# User manual

10 09
POWER
BACK
SPORT
周一
080
14200
0385

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

Please make a full charge before use it.

APP: Da Fit

**1.Download & Pairing**

1.1 Long press side button “OPEN" to turn on.

1.2 Scan below QR code to install Da Fit APP, or download "Da Fit” from App Store, Google Player then install it.

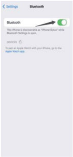
Compatible System: Android4.4 and above, iOS 8.0 and above

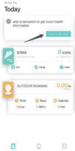
1.3 Open the mobile APP, select the device to be bound in the APP device list

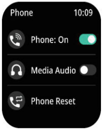
Step1: Turn on mobile phone Bluetooth

Step2: Open "Da Fit” APP, tap "Add a device" to connect.

Step3: Turn on phone menu on the watch.


Settings
Bluetooth
Bluetooth


Today
STEPS
OUTDOOR RUNNING



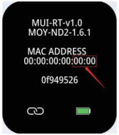
Phone 10:09

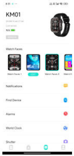
Phone: On

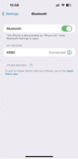
Media Audio

Phone Reset

Step4: View the last four digits of the MAC address "About" in the watch menu, such as "0000", and then click "Connect watch" in the application program "Dafit" to search for MAC addresses that are the same as the last four digits of "0000". After the connection is completed, a "Bluetooth pairing request" will pop up, click "pairing", and follow the following steps.


MUI-RT-v1.0
MOY-ND2-1.6.1
MAC ADDRESS
00:00:00:00:00:00
0f949526


KM01
Watch Faces
Watch Faces 1
Watch Faces 3
Notifications
Find Device
Alarms
World Clock
Shutter


15:58
Settings
Bluetooth
Bluetooth
MY DEVICES
KR80
Connected
OTHER DEVICES

## 2.Smart bracelet Functions

### 2.1 Time Interface

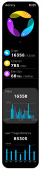
2.1.1 Power on: long press side button for 3 seconds.

2.1.2 Power off: On the time interface, press side button for 3 seconds, then click "√" icon to turn off

2.1.3 Switch dials: Based on the main dial, press and hold the screen, 5 interface options, the second editable dial, custom dials can manually replace user-defined pictures or photos on the APP.

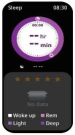
### 2.2 Functions menu

2.2.1 Activity records (Step records)

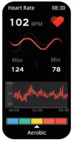

Activity
10:09
16358
785
68 Min
16358
Last 7 Days Records
85305

2.2.2 Sleep monitor

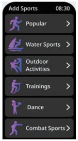
Sleep monitor period: 20:00 PM to 10:00 AM. Pls make sure wore the bracelet device


Sleep
08:30
-- hr
-- min
No Data
Woke up
Rem
Light
Deep

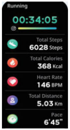
2.2.3 Heart Rate monitor(If need 24-hour monitor pls turn On "Full-day Heart rate" on Da Fitapp under “Other" menu

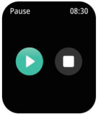

Heart Rate
08:30
102 BPM
Max
124
Min
78
00:00
12:00
00:00
Aerobic

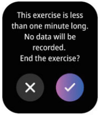
2.2.4 Exercise( Multiple sport modes: Walking，Running, Cycling, Skipping, Badminton，Basketball，Football, all exercise data will be sync to mobile phone Da FitApp )


Add Sports
08:30
Popular
Water Sports
Outdoor Activities
Trainings
Dance
Combat Sports

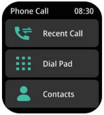
Select the sport mode you want, start to test and show all exercise data: mileage, calorie, heart-rate as below picture; Slide screen on left can exit or pause the sport testing.

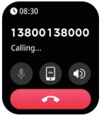

Running
00:34:05
Total Steps 6028 Steps
Total Calories 368 Kcal
Heart Rate 146 BPM
Total Distance 5.03 Km
Pace 6'45"

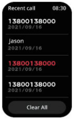



This exercise is less than one minute long. No data will be recorded. End the exercise?

2.2.5 Bluetooth call，you can directly dial a number and answer a call，Can view call logs.

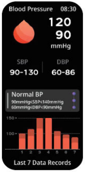

Phone Call
08:30
Recent Call
Dial Pad
Contacts


08:30
13800138000
Calling...


Recent call 08:30
13800138000 2021/09/16
Jason 2021/09/16
13800138000 2021/09/16
13800138000 2021/09/16

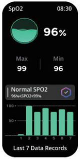
2.2.6 Blood Pressure Detection (click screen to monitor)

***NOTICE: This measurement data is for reference only, please do not use it in medical use.***

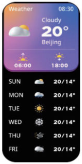

Blood Pressure 08:30
120
90
mmHg
SBP 90-130
DBP 60-86
Normal BP
90mmHg<SBP<140mmHg
60mmHg<DBP<90mmHg
150
100
1
2
3
4
5
6
7
Last 7 Data Records

2.2.7 Blood Oxygen Detection (click screen to monitor)

***NOTICE: This measurement data is for reference only, please do not use it in medical use.***


SpO2 08:30
96%
Max 99
Min 96
Normal SPO2
96%<SPO2<99%
100
50
1
2
3
4
5
6
7
Last 7 Data Records

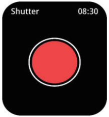
2.2.8 Weather (Swipe the screen to the left to view this week's weather information)


Weather 08:30
Cloudy
20°
Beijing
06:00
18:00
SUN 20/14°
MON 20/14°
TUE 20/14°
WED 20/14°
THU 20/14°
FRI 20/14°

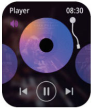
2.2.9 Shutter

Android: Turn on Da Fitapp, from smart bracelet enter “shutter" shake the bracelet or click to take photo.

IOS: Enter smart bracelet “shutter '", make sure turn on mobile's camera, shake the bracelet or click icon.

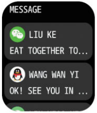

Shutter
08:30

2.2.10 Player (Enter BT music, click middle icon to pause or continue, tap left icon to play last song, tap right icon to play next song)


Player
08:30

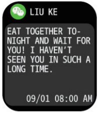
2.2.11 Notifications push (Turn on Da Fitapp "Notifications" social app like Facebook, Twitter, Skype etc.,

Pay attention on Android mobile phone setup: Da Fitapp/Notification/Accessibility to turn on "Da Fit"


MESSAGE

LIU KE
EAT TOGETHER TO...

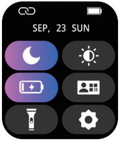
WANG WAN YI
OK! SEE YOU IN ...


LIU KE

EAT TOGETHER TO-NIGHT AND WAIT FOR YOU! I HAVEN'T SEEN YOU IN SUCH A LONG TIME.

09/01 08:00 AM

## 3. Popup menu (sliding down the screen from the main dial)



Remaining battery

APP connection status

Do Not Disturb Mode

Brightness adjust

Turn on the flashlight

Enable power saving mode

Add WeChat QR code

Settings

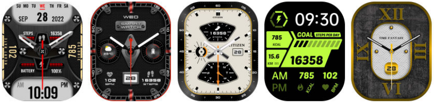
## 4. Functions on Da FitApp

### 4.1 Data sync

All measured data from smart bracelet will be sync on mobile phone Da Fitapp eg: step, sleep monitor, heart rate, blood pressure, blood oxygen and other data as below Pic.

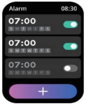
### 4.2 Smart bracelet connection interface

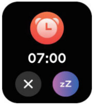
4.2.1 Watch Faces (5 interface options, and users can manually replace user-defined pictures or photos)


SEP 28 2022
10:09
09:30
GOAL
16358
785
102
AM
PM

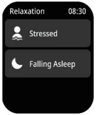
4.2.2 Notifications (Turn on social apps message push like WeChat, Facebook, Whatsapp，Twitter etc.)

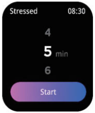
4.2.3 Alarms (8 alarms can be added)

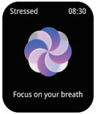

Alarm
08:30
07:00
07:00
07:00
+



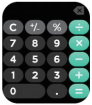
4.2.4 Relaxation and sleep aid monitoring


Relaxation
08:30
Stressed
Falling Asleep

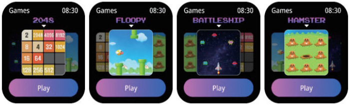

Stressed
08:30
4
5 min
6
Start


Stressed
08:30
Focus on your breath

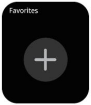
4.2.5 Calculator function

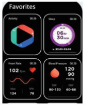

C
+/-
%
÷
7
8
9
×
4
5
6
−
1
2
3
+
0
.
=

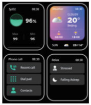
4.2.6 Built in 4 mini games


Games 08:30
2048
Play
Games 08:30
FLOOPY
Play
Games 08:30
BATTLESHIP
Play
Games 08:30
HAMSTER
Play

4.2.7 Slide left to the "+" sign and click to add more shortcut interfaces, as shown in the following figure:




Favorites
Activity
Sleep
Heart Rate
Blood Pressure


SpO2
96%
Weather
20°
Phone call
Recent call
Dial pad
Contacts
Relax
Stressed
Falling Asleep

4.3.1 Others (Find my smart bracelet, Time formats, Setting time of no disturbing, Sedentary reminder, Full-day hear-rate monitor，Quick View screen，Weather, Drink Water reminder, Physiological cycle reminder)

A. Power on “Find my bracelet” mode, the bracelet will vibrate when the bluetooth is connected successfully between mobile phone and smart bracelet.

B. Time format (2 options of 12&24 hours system)

C. Setting mode of no disturbing

D. Sedentary reminder (Valid period10:00AM-22:00PM)

E. Full day heart—rate monitor (Turn on it can detect your whole day heart-rate)

F. Quick view screen: wake up screen (turn on it and choose valid time period)

G. Drink Water Reminder

H. Weather (Turn on the weather, choose the city you want or automatic location, the band will show the located city's weather)

I. Physiological cycle reminder

(Notes: Please kindly note above functions are working based on activated and saved the related setup)

## Frequently Asked Questions (FAQs)

**1.Why does the smart bracelet automatically disconnect Bluetooth when the Android screen goes out?**

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

2 >Set APP self-startup

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. Why cannot the smart bracelet receive message push?**

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

2 > Please 'confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the smart bracelet is completed by reading the message from the mobile phone notification bar. The smart bracelet 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 >Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open Da Fit.

**3.Why can't take a hot bath with the smart bracelet?**

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 bracelet 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 bracelet and damage the circuit board and then damage thesmart bracelet.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolledenvironment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.