On each function you can scroll down to view previously stored data.

Use of Functions

• The watch has a lot of functions, these can be accessed by swiping right to the list menu, Menu consist of- Sports, Sleep Heart Rate, Blood Pressure, Blood Oxygen, Weather, Shutter Player, Breathe, Stopwatch, Alarm, Countdown, Flashlight settings

Steps Count / Distance / Calorie Count

• Just swipe right on your smart watch to enter step count feature on your smart watch

• Just swipe right on your smart watch to enter step count feature on your smart watch

24 Hours Steps Data

Sleep

• Swipe twice towards right on your FIT S smart watch to enter the sleep monitor feature on the smart watch.

• To track your data i.e, light sleep, & deep sleep analysis and number of hours you slept etc.

SLEEP TREND IN THE LAST 7 DAYS

• The watch has a lot of functions, these can be accessed by swiping right to the list menu, Menu consist of- Sports, Sleep Heart Rate, Blood Pressure, Blood Oxygen, Weather, Shutter Player, Breathe, Stopwatch, Alarm, Countdown, Flashlight settings

• Just swipe right on your smart watch to enter step count feature on your smart watch

• Just swipe right on your smart watch to enter step count feature on your smart watch

Sleep

• Swipe twice towards right on your FIT S smart watch to enter the sleep monitor feature on the smart watch.

• To track your data i.e, light sleep, & deep sleep analysis and number of hours you slept etc.