ACwO®

FwIT SX
User Manual

Appearance:

1. Screen
2. Power Button
3. Sensor
4. Watch Strap
5. Magnetic Charging Interface

What You Will Find In The ACwO Box?

• Charging Cable
• Smart Watch
• Warranty Card
• Scan Me Card
• ACwO X Sunil Chhetri Catalogue

Smartwatch Specifications:

- Model Name - FwIT SX
- Bluetooth Pairing Name - Fwit SX
- Screen Size - 1.96" HD Display
- Security - Password Protection
- Bluetooth Version - V5.2
- Net Weight - 38gm
- IP Rating - IP67

Charge Before Using:

- Full Charge your SX Smart Watch before the first usage.

- Connect your SX Smart Watch with the charging cable using a 5V/2A adapter.

Install the Da Fit app:

- Download and install the Da Fit app on your phone. (Available On Both Google Play Store And Apple Store)

OR

- Scan This QR Code (Also Available In The About Settings Of Your Smart Watch)

SCAN ME

Note:
Only Android 4.4 and iOS 10.0 or above systems are compatible with the App.

Connecting to the Da Fit App:

Activate Bluetooth: Ensure the Bluetooth function on your device is switched on.

Install and Open the App: After installation, launch the Da Fit app on your device and proceed to set up your "Profile".

Pairing Your Device:
- Tap on "Add A Device" at the top of the home screen within the app.
- When prompted, allow the app permissions for a smooth pairing experience.

Completing the Connection: Select "Fwit SX" from the list of devices to pair your device with the Fwit SX smartwatch.

Smooth Pairing: To fully utilize all the functionalities of your Fwit SX, please click on the "To Set" button and follow the instructions as shown in the app, once finished click on the "Done" button, and your smartwatch will be connected to your device.

Important Reminder: For uninterrupted connectivity, please adjust your device settings to permit the Da Fit app to operate in the background at all times.

Syncing Your Smart Watch To The App:

- Open The Da Fit app
- Make sure your SX is connected to the app
- Once inside the app, your SX will automatically get synchronised

Note: Please make sure to synchronise your SX at least once a day to avoid any data loss.

Safety Guidelines:

- Battery and Charging Safety: Always use the charger that is recommended by the manufacturer. Avoid overcharging the battery and do not charge the watch near flammable materials. Ensure the charging cable is in good condition and not frayed or damaged.

- Water and Heat Exposure: While SX is equipped with IP68 water-resistant, it's important to know the limits of your device. Avoid exposing the smartwatch to extreme temperatures or humidity.

- Battery Replacement Warning: Only replace the battery of your smartwatch with the correct type specified by the manufacturer. Using an unsuitable battery could lead to a risk of explosion.

- Battery Disposal Instructions: When your smart watch's battery reaches the end of its life, follow the manufacturer's instructions for disposal. Proper disposal of batteries helps prevent environmental damage and health hazards.

- Eco-Friendly Disposal of Electronic Devices: Do not dispose of your smartwatch with your household waste. Take it to a designated collection point for electronic devices. By doing this, you are helping to recycle valuable materials and ensuring safe treatment of hazardous components.

Health Warnings:

- Electromagnetic Interference: If you have a medical device such as a pacemaker, consult with a healthcare professional about the safe use of a smartwatch in proximity to the device.

- Physical Activity and Health Monitoring: While smartwatches can be excellent tools for tracking fitness and health, they should not replace professional medical advice. Always consult with healthcare professionals for health-related concerns and use the watch's health-tracking features as supplementary tools.

- Skin Sensitivity and Comfort: If you have sensitive skin or allergies, ensure that the materials used in the watch band and casing are suitable for you. Wear the watch snugly but not too tightly to prevent skin irritation or discomfort.

- Photosensitive Individuals: During continuous heart rate monitoring, the smartwatch emits continuous green sensory lights, these could potentially trigger seizures in individuals with photosensitive epilepsy. If you or someone close to you has a history of epilepsy or seizures, consult with a healthcare professional before using such features.

- Accuracy of Health Data: Be aware that the health monitoring data provided by a smartwatch, including heart rate, steps, sleep quality, and other metrics, may only sometimes be completely accurate. These devices are not medical-grade and should not be solely relied upon for making health decisions. Any concerning or abnormal readings should be followed up with a healthcare professional.

- Potential Distraction Hazard: Smart watches can be a source of distraction, particularly when driving or performing activities that require full attention. It's important to use them responsibly and avoid interacting with the device during such activities to ensure personal and public safety.

Disclaimer:

- The manufacturer retains the authority to make alterations or enhancements to any features detailed in this manual without prior notification. Concurrently, the manufacturer maintains the right to revise the product's content perpetually.

- The health monitoring features of the smartwatch are intended for general wellness and fitness tracking only. They should not be used as a substitute for professional medical advice or diagnosis. If you experience any health issues, please consult with a healthcare professional.

Cleaning Your SX Smart Watch:

- Screen Cleaning: Before cleaning please make sure to power off your smartwatch. Use a soft, lint-free cloth (like a microfiber cloth) to gently wipe the screen and case. You can slightly dampen the cloth with fresh water if needed, because of the IP68 rating of the smartwatch. Avoid using any cleaning products, solvents, or abrasive materials that could damage the screen or case.

- Strap Cleaning: Your SX strap is made with silicon/rubber and is detachable, so you have to take extra care while cleaning it. Before cleaning please make sure to power off your smartwatch. Remove the strap of your smartwatch. Use a bit of mild, soap-free detergent mixed with water. Gently scrub with a soft brush or cloth and then rinse with fresh water. Dry thoroughly.

Swipe Functions Of Your SX:

- Swipe right to explore the smart features of SX and add your preferred favourites.

- Swipe left to explore voice assistant, your last used smartwatch feature, and the menu.

- Swipe up to go to your messages section.

- Swipe down to go to the dropdown section and explore, brightness, Menu View, E-Card, password, and settings features.

Navigate Through Your SX:

Power On/Off The Smart Watch:

- To power off the smartwatch, long press the watch dial and confirm to power off.

- To power on the smartwatch, long press the watch dial.

Set Password:

- Swipe down your smartwatch home page.
- Click on the 'Lock' icon.
- Enter a new password for your smartwatch.
- Enter again to confirm.
- Congrats! Your password is now set.
- To turn off your password, again click on the 'Lock' icon and power off.
- To change the password, go to the 'Lock' icon, click on change password, enter your old password, and then follow the same step as above.

Calling Feature:

Once connected, give your watch the requested permissions required to receive and make phone calls.

- Open watch settings in the app.
- Click on 'Favourite Contacts' in the app.
- Click on the 'Plus' icon add up to 08 contacts to your watch and hit done.
- Click on the 'Phone Call' option from the smartwatch menu
- Tap on the 'Recent Calls'' in the smartwatch to check the call history.
- Tap on the 'Dial Pad' in the smartwatch to open the dial pad and make calls.
- Tap on the 'Contacts' to access your Favourite Contacts.

Watch Faces:

- Long press on the current watch face display
- Browse through the watch faces available.
- Select the preferred watch face.
  OR
- Go to the Da Fit app
- Click on the smart watch icon.
- Scroll to the face gallery, download, and set the preferred watch face.

Sports Mode:

- Tap on the 'dumble' icon on the menu
- Select a fitness/sport you want to perform to start measurement.
- Press the power button to pause or end your fitness/sports.
- Click on the stop option and confirm to end your fitness/sports
- Click on the play option and continue your fitness/sports.

Note: If the data is too little to be recorded, it will not be registered in the "Exercise Record" section of the menu.

Exercise Record:

- Go to your smartwatch menu.
- Select the 'Exercise Record' option.
- View your fitness/sports performed data.

Step Count:

- Go to the Da Fit app.
- Click on the bottom right icon, tap on Goal, and set your steps goal.
- Go to the home page and click on 'STEPS' to check your step count, distance walked, calories burnt, and duration of your walk.
- On the app, you can check your data for the ongoing day or the previous data week-wise or month-wise.
- You can also select a watch face that showcases your step count in the smartwatch.

Note: Your steps stats reset to zero at midnight.

Heart Rate Monitor:

- Click on the 'Heart rate' option from the menu.
- Tap on the screen again.
- Wait for a few seconds for the test results.
- Scroll down to view your past data.
    OR
- Click on 'Heart Rate' in the app.
- Click on 'MEASURE' to start the measurement.
- Click 'END' to manually stop the measurement.

**Note: Any measurements are for reference,
they should not be considered for medical purposes.**

Blood Pressure Monitor:

- Tap on the 'Blood Pressure' option from the menu.
- Tap on the screen again.
- Wait for a few seconds for the test results.
- Scroll down to view your past data.

OR

- Scroll down on the homepage of the app.
- Click on 'Blood Pressure'.
- Click on 'MEASURE' to start the measurement.
- Click 'END' to manually stop the measurement.

Note: Your steps stats reset to zero at midnight.

SpO2 Oxygen Monitoring:

- Tap on the 'SpO2' option from the menu.
- Tap on the screen again.
- Wait for 30 seconds for the test results.
- Scroll down to view your past data.

OR

- Scroll down to the home page of the app.
- Click on 'Blood Oxygen'.
- Click on 'MEASURE" to start the measurement.
- Click 'END' to manually stop the measurement.

**Note: Any measurements are for reference,
they should not be considered for medical purposes.**

Weather:

- Go to the Da Fit app.
- Click on the 'Smart Watch' icon.
- Go to the 'Others' section and scroll down to Weather.
- Power on the weather updates.
- Click on Temperature Format to select the preferred unit settings.
- Click on 'City' to select yours.
- Tap on the 'Weather' option from the watch menu to view the weather update.

Note: The Smart Watch weather updates automatically every hour.

Voice Assistant:

- Make sure your device is connected to the smartwatch.
- Swipe left and tap on 'Talk After Tap.'
  OR
- Tap on the 'AI Voice' option from the smartwatch menu.
- Tap on the screen to activate the voice assistant.
- Give command.

Sleep Tracker:

If you sleep wearing the smartwatch, it will record your sleep hours and show you the duration of your sleep.

- Go to the 'Da Fit' app.
- Click on 'SLEEP.'
- View your total sleep hours, sleep score with the duration of the deep sleep and shallow sleep, and more information.
  OR
- Click on the 'Sleep' icon from the smartwatch menu.
- View your sleep hours.
- Scroll down to see your Awake, REM, Light, and Restful data.

Breathing Exercise:

- Tap on the 'Relaxation' option from the smartwatch menu.
- Select a preferred breathing exercise.
- Select the duration of the breathing exercise.
- Tap on the Start button to start the breathing exercise.
- Follow the instructions displayed on the smartwatch screen.

Music Control:

- Continuously swipe left on the home screen to reach the 'Player' page.
- Tap on the Play/Pause icon to Play/Pause music.
- Tap on the Next icon to play the next track.
- Tap on the Back icon to restart the ongoing track.
- Double-tap on the Back icon to play the previous track.
  OR
- Go to the smartwatch menu and select 'Player.'
- Other functionalities work the same.

Calculator:

- Tap on the 'Calculator' option from the menu.
- Tap on the screen to do the math.

Games:

- Tap on the 'Games' option from the menu.
- Select the preferred game from FLOOPY, HAMSTER, BATTLESHIP, and 2048.
- Tap on the 'Play' button to start playing.

Alarm:

- Tap on the 'Alarm' option from the menu.
- Tap on the '+' icon to add a new alarm.
- Tap on the on/off switch to switch the alarm on/off.

OR

- Go to the 'Da Fit' app.
- Click on the smart watch icon.
- Select 'Alarms.'
- Click on the '+' icon to add a new alarm.
- Tap on the on/off switch to switch the alarm on/off.

Timer:

- Tap on the 'Timer' option from the menu.
- Tap on the preferred time to start the timer.
- Or tap on the custom option to set a custom time.
- Tap on the play icon to start.
- Tap on the Pause icon to pause the countdown.
- Tap on the 'Cross' icon to cancel the countdown.

Stop Watch:

- Tap on the 'Stopwatch' option from the menu.
- Tap on the 'Start' button to start.
- Tap on the 'Lap' button to mark the lap.
- Tap on the 'Stop' icon to pause.
- Tap on the 'Reset' icon to reset.
- Tap on the 'Start' icon to continue.

Photo Capture (Shutter):

- Go to the 'Da Fit' app.
- Click on the smart watch icon.
- Go to 'Shutter.'
- Give the app the requested permissions.
- Now switch to your smartwatch.
- The 'Shutter' will automatically power on your smartwatch.
- Tap on the big red icon to click a photo from your phone.

Female Health:

- Go to the 'Da Fit' app.
- Click on the smart watch icon.
- Go to 'Others.'
- Scroll down and click on 'Physiological Cycle Reminder.'
- Add the necessary details required.
- Click on the on/off switch to turn on/off the reminder.
- Click on the 'Cycle Tracking' in the menu of your smartwatch.
- View the information shown on the screen.

Find Smartwatch:

- Go to the Da Fit app.
- Click on the smartwatch icon.
- Go to the Others setting.
- Tap on 'Find Device' and your smartwatch will start ringing.

Find Phone:

- Click on the 'Find Phone' icon from the menu of your smartwatch.
- Tap on the 'Find Phone' icon to make the connected phone ring.
- Click the dial to stop the alert.

Brightness Adjustment:

- Swipe down from the top of the watch screen.
- Tap on the 'Sun' icon.
- Move your hand up and down to set your preferred brightness level.

E-Card:

- Go to the 'Da Fit' app.
- Click on the smart watch icon.
- Go to the 'E-Card' settings.
- Click on 'Upload' and tap on the QR Code.
- Select the code you want to add from your gallery.
- Give your E-Card a title and save.
- Now, swipe down your smartwatch home page.
- Click on the 'Card' icon and view your saved QR code.

Note: You can save up to 3 E-Cards in your smartwatch. The E-Card can only be used to get payment from other people, for professional details, and for social media QR codes.

Menu UI Modes:

- Swipe down from the top of the watch screen.
- Tap on the 'circular dots' icon.
- Select your preferred Menu UI Mode

Activity:

- Go to your smartwatch menu.
- Tap on 'Activity.'
- View your overall activity data i.e. Steps, Fitness, And Calories Burned.

Drain Water:

- Go to your smartwatch menu
- Tap on 'Drain Water.'
- Your smartwatch will start buzzing.
- After the buzzing stops, shake your smartwatch in the right arrow direction to drain water

Flashlight:

- Go to your smartwatch menu
- Click on "Flashlight."
- Tap on the screen to power on & off the flashlight.

Explore Settings Of Your Smart Watch:

Display:

- Brightness: Change Brightness.
- Sleep: Change the sleep time of your smartwatch display.
- Watch Face: Change your Watch Face according to your style.
- Menu View: Change the style of your smartwatch menu.
- Wrist Raise: Power on & off the wrist raise function.

Vibrate & Ring:

- Tap on Vibrate & Ring.
- Tap on Mode.
- Change your smartwatch mode from Vibrate, Vibrate & Ring, and Mute.
- If you select Vibrate or Vibrate & Ring, you can also select the intensity of the feature.

DND Mode:

- Power on & off the DND (Do Not Disturb) Mode of your smartwatch.

Low Power Mode:

- Power on & off the low power mode of your smartwatch.

Note: Some functions might not work when Low Power Mode is on.

Phone:

- **Phone On:** Power on & off the Bluetooth calling of your smartwatch
- **Audio Bluetooth:** Power on and off the audio functionality of your smartwatch
- **Phone Reset:** Tap on Phone Reset and confirm to reset all the call functionality-related data.

System:

- Tap on System.
- Choose from 3 options: Restart, Power Off, and Reset.

About:

- Tap on About.
- Select Version to see your smartwatch version.
- Select App Download to download the Da Fit app.

Explore 'Others' Setting In Da Fit App:

- **Go to the Da Fit app.**
- **Tap on the smartwatch icon.**
- **Go to the others section.**

Time Format:
- Set your Time Format to either 12-Hour Time or 24-Hour Time.

Unit Format:
- Set your Unit Format to either Metric Or Imperial.

Do Not Disturb:
- Tap on Do Not Disturb.
- Set a Start Time and end Time.
- Save your settings

Reminders To Move:
- Power on and off the Reminders To Move option and get a smart notification on your smartwatch.

Note: The Time is only between 10 in the morning to 10 in the night.

Continuous Heart Rate:
- Tap on the option.
- Select a time gap between which you want your heart rate to be checked and hit done.
- You can view all the data either in the app or in the smartwatch.

Control Phone Music:
- Power on & off the Control Phone Music setting, allow the necessary permission and get your phone music information on your smartwatch.

Battery Saving:
- Power on & off the Battery Saving mode.

Language:
- Tap on Language.
- Select your preferred language and hit done.
- Now you can view your smartwatch in the language you want.

Note: The language options are limited.

Screen Timeout:
- Tap on the option.
- Set a screen timeout for your smartwatch and hit done.

Reset:
- Hit reset if you want to delete all the smartwatch data and confirm to complete the process.

Quick View:
- Power on & off the quick view.
- Set a valid period i.e. Start Time & End Time and hit done.
- Now, just quickly raise your hand and wake up your display.

Drink Water Reminder:
- Power on & off the Drink Water Reminder.
- Add the necessary details required like Start Time, Frequency, and Interval.
- Now, you will get a drink water smart notification on your smartwatch.

Heart Rate Alert:
- Power on & off the Heart Rate Alert.
- Set your Maximum Heart Rate.
- Now, you will get an alert once your maximum heart rate alert has peaked.

Note: Your heart rate cap defaults to 199 BPM.

The Weather and Physiological Cycle Reminder is already explained in the Navigate section.

Power On Smart Notifications:

- Go to the Da Fit app.
- Click on the smart watch icon.
- Click on the 'Notification'.
- Select the preferred apps.
- Give required permissions.
- Click on the on/off switch to switch the notifications on/off.

Important To Note:

A-GPS Functionality:

- The A-GPS (Analog GPS) feature in your smartwatch is designed to track the distance covered during activities like walking, cycling, and running.
- Please note, that this does not provide location tracking or function like advanced GPS systems. Its primary purpose is to assist in measuring the distance you travel.

Data Synchronisation:

To ensure no loss of data, it is vital to regularly synchronise your smartwatch data. We recommend doing this daily to maintain an up-to-date record of your activities and health metrics.

Health Monitoring Features:

The health monitoring features of the smartwatch are intended for general wellness and fitness tracking only. They should not be used as a substitute for professional medical advice or diagnosis. If you experience any health issues, please consult with a healthcare professional.

Cleaning Instructions:

Post a rigorous workout session, it's important to clean your smartwatch. Please follow the provided cleaning instructions to maintain its functionality and hygiene.

Eco-Friendly Disposal:

When you decide to dispose of your smartwatch, please do so responsibly. Avoid discarding it with regular waste. Instead, contact your local e-waste disposal service for environmentally safe disposal options.

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TRUSTED BY THE CAPTAIN OF
INDIAN FOOTBALL TEAM