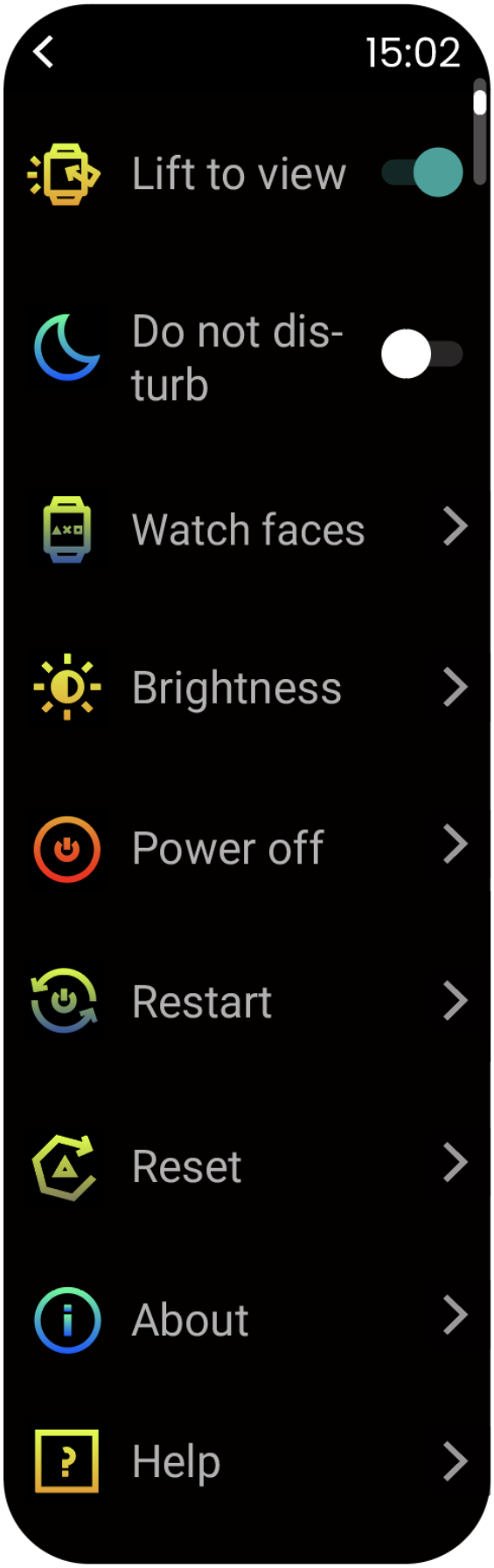
2. Click the phone icon to stop the ring.

3.16 Flashlight



After entering the Flashlight APP, tap the watch screen to use your watch as a flashlight.

3.17 Settings

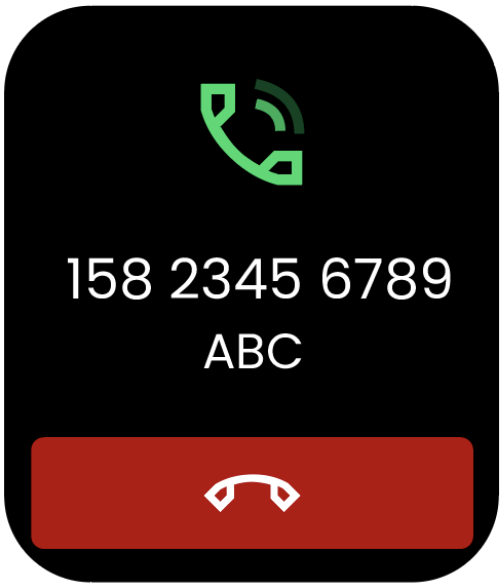

15:02
Lift to view
Do not dis-
turb
Watch faces
Brightness
Power off
Restart
Reset
About
Help

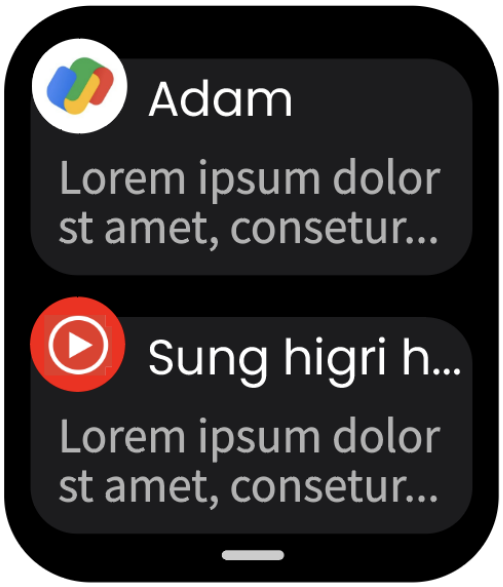
1. On the watch, you can set the screen timeout, brightness and watch face.

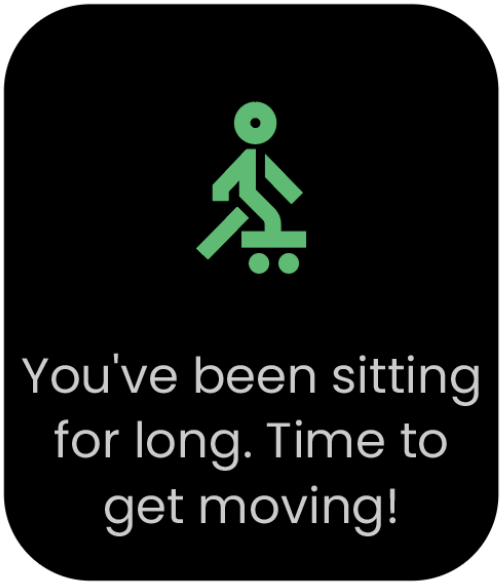
2. On the watch, you can control the power-off, restart and reset (if the reset operation is performed, all data on the watch will be erased and the watch will be unbound from your phone) of the watch.

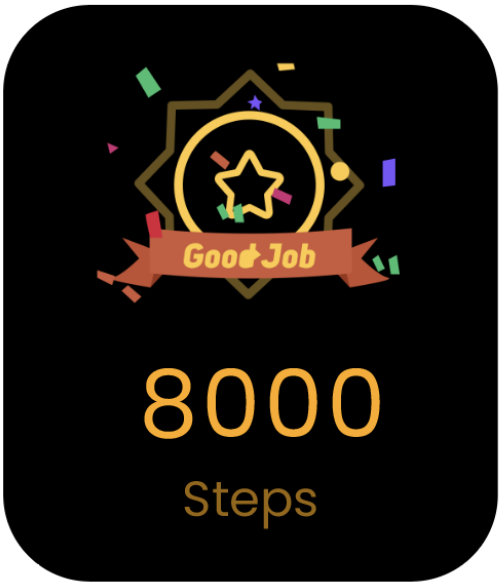
3. Reminders

The watch provides multiple reminders, including the call reminder, message reminder, , remaining steps reminder，GOAL ACHIEVED reminder and TAKE A SIP reminder.


158 2345 6789
ABC


Adam
Lorem ipsum dolor st amet, consetur...
Sung higri h...
Lorem ipsum dolor st amet, consetur...


You've been sitting for long. Time to get moving!


Good Job
8000
Steps

Take a sip

Federal Communication Commission (FCC)

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement, The device can be used in portable exposure condition without restriction Federal Communication Commission (FCC) Radiation.

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes 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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This product can be used across EU member states.

Manufacturer: Titan Company Limited.

Address: Integrity, #193, Veerasandra, Electronics City P.O., Off Hosur Main Road, Bangalore, India

Model: 38072

BT 5.1: 2402-2480MHz

Max E.I.R.P: -1.73dBm