



Sport 1.0 USER MANUAL



- Clock display
- Multi-Sport Mode (Running, Walking, Biking, Climbing, Swimming)
- Monitor your daily activity and sleep patterns
- Built-in heart rate sensor to monitor your heart rate
- Incoming call alert
- Displays SMS, emails, calendar events and social media activity
- Fully compatible with iOS and Android devices
- IP68 Waterproof (swimming)

For more information visit:
www.dofit.co.za

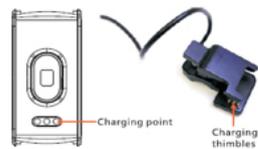
1. Dofit Sport Device Overview



- 1.1 (1) Display Screen
(2) Touch Key
(3) Heart Rate Monitor
(4) Charging point

2. Charging the Dofit Device

- 2.1 With the Device removed from your wrist, locate the **charging point** (three gold dots on the bottom of the watch).



- 2.2 On the charger, locate the three corresponding gold charging thimbles.
2.3 Open the clamp of the charger and line up the charging thimbles with the charging point on the Smartwatch.
2.4 Release the clamp of the charger over the Device. This will hold the charger in place.
2.4 Plug the USB port at the end of the charger into an appropriate USB port, such as a laptop or USB wall charger.
2.5 The Device will vibrate and the green battery icon on the screen will indicate that it is charging. The battery icon will stop moving and will show a full green battery when the Device is fully charged.

3. Pairing Device to smartphone

- 3.1 Ensure that your Dofit Device is turned on. If the Device is turned off, press and hold the touch key to turn it on (see **Device overview**, this will help you to locate the touch key).

- 3.2 Download the **DoFit1.0 App** from your App store on your Smartphone or scan the QR code below for the installation (see app image below).



- 3.3 Ensure that your Smartphone's Bluetooth is turned on. Do not attempt to connect the Dofit Device via Bluetooth in your Smartphone's Bluetooth settings.
3.4 Open the Orunning App once the download is complete.
3.5 Allow any requests to access your Device's location.
3.6 Under **Setting**, select **connect the smart watch**. Your Smartphone might open this screen immediately after opening the app.
3.7 Scroll down and find the Dofit Device under **Smart bracelet** and select it (pictured below).



- 3.8 The App will search for your Device. Choose your Dofit Device (Dofit SP) once it has been found.
3.9 Select the **next step** until the Device connects. The app will display a green tick in the middle of the screen indicating that pairing is complete.
3.10 If unsuccessful:
3.10.1 Ensure Smartphone Bluetooth is on.
3.10.2 Ensure you've selected the correct Device (see **6.7** to check your Device name. This is the name that you must select when pairing).
3.10.3 If unsuccessful, turn off both the Smartphone and the Device and restart both Devices.
3.11 Some Devices may ask you to personalise the app with a username and other details after pairing. Simply fill in the required details and press **SAVE**.

- 3.12 Your Device may request access to your smartphone functions or ask you to allow **NOTIFICATION ACCESS**. To receive notifications on your Dofit Device, turn on notification access for the **Orunning** App.

4. App settings and features



4.1 TODAY (HOME) Page on App

- 4.1.1 Indicates your activity data for the day including: **Steps, Distance, Calories,**

- Sleep and Heart Rate.** Note: these indicators will only be updated once your Dofit Device is connected to your Smartphone via Bluetooth.

- 4.1.2 Press on any of these indicators to see details.
4.1.3 Press on < on the top left to see details of activities from previous days.
4.1.4 You may also view activities by week or month by selecting **DAY, WEEK or MONTH** at the top of the page.
4.1.5 Press the **share symbol** in the top right hand corner to share your activity to Facebook or Twitter.
4.1.6 To change your goals for each section go to **Setting** and select Goals (see 4.4.2 below).

4.2 ACTIVITY: will show you all your complete activities.

- 4.2.1 Press on **ALL ACTIVITY** to sort activities by the type of sport.
4.2.2 Press on any of your activities to see more details of each activity.

4.3 REMINDER: allows you to set up to five alarms. Your Dofit Device will vibrate at the selected reminder time, displaying the below icon.



4.4 SETTING: this menu will allow you to make changes to a number of features.

- 4.4.1 **My Profile:** set up your age, gender, weight, height and create a username. Remember to press **SAVE** after completing these details.
4.4.2 Goals: set goals for your **Steps, Distance, Calories and Sleep**.
4.4.2.1 If you do not change these, the application will set default parameters and goals for these sections.
4.4.2.2 Press on any of the activity goals to adjust.
4.4.2.3 Select **SAVE** after any changes are made to your goals.

4.4.3 Notification: choose which notifications, if any, you would like to receive on your Dofit Device.

4.4.4 Find the Smart Watch: helps you find your Dofit Device by creating a vibration and lighting it up for about 4 seconds.

4.4.5 Advanced setting: allows you to set the **Weather options**, your **Sedentary periods**, Heart rate, Drinking water, Do not disturb and Bright screen style.

- 4.4.5.1 Set up the **Sedentary** section to remind yourself to get up and move after periods of inactivity. The **Sedentary** icon will appear on the Dofit Device's screen with vibration when you are inactive for your pre-selected time period (pictured below).



- 4.4.5.2 Set intervals to remind yourself to consume water. The **Drinking Water** icon will appear on your Dofit Device's screen with vibration depending on the intervals you set (pictured below).



- 4.4.5.3 **Do not disturb:** when switched on, notifications and calls will no longer be sent to the Device.

- 4.4.5.4 **Bright screen style:** you can turn off the functions that light up your Device screen according to your wrist movement.

- 4.4.6 **Theme:** switch to a different design style for your app. Press **SAVE** after choosing your preferred theme.

- 4.4.7 **Disconnect Smart Watch:** unbinds your Dofit from the smartphone.

- 4.4.8 **Firmware Update:** shows you the Dofit Device's firmware version. To look for firmware updates, choose **Check New Version**.

- 4.4.9 **Reset:** this will reset your Dofit Device completely and all saved data will be lost.

5. Wearing and operating the Device

- 5.1 Ensure that the Dofit Device is securely attached in correct position as indicated below.



- 5.2 With the Device on your wrist, raise your arm as though checking the time, or press on the touch key to light up the screen.

- 5.3 Tap the touch key on the screen to switch through the different options on the menu until you reach your desired option.

- 5.4 Press and hold the touch key to select an option in the menu.

6. Main Menu Functions

6.1 **Watch face:** press and hold the touch key while the watch face is displayed on the screen. This will switch the screen to another watch face style. Continue to press and hold to go through all three watch face styles and remain on the one that you would like to be your watch style (pictured below).



6.2 **Pedometer:** the Dofit Sport will automatically record your **Steps, Distance and Calories.**

6.2.1 Tap the touch key to switch between the **Steps, Distance and Calories** interfaces and see your current data for the day (pictured below).



6.3 **Heart rate:**

6.3.1 Tap the touch key until you get to the heart rate (HR) screen icon. The Device will start recording your heart rate once you reach the screen icon (pictured below).

6.3.2 Ensure that the watch is firmly attached to the wrist to get the correct data. After syncing with the Orunning App, you can check your heart rate data on your smart phone.



6.4 Messaging:

6.4.1 Tap the touch key until you reach the Message icon (pictured below) then press and hold the touch key. This allows you to see any messages you may have received. Keep tapping the touch key to navigate through all messages.



6.4.2 Notifications include incoming calls, SMS, WeChat and Whatsapp message notifications.

Note: If a message appears while you are doing an activity, simply tap the touch key to return to your activity screen. This Device shortens messages and longer messages/ notifications may not display fully. The messages will disappear off the Device once read.

6.5 **Sleep:** tap the touch key to reach the sleep icon (pictured below). This will display your sleeping time.



Note: sleep time is determined by movement during the sleeping period: vigorous movement will result in no sleep time being recorded. Removing the Device before you sleep will result in an inaccurate sleep time measurement. This is only an indication of your sleep pattern. Consult a physician if you have any sleep disorders.

6.6 Multi-Sports operating functions



6.6.1 There are 5 different sport modes: **Walking, Running, Cycling, Climbing and Swimming.**



6.6.2 Press and hold the touch key while on the Sports screen icon to see the different sports modes.

6.6.3 Tap the touch key to flip through the different modes.

Note: after switching through the 5 different sports modes once, the screen will return to the Sports icon screen again. You will need to press and hold the touch key to enter the Sports menu again.

6.6.4 Press and hold the touch key on one of the sports modes - **Walking, Running, Cycling, Climbing or Swimming**- to select an activity. The Dofit Sport will immediately begin recording as you choose the sport, so ensure that you are ready to start your activity.

6.6.5 While recording your sport you can see your **Calories (Kcal), Heart rate (Bmp), Steps and Time.**

6.6.5.1 Tap the touch key while recording to switch between the different indicators. This is the same across all the different **Sports** modes.



6.6.6 When you are done with your activity, press and hold the touch key to stop the activity. The activity will save immediately.

Note: if your activity was less than 1 minute duration, the data will not save.

6.7 More



6.7.1 Press and hold the touch key while on the **More** icon.

6.7.2 Tap the touch key to move between 3 different options, Find Phone, Power Off and **About**. Press and hold the touch key to choose one.

6.7.3 Find Phone



6.7.3.1 This will alert your Smartphone to make a noise so that you can locate it. Your Dofit must be linked to your Smartphone via the Orunning App for this to work (see section 2).

6.7.3.2 Your Smartphone will ring for about 2 seconds.

6.7.3.3 To repeat the alert, press and hold the touch key again while still on the **Find Phone** option.

6.7.4 **Power Off:** press and hold to turn off the Device. Press and hold the touch key to turn it back on again (icon pictured below)



6.7.5 The **About** function will show the Dofit Device's BT Mac address, Device name and firmware version (pictured below).



7. Frequently Asked Questions

7.1 Can't pair the Dofit Sport Device to the App.

The Bluetooth on your smartphone needs to be turned on. Ensure that the Dofit Device is within 8-10 metres of your smartphone. The Device is compatible with iOS 7.0 or above and Android 4.4 or above.

7.2 The Device won't read my heart rate.

Ensure that the Device strap is tightly fastened and that the heart rate monitor is making contact with your skin. In general, thick hair or skin pigmentation may affect the rate of success

of measuring heart rate.

7.3 My Dofit Device will not turn on.

*Press and hold the **touch key** button for a few seconds. If the Device doesn't turn on, press and hold the touch key for at least 10 seconds. If it still does not turn on, plug your Device USB into an appropriate source and see charges (see section 2). It should turn on once it begins charging.*

7.4 Syncing issues with the Dofit Device and smartphone

*Try unpairing your Device through the App by going to **Setting>Disconnect smartwatch**. You can then try to pair the Device again, following section 3 of this manual.*

7.5 My smartphone/tablet randomly disconnects from the Smart bracelet.

Try charging your Dofit Device (see section 2) as a low battery may cause connection issues.

8. Important safety and product information

8.1 If you have a pacemaker or any other internal electronic Device, consult your physician before using a heart rate monitor.

8.2 The Dofit wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.

8.3 The heart rate monitor and related data are only intended to be used for recreational purposes and are not intended to diagnose, monitor, treat, cure or prevent heart problems.

8.4 The heart rate readings are for reference only and no responsibility is accepted for the consequence of any incorrect readings.

8.5 Drying: Don't try to dry your product using a microwave oven, conventional oven, or dryer.

8.6 Extreme heat or cold: Avoid temperatures below -5°C or above 40°C.

8.8 Do not recharge your accessory in temperatures below 0°C or above 45°C.

8.7 Dust and dirt: Don't expose your product to dust, dirt, sand, food, or similar materials.

8.8 Cleaning: To clean your product, use only a dry soft cloth. Don't use alcohol or other cleaning solutions.

8.9 To help protect your product, always make sure that all connector and compartment covers are closed and secure, and avoid carrying it with hard objects such as keys or coins.

8.10 Swimming: The Device can be submerged in 10 meters of water and can be used in water for less than an hour.

9. Product Specifications

- 0.96" Colorful LCD Display
- IP68 Waterproof
- Screen resolution: 160x80 pixels
- Size: Host - 0.2x20x18mm, Band: 11wide
- Battery capacity: 90mAh
- Battery Use Time/Standby time: 5-7 days
- Weight: 23g
- Bluetooth: BT 4.0