SPORT 2.0
USER MANUAL

• Real time 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)
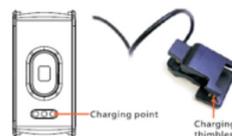
For more information visit:

www.bfit.co.za

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1. Bfit Sport Device Overview

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

2. Charging the Bfit 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 green battery icon will stop moving and will remain full when charging is complete.

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3. Pairing 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 scan the QR code below for the installation.

Android   IOS

3.3 Ensure that your Smartphone's Bluetooth is turned on. Do not attempt to connect the Bfit Device via 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 **connect the smart watch**. Your Smartphone might open this screen immediately after opening the app.
3.7 Scroll down and find the Bfit Sport device under **Smart bracelet** and select it (pictured below).

3.8 , ,   search for your Bfit Device. Choose your Bfit Device 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 screened 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 Bfit Device, turn on
   notification access for the Bfit GAME App

4.App settings and features

Today   Activity   Reminder   Setting

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 Bfit Device is connected to your Smartphone via Bluetooth.
4.1.2 Press on any of these 5 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 Bfit 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 these goals.
 4.4.2.3 Select **SAVE** after any changes are made to your goals.
 4.4.3 **Notifications**: choose which notifications, if any, you would like to receive on your Bfit Device.
   4.4.4 **Find the Smart Watch**: helps you find your 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 Bfit Device's screen 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 Bfit Device's screen 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 Bfit Device from the Smartphone.
   4.4.8 **Firmware Update**: shows you the Bfit device's firmware version. To look for firmware updates, choose Check New Version.
   4.4.9 **Reset**: this will reset your Bfit device completely. Note: all data on the Device will be lost.

5. Wearing and operating the device

5.1 Ensure that the Devi~~~~~~~~~~~~~~~~~~~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 Bfit Device will record your Steps, Distance and Calories automatically.
 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).
 6.2.2 After syncing with the Bfit GAME App, you can check the data on your Smartphone.

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).
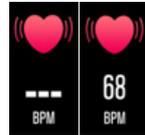
 6.3.2 Ensure that the watch is firmly attached to the wrist to get the correct data. After syncing with the Bfit GAME App, you can check your heart rate data on your smart phone.
6.4 **Messaging**:
 6.4.1 Tap the touch key until you reach the **Message** icon (pictured below): then press and hold the 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 from 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. Note that this is only an indication of your sleep pattern. Consult a physician if you have 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 Device will immediately begin recording as you choose the sport, so ensure that you are about 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.
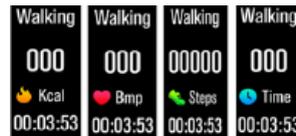
6.6.6 When you are done with your activity, press and hold the touch key to stop the activity. The activity will save immediately.
Note: if your activity was less than 1 minute duration, the data will not be saved.

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 sound so that you can locate it. Your Bfit Device must be linked to your Smartphone via the Bfit GAME 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 Bfit Device. Press and hold the touch key to turn it back on again (icon pictured below).

 6.7.5 **About**: will show the Bfit device's BT Mac address, device name and firmware version (pictured below).

7. Frequently Asked Questions
7.1 Can't pair the Bfit Sport Device to the App
 The Bluetooth on your Smartphone needs to be turned on. Ensure that the Bfit Device is within 8-10 meters 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 Bfit 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 the Device still won't turn on, plug your device USB into an appropriate source and see if it turns on and charges (see section 2). The Device should turn on while charging.
7.4 Syncing issues with the Bfit 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 randomly disconnects from the Smart bracelet.
 Try charging your Bfit 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 Bfit 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 com partment 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 48x22x12mm, Strap 250x22mm
• Battery capacity: 90mAH
• Battery Use Time/Standby time: 5-7 days
• Weight: 23g
• Bluetooth: BT 4.0