User Manual

Before using the smart wristband, please first go through this use manual

Wristband appearance

Start to use

Side key

Long press: Startup and Power-off

Click: Return to the main interface, screen on, screen off

Operation description

1. Make sure the wristband has enough power to start up for initial use, otherwise please fully charge it. The wristband will automatically start up after being fully charged.

Align the charging port to the charging adaptor to adhere both magnetically, until the wristband screen displays the charging icon (charging for 2-3 hours continuously with a 5V charging adaptor)

2. Start-up: Press and hold the power key for 3s to start up

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the wristband when it is under power-off state. The wristband will automatically start up when charging.

3. Power-off When the wristband is under power-on state, press and hold the power key, the screen will display the power-off interface, select YES then the wristband will automatically power off; or slide down the main interface, click the Settings icon and enter the Settings interface, click System Settings to enter the corresponding interface and click Power-off, then the wristband will automatically power off (you can also restart and reset the wristband through this interface).

All-touch mode

The wristband is available for all-touch operations: The clock interface can be shifted upwards, downwards, leftwards and rightwards, and the subpage supports right-slide return.

Download and pairing

1. Search F Fit at a popular application store, and download the F Fit App, or scan the following QR code to download it. (Please attach the QR code diagram)

IOS   Android   Google play

In order to have better use experience. Please upgrade your APP to the latest version when it is available.

2. Open the APP, select the device that you intend to bind from the App's device list, and complete the pairing operation by following the tips. When pairing, please Make sure that the bluetooth names displayed on your phone and your wristband are identical.

Equipment model

After start-up, slide down to switch to the multi-function interface, click the "Gear" icon to enter the "Settings" interface, then enter the "System", and click "About" to check the equipment model of the wristband, then find the corresponding equipment model in the APP terminal and click it to connect

Q70C_59DO < ------- wristband model
V3.5<------- firmware version number
ABCE<------- last four digits of MAC
Bluetooth connection

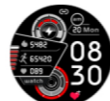When the bluetooth is not connected, the bluetooth icon is hollow

When the bluetooth is successfully connected, a bar will be displayed in the bluetooth icon. Upon successfully connection, data will instantly synchronized to the App, and can be viewed at the App terminal, as shown in the lower right corner of the following figure

Function introduction

Theme interface display

Click Settings, and enter the themes to simply select different styles of clock display, or use more theme interfaces through the APP.

Normal mode display

Multi-function display

Support QR code download, settings, DND mode, Find My Phone, luminance adjustment

Find My Phone

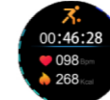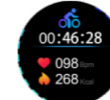Click the "Find My Phone" icon, the phone term inal will vibrate or send sounds
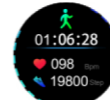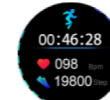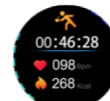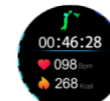

--- Click [ ] --->

Main interface slide-down

Menu list: Support more functional modes, as shown in the following figure

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Motion mode

Click the motion icon to activate the motion mode, which supports nine sports, including running, brisk walking, mountaineering, cycling, football, basketball, badminton, table tennis, and swimming. In each sport mode, the sporting time, heart rate and Calorie consumption can be displayed on the interface. Click the motion icon to activate the motion mode, press and hold the side key to quit the motion mode.

FAQ

1. The wristband can't be identified when pairing.

Your phone must have activated bluetooth and is to be pairing in the "Supported Range", and please make sure the wristband is within 0.5m from your phone, and the bluetooth communication range shall not exceed 10 m from your phone after pairing!

Please check the power of your wristband, and contact us if the problem remains after charging the wristband.

2. Why there is occasional bluetooth connection failure?

For certain phones, occasional bluetooth activation failure may occur;

To establish bluetooth connection in case of such failure, please simply restart your phone or reactivate the bluetooth.

3. How to restore factory settings?

When the wristband is connected with your phone, open the APP, enter "My - My Equipment" and select "Restore Factory Settings"!

4. How to update the wristband's firmware?

When the wristband is connected with your phone, open the APP, enter "My Equipment", and select "Firmware Update", then click "Upgrade"!

Precautions

1. Avoid external force collision when wearing the wristband.

2. Wipe the wristband with a clean and soft cloth to clean it.

3. Avoid exposing the wristband to chemicals and detergents.