



Please read the User Guide
It will help you get the best out of your product.
Still have questions?
Call After Sales Support
1300 002 534
Or visit tempo.org

Warranty returns

Should you for any reason need to return this product for a warranty claim, make sure to include all accessories with the product.

Product does not work?

If you encounter problems with this product, or if it fails to perform to your expectations, make sure to contact our After Sales Support Centre on 1300 002 534.

Language

On the Da Fit app, go to the "Others" menu and change to the desired language.

Notification

Swipe up to display notification and messages. On the Da Fit app, tap "notifications" to enable messages and notification alerts.

Sedentary Reminder

On the Da Fit app, go to the "others" menu and set "Remind to move" on. The watch will alert you from 10am to 10pm.

Drink Water Reminder

On the Da Fit app, go to the "others" menu and turn "Drink water reminder" on. Set the start timer and drinking interval as desired. The watch will remind you each interval.

Camera (Remote Capture)

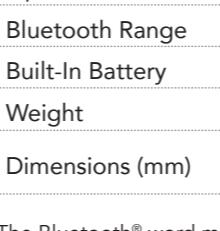
On the Da Fit app, tap on "shutter" to use the watch as a camera remote for your smart phone (ensure the app is connected to your watch). Tap the watch screen to remotely take a photo.

Weather

On the main menu, tap on the icon to display the weather. You must be connected to the Da Fit app for the function to work. On the app, go to the "Others" menu and turn weather on and type in your city. You must have internet/mobile connection and your smart phones location/GPS must be turned on.

NOTE: For Android devices, when using Bluetooth music playback, camera and weather:
Go to the app info>set "allow background activity" to on.
Go to the app info>battery usage>battery optimisation. Select "not optimised."
Please see the "Background Operation Protection Guide" on the Da Fit app for more detail.

Shortcuts menu



Swipe down to access the shortcut menu where you can adjust:

- Brightness
- Settings
- Weather
- Menu style
- Info
- Bluetooth call

Watch Face Screen

Tap "Dial switch" in the settings menu. Swipe left/right for different watch face options, then tap the screen again to confirm selection. You can change the style of the watch face on the Da Fit app. Go to the watch faces menu on the app, then tap on the desired design and the watch will display the selected face.

NOTE: The results and measurements of heart rate, blood pressure and blood oxygen data cannot be used for medical reference and should be used as a guide only.

Display	1.69", 240 x 280 pixels
Ingress protection	IP67
Charging time	3 hrs (approx.)
Charging base input	5V=180mA
Bluetooth Range	< 10m
Built-In Battery	Li-ion 3.8V 240mA
Weight	50g (approx.)
Dimensions (mm)	38.5 (W) x 43 (H) x 12.2 (D)

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Specifications



BAUHN®

Warranty Information

Unfortunately, sometimes faulty products are manufactured, which need to be returned to the supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost. We recommend you save this data elsewhere prior to sending the product for repair.

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 002 534 or write to us at:

Tempo (Aust) Pty Ltd ABN 70 106 100 252

PO Box 132, Frenchs Forest NSW 1640, Australia

Telephone: 1300 002 534 (Aust) - Fax: (02) 8977 3765

Tempo Help Desk: 1300 002 534 (Aust)

(Operating Hours: Mon-Fri 8:30am-6pm; Sat 9am-6pm EST)

Email: tempo.org/support

Repair and Refurbished Goods or Parts Notice

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Smart Watch User Guide



AFTER SALES SUPPORT

1300 002 534

tempo.org/support
Model: AFTW-1221
Product Code: 707243 12/2021

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Parts of the watch



NOTE: The images in this guide are for reference only. Your watch may be a different colour.

First Time Use

Charge your watch before using for the first time, you will need to charge it for about 3 hours.

Charging steps:

1. Place the watch on top of the base with the charging pins on the back of the watch aligned with the charging pins on the charging dock. It will snap into position once correctly aligned.
2. Connect the charging dock to a USB charging adaptor (not included) or a USB port on your computer.
3. Once fully charged, unplug the charging dock from the charger. To keep the charging pins clean, please use a damp cloth and gently clean the charging pins weekly.

Da Fit App

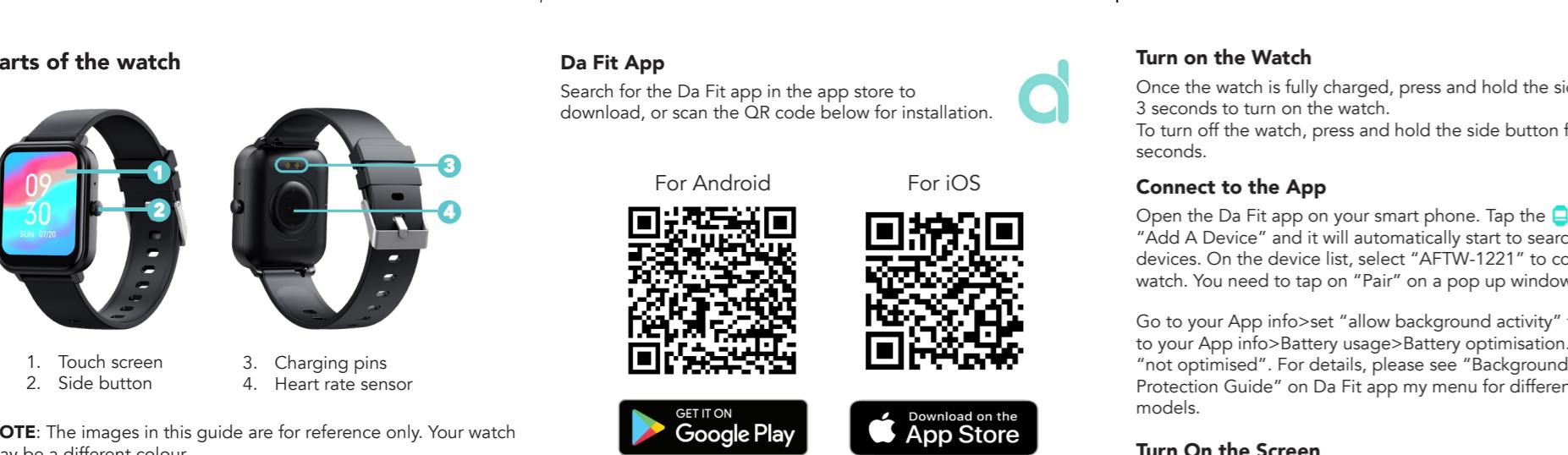
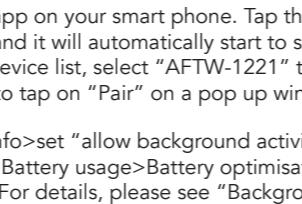
Search for the Da Fit app in the app store to download, or scan the QR code below for installation.



For Android



For iOS



Turn on the Watch

Once the watch is fully charged, press and hold the side button for 3 seconds to turn on the watch. To turn off the watch, press and hold the side button for 3 seconds.

Connect to the App

Open the Da Fit app on your smart phone. Tap the icon then "Add A Device" and it will automatically start to search for nearby devices. On the device list, select "AFTW-1221" to connect to the watch. You need to tap on "Pair" on a pop up window.

Go to your App info>set "allow background activity" to On. Go to your App info>Battery usage>Battery optimisation. Select "not optimised". For details, please see "Background Operation Protection Guide" on Da Fit app my menu for different mobile models.

Turn On the Screen

To turn on the screen, raise your arm if you're wearing the watch, or press the side button. Press the button again to turn off the screen. Press the side button on any screen or swipe right to exit or return to the main screen. Raising your arm too quickly or slowly may not turn the screen on.

NOTE: ON Da Fit app, go to "others" menu and set "Quick View" on to enable Raise your arm screen on.

Functions On the Home Screen

- Swipe right to get to the main menu. From here, swipe the screen to display the different menus and settings. Tap the respective icon to enter these.
- Swipe left for quick app access to Pedometer, Sleep Monitor, Heart Rate, Bluetooth Calls, Weather, Blood Pressure and Oxygen monitoring.

Outdoor Running

NOTE: For iOS devices, music playback and remote capture functions will not work if you do not pair "Audio_AFTW-1221" on the Bluetooth settings menu. The watch will notify you to connect to your smart phone if not connected. Your smart phones Bluetooth must be paired to "Audio_AFTW-1221/AFTW-1221" to use the function. Your location/GPS must also be turned on.

Functions in any Screen

- Swipe right or press the side button to return to the main screen.
- Tap on any icon to get into the sub screen.

Exercise

On the main menu, tap the icon to enter the exercise/sports interface. There are 8 activities: walking, running, cycling, skipping, badminton, basketball, football and swimming.

Swipe right to display the stop/pause icon. Tap the icon to pause/stop. Swipe left to resume activity.

Tap the icon to exit and save the activity.

The smart watch will only save activity data if the distance is more than 200 steps and 5 minutes in duration.

Call Operation

After your smart phone is connected to the watch, you can directly answer/reject incoming calls through the watch. To answer an incoming call, tap the icon. To reject the call, tap the icon.

Applications

Please allow permission and enable the notification settings on the respective smart phone application.

Bluetooth Music Playback

- Tap the icon to enter the Bluetooth music playback menu.
- Open your smart phones music app.
- Tap icon to play/pause music.
- Tap icon to play the previous/next song.

Set up Bluetooth Calling

To enable the watch for your smart phone's Bluetooth calls, music playback and remote capture, please refer to the below:

Heart Rate

On the main menu, tap the icon then tap the screen to start measuring your heart rate. Data for the last 7 measurements will be synced to the Da Fit app once connected.

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NOTE: Your smart phones Bluetooth must be connected to "Audio_AFTW-1221/AFTW-1221" to use the function. This function will only work once connected to the Da Fit app.

Disconnect from the App

For both iOS and Android devices, open the Da Fit app on your smart phone. Tap on the icon then select "REMOVE" to

select "+ Pair new device" and select "Audio_AFTW-1221" from the list, or tap on "Pair" on a pop-up window if it appears.

Once successfully connected, will light up on the shortcut menu.

Continuous Heart Rate Detection

For both iOS and Android devices, open the Da Fit app on your smart phone. Tap on the icon then select "Continuous Heart Rate Detection" on. The app will continuously record your heart rate.

Blood Pressure

On the main menu, tap the icon then tap the screen to start measuring your blood pressure levels. The watch will vibrate once measurement has finished and the data will be displayed. Data for the last 7 measurements will be synced to the Da Fit app once connected.

Set Alarm

You can set alarms on the Da Fit app and synchronise to the watch. On the app, turn "alarm" on and set desired time. You can set up to 3 alarms. The watch will vibrate during the set alarm.

Blood Oxygen

On the main menu, tap the icon then tap the screen to start measuring your blood oxygen levels. Data for the last 7 measurements will be synced to the Da Fit app once connected.

When using the heart rate, blood pressure and blood oxygen functions, ensure the following:

- The smart watch has good contact with your wrist.
- Check that the sensor is clean and there is no dirt or debris covering it.
- It may take over 30 seconds before the first result is shown on the screen.

Sleep Monitor

On the main menu, tap on the icon to enter the Sleep interface. You can track your sleep pattern and view more detailed records on your smart phone once connected to the Da Fit app.

NOTE: You must be wearing the watch during the sleep duration for the function to work.

Activity

On the main menu, tap on the icon to enter the Activity interface. The watch will track the number of steps taken, calories burnt and distance travelled.

Go to Bluetooth settings, tap on the "i" (for iOS) icon on the right side of "Audio_AFTW-1221/AFTW-1221" and then tap "Forget This Device" to finish disconnecting.