

Model : DSW001

Fitness Track



User's Manual

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Product Specifications

Item	Specifications
Function	<ul style="list-style-type: none">• Activity analysis: Calorie, Pedometer, Distance, Activity intensity• Sleep analysis: On bed time, Off bed time, fall asleep time, wake-up time, sleep latency, wake-up latency, sleep efficiency
LCD Display	TN dot matrix LCD 3V
Accelerometer	16 bit RISC CPU
Memory	256MB flash memory
Data Transmission Interface	USB 2.0 Full Speed / Bluetooth [®] 2.0 EDR / Bluetooth 4.0
Power Source	180mAh Polymer Li-ion Battery
Battery Life	More than 14 days
Battery Charging	USB or DC 5V adapter (optional)
Mode	Time / Data Recording / Alarm / Interval Activity Performance / 7-day Activity Performance / Data Transmission
Function Key	Mode / Set / Adjust / Light
Time Setting	Year / Date / Hour / Minute / Second
Time Accuracy	±2 seconds/Month
EL Backlight Time	3 seconds
Water Resistance	50 meters
Body Material	Plastic / Stainless steel
Size	49 x 10 x 18 mm
Weight	Approximately 70g
Operating Temperature	0~60°C

Product Specifications

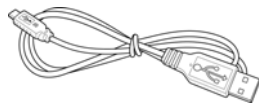
The Fitness Track package includes the following:

- Fitness Track
- USB charging cable
- AC adapter
- User manual

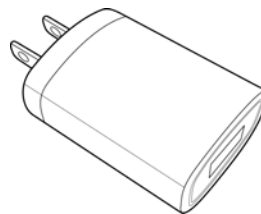
The watch incorporates a Bluetooth module, so please enable Bluetooth on your mobile device or computer before connecting.



Fitness Track



USB Charging Cable



AC Adapter



User Manual

Precautions

- The Fitness Track is designed to be worn on the wrist. In order to ensure optimal performance, please use and charge the device according to the instructions provided in this manual.
- No refunds, returns or exchanges will be provided in the case of abnormal wear and tear, improper use or accidental damages.
- The Fitness Track is designed for daily life and has water resistant properties. However, the USB cover must be properly affixed in order to maintain water resistance.
- Water resistance will be compromised if the back cover of the watch is removed.
- It is not recommended to immerse the watch in water for long periods of time.
- Any dismantling or modification of the casing of the Fitness Track will automatically invalidate the warranty.

Fitness Track Introduction

The Fitness Track uses an internal sensor to record daily activities and sleep conditions. Users wear the Fitness Track to collect information from daily activities, and then upload the data to a cloud data storage system which stores, analyzes and manages the data. Data is uploaded via Bluetooth or through a USB cable to mobile devices or computers.

Once the recording function of the Fitness Track is enabled, the device will automatically collect, record and analyze data from the user throughout the day. The screen of the watch can display activity analysis results in real-time, including calorie consumption, number of steps taken, distance travelled, activity intensity, and duration of inactivity. Users can also view their seven day activity history directly on the screen of the watch. This allows users to evaluate their lifestyle and further improve and enhance their health through self-management.

The Fitness Track has six operating modes: time display, activity recording, alarm mode, single activity analysis, seven-day activity history and data transfer mode.

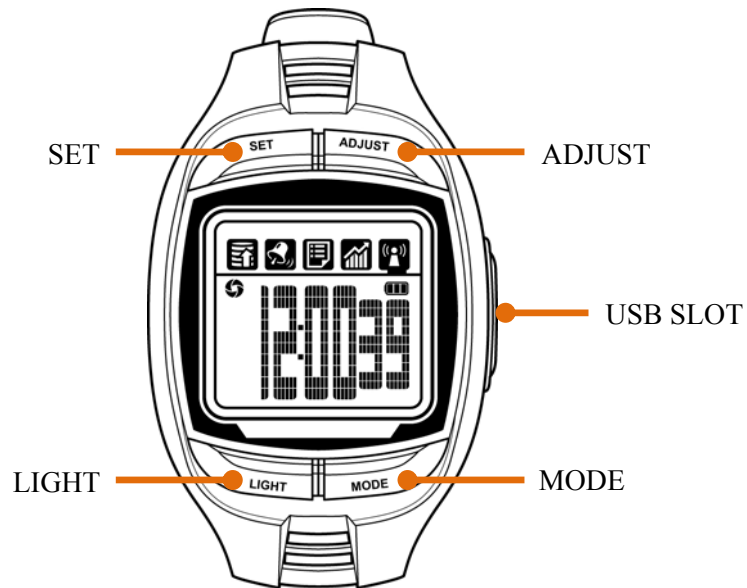
Fitness Track Introduction

The main functions of each mode are introduced as follows:

- **Time display:** Displays time, date and day.
- **Activity recording:** Enables or disables the activity and sleep monitoring function.
- **Alarm mode:** Enables or disables alarm function; allows the user to set the time and date (day of the week) of the alarm.
- **Single activity analysis:** Analyzes calorie consumption, number of steps taken and duration of inactivity within a user-selected time period.
- **Seven-day activity history:** Allows users to view calorie consumption, number of steps taken and the duration of inactivity from the past seven days.
- **Data transfer mode:** Enables or disables Bluetooth connection; displays the Bluetooth hardware address (MAC Address), and displays the data transfer and data clearing status.

Button and Function Description

This Fitness Track has four buttons and a USB slot (used for data transfer and charging). The four buttons are labelled as MODE, SET, ADJUST and LIGHT (their corresponding locations are shown in the figure below). The functions of each button are shown on the following page:



Button and Function Description

MODE

- Allows the user to switch among the modes listed on page 4 of this manual.
- In alarm mode: Switches between hour, minute and day.

SET

- In alarm mode: Sets the alarm time and date of the alarm (i.e., day of the week).
- In activity recording mode: Enables or disables activity and sleep monitoring.
- In single activity analysis mode: Initiates and ends a single recording period.
- In seven-day activity history mode: Allows the user to select a day to display.
- In data transfer mode: Enables or disables Bluetooth connectivity.

ADJUST

- In time display mode: Displays the date and day of the week.
- In alarm mode: Enables or disables the alarm and adjusts hours, minutes and alarm date.
- In single activity analysis mode: Allows the user to select the display of calorie consumption, number of steps taken, or duration of inactivity.
- In seven-day activity history mode: Allows the user to select the display of calorie consumption, number of steps taken, or duration of inactivity.
- In data transfer mode: Displays the Bluetooth MAC address.

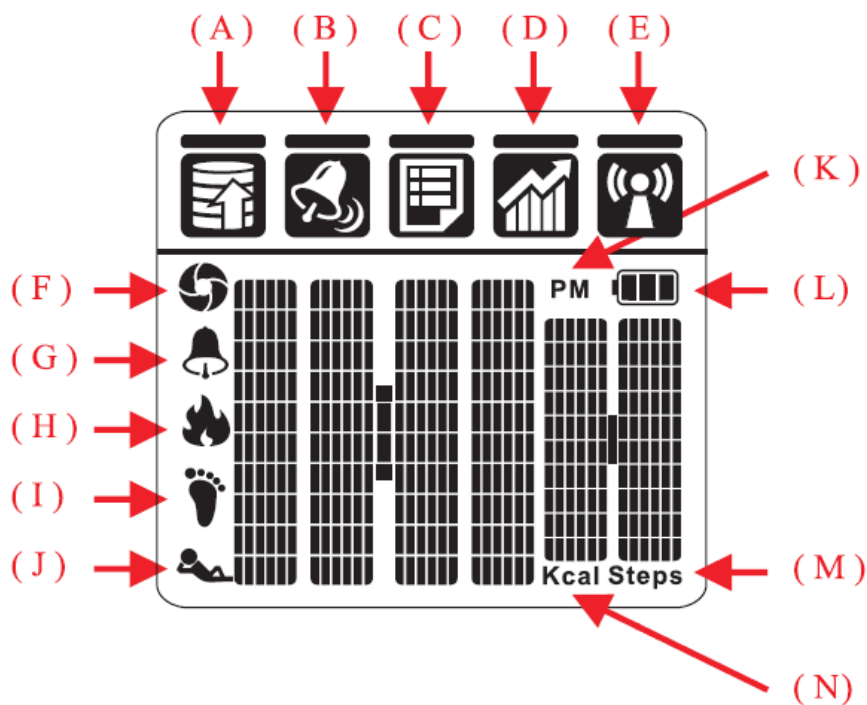
LIGHT

- Enables the watch's backlight function.
- In data transfer mode: Displays the firmware version.

Fitness Track Instructions

• Screen descriptions

- (A) Activity recording mode
- (B) Alarm mode
- (C) Single activity analysis mode (calories, number of steps and inactivity duration)
- (D) Seven-day activity history mode (calories, number of steps and inactivity duration)
- (E) Data transfer mode (Bluetooth and USB)

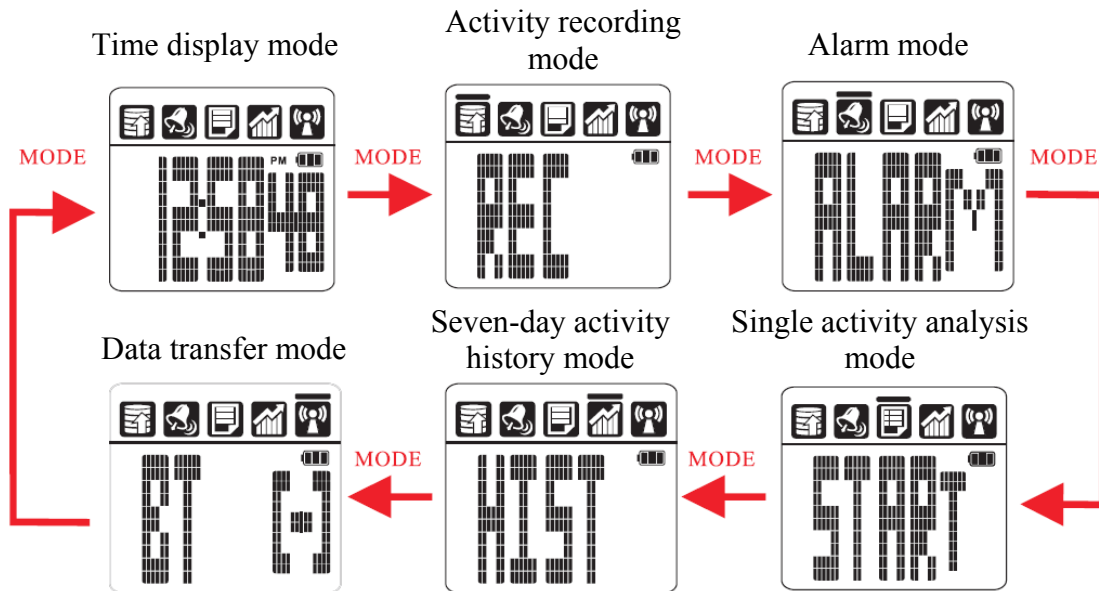


• Symbol descriptions

- | | |
|---------------------------------------|-----------------------------------|
| (F) Activity recording enabled | (K) PM (AM if no symbol is shown) |
| (G) Alarm enabled | (L) Battery capacity meter |
| (H) Displaying calorie consumption | (M) Number of steps taken |
| (I) Displaying number of steps taken | (N) Calories consumed (Kcal) |
| (J) Displaying duration of inactivity | |

- **Mode Switching**

In addition to the time display mode, the Fitness Track has a total of five operational modes, which are activity recording, alarm mode, single activity analysis, seven-day activity history and data transfer mode. Press the MODE button to switch between modes. The switching sequence is as illustrated below.



- **[Time display mode] button operations**

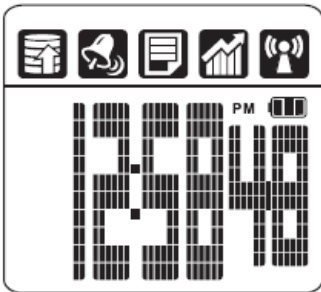
The function of the time display mode is to display and adjust the time and date.

To display time:

Press the MODE button to switch to time display mode and show the time (as shown in the bottom left figure)

To display date:

Press and hold the ADJUST button to display the date, then release it to return to time display (as shown in the bottom right figure)



Hour:Minutes:Seconds



Month/Day/Day of the week
(i.e., Friday, February 18th)

● [Time display mode] button operations

To set the time and date:

- ▲ Press and hold the SET button. The “Year” will begin to flash. Press the ADJUST button to change the year until it is correct.
- ▲ Press the MODE button. The “Month” will begin to flash. Press the ADJUST button to change the month until it is correct.
- ▲ Press the MODE button. The “Day” will begin to flash. Press the ADJUST button to change the day until it is correct.
- ▲ Press the MODE button. The “Hour” digits of the “Hour:Minutes:Seconds” display will begin to flash. Press the ADJUST button to set the correct time.
- ▲ Press the MODE button. The “Minutes” digits of the “Hour:Minutes:Seconds” display will begin to flash. Press the ADJUST button to set the correct time.
- ▲ Press the MODE button. The “Seconds” digits of the “Hour:Minutes:Seconds” display will begin to flash. Press the ADJUST button to set the correct time.
- ▲ Press the SET button to return to the time display.
- ▲ This Fitness Track displays time using a 12 hour clock format; PM will be displayed during the afternoon. When PM is not displayed, the time shown will be AM.

• [Activity recording mode] button operations

This enables or disables the activity and sleep monitoring function.

To enter activity recording mode:

Press the MODE button to select the activity recording mode.

To enable or disable activity recording:

Press the SET button to enable or disable the activity recording function.



ON: the activity recording function is enabled; the following animation will appear:



The image will change frame by frame, repeating in one-second intervals. This indicates that activity recording is taking place.



OFF: the activity recording function is disabled; no animation will be displayed.

🔄 Image disappears

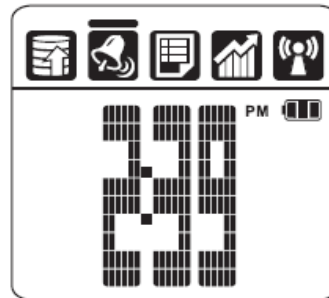


- **[Alarm mode] button operations**

The alarm mode enables or disables the alarm and adjusts the alarm settings.

To enter alarm mode:

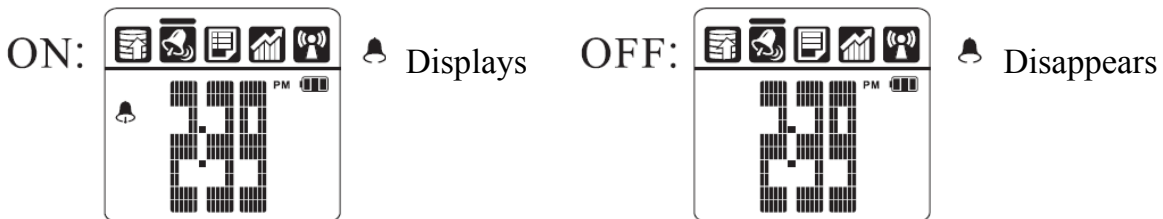
Use the MODE button to select alarm mode. A scrolling text will appear showing “ALARM” (see the left figure below); after two seconds the current alarm setting will be displayed (see the right figure below).



To enable or disable the alarm:

Press the ADJUST button to switch turn the alarm on or off.

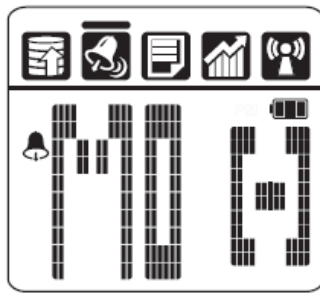
The bell icon will appear when the alarm is turned on and disappear when the alarm is turned off, as the following figures illustrate.



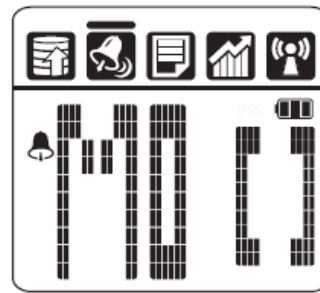
- **[Alarm mode] button operations**

To adjust the alarm time:

- ▲ First set the “Hour” of the alarm. After pressing the SET button, the “Hour” digit in the “Hour:Minutes” display will begin to flash. Press the ADJUST button to set the alarm time until the hour is correct.
- ▲ Next adjust the “Minutes” of the alarm. After pressing the SET button, the “Minute” digit in the “Hour:Minutes” display will begin to flash. Press the ADJUST button to adjust the alarm time until the minutes are correct.
- ▲ Then set the days for which the alarm is enabled (i.e., days of the week from Monday-Sunday). First press the MODE button to select a day of the week and use the ADJUST button to either enable or disable the alarm for that day. For each day, the alarm will be set to ON (enabled; as shown in the bottom left figure) or OFF (disabled; as shown in the bottom right figure).



The alarm is **enabled**
for Monday

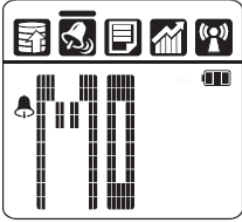


The alarm is **disabled**
for Monday

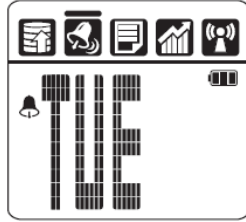
- ▲ The icons for the days of the week are shown on the following page.
- ▲ Press the MODE button again. The “Hour” digit in the “Hour:Minutes” display will begin to flash.
- ▲ Press the SET button to complete the alarm setting process.

• Day of the week icons

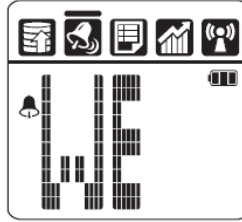
Monday



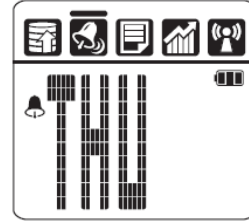
Tuesday



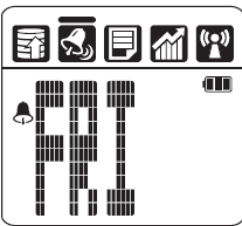
Wednesday



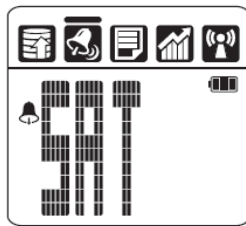
Thursday



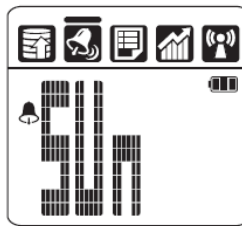
Friday



Saturday



Sunday



- **[Single activity analysis mode] button operations**

The single activity analysis mode allows the user to calculate calorie consumption, number of steps taken and duration of inactivity within a user-selected time period.

Note: The activity recording mode must first be enabled before single activity analysis can be activated.



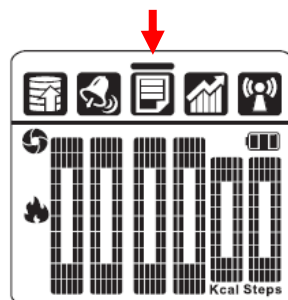
To enter single activity analysis mode:

Use the MODE button to select single activity analysis. A scrolling text displaying START will be displayed, indicating that single activity analysis can begin.



To begin single activity analysis:

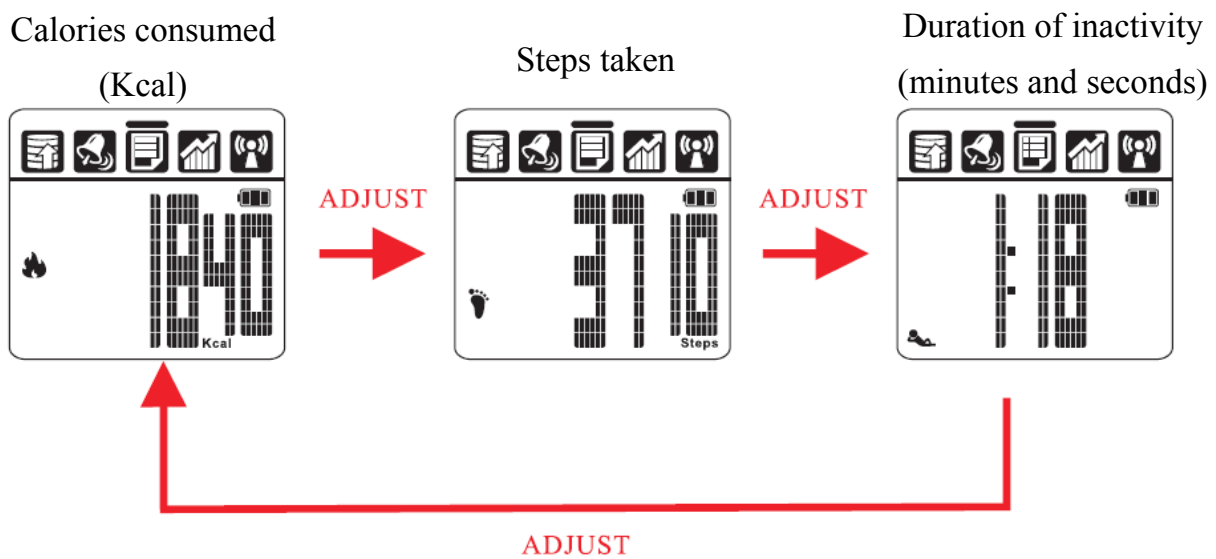
Press the SET button. The bar above the single activity analysis icon will begin to flash (marked by the red arrow in the figure below). This indicates that single activity analysis has begun and that calorie consumption, number of steps taken and duration of inactivity are being recorded and analyzed. Press the SET button again to reset it to zero and end the single activity analysis session.



- **[Single activity analysis mode] button operations**

To view calorie consumption, number of steps taken and duration of inactivity for the single activity analysis session:

Press the ADJUST button to switch between displays for viewing calorie consumption, number of steps taken and duration of inactivity for the single activity analysis session.



- **[Seven-day activity history mode] button operations**

The function of the seven-day activity history mode is to allow users to observe calorie consumption, number of steps taken and duration of inactivity over a period of seven days.

To enable the seven-day activity history mode:

Use the MODE button to select the seven-day activity history mode. A scrolling text displaying HISTORY will be displayed.



After two seconds, the current date will be displayed on the screen.



To view the seven-day activity history:

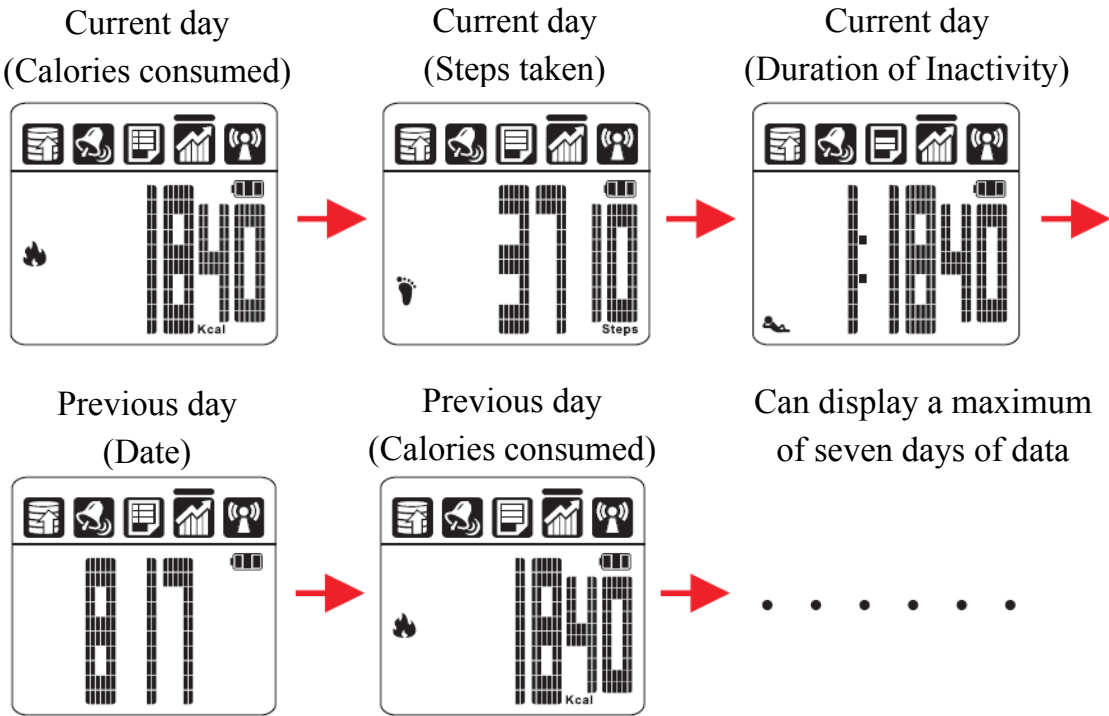
Press the ADJUST button to display calorie consumption, number of steps taken and duration of inactivity for a specific day.



• **[Seven-day activity history mode] button operations**

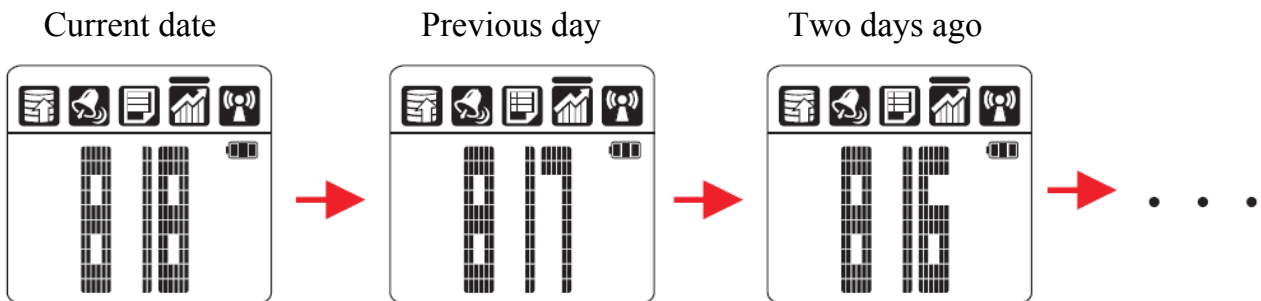
To scroll through activity history data from the past seven days:

Press the ADJUST button to sequentially switch from displays for calorie consumption, number of steps taken and duration of inactivity. Continue pressing ADJUST to scroll to activity analysis results for previous days, up to seven days.



To switch to a specific date:

Press the SET button to switch dates. After the date is selected, press the ADJUST button to view calorie consumption, number of steps taken and duration of inactivity for that day.



- **[Data transfer mode] button operations**

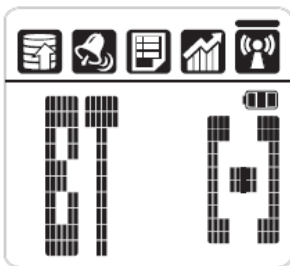
Users can transfer data from the Fitness Track to a PC or mobile device through either a Bluetooth connection or using a USB connector.

BLUETOOTH DATA TRANSFER

To enter the Bluetooth data transfer mode:

Use the MODE button to select the data transfer mode. The screen will display the text “BT”. Users can activate Bluetooth connectivity by pressing the SET button to select ON (enabled; as shown in the bottom left figure) or OFF (disabled; as shown in the bottom right figure). When Bluetooth is enabled, users can use a Bluetooth connection to connect the Fitness Track to a PC or mobile device. Note: Bluetooth connections cannot be made with the Fitness Track unless Bluetooth is enabled on both devices.

ON:



Bluetooth is **enabled**

OFF:



Bluetooth is **disabled**

To display the Bluetooth MAC address:

In the data transfer mode, press the ADJUST button to display the MAC address (as shown in the figure below).

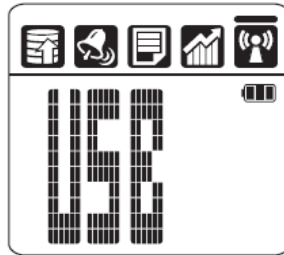


- **[Data transfer mode] button operations**

USB DATA TRANSFER

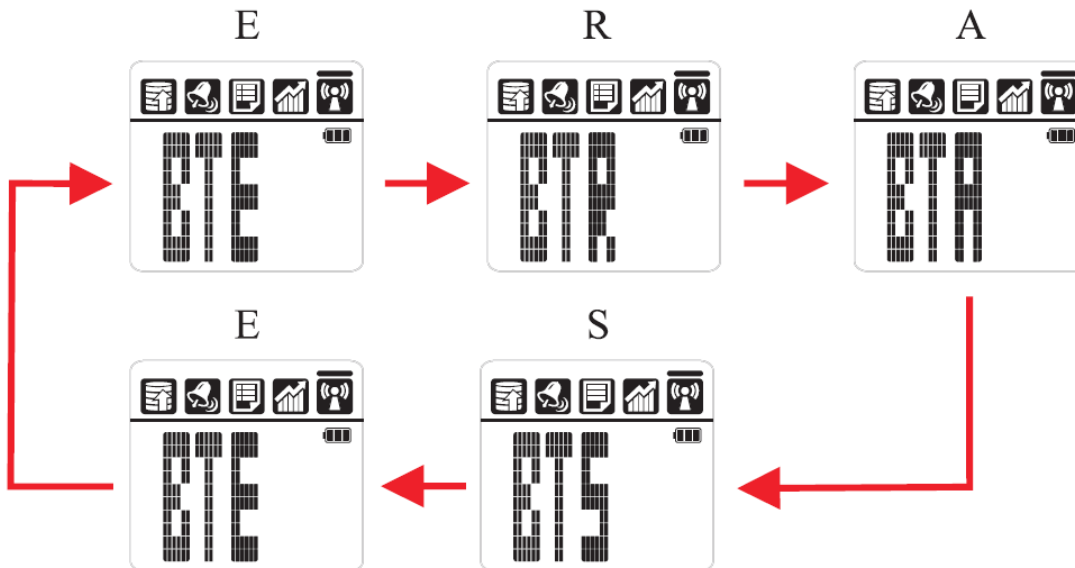
To enter the Bluetooth data transfer mode:

Connect the Fitness Track to a PC or other device using the USB cable. The text “USB” will be displayed on the watch. USB data transfer will then begin.



To clear data from the Fitness Track:

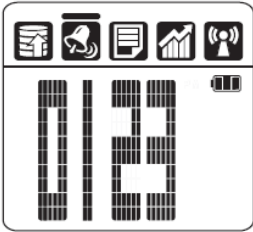
Users can clear data from the Fitness Track using the deletion function of the app installed on your mobile device. This function involves deleting all data from the memory card. The text ERASE will be displayed while the Fitness Track is being cleared. The animation will display the letters “E”, “R”, “A”, “S”, “E” in sequence, as shown in the figure below.



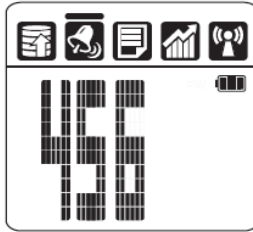
- **Text and number display**

▲ A hexadecimal system is used to display the Bluetooth MAC address, illustrated as follows.

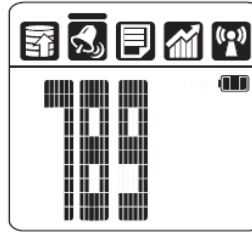
"0", "1", "2", "3"



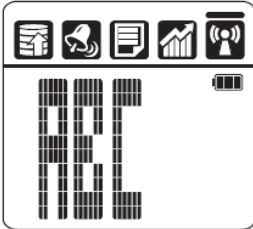
"4", "5", "6"



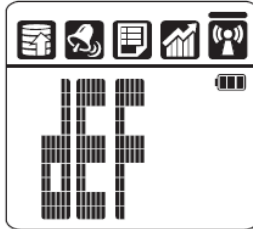
"7", "8", "9"



"A", "B", "C"



"d", "E", "F"



- **Battery display conditions**



The power remaining is over 60% of capacity



The power remaining is at approximately 60% of capacity



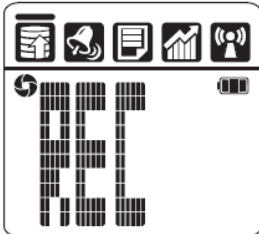
The power remaining is at or below 30% of capacity

During charging, the battery display icon will exhibit a scrolling effect.

● **Icon correspondence table**

▲ Icons for each of the Fitness Track's modes are illustrated as follows.

Activity recording mode
(RECORD)



Alarm mode
(ALARM)



Single activity analysis
(START)



Seven-day activity history
(HISTORY)



Data transfer-Bluetooth
(BT)



Data transfer-USB
(USB)



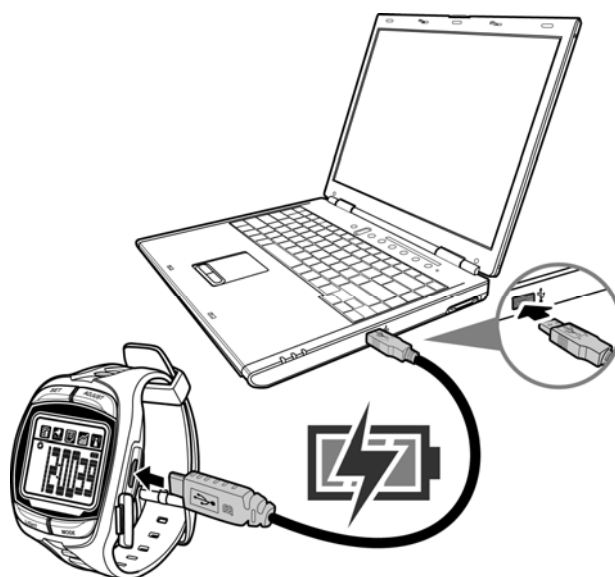
Dynamic scrolling text effects will be displayed when entering alarm mode, single activity analysis mode and seven-day activity history mode.

Fitness Track Charging Methods

- **Charging**

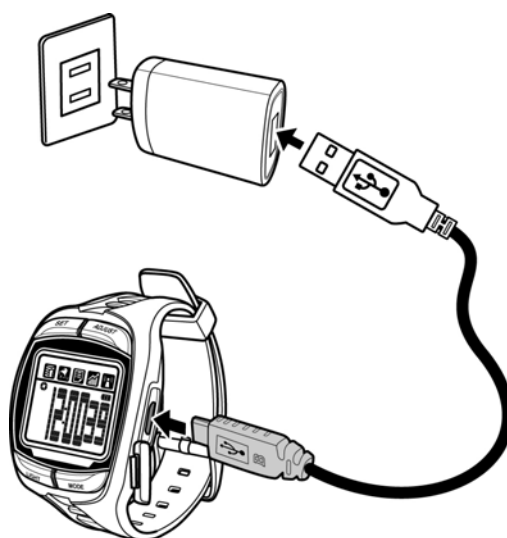
(Method 1)

Connect one end of the cable to the transfer port on the right side of the Fitness Track, and connect the other end to the computer's USB port to charge the watch.



(Method 2)

Connect one end of the cable to the transfer port on the right side of the Fitness Track, and connect the other end to the power adapter (AC 110V to DC 5V) and charge using a 110V outlet.



Federal Communication Commission Interference 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.

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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement:

The product comply with the FCC portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Troubleshooting

- **The Fitness Track is not responding:**

- Check to see if the power of the Fitness Track has been depleted. Connect the USB cable to the watch and the PC to charge it. Alternatively, connect it to the power adapter and charge it using an 110V outlet.

- If the Fitness Track still does not respond after being plugged in, the battery might be dead or damaged; please contact your dealer.

- **A Bluetooth device cannot detect the Fitness Track:**


- Please place the Fitness Track next to the Bluetooth transmission device, or move the Fitness Track away from tables, chairs or other metal objects. This can improve the detectability and transmission success of the watch.

Using Fitness Track APP

Fitness Track APP is designed to provide you with necessary activity and sleep information in the self-management of health. Fitness Track APP collects data from Fitness Track via Bluetooth® transmission technology and automatically transmits the data to cloud-based servers. Fitness Track APP not only coordinates the data flow from the Fitness Track to the server, but also serves as the terminal station for users to realize the Fitness Track status and the analysis results of their health condition.

● Installing the APP

Download and install Fitness Track APP from **Play Store / App Store**.

The application icon () is displayed on the Home screen after the installation is complete.

Note:

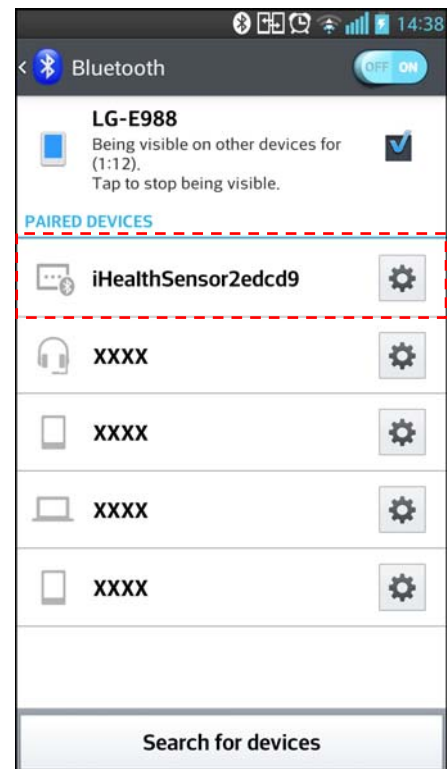
- This APP is only available for Android 4.5/ iOS 5.x or above.
- User interface design and functions are subject to change without notice.

● Connecting Fitness Track to Your Mobile Device

1. Enable the Bluetooth function on your watch.
2. On your mobile device, tap **Settings** and enable the Bluetooth function.
3. Search for your watch (“iHealthSensorxxxxx”).
4. Tap the detected device and enter the PIN to start pairing.

Note:

- The default PIN is “0000” or “1234”.
- Make sure your watch is near your mobile device, within Bluetooth range.



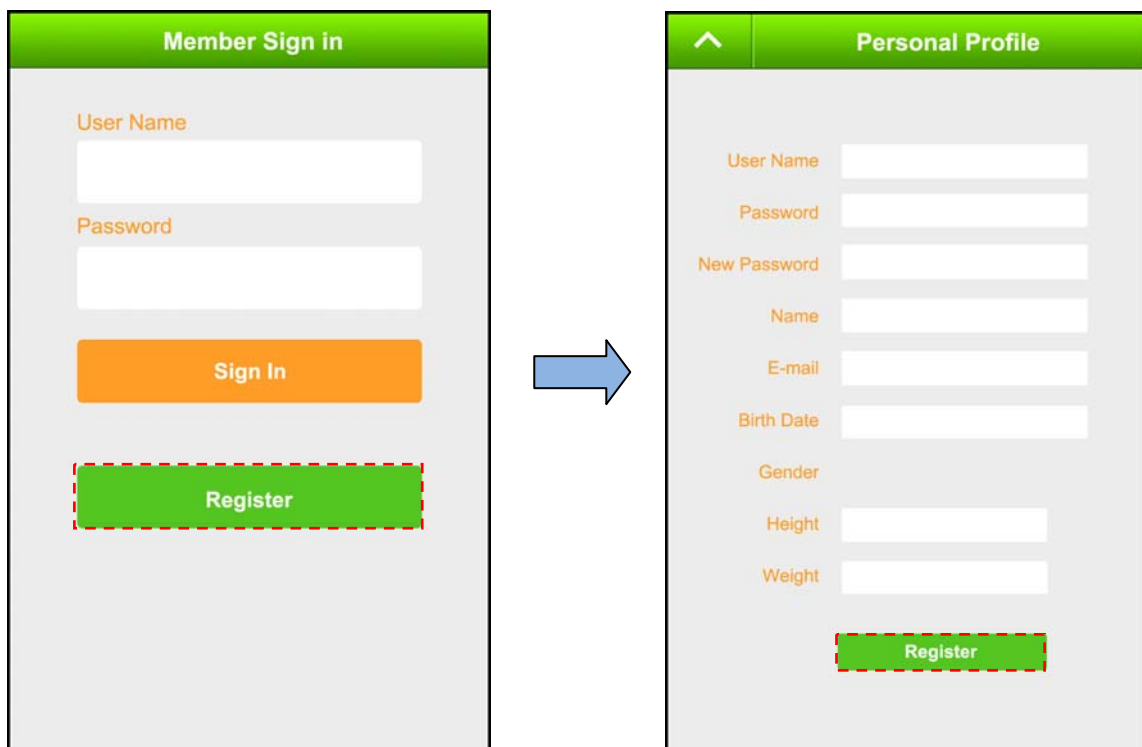
- **Creating an Account**

When you first launch Fitness Track APP on your mobile device, you will be prompted to log in with an account.

If you don't have any account, tap **Register** to create an account. Enter your profile data and tap **Register** to complete the account setup.

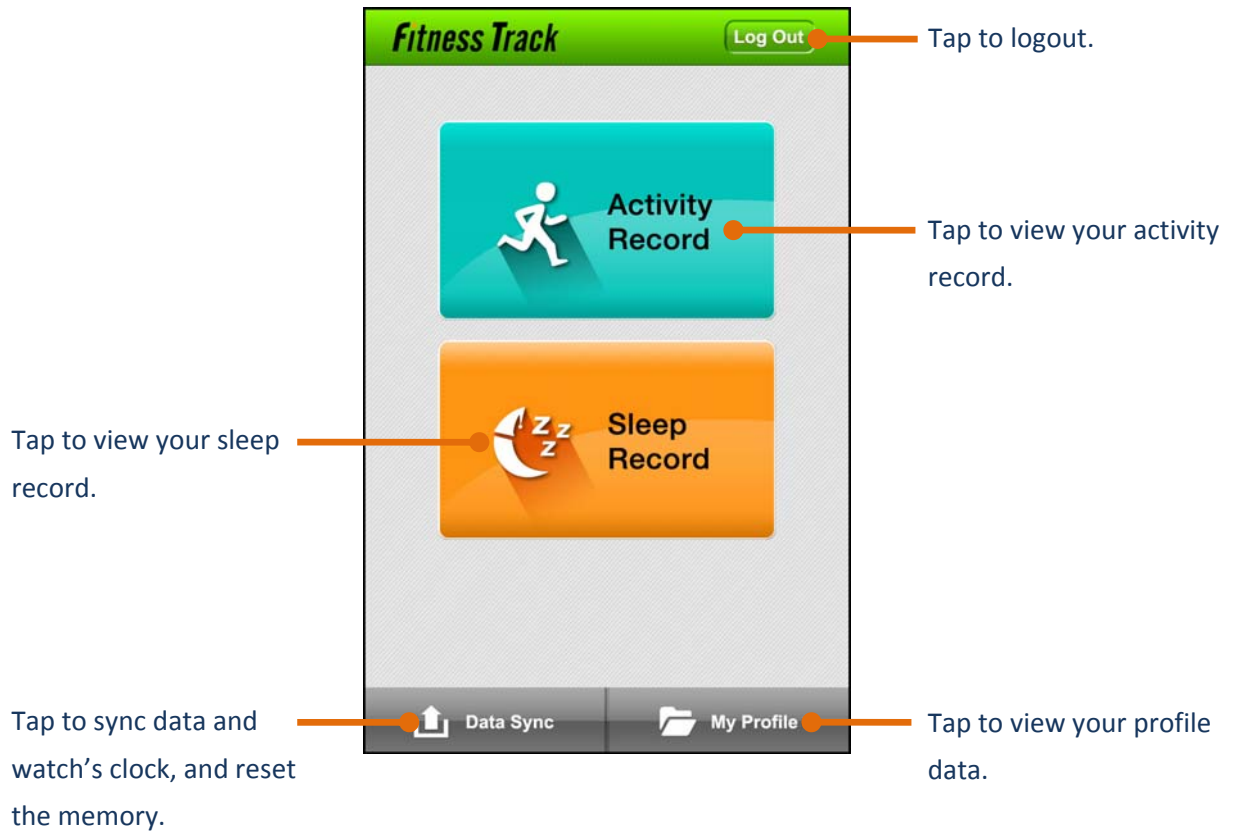
Note:

- It is important to enter the precise profile data because it will affect the data analysis.



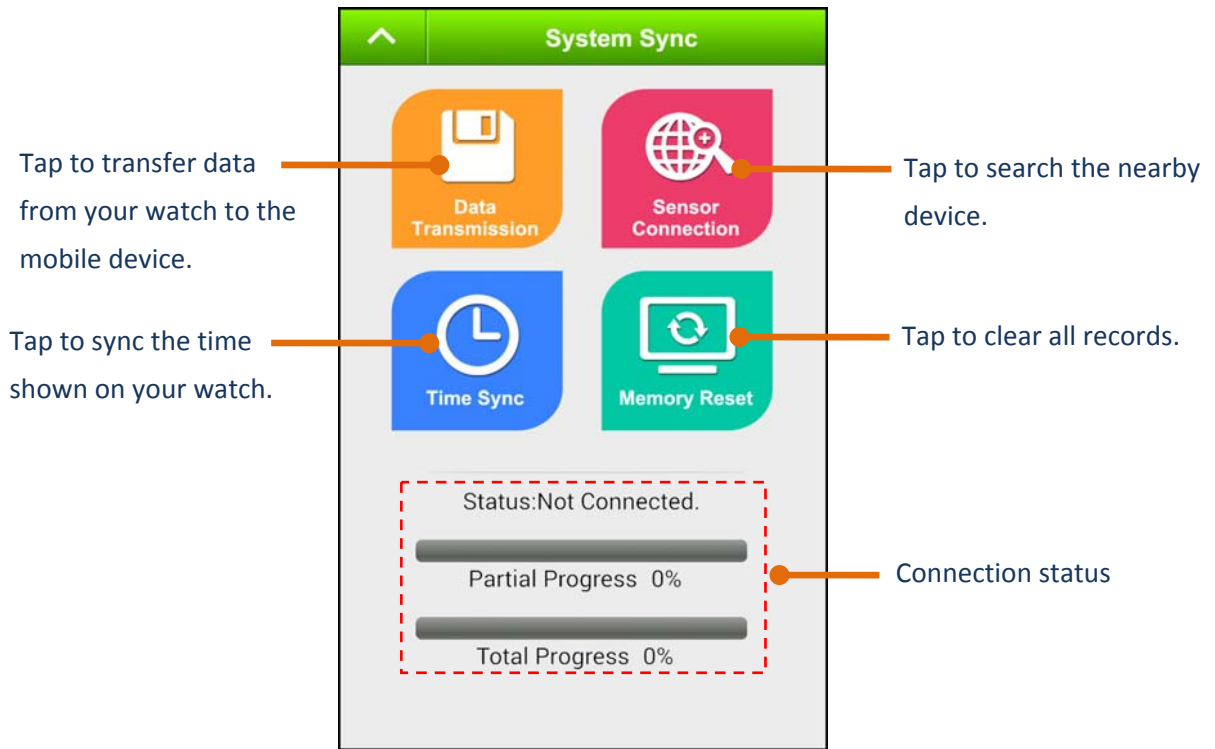
• Entering Main Screen

1. Launch Fitness Track APP.
2. Enter the user name and password.
3. Tap **Sign in**. The main screen appears.

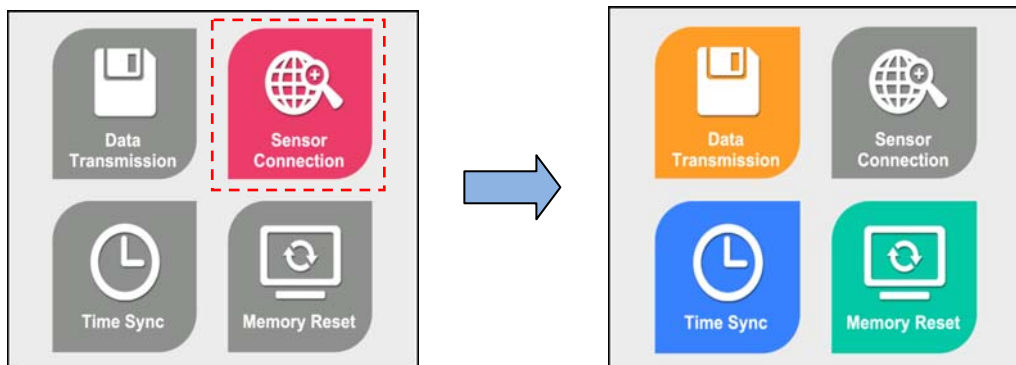


● **Sync the Recorded Data**

1. Tap **Data Sync**. The *System Sync* page appears on the screen.



2. Tap **Sensor Connection**. The system automatically searches for the paired watch.

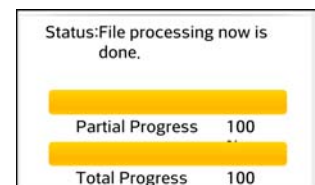


Note:

- Make sure the Bluetooth function is activated on both watch and mobile device.

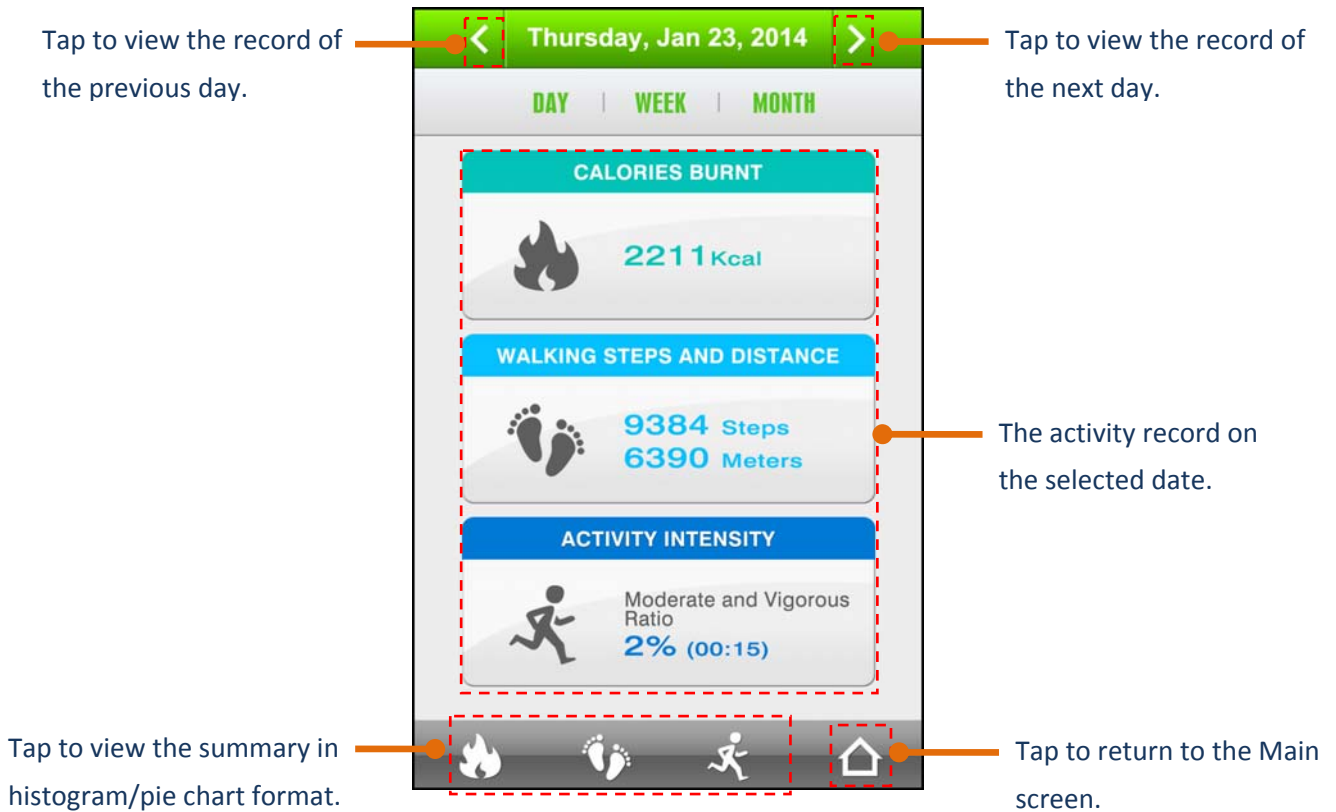
3. Tap **Data Transmission** to sync the data.

When the “File processing now is done” message appears on the screen, this indicates the file transfer is complete.



- **Viewing the Activity Record**

1. Tap **Activity Record**. The summary of calorie consumption, number of steps taken, distance travelled and activity intensity is displayed on the screen.
2. The default view is today. You can switch the date by tapping < or >.

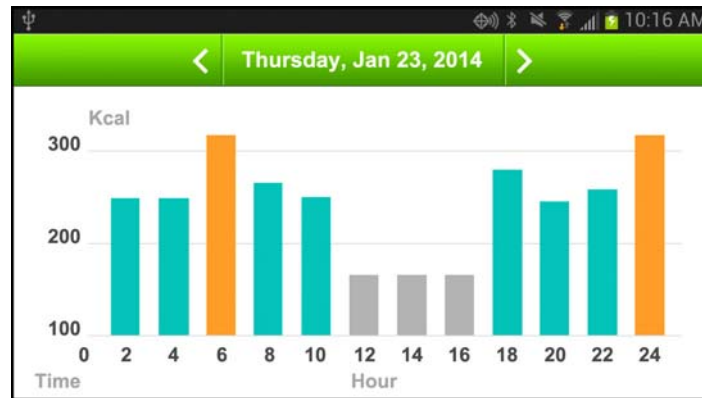


- Tap **WEEK** to view a summary of your fitness activities for the last 7 days.
- Tap **MONTH** to view a summary of your fitness activities for the last 30 days.

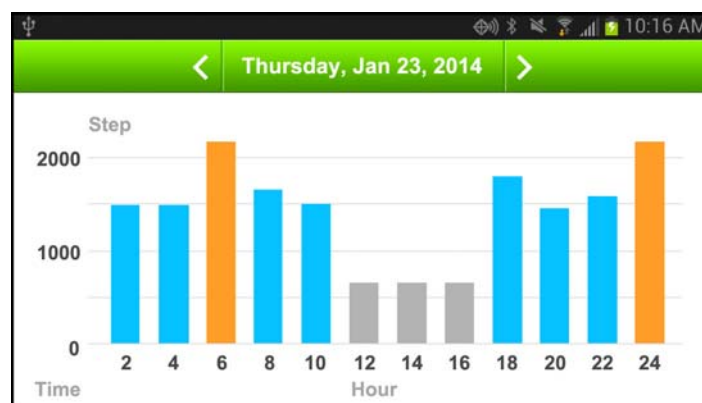
Viewing the Advanced Activity Analysis

Tap the respective tab to view the analysis results of the selected category in details.

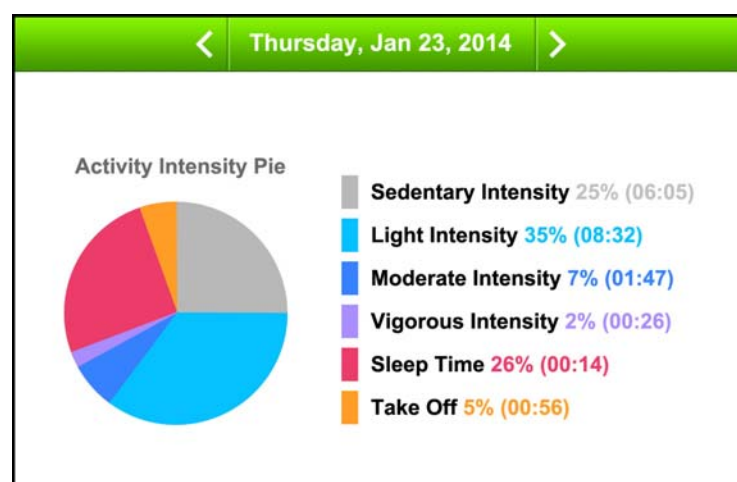
- **Calories Burned** and **Walking Steps and Distance**: the data collection of the selected date is shown in a histogram.
- **Activity Intensity**: the analyzed data of the selected date is shown in a pie chart.



[Calories Burned]



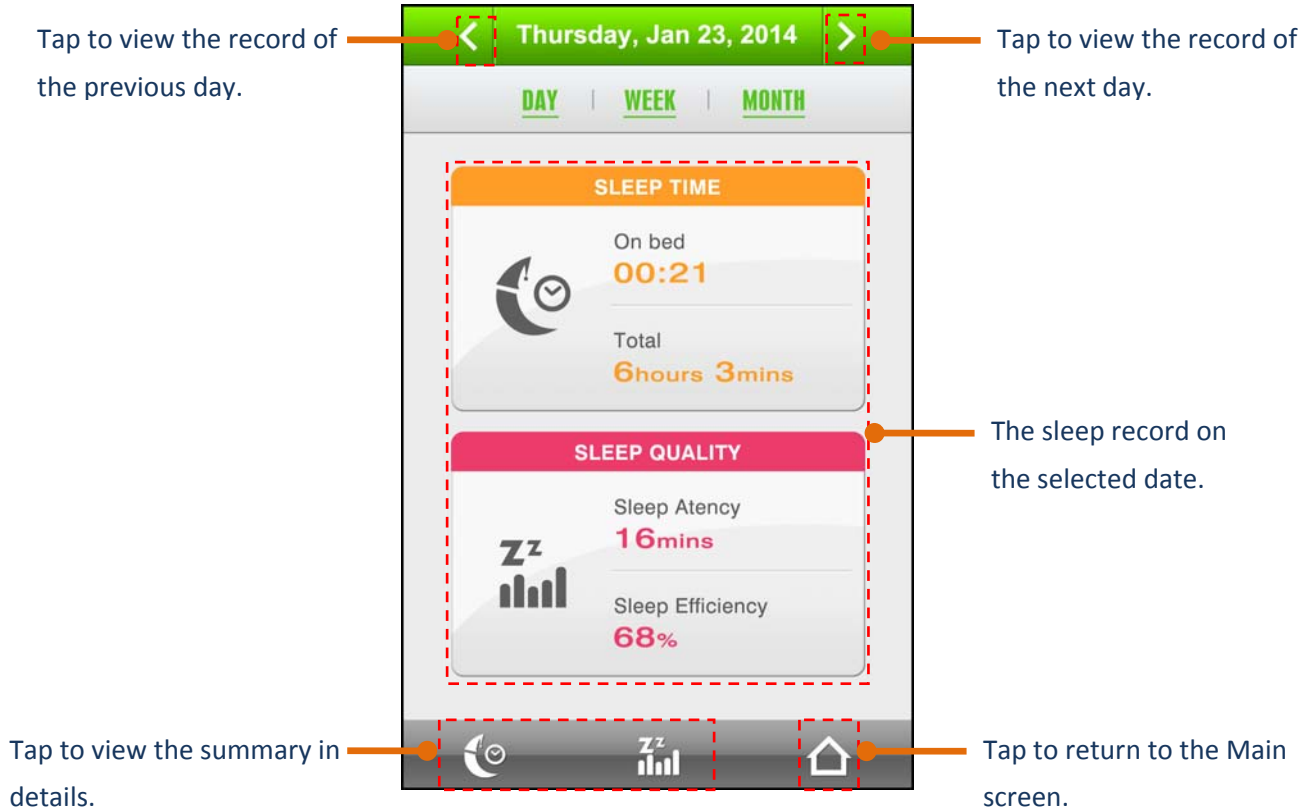
[Walking Steps and Distance]



[Activity Intensity]

- **Viewing the Sleep Record**

1. Tap **Sleep Record**. The summary of sleep time and quality is displayed on the screen.
2. The default view is today. You can switch the date by tapping < or >.

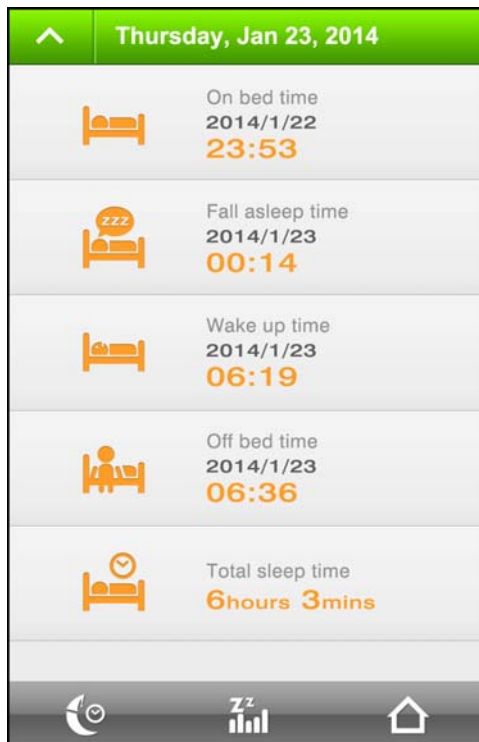


- Tap **WEEK** to view a summary of your sleep activities for the last 7 days.
- Tap **MONTH** to view a summary of your sleep activities for the last 30 days.

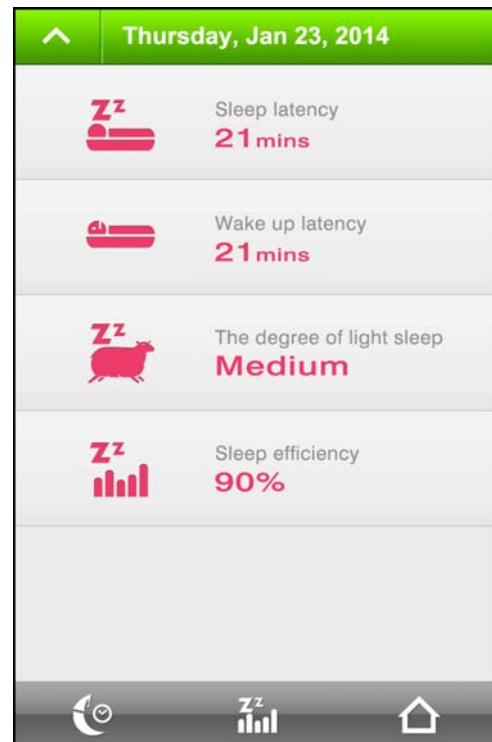
Viewing the Advanced Sleep Analysis

Tap the respective tab to view the analysis results of selected sleep category in details.

- **Sleep Time**: display the analyzed data of the selected date, including On bed time, Fall asleep time, Wake up time, Off bed time, and Total sleep time.
- **Sleep Quality**: display the analyzed data of the selected date, including Sleep latency, Wake up latency, The degree of light sleep, and Sleep efficiency.



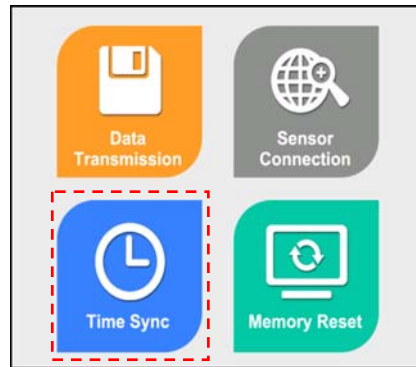
[Sleep Time]



[Sleep Quality]

- **Sync Your Watch's Clock**

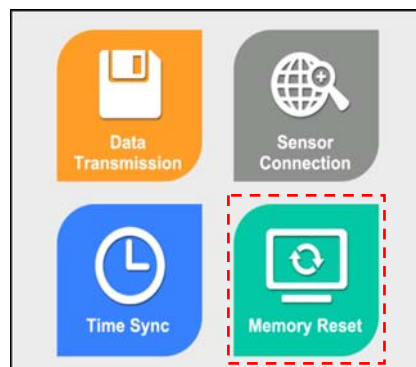
1. Tap **Data Sync**. The *System Sync* page appears on the screen.



2. Tap **Time Sync**. The system will automatically sync the time shown on your watch with your mobile device's time.

- **Clear All Records**

1. Tap **Data Sync**. The *System Sync* page appears on the screen.



2. Tap **Memory Reset**. The system will automatically delete all records stored in your mobile device.