

## Downloading the App

Scan the following QR code. download and install the App.

Da Fit



Scan QR Code and Download

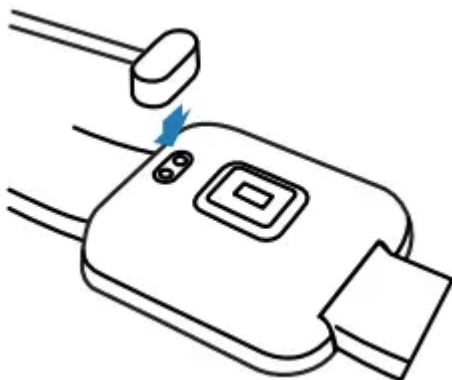
## Power on

Long press the time page five seconds

## Charging and Active

Charging the device to active before the first time using;

To charge your device. plug the charging cable into the adapter or USB port on your computer.

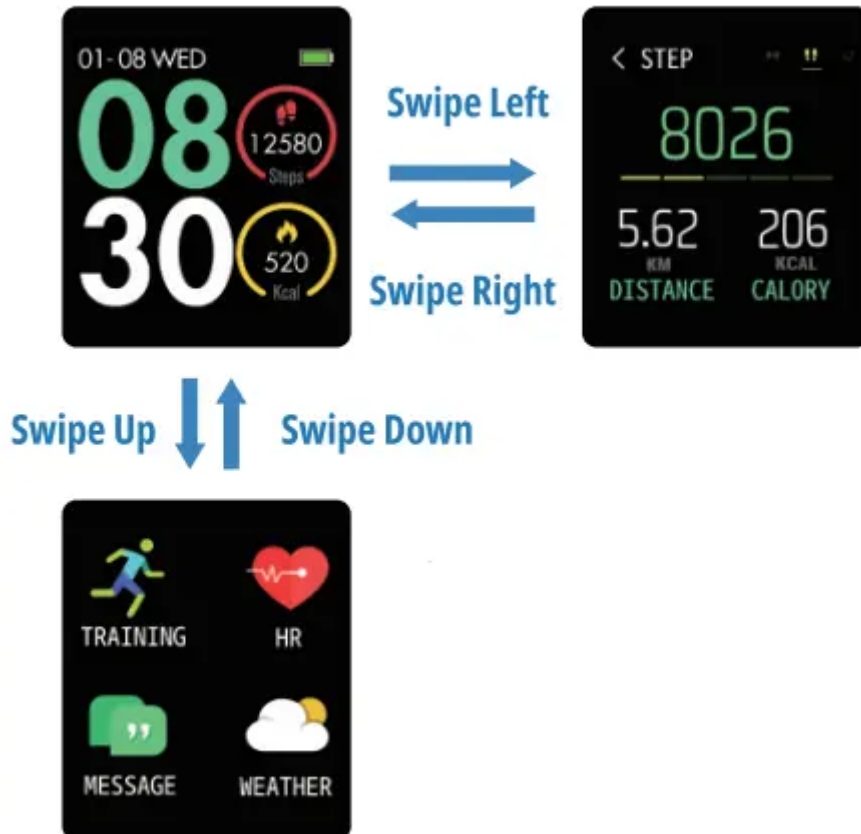


## Pairing



Long press the time pages on your device. go to the detail page. The MAC address on the detail page could help you identify your device on the scanning list.

## Using the Touch Screen

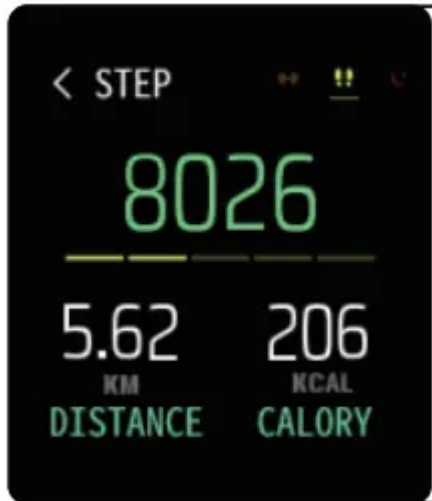


On the Main Page:

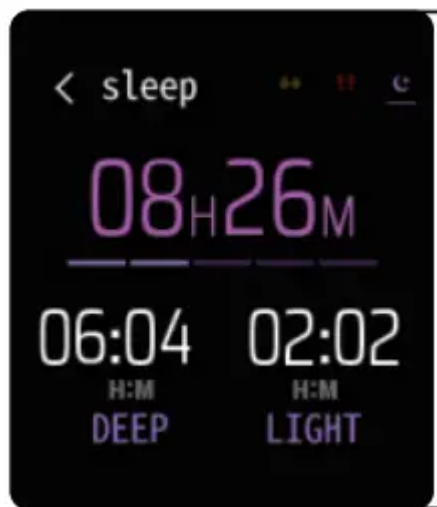
Swipe left/right othe page of Step/Sleep/ Training data today.

Swipe Up/Down tothe main menu page.

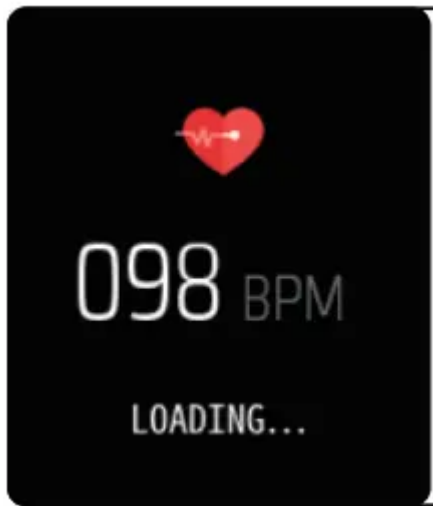
**Sports** - Smart Watch automatically tracks Steps taken, Calories burned, Distance traveled and displays on the screen. **NOTE:** Your movement stats reset to zero at midnight.



**Sleep** - If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP. **NOTE:** Sleep stats reset to zero at 8:00 pm.



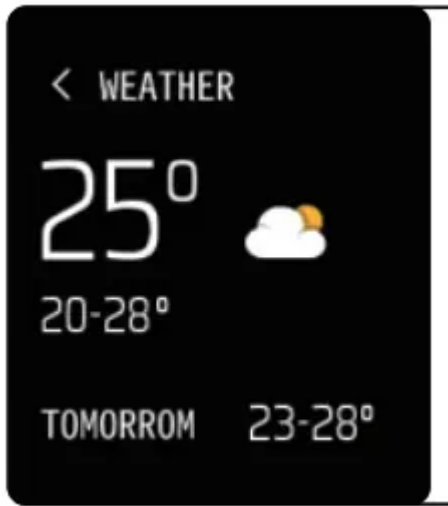
**Heart Rate Test** - Tap the heart rate icon to start measuring your heart rate. On the heart rate page. It can show the heart rate measured data of the last time.



**Training** - Tap the training icon on the menu to start a new training measure recording, there are 7 sports modes to be chosen. The last training recording will be shown on the training page.



**Weather** - It could show the weather info of current and tomorrow on the weather page. Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.



**Messages Reminder** - The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram, etc. Recently 3 messages can be stored. **Note:** You can switch of/off the incoming notification in the APP.



**Remote Shutter** - After connecting the device can remote control the camera on your phone.



**Music Play Contraller** - After connecting the device can remote contral the music player on your phone.

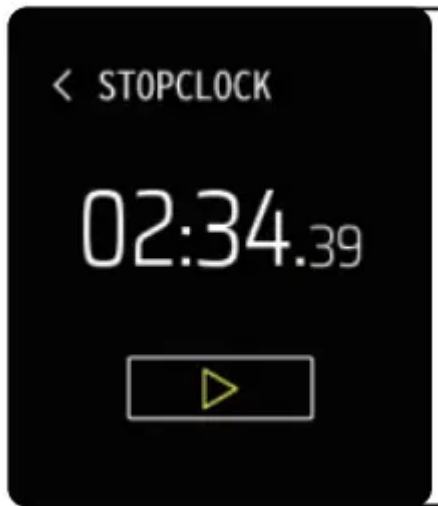


**Other Features** - Other features include mute mode, brightness adjustment, factory reset, and power off.

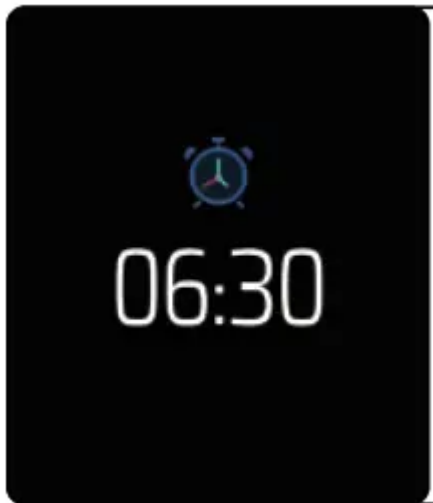


**Stop Watch** - Tap the start button on the stopwatch page to start timing, and tap the stop but on to stop timing.

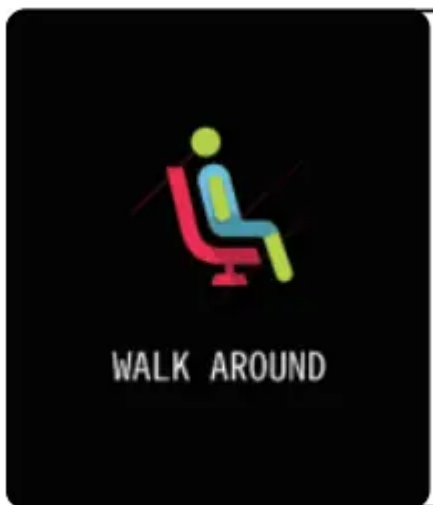




**Silent Alarms** - Set up the alarm on the APP. the device will vibrate to remind you on time.



**Remind to Move** - The device will vibrate to remind you to make a relax after 1 hour sitting.  
Note: You can switch on/off the feature in the APP.



**Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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