

# User Manual



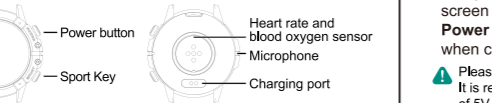
## Add Download

Scan the QR code below with your mobile phone to download the APP.



## About the Smartwatch

The watch adopts push button + color touch screen, integrating multiple functions, and the large color screen provides a larger view.



**Wake up:** When the screen is off, click the up button to wake up the watch, or you can flip your wrist to light up the screen.

**Screen off:** the screen will turn off automatically after a period of no operation.

**Steps to set the screen off time:**  
Select "setting" > "display" > "Sleep", set screen off time.

## Charging and powering on

**Charging:** Align the charging cable with the charging area on the back of the device. Connect the other end to a charger or computer until the device screen displays the charging indicator.

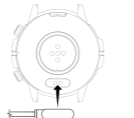
**Power on:** The device can be automatically powered on when charged, or by long pressing the up button.

⚠ Please keep the charging cable, device, etc. dry when charging. It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

## Pairing and connection

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.

⚠ Please make sure your phone has Bluetooth and location services turned on.



## HarmonyOS and Android System

Turn to the DaFit App, Click to add the device, The App will automatically scan for connectable devices. Click on the target device to connect, and pair according to the prompts on the interface.



On the device search page, click on the Bluetooth name C29 to bind or scan the code to connect. When connecting, you need to confirm twice on the watch.



You need to agree to the following permissions before you can use the Bluetooth calling function.

⚠ If need to change the phone to pair the watch, go to the DaFit App-- remove the device



## iOS users

Go to the DaFit App, click "Add Device", find the device in the list "C29" to pair.



Or you can scan the code to connect the device, need to confirm twice on the watch.



You need to agree to the following permissions before you can use the Bluetooth calling function.

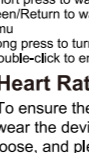


⚠ After pairing is successful, the watch will synchronize relevant information (date, time, etc.)



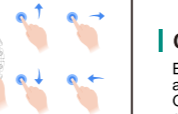
## Wearing the watch

Please wear the watch correctly to maintain a comfortable and snug fit. Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records. Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.



## Button and screen control

The watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



## POWER (up button):

- 1.Short press to wake up the screen/Return to watch face/Turn to the Memu
- 2.Long press to turn on/off
- 3.Double-click to enter recent Apps

## SPORT (down button):

- 1.Short press to enter the sport mode/Return to previous menu
- 2.Long press to trigger the voice assistantstopwatch.
- 3.Support button customization

⚠ The function of button customization is set in the App

## Heart Rate Test

To ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

## Single Heart Rate Test

Select Heart Rate in the watch app list for a single heart rate measurement.

⚠ Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

## Continuous heart rate Test

Enter the DaFit app, click Other Settings > All-day heart rate, and turn on the Continuous heart rate measurement switch. Once turned on, the device will continuously measure heart rate according to the set time.

## Sports Mode

1. Click the "Exercise" in the App list
2. Choose the sports that you want. You can also swipe up on the screen and tap Custom to add other sports.
3. Click Start
4. Short press the up button, you can choose to pause or end the exercise.

## Frequently Asked Questions

### Q1. Why won't the watch turn on?

- A1: Charge the watch using the original charging cable for more than 30 minutes.
- A2: Charge the watch using a high-power charger (e.g., 9V/2A) or other fast-charging chargers.

### Q2. Why can't the watch connect through the app?

- A1: Unpair all Bluetooth devices on your phone, delete the app, and reconnect according to the user manual.
- A2: Reset the watch and restart your phone.
- A3: Switch to another phone to reconnect the watch.

### Q3. Why is the data collected by the watch inaccurate?

- A1: Fill in your actual personal information on the app, such as gender, age, height, weight, and other details.
- A2: Ensure that the protective film on the back of the watch is removed.
- A3: Ensure the watch is worn neither too loose nor too tight.
- A4: Reset the watch to recheck the accuracy of the data.
- A5: Consider that different brands use different software algorithms, and the way data is collected varies by device (e.g., smartwatches, smartphones, treadmills). In other words, compare data collected by different devices. For instance, the data detected by an Apple Watch can be significantly different from that of a Garmin Watch.

### Q4. Why can't the watch sync WhatsApp or Facebook?

- A1: Ensure the app is allowed to access notifications on your phone.
- A2: Ensure that notifications for WhatsApp or Facebook are enabled on your phone.
- A3: Ensure that notifications for WhatsApp or Facebook are enabled in the app.
- A4: Disconnect the watch and reconnect it.

### Q5. Why is the battery life too short?

- A1: Lower the screen brightness and set the screen timeout to five seconds.
- A2: Turn off 24-hour heart rate monitoring and unnecessary notifications.

**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.