Operating environment

Operation temperature

-20°C to +40°C

Waterproof

IP67.

Battery life

Up to 5 days.

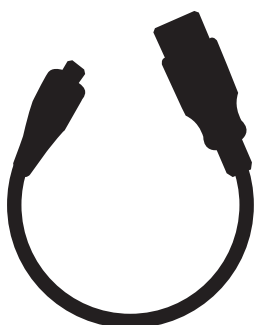# Articles in the box

A

B

C

D

A：Wristband

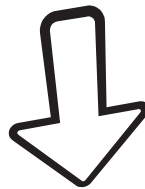B：Charger

C：Micro-USB connection line

D：Manual

Overview of the device

Charging

Please charge the watch for two hours before the initial use.
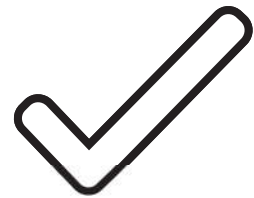
Plug the USB connection line into the power.

Please connect the charger with your wristband.

Charging

Connect the USB connection line with the charger.

The charger is well-matched with the wristband back, place and fit it together.

Charging

Plug the Micro-USB connection line to the wristband charger.

Plug the USB connection line into the power.

The screen will show the charging icon. When the power is full, the full charge icon will be shown on the screen.

It takes two hours for full chargeing. The screen will display the low-power icon if the power is less than 10%.

Download the APP

Download the watch APP：

Please search for "Wristfit" in the App store and Android application store at first, then download and install the App in your mobile device.

Mobile device compatibility:

iOS 7+，Bluetooth 4.0 BLE，iPhone 4s+，iPad3+，iPad Mini+，iPod touch5+

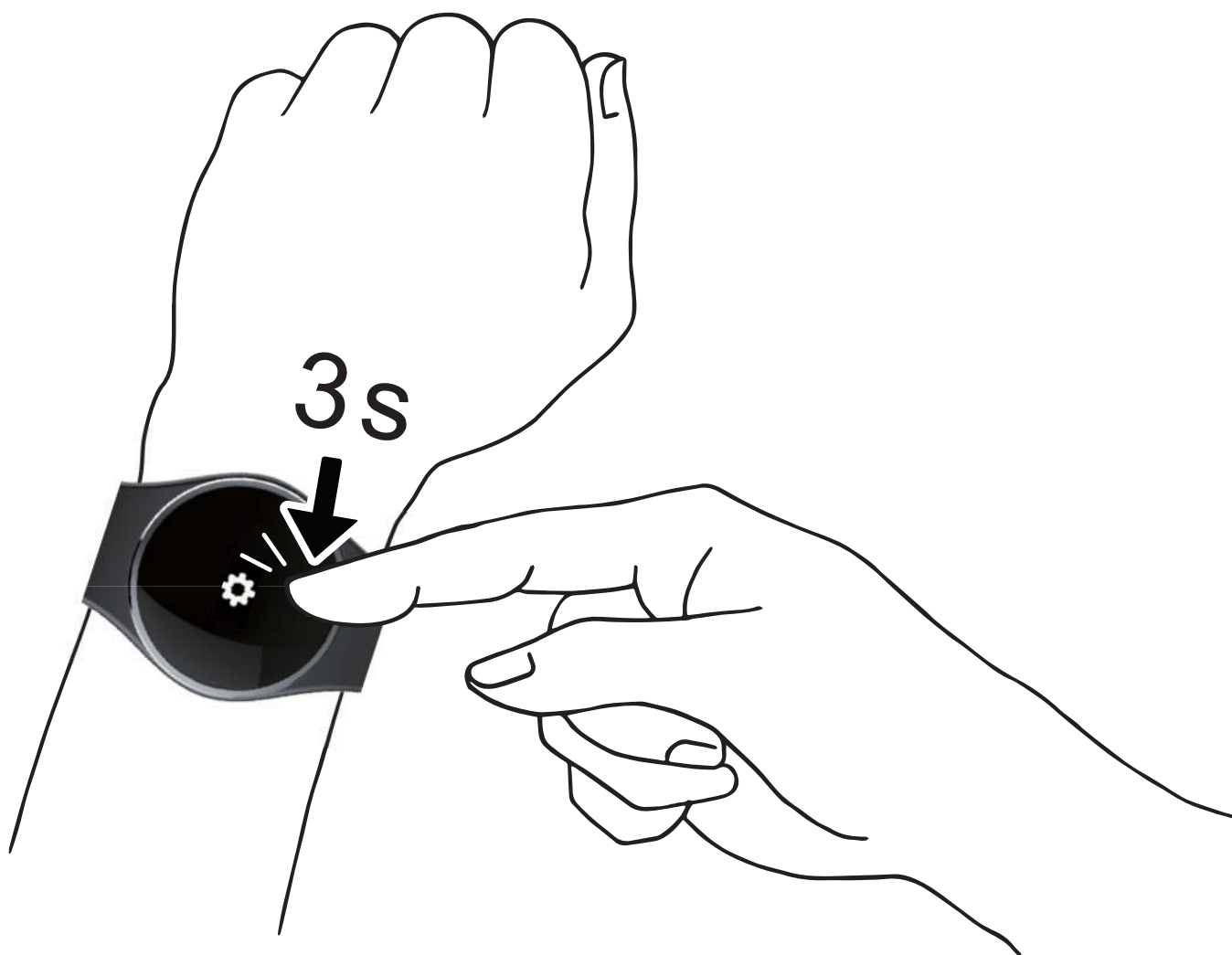Android 4.3 +，Bluetooth 4.0 BLE

Available on the **App Store**

ANDROID APP ON
Google play

Device Initialization

The device will display ⚙ when you first use it. Please press the button for more than 3 seconds until time displays on the screen, that means the initialization is completed.

Connect the APP

1. Open your mobile device's Bluetooth;

2. Open the Wristfit App on your mobile device;

If you are a new member, please register, or log on an existing account. After finishing your personal information setting, please click the setup;

3. Please confirm the wirstband is around your mobile device, and select Wristfit from the App Bluetooth list;

4. The pairing demand will be displayed on the wristband.

Touch the wristband screen to accept the pairing;

5. After pairing successfully, your wristband and mobile device will receive a notice.

If the pairing fails, please repeat the same step and try again. The wristband can not pair with different accounts at the same time. So if you want to pair with the writband with other accounts, please unpair the wristband on the APP, and cancel the existing pairing.

Awakening device

Click the touch area of the display screen to activate the device.

The wristband touch screen only makes response when pointing at the designated touch area.

The wristband screen will be turned off when it is not in use. Please click the touch area to awaken the device.

Please use the fingertip rather than the nail for pointing, so that the wristband can make the correct response.
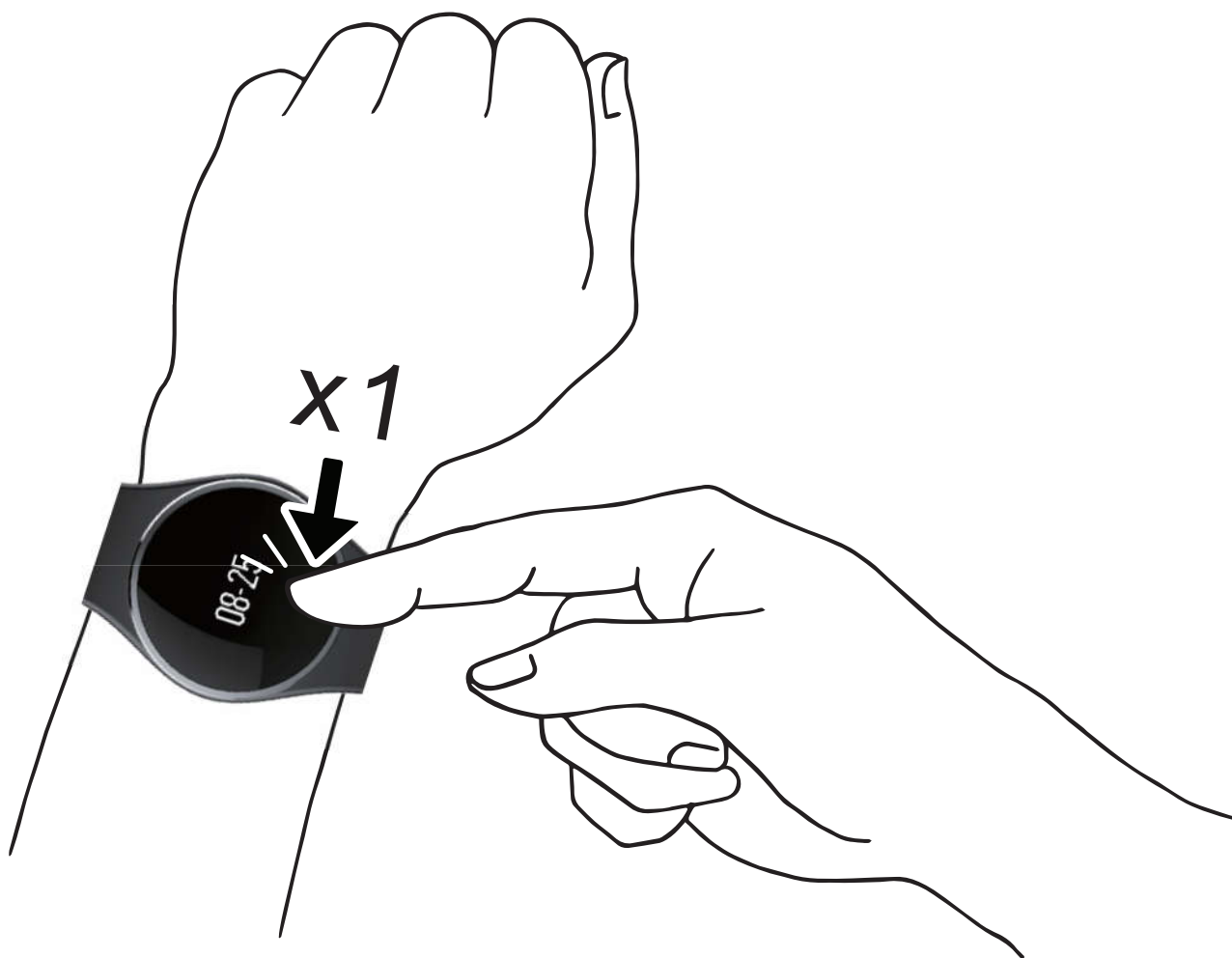
Screen operation

All screen operations are completed by using your fingertip to touch the screen surface.

Switch the interface by clicking the touch area.

sleep mode.

Click on the App Preset sleep to enter your desired sleeping time and wake up time automatically. Close it, the wristband will not enter the sleep mode.
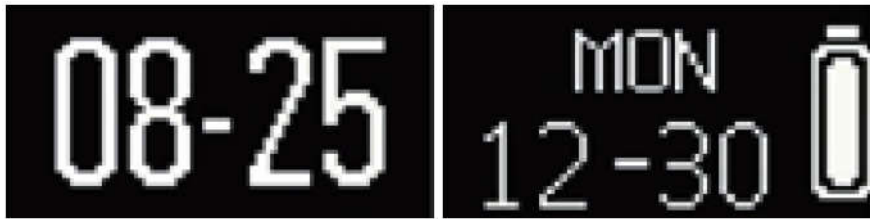
Main menu

Time, date   08-25   MON 12-30

Step   24854

Distance   8.52 MI

Calorie   85 CAL

Click the screen touch area to switch the interface.
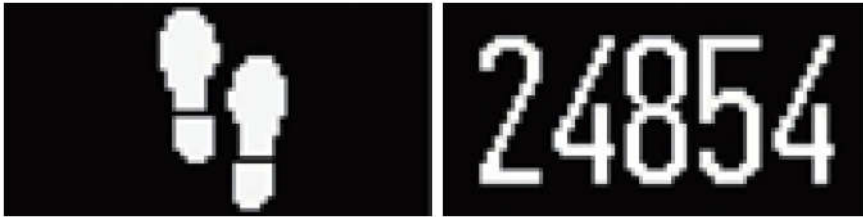
Clock interface

Time, date, power level

The time and date of the wristband will synchronize with your paired mobile device automatically.

You may manually set the time and date you like via the setting of Wristfit App.

Please confirm your wristband is fully charged to avoid time reset.

Step, calorie, distance

Step

24854

Distance

8.52 MI

Calorie

85 CAL

The whole-day walking steps, distance and burnt calorie of yours can be monitored by the wristband, and you can click the touch screen display area and check the data displayed on the wristband, or you can monitor your activity data and historic records via the Wristfit App. You can check your daily target completion process through the main activity picture, and also the detailed figures of your daily, weekly and monthly performance. The activity monitor will reset every day at midnight. If you need to upload the latest activity data of yours, please remember to click the upper right synchronization icon of the App.

Sleep mode

Click on the App Preset sleep to enter your desired sleeping time and wake up time automatically. Close it, the wristband will not enter the sleep mode.

Time

Sleep icon

Touch the screen to switch the interface.

Power level

Check the electric quantity of the battery on the main interface

To achieve the optimal use effect, the electric quantity of the

battery should not be lower than 20%.

Notifications

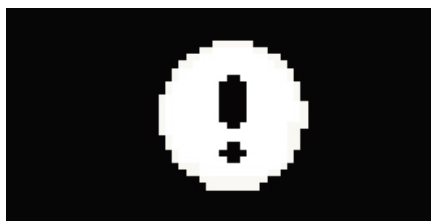Social contact message reminding

Email reminding

Message reminding

Calendar matter reminding

Missed call reminding

Bluetooth disconnection reminding

The wristband supports calls, missed calls, messages, emails, social contact media activities, calendar matters and anti-loss notifications. Open Wristfit App, click "setup＞ notifications", and select the notification you want to receive. If you want to stop using some notifications, please slide the radio button to the left and click the wristband screen to neglect the notifications. Otherwise, the notifications will show up again when the screen is activated next time.

Caller identification

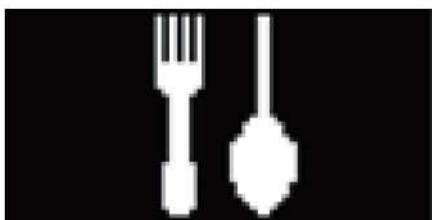The caller identification only supports Chinese and English.

Reminders
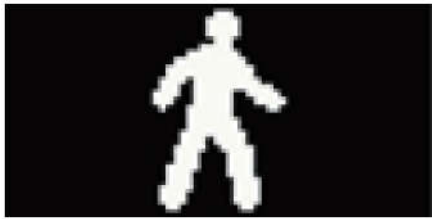
|	
Sport	Sleep
Wake up	Medicine
Eat	User-defined

Click the "reminders" option of Wristfit App to add daily reminding. You can set 6 kinds of daily reminding for the most, and you may select the provision type, preference time and date. Your wristband will vibrate slightly and display the corresponding reminding icon to remind you. Click the wristband to neglect the reminding. If not, the reminding will appear two minutes later.

Target
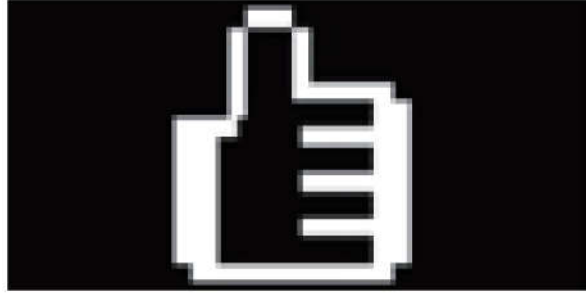
Click the "target" option of the Wristfit App to set the target of daily walking step, walking distance, burnt calorie and sleep hours. Click the synchronization button on the upper right to save your target setting. When the target is reached, your wristband will vibrate slightly and display the target completion icon.

Troubleshooting

Data synchronization failure by the APP

1. Please check if the network and Bluetooth of your mobile phone have been opened. The network and Bluetooth of your mobile phone need to be opened at the same time for data synchronization.

2. Please check if the wristband is around your mobile phone and please confirm the connection distance is within 5 meters.

3. Please confirm the binding with your wristband is successful.

Failure of wristband binding with the APP

1. Please check if the network and Bluetooth of your mobile phone have been turned on. The network and Bluetooth of your mobile phone need to be turned on at the same time for wristband binding.

2. Please check if the wristband is around the mobile phone and please confirm the connection distance is within 5 meters.

3. Please check the wristband has not bound with other accounts.

Product specifications

Display screen: Touchscreen OLED

Sensor: three-axis acceleration sensor

Vibration motor: support

Bluetooth: Bluetooth 4.0 BLE

Memory: 5 days of activity

Battery: 55mAh

Time display: RTC+ time synchronization

Waterproof rate: IP67

FCC STATEMENT :

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.

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

NOTE: 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.
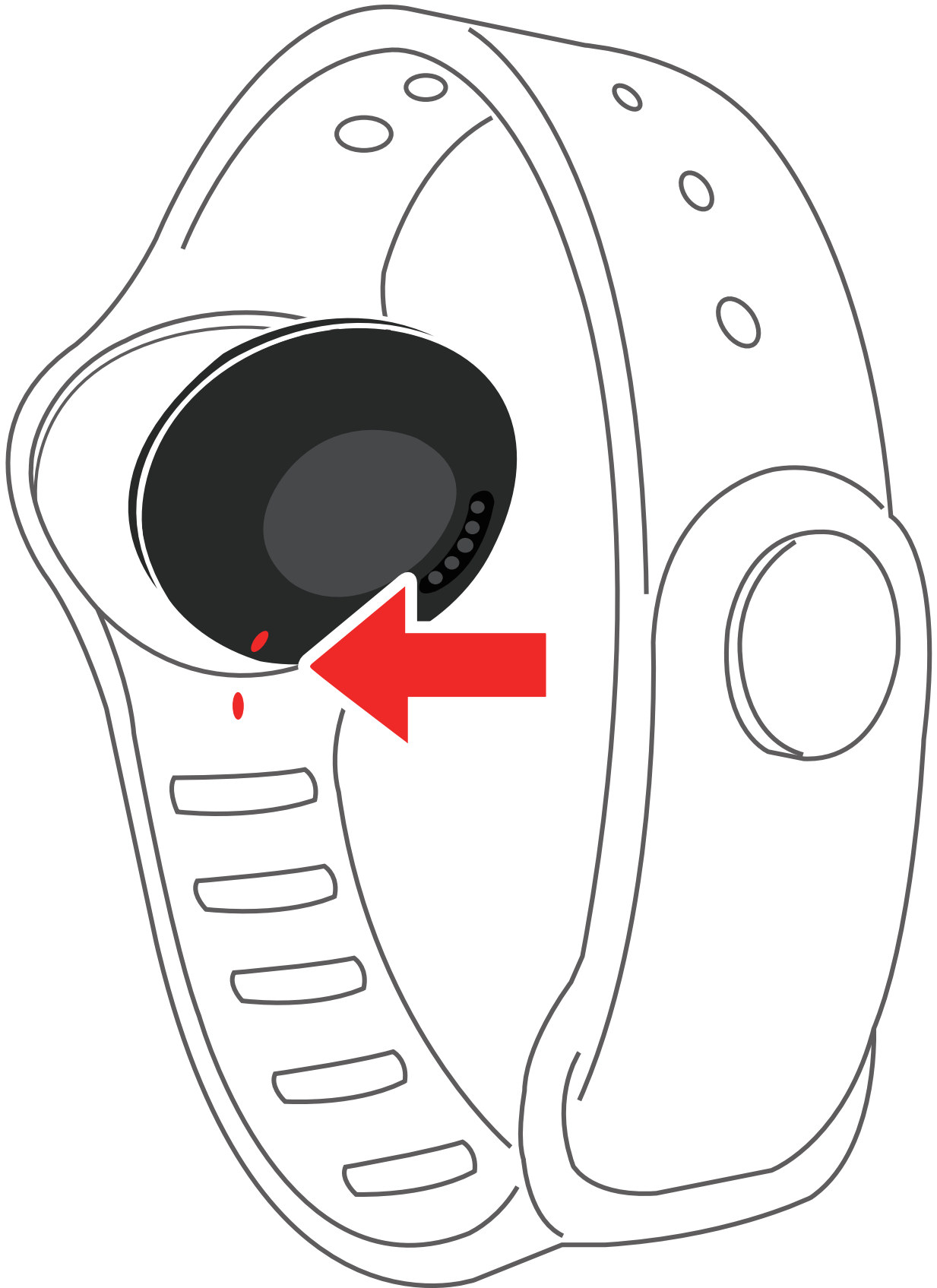
使用环境

操作温度

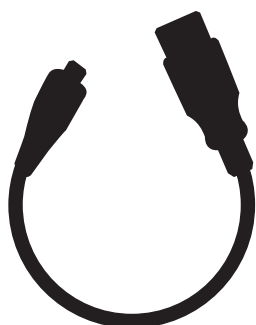-20°C to +40°C

防水级别

IP67

电池

正常使用5天。

盒内物品

A

B

C

D

A：手表

B：充电座

C：充电线

D：说明书

设置概述

1. 充电

2. APP设置

3. 设备操作
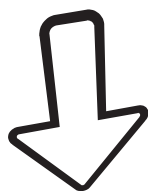
4. 屏幕操作

5. 设备功能

6. 设置

7. 服务与支持

充电
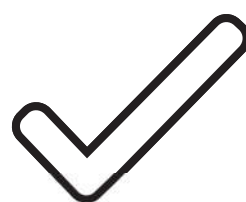
首次使用前，请先为手环充电两个小时。

连接充电器

请将充电器与你的手环连接。

充电

连接充电器

充电器与手环的背面相匹配，放稳，对正，并贴合在一起。

充电

将Micro-USB接口插入手环充电座。

将USB连接线插入电源。

屏幕将显示充电图标。当充满电时，屏幕将显示满电图标。

充满电需2个小时。当电池电量少于10%，屏幕将显示低电量图标。

获取APP

获取手环 APP：

若要使用移动设备设定手环，您必须先获取手表 App。

可以在App store、安卓应用商店里搜索"Wristfit"，在您的移动设备下载并安装该App。

兼容的移动设备:

iOS 7+，Bluetooth 4.0 BLE，iPhone 4s+，iPad3+，iPad Mini+，iPod touch5+
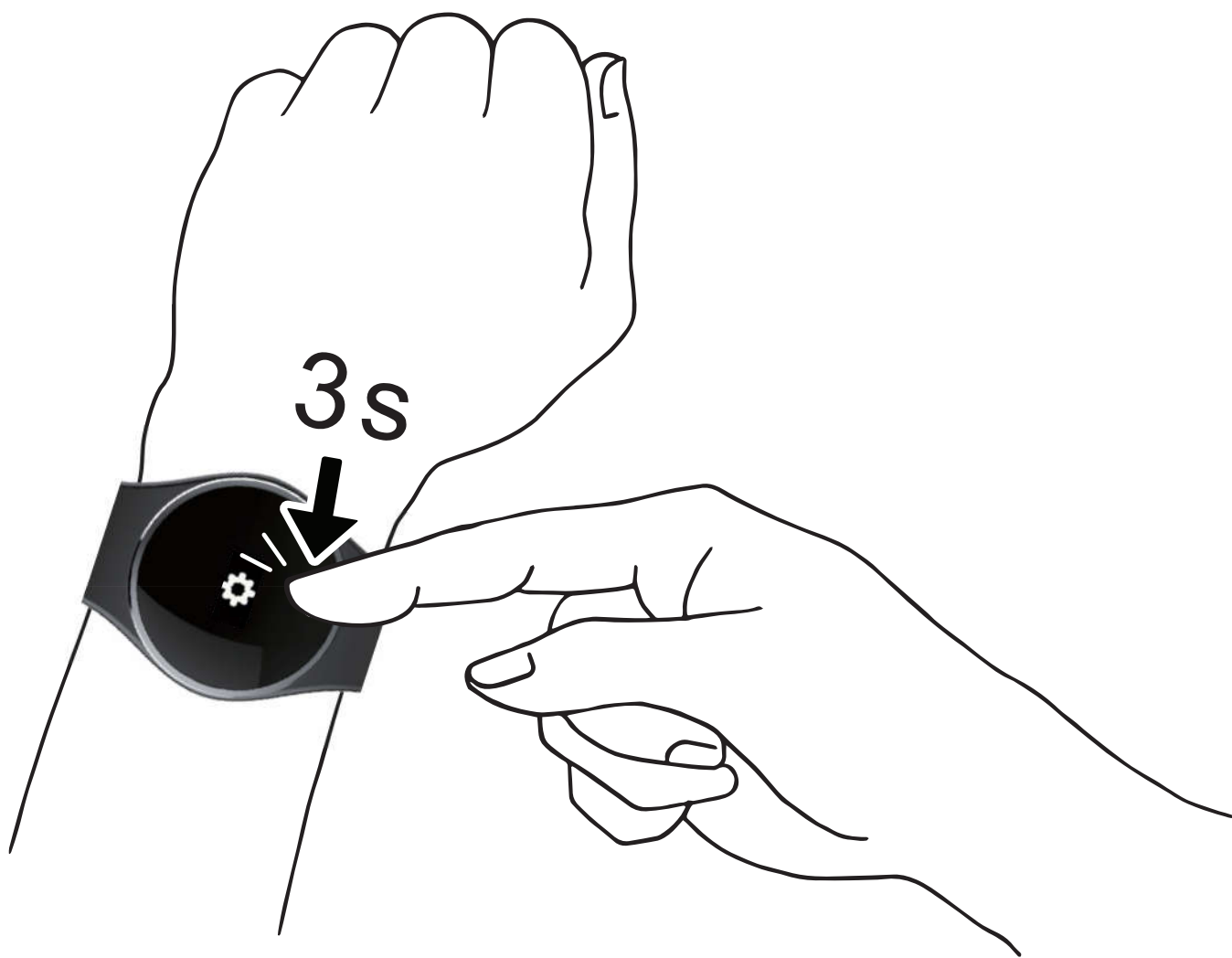
Android 4.3 + ，Bluetooth 4.0 BLE

设备初始化

首次使用，或已被恢复初始化设置的手环，需进行初始化操作。

长按手环初始化

按亮手环后，屏幕将显示 ，长按3秒以上，设备显示时间界面，即完成初始化。

连接APP

1. 启动您移动设备的蓝牙功能；
2. 开启您移动设备上的Wristfit App。
   如果您是新会员，请注册或通过现有账户登入。输入您的个人信息后，请单击设置；
3. 确保手环位于附近，并从蓝牙列表中选择Wristfit；
4. 您的移动设备将显示配对请求

   按下手环屏幕接受配对；
5. 当手环成功配对后，您的手环和移动设备收到通知

若配对失败，请重复相同步骤。

若您想要透过其他账户配对此手环，请必须先在APP上进行解绑，取消目前已配对好的手环。

唤醒设备

单击显示屏的触感区可激活屏幕。

仅在指定触感区点按时，

手环触控屏幕才会响应。

手环屏幕会在不使用时关闭。

请单击触摸区以唤醒设备。

为确保手环能准确响应您的点按动作，

我们建议您使用指尖，而非指甲。

X 1

屏幕操作

所有的屏幕操作都是由你的指尖来触摸屏幕的表面。

单按切换界面。

睡眠模式。

点击Wristfit App设置的预设睡眠选项，打开"开启自动睡眠"开关，手环将会在你设定好的时间范围内自动进入到睡眠模式。关闭开关，手环将不会自动进入到睡眠模式。

主菜单

时间、日期	**08-25** / MON 12-30
步数	👣 24854
距离	8.52 MI
卡路里	🔥 85 CAL

触摸屏幕切换界面。

时钟界面

时间、日期、电量

手环的时间与日期将自动与您已配对的移动设备同步。

您可通过Wristfit App的设置，以手动方式设置您偏好的时间与日期。

请确认您的手表电量充足以避免时间重设。

步数，卡路里，距离

步数

距离

卡路里

手环可监测您一整天走路的步数、步行的距离以及燃烧的卡路里。您可以通过在触控屏幕显示区域点击查看手环显示的数据。您也可以通过Wristfit App的"活动"选项来监测您的活动资料和历史记录。您可通过主活动画面来检查您每日目标的完成进度。单击活动栏可取得您每日、每周和每月表现的详细图表。手环显示每日数据。活动监测器会在每日午夜时重设。若要上传您最新活动资料，请记得点按Wristfit App右上角的同步图标。

睡眠模式

点击Wristfit App设置的预设睡眠选项，打开"开启自动睡眠"开关，手环将会在你设定好的时间范围内自动进入到睡眠模式。关闭开关，手环将不会自动进入到睡眠模式。

时间

睡眠图标

触摸屏幕切换界面。

电量

主界面可以查看电池电量。

为达到最佳的使用效果，电池电量不应低于20%。

通知

社交信息提醒	邮件提醒
短信信息提醒	日历事项提醒
未接来电提醒	蓝牙断连提醒

手环可显示来电和未接来电、短信、电子邮件、社交媒体活动、日历事件以及防丢失通知。开启Wristfit App，单击"设置 > 通知"，选择您想要手环接收到的通知。如您要停用某些通知，请将单选按钮滑动至左侧。单击手环屏幕即可忽略通知。如未忽略，在下次激活屏幕时通知将重新出现。

来电显示

来电显示仅支持拉丁字符。

提醒

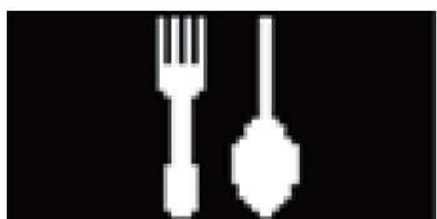|	
运动	睡眠
清醒	吃药
吃饭	自定义

单击Wristfit App的"提醒"选项以新增日常提醒。您可最多设定6种日常提醒，并选择提供类型、偏好时间和日期。手环将轻微振动并显示相应的提醒图标以提示您。单击手环可忽略该提醒。如您未忽略，则将在两分钟后重复提醒。

目标

点击3Plus Activity Tracker App的"目标"选项以设置每日走路步数、步行距离、燃烧的卡路里以及睡眠小时数的目标。单击右上角同步按钮可保存您的目标设置。目标达成时，手环将轻微振动并显示目标完成图标。

故障排查

APP无法同步数据

1. 请检查手机的网络和蓝牙是否已经打开，同步数据需要手机网络和蓝牙同时打开。
2. 请检查手环是否在手机附近，连接距离为5米之内。
3. 请确认已经与手环绑定成功。

APP无法绑定手环

1. 请检查手机的网络和蓝牙是否已经打开，绑定手环需要手机网络和蓝牙同时打开。
2. 请检查手环是否在手机附近，连接距离为5米之内。
3. 请确认手环没有绑定其他帐号。

产品规格

显示屏：Touchscreen OLED

传感器：三轴加速度传感器

震动马达：支持

蓝牙：蓝牙4.0 BLE

手环内存：正常活动5天

电池：55mAh

时间显示：RTC+时间同步

防水等级：IP67