1. Paring Device to smartphone
3.1 Ensure that your Bfit 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 BFit GAME App from your App store on your Smartphone or see the code below for the installation.
3.3 Enter your Bfit Device’s Bluetooth in order to connect the Device to your Smartphone’s Bluetooth settings.
3.4 Open the Bfit GAME App once the download is complete.
3.5 Allow any requests to access your Device’s location.
3.6 Under setting, select search the current watch. Your Smartphone might open this screen immediately after opening the app.
3.7 Scroll down and find the Bfit Device over smartphone under smart bracelet and select it (detailed below).

4. App settings and features
4.1.1 Indicates your activity data for the day including: Step, Distance, Calories, Sleep and Heart Rate. Note: these indicators will only be updated once your Bfit Device is connected to your Smartphone via Bluetooth.
4.1.2 Press on any of these to see details from previous days.
4.1.3 You may view activities by week or month by selecting DAY, WEEK or MONTH at the top of the page.
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).
4.1.7 Your Device may request access to your Smartphone functions or ask you to enter your pre-selected time period (pictured below).
4.1.8 To change your goals for each section go to Setting and select Goals (see 4.4.2 below).
4.1.9 When you first open the app, this will help you to locate your Device screen according to your wrist movement.
4.1.10 Bright screen style: switch to a different design style for your App. Press SAVE until the Device connects. The app will display a green tick in the middle of the screen indicating that pairing is complete.
4.2 Press on any of these to see details from previous days.
4.3 Enter your Bfit Device’s Bluetooth in order to connect the Device to your Smartphone’s Bluetooth settings.
4.4.3 Select any requests to access your device’s location.
4.4.4 If you do not change these, the application will set default parameters.
4.4.5.1 Set intervals to remind yourself to consume water. If the Device will vibrate and the green battery icon on the screen will indicate as a laptop or USB wall charger.
4.4.5.2 Set intervals to remind yourself to consume water. If the Device will vibrate and the green battery icon on the screen will indicate as a laptop or USB wall charger.
4.4.5.3 Set intervals to remind yourself to consume water. If the Device will vibrate and the green battery icon on the screen will indicate as a laptop or USB wall charger.
4.4.5.4 The App will search for your Bfit Device. Choose your Bfit Device once it has been found.
4.4.6 To change your goals for each section go to Setting and select Goals (see 4.4.2 below).
4.4.7 After choosing your preferred theme, your Device screen will show you all your complete activities. The Drinking Water icon will appear on your Bfit Device’s screen depending on the intervals you set (pictured below).
4.4.8 To change your goals for each section go to Setting and select Goals (see 4.4.2 below).
4.4.9 When you first open the app, this will help you to locate your Device screen according to your wrist movement.
4.4.10 Bright screen style: switch to a different design style for your App. Press SAVE until the Device connects. The app will display a green tick in the middle of the screen indicating that pairing is complete.
4.4.11 If you do not change these, the application will set default parameters. Note: these indicators will only be updated once your Bfit Device is connected to your Smartphone via Bluetooth.
4.4.12 Press on any of these to see details from previous days.
4.4.13 You may view activities by week or month by selecting DAY, WEEK or MONTH at the top of the page.
4.4.14 You may view activities by week or month by selecting DAY, WEEK or MONTH at the top of the page.
4.4.15 Press the share symbol in the top right hand corner to share your activity to Facebook or Twitter.
4.4.16 To change your goals for each section go to Setting and select Goals (see 4.4.2 below).
4.4.17 ACTIVITY: will show you all your complete activities.
4.4.18 Press on any of these to see details from previous days.
4.4.19 Disabled: will show you all your complete activities. The Drinking Water icon will appear on your Bfit Device’s screen depending on the intervals you set (pictured below).
4.4.20 To change your goals for each section go to Setting and select Goals (see 4.4.2 below).
4.4.21 If you do not change these, the application will set default parameters and goals for these sections.

2. Charging the Bfit device
2.1 With the Device removed from your wrist, locate the charging port on the Smartwatch.
2.2 Plug the USB port at the end of the charger into an appropriate USB port, such as a laptop or USB wall charger.
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.
2.5 The Device will vibrate and the green battery icon on the screen will indicate as a laptop or USB wall charger.
2.6 Plug the USB port at the end of the charger into an appropriate USB port, such as a laptop or USB wall charger.

For more information visit: www.bftt.co.za
6.2 After syncing with the Bfit GAME App, you can check the data on your smartphone.

6.2.1 Tap the touch key to switch between the Steps, Distance and Calories automatically.

6.3 Pedometer: the Bfit Device will record your Steps, Distance and Calories remain on the one that you would like to be your watch style (pictured below). 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).

6.3.1 Tap the touch key until you get to the heart rate (HR) screen icon.

6.3.2 Ensure that the watch is firmly attached to the wrist to get the correct data.

6.3.3 Tap the touch key while on the Sports screen icon to see the different sports modes.

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

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

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

6.4 The Device will start recording your heart rate once you reach the screen.

6.5 Ensure that the Device is securely attached in correct position as indicated below.

6.5.1 Ensure that the Device is securely attached in correct position as indicated below.

6.5.2 Press and hold the touch key to select an option in the menu until you reach your desired option.

6.5.3 Tap the touch key on the screen to switch through the different options on the menu to reach the desired option.

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

6.6 There are different sport modes:

- Walking, Running, Cycling, Swimming and Cycling

6.6.1 There are 5 different sport modes:

- Walking, Running, Cycling, Swimming and Cycling

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 options.

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

6.6.5 While recording your sport you can see your Calories [cal], Heart rate [bpm], Steps, [steps], and Time [min].

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.

6.6.7 The Device will display your sleeping time.

6.6.8 The Device will display your sleeping time.

6.7 More:

- Find Phone
- About
- Firmware
- Settings
- Reset

6.7.1 Can't pair the Bfit Sport Device to the App

- Ensure that your Bfit Device is charged and in pairing mode.
- To set your Bfit Device into pairing mode; press and hold the touch key while on the watch face icon (pictured below).
- You will see a message that the Bfit Device is ready to pair.
- Go to the Bfit GAME App and select ‘Add Device’.

6.7.2 Tap the touch key to move between 3 different options:

- Bluetooth
- About

6.7.3 To repeat the alert, press and hold the touch key again while still on the Sounds screen.

- Your Smartphone will ring for about 2 seconds.

6.7.4 Bfit Device must be linked to your Smartphone via the Bfit GAME App for this to work (see section 2).

6.7.5 Your Smartphone to sound so that you can locate it. Your Bfit Device must be linked to your Smartphone via the Bfit GAME App.

6.7.6 This will alert your Smartphone to sound so that you can locate it. Your Bfit Device must be linked to your Smartphone via the Bfit GAME App.

6.7.7 Tap the touch key to turn it back on again (icon pictured below).

6.8 Note:

- The Device will not turn on.

6.9 3. My Bfit device will not turn on.

- Press and hold the touch key for 5 seconds. If the device doesn’t turn on, press and hold the touch key again for 30 seconds. If the device still won’t turn on, plug your device USB into an appropriate source and if (2) isn’t solved and unplug your device.

6.10 4. My Bfit device will not turn on.

- Press and hold the touch key for 5 seconds. If the device doesn’t turn on, press and hold the touch key again for 30 seconds. If the device still won’t turn on, plug your device USB into an appropriate source and if (2) isn’t solved and unplug your device.

6.11 5. My Bfit device will not turn on.

- Press and hold the touch key for 5 seconds. If the device doesn’t turn on, press and hold the touch key again for 30 seconds. If the device still won’t turn on, plug your device USB into an appropriate source and if (2) isn’t solved and unplug your device.

6.12 Touch: Bluetooth

- Bluetooth: BT 4.0

6.13 8. Product Specifications

- • Bluetooth: BT 4.0
- • Weight: 23g
- • Size: Host 48x22x12mm, Strap 250x22mm
- • 0.96” Colorful LCD Display
- • Batteries: 3 x CR2032 (or equivalent)
- • Battery life: 10-15 days
- • USB connector: Micro USB
- • Weight: 50g
- • Bluetooth: BT 4.0

6.14 8. Important safety and product information

- • Bluetooth: BT 4.0
- • Weight: 23g
- • Size: Host 48x22x12mm, Strap 250x22mm
- • 0.96” Colorful LCD Display
- • Batteries: 3 x CR2032 (or equivalent)
- • Battery life: 10-15 days
- • USB connector: Micro USB
- • Weight: 50g
- • Bluetooth: BT 4.0