



Product Introduction



- 1 Display
- 2 Function Menu
- 3 Power Key
- 4 Sport Mode

Button Operation

- Long press the function button**
1. Enter the sports interface
- Short press the function button**
1. Enter the menu interface
- Long press the power button**
1. Power on 2 Power off
- Short press the power key**
1. Screen on 2 Screen off 3 Return to the main interface
- Long press the sports button**
1. Wallpaper switch
- Short press the sport button**
1. Enter the sports interface

Screen Operation

- Swipe up interface**
1. Message interface
- Scroll down interface**
1. Control interface
- Left slide interface**
1. Shortcut interface
- Right slide interface**
1. Main Menu

App Download

1. You can search for **"Da fit"** APP in App Store / Google play / App Store / Baidu Assistant to download.
2. Open the watch APP download interface, use the scan function, scan to download or scan the QR code attached to download.



Note: After successful download and installation, please follow the interface prompts to register and login for better experience and use of the product.

Connect

Pair with the watch using the **"Da fit"** app on your phone.

How to connect:

Open APP >> "Device" >> "Add Device" >> "Start Search" >> Select the model and connect, wait for a while to complete the pairing.

Note:

1. In order to connect the watch and the phone successfully, you need to turn on the Bluetooth of the phone to connect the device.
2. When using an Android phone, the user needs to grant the location permission and enable the location information function of the mobile phone system, otherwise the device may not be searched.

Firmware Upgrade

The APP will prompt a new firmware version, and the user can enter the APP interface and select firmware upgrade.

Upgrade Notes:

1. The upgrade operation can only be performed when the battery of the watch reaches more than 60%.
2. During the upgrade process, the mobile phone interface will prompt the upgrade progress bar, please do not do any operation on the watch, wait until the mobile phone prompts that the upgrade is successful, and the watch automatically restarts before operating the watch.

Waterproof Instructions

Waterproof grade: IP67

The waterproof performance of this product is not permanent and may weaken with the passage of time.

Add: It is not recommended to wear it in a hot bath. Water vapor produced when washing with hot water. Its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it gradually condenses into water droplets, which damages the circuit board of the watch, and then damages the watch.

Function Introduction

Smartwatch Support:

Bluetooth calling, Message notification, Blood oxygen monitoring, Sleep monitoring, Heart rate monitoring, Breathing training, Sports mode, Remote photography, Music control, etc.

Basic Parameters

- Host Size
46MMX13MM
- Bluetooth Version
BLE5.0
- Screen Size
1.32 inch
- Battery Capacity
300mAh
- Screen Resolution
360X360
- Sensor
SC7A20

Maintenance

It is recommended to wear and maintain according to the following three points:

1. Keep the product clean
2. Keep the product dry
3. Please wear the product correctly

*For stains that are not easy to remove, it is recommended to scrub with alcohol.

Safety Instructions

1. Although smart watches can detect real-time dynamic heart rate, they cannot be used for any medical purpose.
2. Do not disassemble or modify the equipment and accessories without authorization. Please contact after-sales service in case of equipment failure.
3. If the equipment is not used for a long time, please make sure to power up once every three months.

Warn

Warning:

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

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.

FCC Statement:

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.