boAt

LUNAR FIT

Thank you for choosing the boAt Lunar Fit as your fitness transformation companion.

Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.
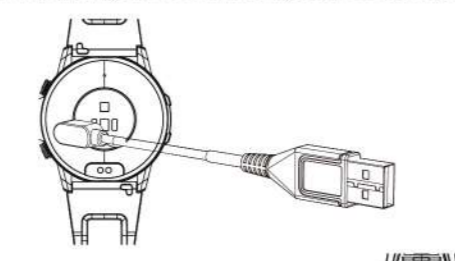
LUNAR FIT

USER MANUAL

CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes up to 2 hours to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.

TURNING THE WATCH ON/OFF

To restart or turn the watch on/off, long-press the upper side button for 3-5 seconds.
You can wake up the screen by lifting your wrist.

CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.

Available on both App Store (IOS 10.0 and above) and Google Play Store (Android 7.0 and above)
OR

Scan (QR CODE) (Also available on the watch)

2. Connect the device with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on

3. Select Lunar Fit on the home screen of the app and click pair to connect.

4. Once connected, you will get an alert to connect with LUNARFITBT, click pair if need to receive or make calls from the watch

5. To use all features of your Lunar Fit seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

6. Disable battery optimization

Note: To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times.

Get it on **Google Play** Download on the **App Store**


SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization
• Open the app on your phone.
• Make sure your Lunar Fit is connected to the app.
• Synchronization will start automatically once you enter the app interface.
Note
Synchronize data at least once a day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS
SWIPE RIGHT FOR MAIN MENU

Telephone
Use a dialer to dial any number from the watch.
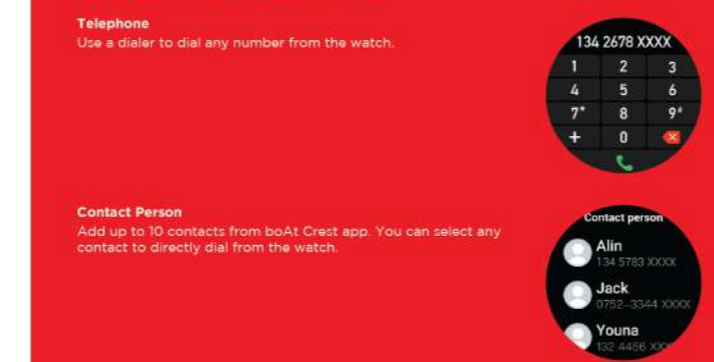
Contact Person
Add up to 10 contacts from boAt Crest app. You can select any contact to directly dial from the watch.

Call Records
You can list recently received, missed and outgoing call logs in the recent calls of the watch.

Voice Assistant
Tap on this to enable the voice assistant feature and give the command from the watch.
Note: Make sure the watch is connected with the app

Data
Click on this to check your daily activity data like step count, calorie, active minutes, no. of times you were standing.

Workout
Choose from multiple sports modes like walking, running, Hiking, cycling, basketball, swimming, badminton, Soccer.
Tap on any sport mode to start the activity, you can pre-set your goal as well for each activity. Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded.
Sync your smartwatch to the app to get the detailed analysis.

Workout Records
You can view the records of your workouts here.

Heart Rate Monitor
Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.
Note: Measurements are for reference only and not for medical purposes.

Sleep Monitor
Tap on the icon to review the sleep data of the previous night
Once the asleep criteria are met, your smartwatch will start recording from 6 pm at night to 9 am in the morning the next day.
Once you lie down and watch detects no movement for 30 minutes, it will start recording, and will stop recording if it detects excessive movement.
You can check the data on the app only after the awake criteria is met. You can also track sleep scores on the boAt Crest app.
Note:
For accurate sleep data recording, the asleep criteria have to be met which includes limited movement, wrist positions and angles, and more.
The awake criteria will be met only after it records some noticeable movement

Blood Pressure
Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.
Note:
Measurements are for reference only and not for medical purposes.

SpO2 monitoring
Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.
Note:
Measurements are for reference only and not for medical purposes.

Messages
Tap on this icon to check your messages.

Weather
Connect with the boAt crest app to get daily weather updates on the watch.
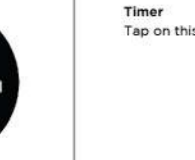
Female Wellness
Enable and set the details on the boAt crest app and get the alerts of your period and ovulation dates on the watch.

Music
Tap on the remote music control icon on your watch to play music from your phone:
Note: Some apps with different protocols might not work.

Breath Training
Click on the breath training icon to regulate your breathing with the instructions given to relax.

Stopwatch
Click on this to start the stopwatch on your watch.

Timer
Tap on this to turn on the timer.

Alarm
Tap on this to set an alarm on your watch.

Set time
Tap on this icon to set the time and date on your watch

Find my Phone
Tap on the remote camera icon on your smartwatch to find your phone. Once enabled, your phone will start ringing and vibrating. Tap again to stop it.
Note: Your smartwatch should be connected to your phone via Bluetooth and within its range for this feature to work.

Calculator
Tap on this icon to do all the calculations in your smartwatch.

Calendar
Tap on this icon to check the data on your smartwatch.

Camera Control Mode
Tap on the remote camera icon on your smartwatch to click a photo from your phone.
Note: Turn the camera on from your phone to use this feature.

SETTINGS

Menu Style
Change the menu style from here.

DISPLAY

Watch Face switch
Select and change the watch faces from here. Alternatively, you can long press the home screen to switch between the watch faces.

Brightness
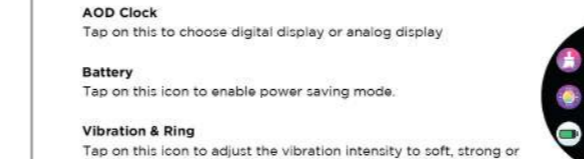Tap on this to adjust the brightness.

Screen Time
Adjust the screen time out from here.

Raise to Wake
Enable this feature, to adjust the wake time.

AOD Clock
Tap on this to choose digital display or analog display.

Battery
Tap on this icon to enable power saving mode.

Vibration & Ring
Tap on this icon to adjust the vibration intensity to soft, strong or turn off the vibration.

Language
Tap on this icon to set the language.

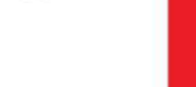## QR Code
Scan and download the boAt Crest App from here.

Set Time
Tap on this to set the date and time format.
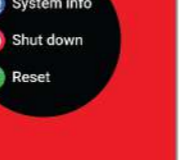
SYSTEM

System Info
Shows the device details.

Shut down
Tap on this to switch your watch off

Restart
Tap on this to restart your watch

Reset
Tap on this to reset watch data.
Note: All data will be erased if watch is reset

Swipe down for shortcut menu
You can access DND, Brightness, Settings, Find my phone etc.

Swipe left to access all data
You can access daily activity, heart rate monitor, audio mode, sleep, weather, music player from here or select any other menu to add by clicking on "+".

Swipe up to access the messages
You can check all the messages from here. Click delete icon to delete all the messages

Short press the bottom side button for back
You can go back to the menu by pressing the bottom side button

PRODUCT PARAMETERS:

Model	boAt Lunar Fit	Charging time	2h
Screen type	1.43" HD Display	Charging time	5-7 days
Battery capacity	400mAh	Water Resistance	IP67
Net weight	58g	Frequency band	No
Bluetooth version	BL-E5.1		
Working temperature	0-45°C		

MAINTENANCE:
Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.

Do not wash the strap with a household cleanser. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

FAQ

Search for the app to connect keeps failing
1. Keep the boAt Crest app updated to the latest version
2. Close all the programs on the watch→Stop and restart Bluetooth and GPS→Connect again
3. Check and enable notification functions of your phone and keep the phone and watch in close contact.
Note: Make sure your phone system meets Android 7.0 and above and iOS 12.0 and above.

My Watch Lunar Fit is receiving no alerts, texts, or phone calls
Make sure smart reminders on the app are on and synced to the Lunar Fit
Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications.
Make sure app is running in the background and battery optimization feature on the phone is disabled.

My Bluetooth keeps getting disconnected
1. Make sure there is not more than 7m distance between Bluetooth on the phone & the watch.
2. There is no obstacle in between the watch and the phone.
3. Make sure the app is running in background

Which functions of the Lunar Fit need Bluetooth to work?
Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and need Bluetooth connectivity to work.

Will it be okay to take a bath wearing Lunar Fit
The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 1.5m (2) Maximum time for exposure to water: 10 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

SAFETY & PRODUCT INFORMATION

Battery
• Do not disassemble, bore or damage the battery.
• Do not disassemble the built in batteries of non-replaceable battery devices.
• Do not use sharp objects to remove the battery.

Health Warning
• If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
• The optical heart rate sensor will glow green. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
• The device tracks your daily activities throughout several sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.
• The device accessories, heart rate sensor, oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any disease or symptoms. The heart rate and blood pressure data is for reference only. We're not responsible for any deviation in data.
• Avoid wearing the watch too tightly. Make sure you keep your skin dry - the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

Things to keep in mind
• Sync data everyday days to avoid data loss.
• Water Resistance will not work for seawater, acidic and alkaline solutions; chemical reagents & other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
• Sports modes support up to 6 hours of exercise at a time.
• Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.
• Keep your arm still while measuring data for accurate measurement.

Disclaimer: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in the manual without any prior notice. All rights reserved. No part of this publication could be used in the product content.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.

DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort you contribute to recycle valuable raw materials and treatment of toxic substances.