# Outdoor-Style Waterproof Smartwatch KT76
User Manual

Charging and Activation

Before using your smartwatch for the first time, make sure it is fully charged. If you do not see the charging icon, allow it to charge for an additional 10 minutes.

1. Attach the Charger: Use the provided magnetic charging cable and connect it to the metal contacts on the back of the smartwatch. Once connected, begin charging.
2. Power Adapter: The smartwatch does not include a power adapter. You can use a USB port on a computer or any power adapter with an output of 5V and a maximum of 1A. For safety, only use certified adapters from reliable sources to avoid damaging the device or causing a fire.
3. Charging Safety: Do not charge the smartwatch in humid conditions. Regularly clean the back of the watch and the charging port using a dry cloth to ensure proper charging. This will help maintain the performance of the magnetic charging system.
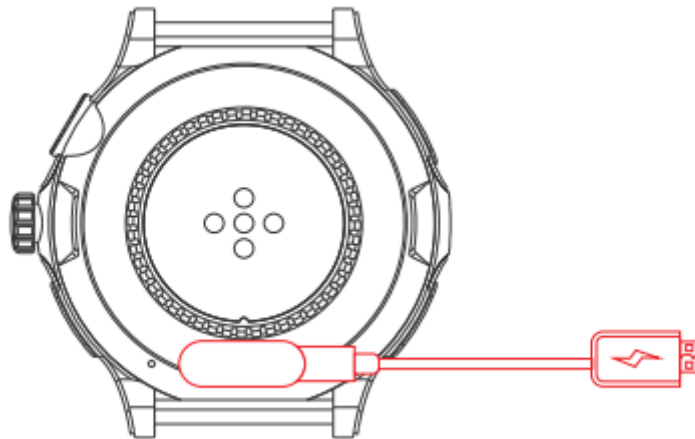

Buttons and Touch Controls

1. Power On/Off (Button ③):
- Long-press to turn the watch on or off.
- Short press to turn the screen on or off.

2. Function Menu (Button ①):
- Single press to open the function menu.
- While in the function menu, double-click to switch between different UI styles.
- You can click other interfaces to return to the previous menu.

3. Custom Key (Button ②):
- This button is customizable, allowing you to assign different functions based on your preference.

4. Flashlight (Button ④):
- Long-press to turn the flashlight on or off.
- Short press to cycle through different flashlight modes: strong light, burst, and SOS.

Touch Gestures:
- Swipe Up: View message notifications.
- Swipe Down: Access the control center.
- Swipe Left: Open the custom menu.
- Swipe Right: Access the function menu.
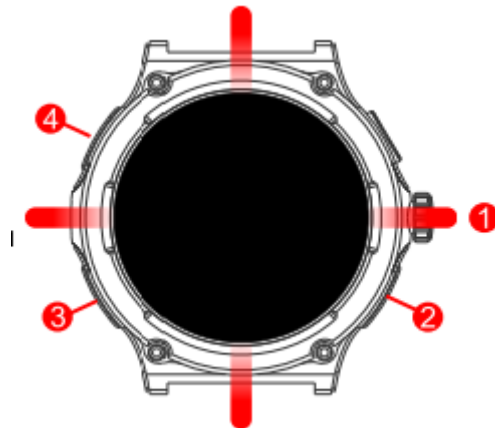
App Download and Connection

1. Download the App:
- Install the "Da Fit" app on your smartphone. You can either:
- Scan the QR code in this manual or on your smartwatch.
- Or search for "Da Fit" in your phone's app store.

2. Connect Your Smartwatch:
- After turning on Bluetooth on your phone, open the "Da Fit" app.
- If the app doesn't open, make sure your phone's location services are enabled.
- In the app, tap on 'Device', then select 'Add Device'.
- Look for your smartwatch in the device list. If needed, go to 'Settings' > 'About' on your watch to find the Bluetooth name and MAC address. Select the correct device, then tap 'Connect'.

3. Enable Wireless Calling/Audio:
- By default, wireless calling is turned off on your watch, so calling and audio features won't work right away.
- To enable these features, swipe down on your watch screen to open the Control Center.

- Enter the 'Settings' menu, tap on the 'Calling' icon, and enable wireless calling and audio features.

Features

1. Dial Switch: Press and hold for 2 seconds on the main screen to switch between watch faces. Swipe left or right to browse, then tap to confirm. You can also customize watch faces through the app.

2. Sports Data: View steps, distance, and calories burned throughout the day. Set specific goals for each category directly on the watch.

3. Sleep Monitoring: Track your sleep status with daily updates. When connected to the app, the data is synced and recalculated for better accuracy.

4. Heart Rate Monitoring: Access the heart rate measurement by entering the interface and tapping to start the test. It takes about 60 seconds to complete, and the device will vibrate to notify you. If you see "Not wearing the watch," put the watch on and try again.

5. Blood Pressure Monitoring: Measure your blood pressure by entering the interface. It takes 30-60 seconds to complete, and the watch will vibrate once the measurement is done.

6. Blood Oxygen (SPO2) Monitoring: Measure blood oxygen levels in the SPO2 interface. The process takes 30-60 seconds, with a vibration reminder once completed.

7. Message Notifications: Sync notifications from social apps directly to your smartwatch. Enable or disable notifications in the app.

8. Weather: When connected to the app, the watch shows real-time weather updates, including the temperature and weekly forecasts.

9. Sports Modes: Choose from over 100 sports modes like walking, running, cycling, basketball, and more. Tap the icon to start exercising. When connected to the app, you can view detailed data for each activity.

10. Music Control: When synced with the app, control your phone's music player directly from the watch.

11. Timer: Use the timer function with preset intervals or customize your own. Simply tap to set the time.

12. Alarms: Set single or recurring alarms once your smartwatch is connected to the app.

13. Stopwatch: Start, pause, and reset the stopwatch easily. Tap 'Start' to begin, 'Pause' to stop, and 'Reset' to clear.

14. Find Phone: When connected to the app, tap "Find Phone" and your phone will ring, helping you locate it. If not connected, the watch will notify you.

15. Settings: Adjust various settings like display brightness, sleep, watch faces, wrist raise, do not disturb (DND) mode, low power mode, vibration, ringtone, and more in the settings menu.

16. Control Center: Do Not Disturb Mode, Power Saving Mode, Brightness Adjustment, Flashlight, Electronic Business Card, Settings

17. Sedentary Reminder: Enable the 'Reminders to Move' feature in the app to get notifications reminding you to take breaks and move every hour.

Notes

1. The measurement results from this product are intended for self-monitoring purposes only and should not be used for medical diagnosis or treatment. Always consult a healthcare professional for any medical concerns, and do not rely on the results for self-diagnosis or medical decisions.

2. To prolong the life of this product, avoid using it in hot water or sauna environments, as steam can damage the device.

3. The company reserves the right to update or modify the content of this manual without prior notice. Some features may change or vary depending on software updates, which is normal.

Common Issues

1. The watch won't turn on.
- Press and hold the power button for more than 3 seconds. If the watch still doesn't turn on, the battery may be too low and needs charging.

2. Bluetooth is not connected or won't connect.
- Try restarting the watch and reconnecting.
- Restart your phone's Bluetooth connection and attempt to reconnect.
- Avoid connecting your phone to other Bluetooth devices simultaneously.
- If the Bluetooth is disconnected, functions like calls, message notifications, and health data syncing will not work.

3. Heart rate, blood oxygen, or blood pressure measurements seem inaccurate.
- Ensure the sensor on the watch is in full contact with your wrist during measurements.
- Make sure the watch is worn correctly for more accurate readings.

4. Sleep data is not accurate.
- Sleep monitoring relies on recognizing your sleep patterns and wake-up times. Correct device positioning is important for accuracy.
- If you fall asleep too late or too quickly, data may be less accurate.
- Sleep monitoring is set to track nighttime sleep by default, from 10 PM to 8 AM the next morning.

For more solutions to common issues, please refer to the 'FAQ' section in the app.