

Smart Watch User Manual

智能手表用户手册



欢迎使用智能手表，高性能腕带智能手表为您打造贴心健身体验。

Welcome to use our high-performance wrist-band Smart Watch which creates thoughtful and health experience for you.

设备保养

Device maintenance

在保养您的手表时，请记住以下提示：

Please remember the following tips when you maintain your Smart Watch:

- 定期清洁手表，特别是手表内侧，使其保持干爽。
- Clean the Smart Watch regularly, especially its inner side, and keep it dry.
- 调整手表松紧度，确保空气流通。
- Adjust the Smart Watch tightness to ensure air circulation.
- 佩戴手表的手腕不宜使用过量护肤品。
- Excessive skincare product should not be used for the wrist wearing the Smart Watch.
- 如出现皮肤过敏或不适情况，请停止佩戴。
- Please cease wearing the Smart Watch in case of skin allergy or any discomfort.

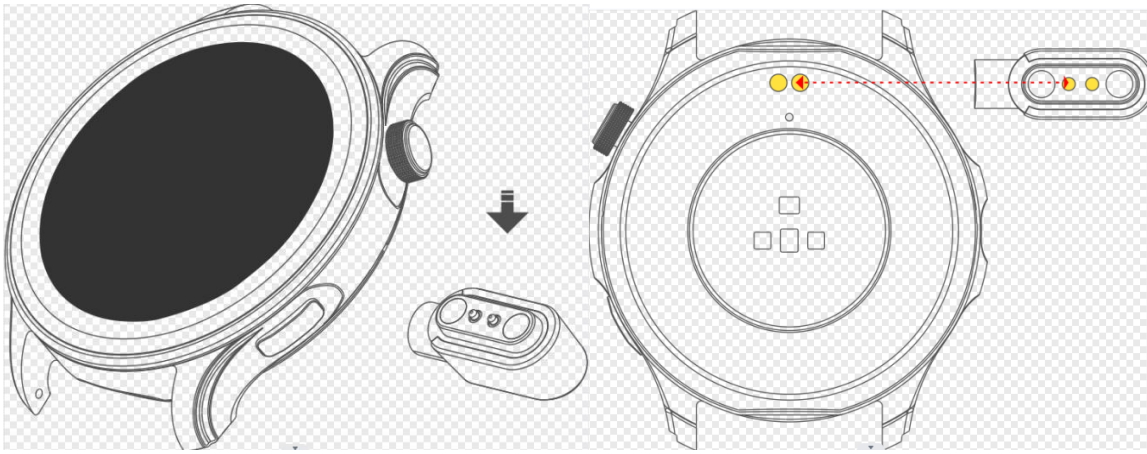
手表主机示意图

Schematic diagram of main body of the Smart Watch



中间心率测试，下边充电位置。

Middle heart rate test, lower charging position.



开机

Power-on

长按侧键 3 秒或插上磁吸充电线充电开机。

Long press the side button for 3 seconds or plug in the Magnetic charging cable to charge the Smart Watch.

手表 APP 下载及绑定

Downloading and binding of Smart Watch APP

1. 下载安装 APP

1. Download and install APP

一、使用手机扫描二维码，下载 APP。

一、Scan QR code with mobile phone to download APP.

二、IOS 系统选择 App store, 搜索下载 Da Fit

Android 系统可选择应用宝来下载安装 Da Fit, 或者扫描二维码下载。

二、For IOS system, select APP, storesearch Da Fit.

Android system, select Google Play to download and install Da Fit. Or scan QR code to download



APP 下载: Da Fit

APP Store: Da Fit



安卓下载: Da Fit



Da Fit

Google Play: Da Fit

注意：手机须支持安卓 5.1 或 IOS 8.0 系统以上，蓝牙 4.0 版本以上。

Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

APP 绑定手表

Bind Smart Watch with APP

1. 点击“添加设备”绑定手表。

1. Click on "Add Device" to bind the Smart Watch.



2. 在扫描到的设备列表点击你的设备。

2. Click on your device in the device list scanned.



3. IOS 系统会出现蓝牙配对请求，点击蓝牙“配对”确认即可。

Android 系统直接连接。

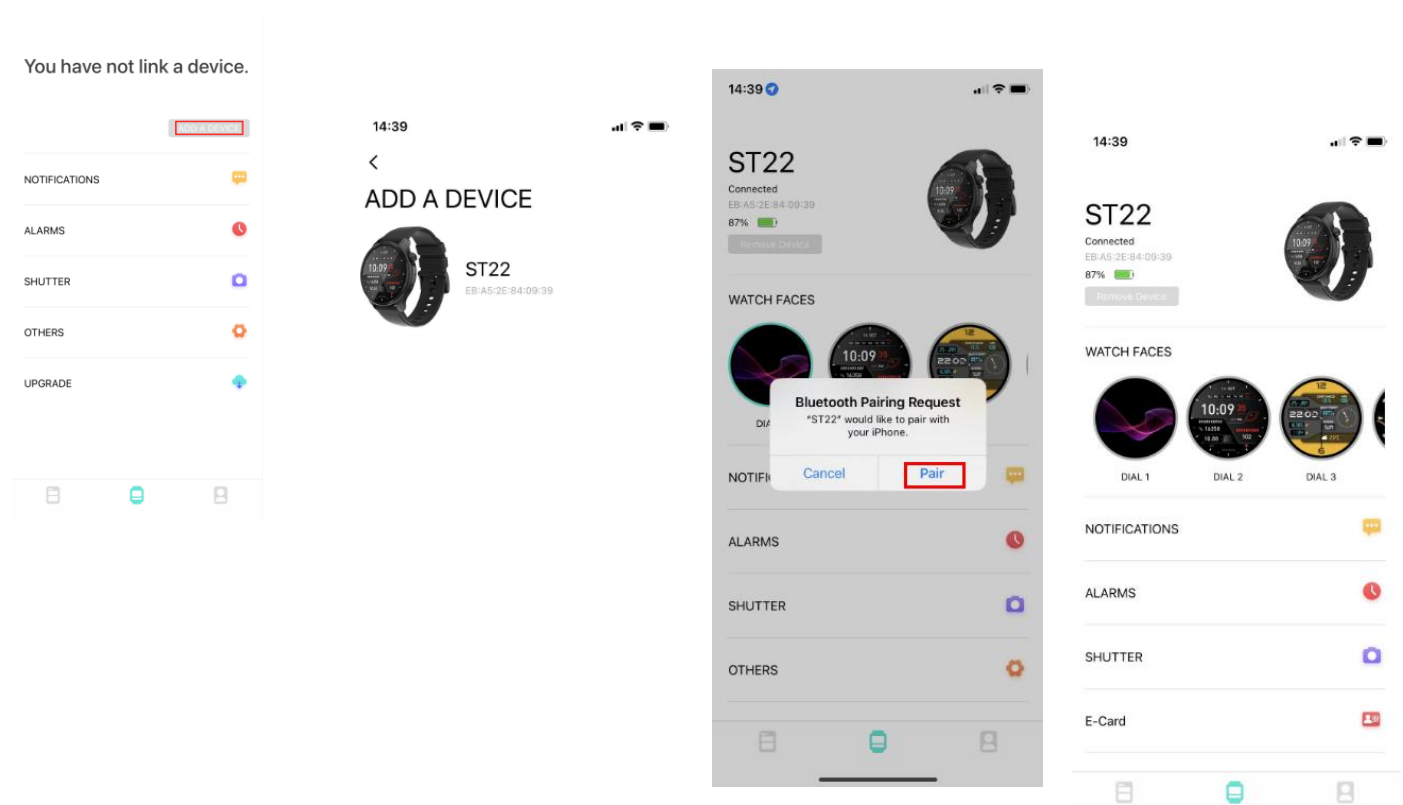
3. The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.



4. 绑定成功。

4. Successfully bound.





蓝牙通话连接

Bluetooth call connect

Android 及 iPhone: APP 成功连接手表蓝牙后。

1. 手机会自动弹出“配对”请求点击“允许”。
2. 部分品牌的手机型号, 无需弹出配对确认权限, 连接蓝牙后通话功能是直接连接, 绑定成功后, 可以在手表上接听和拨打电话。

Android、iPhone: After the APP successfully connects to the watch's Bluetooth.

1. The phone will automatically pop up a "pairing" request, click "Allow".
2. For some brands of mobile phone models, there is no need to pop up the pairing confirmation permission. After connecting to Bluetooth, the call function is also directly connected. After the binding is successful, you can answer and make calls on the watch.

手表通话解除连接

Remove Bluetooth Call connection

Android: 安卓手机只需点击移除设备, 即可与手机断开。

Android: For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

iPhone: 苹果手机解除绑定后， 还需要在手机设置---蓝牙， 找到 ST22， 点击右边的符号， 选择忽略此设备。即可与手机断开。

iPhone: firstly, users need dismiss pair, then enter into mobile phone Setting – Bluetooth, find ST22, click icon on the right, ignore device, watch and mobile phone are disconnection.

手表功能简介

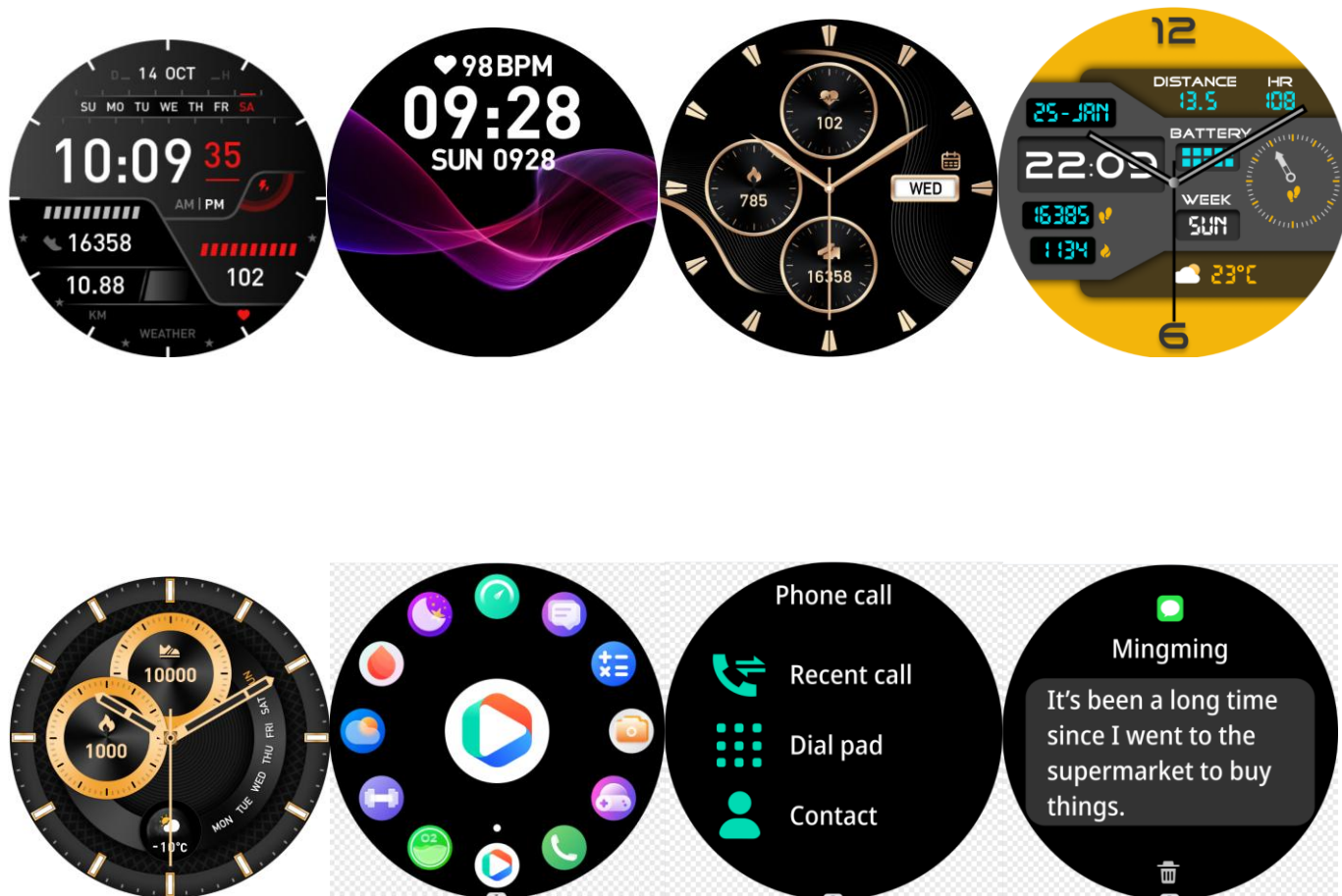
Introduction of Smart Watch functions

开机状态:

Power-on status

主屏菜单界面切换， 如下所示的界面等；

switch the menu interfaces of main screen, as the interfaces shown in the following;





1.主界面功能

1. Introduction of main interface functions

当手环和 APP 首次配对连接好以后会同步手机的时间、日期。

After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.

2、计步、距离、卡路里

2. Step counting, distance and calorie

计步界面显示计步，将手环佩戴在手腕上，手环自动记录步数、行走距离和卡路里消耗等数据。

The step-counting interface shows steps. Wear the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.

3.睡眠监测

3. Sleep monitoring

晚上佩戴手环能够自动判断是否进入睡眠状态，分别记录深睡及浅睡并汇总睡眠时间，帮助用户监测自己的睡眠质量。通过传感器在你睡眠的时候，根据手腕的动作幅度和频率来衡量睡眠的质量。

Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of wrist movements when you sleep.

注：由于每个人的睡眠时间及习惯都不一样，睡眠监测的时间仅供参考。

Note: Because users' sleep time and habits are different, the time of sleep monitoring is only for reference.

4.心率测量

4. Heart rate measurement

心率测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

Enter the heart rate test interface, the motor will vibrate once after “Start measurement” and “Stop”, and the current measurement data will be displayed.

5.锻炼

5.Exercise

运动界面，包含有多种运动，走路、跑步，骑行、跳绳、羽毛球、篮球、足球等等。

Sports interface, including a variety of sports, walking, running, cycling, skipping rope, badminton, basketball, football and so on.

6.语音助手

6.AI voice

点击语音，通过与手机的连接，把用户的口语转化成文字，智能对话与即时问答的智能交互。

Click on the voice, through the connection with the mobile phone, the user's spoken language is converted into text, intelligent dialogue and intelligent interaction of instant question and answer.

7. 电话

7. Phone

打开手机和智能手表的蓝牙功能。手机搜索智能手表的蓝牙设备并发起配对。双方确认配对，会有提示连接成功连接，点击手表的拨号键盘，实现与手机拨打和来电接听。

Turn on the Bluetooth function of your phone and smartwatch. The phone searches for the smartwatch's Bluetooth device and initiates pairing. When both parties confirm the pairing, there will be a prompt that the connection is successful. Click the dial pad of the watch to dial and answer the phone.

8.血压

8.Blood pressure

血压测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

Enter the blood pressure test interface, the motor will vibrate once after “Start measurement” and “Stop”, and the current measurement data will be displayed.

测量血压的环境应安静、温度适当。测量前至少休息 5 分钟。避免紧张、焦虑、情绪激动。应重复测 3 次，每次相隔 2 分钟。取 3 次读数的平均值记录。

The environment for measuring blood pressure should be quiet with an appropriate temperature. The user should rest for at least 5 minutes, and avoid tension, anxiety and emotional excitement before measurement. Repeatedly measure blood pressure for three times at the interval of 2 minutes. Record the average of three readings.

9.血氧

9.Blood oxygen

血氧测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

Enter the blood oxygen test interface, the motor will vibrate once after “Start measurement” and “Stop”, and the current measurement data will be displayed.

血氧饱和度(SpO₂)是血液中被氧结合的氧合血红蛋白(HbO₂)的容量，占全部可结合的血红蛋白(Hb,hemoglobin)容量的百分比，即血液中血氧的浓度。

Blood oxygen saturation (SpO₂) is the percentage of the volume of oxyhemoglobin (HbO₂) combined by oxygen in the blood to the volume of all (Hb,hemoglobin) which can be combined, i.e, the concentration of blood oxygen in the blood.

注：血压、血氧测出的数据仅供参考，不可作为医学相关方面的依据。

Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

10.天气

10.Weather

天气页面会显示当前的今日天气天气、向上滑动，可以显示未来6天的天气预报。

The weather page will display the current weather today, and swipe up to display the weather forecast for the next 6 days.

天气信息需要连接客户端后才可以获取数据,如果长时间断开连接,天气信息将无法更新

For weather information, it needs to connect with the client end before data can be obtained. If the disconnection time is long, the weather information cannot be updated.

11. 信息

11. Messages

信息界面，可以查看消息推送的内容，信息条数量最多可以存储5条，信息数量满5条后，会逐条替换之前显示的信息。

You can view the content pushed by the message in the information interface. At most five messages can be saved. After five messages are saved, the messages displayed before will be replaced by new messages one by one.

12.相机

12.Shutter

连接手机后，手环可以作为手机相机遥控器。APP打开“拍照控制”，可“摇晃”手环及点击图标拍照。

After connecting with the mobile phone, the smart bracelet can be used as a remote controller for the mobile phone camera. Open “Photo control” in APP to “Shake” the smart bracelet and click on the icon to take a photo.

13.音乐控制

13. Music control

连接手机后，手环可以控制手机的音乐播放器。手机在播放音乐时，可以使用手环控制手机进行播放/暂停、上一曲、下一曲操作

After connecting with the mobile phone, the smart bracelet can control the music player of the mobile phone. When the mobile phone plays music, you can use the smart bracelet to control the mobile phone for playing/pausing, the previous song and the next song.

14.手电筒

14.Flashlight

打开后，屏幕会调整到最大亮度一直常亮，左滑后可以退出界面。

After opening, the screen will be adjusted to the maximum brightness and always on, and you can exit the interface after swiping left.

15.设置

15.Setting

“设置”图标点击进入功能列表，分别有显示、来电显示、请勿打扰、省电模式、电话开关、通话重置、亮度调节、振动、剧院模式、恢复出厂、关机、关于、APP 下载、

Click the "Settings" icon to enter the function list, including display, caller ID, do not disturb, power saving mode, telephone switch, call reset, brightness adjustment, vibration, theater mode, factory recovery, shutdown, about, and app download

解除绑定

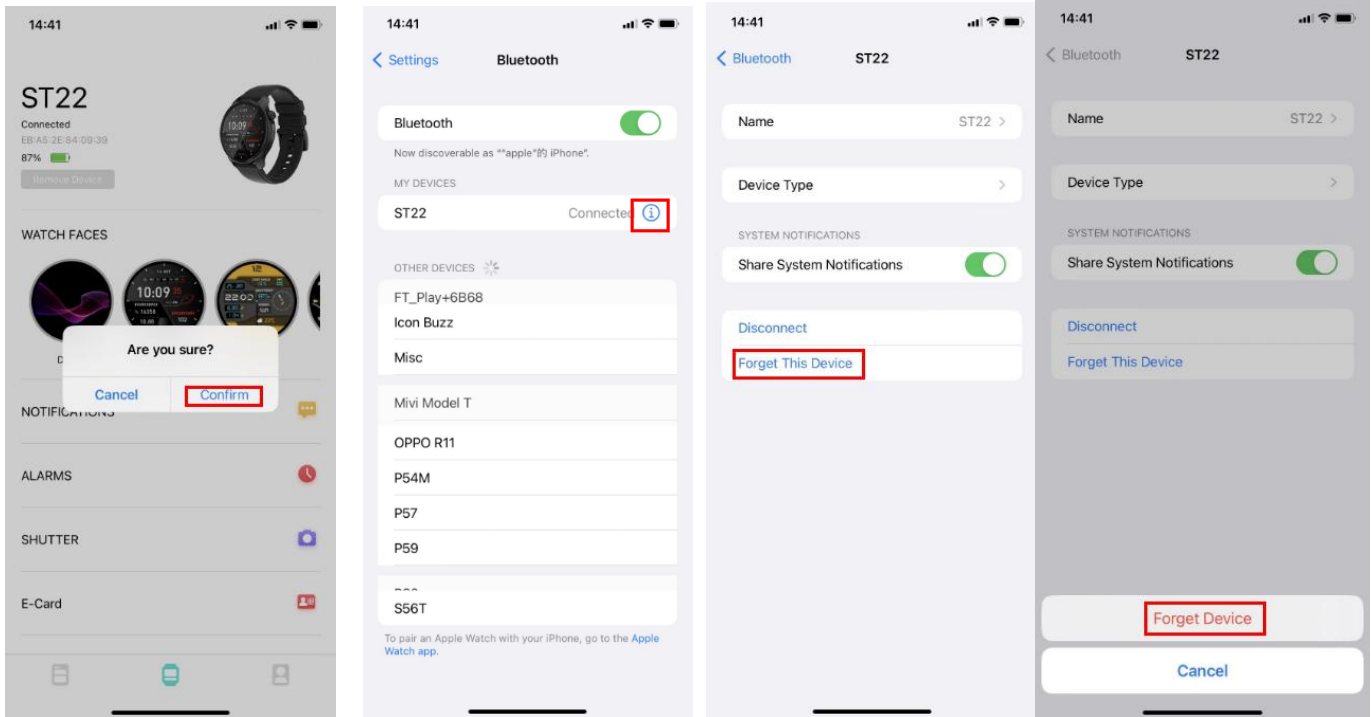
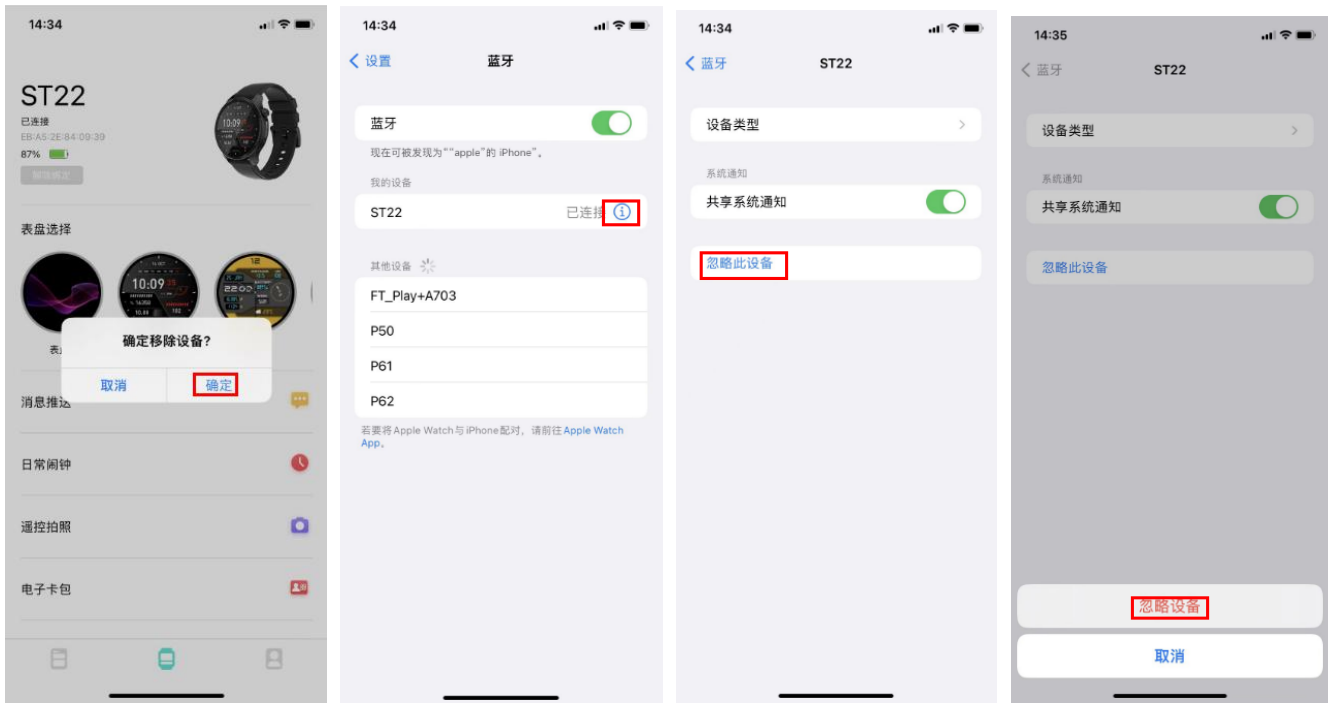
Remove Device

安卓手机只需点击移除设备，即可与手机断开。

For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

苹果手机解除绑定后，还需要在设置---蓝牙，点击右边的符号，选择忽略此设备。如下图

For Apple mobile phone after binding removal, you need to click on the symbol on the right in Setting- Bluetooth, and choose to ignore the device. As shown below:



常见问题

Frequently Asked Questions (FAQs)

1. 安卓手机屏幕熄灭后，手表为什么会自动断开蓝牙连接？

1. Why does the Smart Watch automatically disconnect Bluetooth when the Android screen goes out?

1> 锁定后台 APP。Da Fit 进程清除后，会导致手表与手机断开。

1> Lock background APP. When the **Da Fit** process is cleared, the Smart Watch will be disconnected from the mobile phone.

2> 设置 APP 自启动。

2 > Set APP self-startup

3>后台运行无限制。安卓手机安装 APP，默认是智能限制后台运行，需手动设置 APP 不采取任何限制措施。

3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.

2.为什么手表接收不到消息推送?

2. Why cannot the Smart Watch receive message push?

1>.确认在手机客户端开启了消息推送的开关。

1> Please confirm that you have turned on the switch for message push at the mobile phone client.

2>.确认消息在手机通知栏都可以正常显示,手表消息推送是通过读取手机通知栏消息进行推送;若手机通知栏没有消息显示,手表将无法接收推送。(需要在手机设置中找到通知设置,开启微信、QQ、电话、短信、手机客户端的通知开关)。

2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the Smart Watch is completed by reading the message from the mobile phone notification bar. The Smart Watch will not receive the message push if there is no message in the mobile phone notification bar. (You need to find notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).

3 >打开手机---设置，最上面的搜索框，输入“通知使用权”，重新打开 Da Fit。

3 > Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open Da Fit.

3.为什么不能佩戴手表洗热水澡?

3. Why can't take a hot bath with the Smart Watch?

答:洗澡水的温度比较高,会产生很多的水蒸气,而且水蒸气是气相的,其分子半径小,容易从手表的壳体空隙渗进去,当温度降下来后又重新凝结成液相的水滴,容易造成手表内部线路短路,损伤手表电路板,进而损坏手表。

Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the Smart Watch from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the Smart Watch and damage the circuit board and then damage the Smart Watch.



警告:

Warning:

新的运动项目之前请咨询你的医生，智能手表尽管可以监测实时动态心率，但不能用作任何医疗用途。

Please consult your doctor before you take a new sport. The Smart Watch should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.



FCC Statement

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.

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.