anko

User Manual
SMART FITNESS TRACKER
42990352

SAFETY INFORMATION
• Read this manual thoroughly before use.
• If you give the device to a third party, please include this instruction manual.
• This device complies with technical standards and the applicable safety requirements.
• The manufacturer accepts no liability for damages due to improper use or failure to follow the instruction manual.
• Attempting to manipulate or open the device will void the warranty and may pose a safety hazard.

• This device is not intended to be used by people (including children) with reduced physical, sensory or mental abilities or lack of experience and/or lack of knowledge unless they are supervised by a person responsible for their safety or have received instructions on how to use the device.
• The product is not a toy. Do not allow children or pets to play with this device.
• Do not drop the device and avoid heavy blows.
• The device contains electrical components that pose a risk of injury if handled improperly.
• Do not expose the device to extreme temperatures, steam, and hot water.
• Protection Class IP67. The device is waterproof and dust tight. The Fitness Tracker can be worn in the rain and in the shower but is not suitable for diving / immersing in water for more than 30 min..
• Do not check any messages or other data on the device's display while operating a vehicle or in other situations where distraction may pose a safety hazard.
• Maps, directions and other GPS or navigation data including information on your current location may be unavailable, inexact, or incomplete.
• The product is not a medical instrument. It is not suitable for diagnosis, treatment, or prevention of illness.

• The heart rate and VO_2 values calculated using the devise are intended as a reference only. Do not use the results for medical diagnosis, self-diagnosis or as a base for treatment.
• If you suffer from a circulatory or blood pressure disorder, exercise under medical supervision.
• Prolonged contact with the wristband can cause some users to suffer skin irritations or allergies. If you notice any signs of a skin rash, swelling, itching or other skin irritations, please cease using the product or wear it over a piece of clothing. Continuing use after the symptoms have subsided may result in renewed or even worsened irritation. If your symptoms persist, please consult your physician.
• Consult your physician before beginning or changing your exercise program.
• If you are in a health risk group and the use of the product may impair your condition, consult your physician before use.

⚠ **Risk of suffocation! Keep all packaging material away from children.** Dispose of the packaging materials in an appropriate way. Contact your local authorities about collection points or waste separation. **The product contains small parts that pose a suffocation hazard.** This device is suitable exclusively for personal use.

Information on the built-in rechargeable battery
• Your Fitness Tracker features a built-in rechargeable battery that may not be replaced by the user.
• Only use the included charging USB to charge the device as directed in this manual.
• Charge the rechargeable battery from a computer, a powered hub or another power source certified by a recognised testing laboratory.

COMPATIBLE REQUIREMENT
🤖 Android 4.4. or above   IOS 8.0 or above

IN THE BOX
• Fitness Tracker with wristband
• User Manual

CHARGING THE FITNESS TRACKER
Please ensure the fitness watch is fully charged before the first usage. If you cannot switch on the Fitness Tracker, please charge for 2- 2.5 hours.
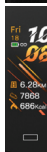When you are charging the Fitness Tracker, a charging indicator will appear on the screen.
If you do not use the Fitness Tracker, please charge once every 3 months.

⬅ Pull the upper wristband carefully until the charging USB plug appears. Connect to a suitable USB port to charge.
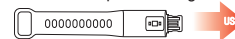
⬅ Touch control

ACTIVATING THE FITNESS TRACKER
Press and hold the touch control for at least 3 seconds. The device will switch on and enter activity mode ➔ displays day, date, battery charge indicator, time, and your last activity (KM, steps, Kcal). You can change the display type by pressing and holding the touch control again until the display changes and shows time, weather info, day, battery charge indicator, and step counter.
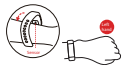
HOW TO WEAR
Wear the Fitness Tracker on your left wrist. Insert one end of the wrist band through the wrist band loop, adjust the wrist band to fit, ensure the sensor at the back side is close to your skin, secure by pushing the metal pins into the wristband holes.
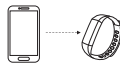
DOWNLOAD AND CONNECT TO THE APP
You can scan the applicable QR code and download the APP to your smart phone. Alternatively search for "DayBand" from Google Play or the APP Store and download. Ensure your smart phone's bluetooth function is activated. Connect to the APP before you using your Fitness Tracker for the first time by following the APP instructions.

Android for Google Play

IOS for App Store

Turn on APP
Click setting icon
↓
My device → Search device
（ IOS) (Andr oid)
↓
Pull down the screen, search device
↓
Click the device name

Once connected, time, date, and steps will automatically synchronise. The APP automatically saves your MAC address and will search and connect to the Fit-ness Tracker automatically if activated or running in the background. Data synchronisation: You can manually sync data from the Fitness Tracker to the APP homepage; the Fitness Tracker can store 7 days of off-line data. Depending on the amount of data stored during synchronisation, the time can take about 2 minutes, a "synchronisation completion" notification will appear once sync is completed.

BODY TEMPERATURE
Thermal mode monitoring – Ensure the battery is fully charged and wear the Fitness Tracker for 30 min.The metal sensor at the back side of the Fitness Tracker must be clean and dry, and firmly touch your skin. Press the touch control for about 2 sec. to enter measurement mode.

36.5
℃

The Fitness Tracker starts measuring your body temperature. The default measurement cycle is 15 min. to stabilise value. If there is a large difference between temperature measured and the actual body temperature (e.g. in case of fever) it is suggested to place the Fitness Tracker inside your upper arm for measurement.
If the temperature is above 37.5 °C the Fitness Tracker will vibrate to alert you. In such a case, please use professional medical equipment to verify the temperature.
Press the touch control again for about 2 sec. to exit measurement mode.

FUNCTIONS
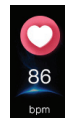
Heart rate monitoring: The Fitness Tracker can measure heart-rate (beats per minute) hourly or on demand. Please select the desired measurement mode in the APP settings. If hourly mode is selected the heartbeat will be measured every hour. Press and hold the touch control to measure the heart rate on demand. Measurement data will be synced to the APP automatically once connected to the APP.

86
bpm

TRAINING: You can choose from 4 different training modes: cycling, running, badminton, and table tennis. When in the "**Training**" menu, push and hold touch control for about 2 sec., until the first training mode appears. Release touch control, then repeatedly press touch control until your desired training mode appears. To start your selected training, push and hold touch control for about 2 sec., training will start. Depending on the training mode selected, activity time, heartbeat, steps, or calories burned will be displayed. To end training, push and hold touch control again for about 2 sec.
Measurement data will be synced to the APP automatically once connected to the APP.

Training

OTHER MENU FUNCTIONS
To flip through the menu push touch control again and again until you reach the desired function.

Displays number of steps

Displays distance (kilometres / miles) covered

Displays calories (kcal) burned

Heartbeat (bpm – measures beats per minute) → press and hold touch control to until measurement is displayed

Oxygen (VO$_2$ - oxygen consumption) → stay in menu to measure automatically, result is displayed after about 15 sec.

Blood pressure (mm HG – measure millimetres of mercury) →press and hold touch control to until measurement is displayed

Message reminder: Turn on "Message" in the APP. Once a new message is received, the Fitness Tracker will vibrate (SMS, QQ, WeChat, Facebook, Twitter) to alert you. To view messages, press and hold touch control until message is displayed.
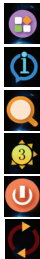
When in Menu "**More**" menu, push and hold touch control for about 2 seconds, the **Device Info** will be displayed. Push again to enter **Find** function. Push again to enter **Light** adjustments function → adjust the lighting level from 1 to 4 (low to bright) while pushing and holding the touch control for about 2 sec., release and repeat between each level, until you have selected your preferred display brightness. Push once to enter Off mode → press and hold touch control to turn device off.
Push again to enter Reset function → press and hold touch control to reset the device.

Call reminder: Turn on "Call Reminder" in the APP. Once a call is received, the Fitness Tracker will vibrate to alert you.

Reject call: Press and hold touch control button to reject calls if the Fitness Tracker is connected to your smart phone.

Sleep monitoring (displayed in APP): Automatically monitor your sleep quality and analyse your sleeping patterns (e.g. deep and light sleep) sleeping hours.

TROUBLE SHOOTING - Q & A

Smart phone cannot connect with Fitness Tracker → ensure Bluetooth function is switched ON and the smart phone system is compatible (Android 4.4 or above and iOS 8.4 or above.

Still unable to connect → ensure Fitness Tracker battery is fully charged → enter the phone settings → application management → authorization → application rights → find application [DayBand] → allow all permissions → enter the phone settings → select GPS location → turn on GPS function ON → restart the phone → try again to connect.

The APP shows no connection after paired with Fitness Tracker, or power display shows 0% → the APP is has not paired with device successfully → please try to pair again.

Fitness Tracker cannot synchronise data with APP → Enter and refresh APP main interface → data will synchronise manually → data will display in the APP.

Note: Auto-sync data will be synchronise at first pairing. Set APP to "hourly measurement" → data will then automatically synchronise hourly. Otherwise no data will be synchronise.

After enter and refresh APP main interface, data has still not loaded → APP settings → restore to factory settings → turn the Fitness Tracker ON → pair with APP → data should load.

Fitness Tracker time displayed is not accurate → ensure Fitness Tracker battery is fully charged → reconnect with smart phone to automatically synchronise the time.

The time is not synchronised after reconnecting with smart phone → Mobile phone settings → Application management → rights management → APP permissions→ reconnect the Fitness Tracker → Enter and refresh APP main interface.

If any of the problems persist, or you have any question about the device please contact customer service for help.

Please note: Our company reserves the right to modify the manual or interface without prior notification. On different software versions some functions may behave differently. Functions like message pushing or caller ID display may not be compatible with all types of smart phones.

CLEANING AND MAINTENANCE

Warning! Do not use alcohol, acetone, benzene, aggressive cleaning agents, etc., to clean the synthetic parts of the device. Do not use hard brushes or metallic objects.

Clean the wristband and Fitness Tracker / sensors regularly with a slightly dampened cloth.

TECHNICAL DATA

Dimensions:	250 x 19 x 12 mm (approx.)
IP rating:	IP67 (Waterproof, dust tight)
Input voltage:	D.C 5V, 500mA via USB
Battery:	Integrated 3.7V lithium battery
Charging time:	2 to 2.5 hrs (approx.)
Bluetooth range:	< 10m
Screen size:	0.96" TFT
Material:	TPU
Operation:	One-touch control button
Battery usage:	Approx. 5 -7 days normal usage 15 days in standby mode

Z516

12 Month Warranty