

ACTIVE Pro

CF11 Pro



Watch app

Scan the QR code below to download and install the watch app.



Scan and download mobile app DaFit

Schematic diagram

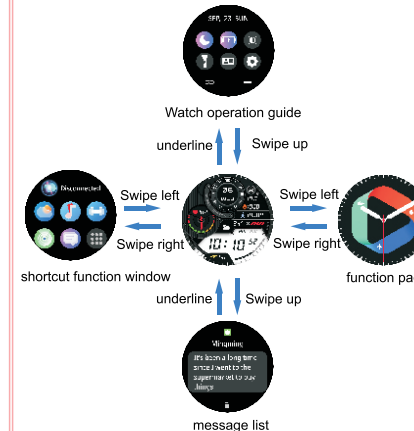


Dials



On the main screen, press and hold for 2 seconds to browse through the dials, and slide left and right to select.

Watch Guide



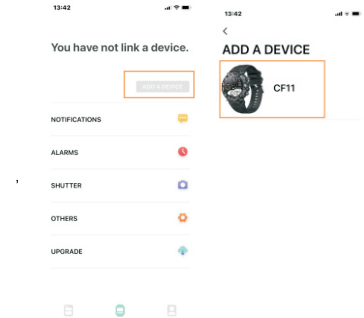
Connection

Open the APP client to set personal information

Switch to the device page, click bind device

Click on your device in the list of scanned devices

bind successfully



After the watch is successfully connected, every time you open the app, the watch will automatically connect to the phone, and the data can be synchronized by pulling down on the app data page.

Configuration

Chipset: RTL8763E

Screen 1.39 inches full circle, resolution 360*360

Battery: Pure cobalt battery, capacity 360mAh

Heart rate: HRS3600

Gravity sensor: SC7A20

Charging method: magnetic line charging

Waterproof: IP67

Compatibility: Android5.0 or later IOS9.0 or later

Functions

Multiple Dial Options

10 main dial styles(grid, list, layer, ostrich, minimalist, honeycomb, parallel lines, crescent, flat, full moon), which can be selected as required.



2. Button function

Up Button: Long press for 3 seconds to switch on and off

Down button: One button to enter multi-sport mode

3. Charging

Use our dedicated charger to charge, do not use an adapter with an output current greater than 2A.

4. Waterproof

IP67 waterproof, can be rained, wash hands, etc.; cannot be used for bath or swimming, after the watch is exposed to rain, please clean it in time, and dry the speaker cavity to prevent the sound of the speaker from being affected.

5. sleep

The watch can record and display the total sleep duration at night, as well as the duration of deep sleep/light sleep. More detailed information analysis and data records can be viewed in the app.

7. Heart rate

The watch can record and display heart rate values 24 hours a day. More detailed information analysis and data records can be viewed in the app.

8. Sports information

The watch can record and display the number of steps taken each day, calories burned and distance information. More detailed information analysis and data records can be viewed in the app.

9. Exercise

122 sports modes to choose from, including walking, running, stepping, cycling, basketball, football, badminton, rope skipping, climbing, tennis, rugby, golf, baseball, elliptical machine, free training, rowing machine, wild night running, skiing, bowling, dumbbells, sit-ups and other sports.

10. Blood pressure

Click on the blood pressure interface to measure the current blood pressure value. More detailed information analysis and data records can be viewed in the app.

11. blood oxygen

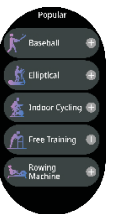
Click on the blood oxygen interface to measure the current blood oxygen value. More detailed information analysis and data records can be viewed in the app.

12.weather information

The weather page will display the current weather, air quality information, and the conditions on the day. The watch needs to be connected to the app before the data can be visible. If the watch is disconnected for a long time, the weather information will not be updated.

13.message push

The watch can receive and display the push notification from the mobile phone, which can be set in the app. The watch message page can store the last 5 messages.



14. Camera Control

After connecting with the phone, the watch can be used as a remote control for the phone camera. After turning on the camera on the mobile phone, click on the camera control page of the watch to trigger the shutter of the mobile phone camera.

15. Music Control

After connecting to the phone, the watch can control the phone's music player.

16. Stopwatch

Click the stopwatch icon to enter stopwatch mode.

17. Smart alarm clock

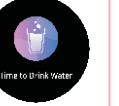
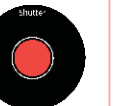
The alarm clock of the watch can be set in the app, and up to 3 alarms can be set.

18. Sedentary reminder

The watch will remind you to get up and walk after you have been sitting for an hour. The sedentary reminder function can be set on and off in the app.

19. Drink water reminder

When the reminder is set, the watch will remind you that it is time to drink water. The water drinking reminder function can be set in the app.



20. Timer

Timer function, the system presets the commonly used timing, the user can click the corresponding time to quickly count the time, or customize the button to set the time.

Start-pause-reset to zero

21. Voice Assistant

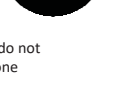
Intelligent voice assistant, which can be synchronized with mobile phone

22. Call function

After the watch is connected with the app on the mobile phone, you can make a series of settings for the call, and make a call

23. Settings

There are display settings, sound settings, do not disturb mode, Bluetooth audio switch, phone switch, system, etc.



Frequently Asked Questions and Answers

The deviation of the measured value of the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is the brachial artery, and the measurement site of the watch is the two main branches of the arterioles. Under normal circumstances, there will be a difference of 3 to 40 between the measured value of aortic blood pressure and the measured value of arterial blood pressure; When the sphygmomanometer measures, the bandage puts pressure on the area below the center of your elbow, and the blood cannot flow smoothly to the lower arterial branches temporarily; the increased tension of the blood vessels will make the deviation of the upper and lower blood pressure measurement values ??greater.

Why can't I wear a watch to take a hot bath?

The temperature of the bath water is relatively high, which will generate a lot of water vapor, and the water vapor is in the gas phase, and its molecular radius is small, so it is easy to seep in through the gap of the watch case. When the temperature drops, it will recondense into liquid water droplets, which will easily cause the internal circuit of the watch to damage the circuit board of the watch, and then damage the watch.



warn:

Please consult your doctor before starting a new exercise program. Although smart watches can monitor real-time dynamic heart rate, they cannot be used for any medical purposes.