




## 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.

## Weather


On the main menu, tap on the  icon to view live weather. You must be connected to the Da Fit app.

**NOTE:** You must have Internet/mobile connection for this function to work. The weather displayed may not be the same as your phone's default weather app.

## Messages


After your smart phone is connected to the watch, you can view new messages and other app notifications on the watch. The latest 8 notifications will be displayed on the watch. Your smart phone's "Messages" must be set to on. You can set which app notifications to receive under "Notifications" on the Da Fit app.

## Remote Camera (Shutter)

On the Da Fit app, go to  and set "Shutter" to on. You can now use the watch as a camera remote for your smart phone. Once the smart phone is connected to the watch, shake the watch or press the screen to remotely take a photo.

## Bluetooth Music Player


On the main menu, tap the  icon to enter the Bluetooth music player menu.

- Open the music app on your smart phone.
- Tap play/pause icon to play/pause music.
- Tap previous/next icon to play the previous/next song.
- Tap the speaker  icon and increase/decrease the volume.


**Note:** On the watch home screen, swipe down for the shortcut menu, select "Phone" menu and turn on the Phone Call / Media Audio hands-free mode. Now you can hear the music from the watch's speaker.

The battery life will decrease when this function is enabled.


## Breathing Exercise (Relaxation)

On the main menu, select the  icon to enter the breathing function interface. Select the training time and inhale/exhale according to the rhythm displayed on the watch.


## Voice Assistant

On the main menu, tap on the  icon to launch the voice assistant function of the connected smart phone.


## Timer

On the main menu, select the  icon to enter the timer function. Set the countdown timer and the watch will alert when the set time is up. Swipe right to exit.


## Alarm

You can set alarms on the app.  > Alarms > ADD then tap "Save". When the set time is up, the watch will alert. You can set up to 8 alarms. In the app, tap on the alarm time, then swipe left to delete it from the list.


## Stopwatch

On the main menu, select the  icon to enter the stopwatch function. Tap the Start icon to start the stopwatch, press the Stop icon to pause and the Reset icon to reset the time. Swipe right to exit.

## Cycle Tracking for Women

On the main menu, tap the  icon to display the reminder for cycle tracking. To use this function you need to enable "Cycle Tracking" in the app and then enter your information and turn on the reminder. You can see that there will be a corresponding number of days remaining in the cycle.

## World Clock

On the main menu, tap the  icon to display the world clock. To use this function you need to enable the "World Clock" in the app and add a

maximum of 8 cities. Tap on the city name, swipe up/down to change the orders, swipe left to delete a city from the list.

## Find Phone

After your smart phone is connected to the watch, tap the Find Phone icon and your smart phone will ring or vibrate.


## Calculator

On the main menu, tap the  icon to use the calculator. Swipe right to exit.


## E-Card

To use this function you need to upload the QR code to the app. Tap on  icon > E-Card.

## Sedentary Reminder


To use this function you need to enable the "Reminders To Move" setting in the app. Tap on the  icon > Others > Reminders To Move.

## Drink Reminder

To use this function you need to enable the "Intake Reminder" setting in the app. Tap on  > Intake Reminder > Setup, and then press the setting numbers and swipe up/down to adjust.

Set reminders to notify you to intake. The watch will alert you on the set time, and you can enter the drinking record of every day.


## Watch Face and Menu Theme

Navigate to the watch "Display" setting menu, you can change the Brightness, Display Time (Sleep), Watch Face, Menu View (List View, Honeycomb, Grid View) and Wrist Raise. On the main screen, press and hold the touch screen or tap the  Watch Face on the settings menu for the watch face selection page. Swipe left/right for different options, then tap the touch screen again to confirm selection.

## Shortcut menu

Swipe down to access the shortcut menu where you can turn on Do Not Disturb mode, adjust Brightness, turn on Low Power Mode, E-Cards, Torch and enter Settings.

## Settings

On the main menu, tap on the  icon to enter the settings menu to change the below:

- Display
- Vibrate & Ring
- DND Mode
- Low Power Mode



- Phone (Phone Call / Media Audio hands-free mode)
- System (Restart, Power Off and Reset)
- About (Firmware Version and APP Download)

## Specifications

Display	1.85", 240 x 284 pixels
Ingress protection	IP67
Charging time	2 hrs (approx.)
Charging base input	5V=160mAh
Bluetooth Range	< 10m
Built-In Battery	Li-ion 3.7V 260mAh
Weight	38g
Dimensions (mm)	40 (W) x 50 (H) x 10.7mm (D)

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The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion, solely at our option with no charge for parts and labour. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and to compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

## Repair and Refurbished Goods or Parts Notice

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:

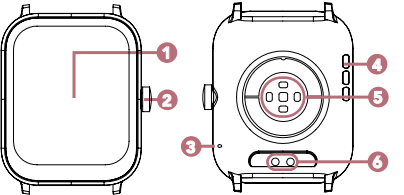
Tempo (Aust) Pty Ltd ABN 70 106 100 252  
PO BOX 6097, North Sydney, NSW, 2059, Australia  
Telephone: 1300 002 534 (Aust) - Fax: (02) 8977 3765  
Tempo Help Desk: 1300 002 534 (Aust)  
(Operating Hours: Mon-Fri 8:30am-6pm; Sat 9am-6pm EST)  
Email: tempo.org/support

## BAUHN®



## Smart Watch User Guide

## Parts of the watch



Front

Back

1. Touch screen
2. Side button
3. Microphone
4. Speaker
5. Heart rate sensor
6. Charging pins

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

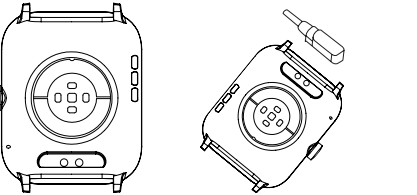
## First Time Use

Charge your watch before using for the first time, you will need to charge it for about 2 hours.

2

## Charging steps:

1. Align the charging pins on the back of the watch to the charging pins on the charging cable. It will snap into position once correctly aligned.
2. Connect the charging cable to a USB charging adaptor (not included) or a USB port on your computer.



3. Once fully charged, unplug the charging cable from the charger.

To keep the charging pins clean, please use a soft cloth and gently clean the charging pins weekly.

3

Note: If the Smart watch is extremely low on power when you begin charging it, the screen display may be blank for up to 2 minutes before the charging image appears.

## 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



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For iOS



4

## 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 the side button to turn on the screen, then press and hold the side button for 3 seconds.

## Connect to the App

Open the Da Fit app. Once the app is open, follow: Device > Select ADD A DEVICE > Select "AFTWS-1224" from the list. The smart watch will connect to the app. On iOS devices, you may need to tap on "Pair" on a pop up window.

**NOTE:** If the connected watch has been reset, please unbind the watch in the app before reconnecting or select the device from the list in the app directly to reconnect.

Once connected, the shortcut menu on the watch will display.

## Disconnect from the App

Open the Da Fit app. Select , tap the connected device then tap "REMOVE" to disconnect the watch. On iOS devices, you will also need to open the settings menu

5

on your iPhone. Go to Bluetooth settings, tap on the "i" icon on the right side of "AFTWS-1224" and then tap 'Forget This Device' to finish disconnecting.

## Turn On the Screen

To turn on the screen, Raise your arm if you're wearing the watch, or press the side button. Raising your arm too quickly or slowly may not turn the screen on.

**NOTE:** To activate the "Wrist Raise" function. Navigate to the "Display" setting menu and turn on "Wrist Raise".

## Functions On the Home Screen

- Swipe up for the notifications screen.
- Swipe down for the shortcut menu.
- Swipe right to access the quick menu, weather and recently run functions.
- Swipe left to access Weather, Activity, Heart Rate, Sleep monitoring and Stress.
- Press the side button to access main menu.
- Press and hold the watch face for 3 seconds to change the interface, swipe left/right to switch and tap to confirm.

6

## Functions in any Screen

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

## Applications

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

## Pedometer (Activity)

On the main menu, tap on the icon to enter the Pedometer interface. The watch will track the number of steps taken, calories burnt and exercise time. If your exercise goal is set on the app, on the Goal Setting menu of the app, press & hold the setting numbers and swipe up/down to adjust. The watch will display the actual vs goal ratio. Swipe up on the screen to check your record in detail. The watch will automatically synchronise the data with the Da Fit app.

7

## Sleep Monitor

The watch has a dedicated built-in sleep monitor that automatically activates and records your sleep details when you fall asleep (you must be wearing the watch during the sleep duration for the function to work).

On the main menu, tap on the icon to enter the Sleep interface and view the sleep summary where you can see information on your total sleep, deep sleep and light sleep. You can view more detailed records on the Da Fit app as the data on the watch will be synchronised to the app.

The watch will record your daily, weekly and monthly sleep data and generate reports accordingly.

**NOTE:** If the sleep duration is less than an hour, the data will be not recorded.

8

## Heart Rate

On the main menu, tap on the icon to measure your heart rate. Set measurement intervals and view more detailed data on the Da Fit app.

When using the heart rate 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.
- You can turn the heart rate monitor on/off within the app. Select > Others > Health > Continuous Heart Rate Detection. Battery life will be reduced when this function on.

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

9

## Bluetooth Phone Calls

On the main menu, tap on the icon to enter the Bluetooth call menu where you can view call history, dialer and contacts.

On the watch home screen, swipe down for the shortcut menu, select "Phone" menu and turn on the Phone Call / Media Audio hands-free mode.

**Note:** The battery life will get shorter when this function is enabled.

## 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. During the call, tap the icon to mute/unmute. Tap the icon and swipe up/down to adjust the volume.

Note: If the watch's volume isn't high enough, please press the smart phone's volume button and tap "..." or other setting icon on the volume bar, the smart phone will list all volume settings, recommend set all settings to maximum.

10

## Sports (Exercise)

On the main menu, tap on the icon to enter the multi-sport screen. There are 20 sport modes for you to choose from.

When you want to pause/stop the activity, swipe right to display the pause/stop icon. Tap the icon to pause/stop.

You can also start the exercise on the Da Fit app on your smart phone and it will sync data to the watch.

GPS connection: Enter the Workout menu on the Da Fit app , select the sport mode.

Tap on the screen and select "Turn on" to confirm GPS access. The sport mode will start on the app and watch and synchronise.

**NOTE:** The smart watch will only save data if the distance is more than 200 steps in duration.

## Stress

On the main menu, tap on the icon to measure your current stress levels.

11