

User Manual



1. Power key 2. TFT display 3. Short-cut key 4. TPU strap

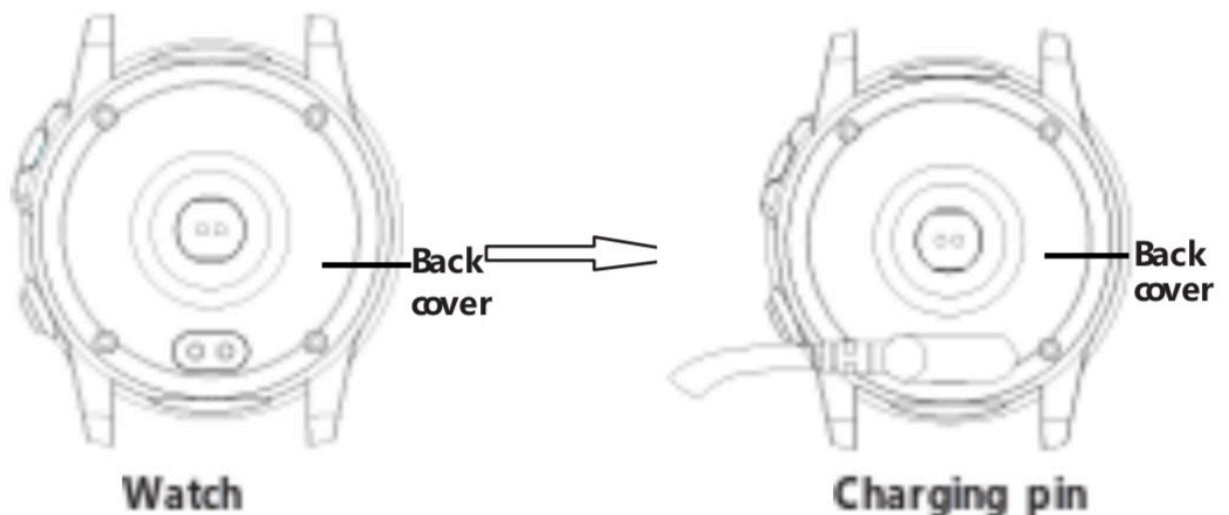
Getting Started

Thank you for selecting our company's smart health fitband. Please read the instruction manual carefully before use.

In-proper operations may affect the measurement results and give you a less comfortable experience.

First time use: Ensure the battery is fully charged. If the battery is not fully charged, please make a full charge for 2 hours before using.

1: Charging method



Installing APP

Scan the QR code or install the APP “Da Fit” from “App store” or “Google Play”.

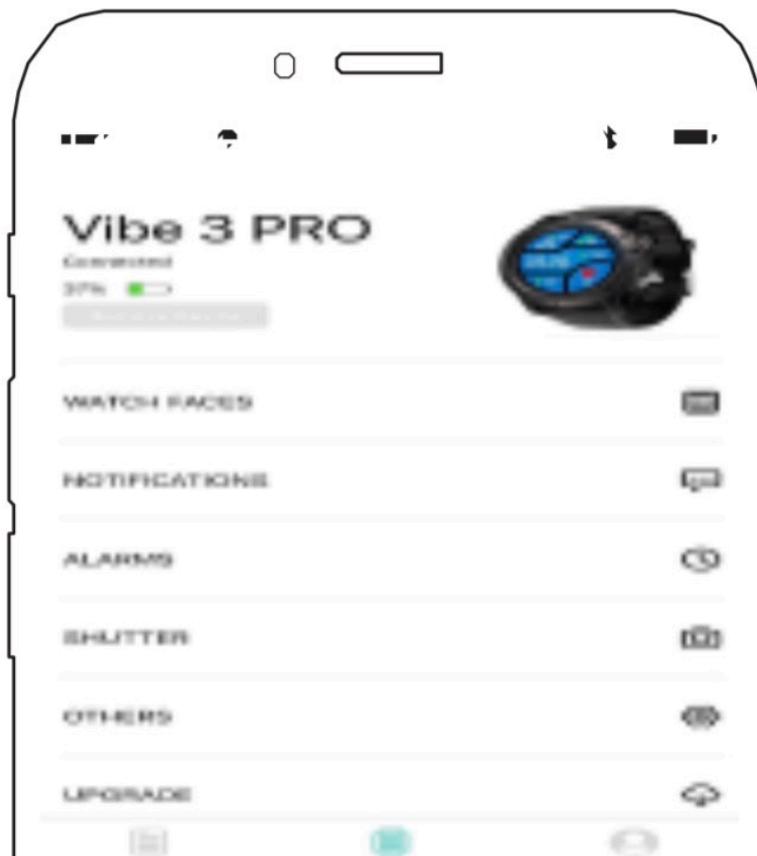


System Requirements : Android 4.4+/ iOS 9.0+, Bluetooth 4.0+

Connection

Turn on the bluetooth on your phone;

Open “Da Fit” App-click “TO ADD” (search your watch model)-choose the correct watch model to connect- connection succeed.



Operation

- Power key: switch on / off / confirm / exit

Short-cut key : long press enter into sports mode/return

Touch screen: touch the display screen to switch function

- Synchronous information

When the Band are bidding to the smart phone, the Band will automatically adjust the time, and immediately synchronize and record your movement information and health status

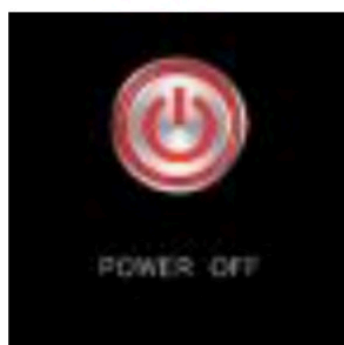
- Checking the power bar

First time use: Ensure the battery is fully charged. If the battery is not fully charged, please make a full charge for 2 hours before using

- Power on/off

when the fitband is in shutdown, long press the button for 3 seconds to boot-up.

click on the touch button, switch to the shutdown interface, as shown in the following picture, long-press the button in the pop-up shutdown interface, select YES, and long-press 2 seconds to power off.



Long press 2 seconds

Functions

Time
Steps
Distance
Calories
zz Sleep

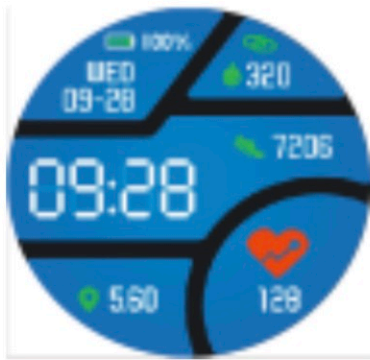
⏻ Power off(long press)
📞 Call reminder (caller name)
📧 Information reminder (QQ, Facebook and WhatsApp, etc)

⌚ Timer
📱 Find the phone
🌐 Multilingual
🫀 Heart rate monitor

Multi-language

Firmware language: English, French, German, Japanese, Korean, Russian, simplified Chinese, Spanish, Arabic, Ukrainian,

App language: English, French, German, Italian, Japanese, Korean, Portuguese, Russian, simplified Chinese, Spanish, Arabic, Ukrainian



Interface

Long press 3 seconds to change the watch face



Heart rate monitor

Measure heart rate and synchronize to the APP



Pedometer

It will clear the data at 00:00, restart to count and save the data to the APP



Calories burned

It will clear the data at 00:00, restart to count and save the data to the APP



Distance

It will clear the data at 00:00, restart to count and save the data to the APP



Sleep monitor

Record your sleep duration and synchronize to the APP



Timer

Long press 3 seconds to count/stop



Sports mode

Long press 3 seconds enter into sports mode



Message

Smart reminder of incoming call, text, SNS messages, when the APP is set and running



Music player

When conncted to the App,click to control music



Remote camera

When conncted to the App, click to control the phone to take photoes



Live weather

When conncted to the App, click to check live weather

Specification

- * CPU: Nordic52832
- * Screen size: 1.3" TFT
- * Resolution: 240*240 dpi
- * Size: 51*14.75mm * Weight: 54g
- * Waterproof garde : IP68
- * Strapmaterial: TPU
- * Battery : 180 mAh
- * Standby time: 5-7 days
- * Synchronization: Bluetooth 4.0* Package content: ◇ smart watch ◇ charging cable ◇ user manual
- * Compatibility: iOS 9.0+ Android 4.4

FAQs

1. Why does the band cannot be found or connected during connection?
 - a. Ensure Bluetooth is enabled on Smart Phone and physically close to the Band.
 - b. Check the battery bar and charging, if still cannot connect, please contact customer service.
2. Why does the bluetooth cannot pair?

Restart Dafit App and Bluetooth Connection and restart the pairing process
3. Why does the Android phone easily lose connection with the smart watch?

Turn off the battery-saving mode and make sure the APP is running in the background.
4. Why the reminder of incoming calls and messages doesn't work ?

Please set in the APP

Precaution

1. Please don't puncture the device;
2. Please don't expose the watch to solvents;
3. Please don't expose the watch to strong magnetic field;
4. Avoid direct sunray and heat sources;
5. Do not disassemble, repair or refit the device ;
6. Replaceable poly-battery may contain perchlorate material, please handle the battery properly;
7. Please take it off when showering and swimming

Heart Rate Tips

1. Most people has the heart rate of about 60-120 , resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
2. The heart rate of athletes and trained people is 40 to 60 beats / minute.
3. When doing Aerobic exercise to an effective and safe condition, people's heart rate is 170, minus age, people should hold the heart rate between 108 to 144.
4. Heart rate is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.