APP download center: www.136watch.com
Note: The app is compatible with all OTG android mobile phones and PC

PRODUCT SPECIFICATIONS

3D acceleration sensor with high sensitivity
(Capable of capturing small movements, and pedometer is more accurate)

Smart sleep health monitoring
(Sleeping time reminder helps develop good sleep habits)

Silent alarm
(Vibration alarm activated by the app on your mobile phone or PC)

Time/date
(Mobile phone/PC time synchronization or manual time adjustment)

Integrated USB port and Compound lithium battery in the wristband
(Charging whenever connected)

Rechargeable polymer battery
(USB port for both data transfer and charging)

Track calories burned, steps taken and distance traveled
(Set a target and check the progress)

Exercise record backup
(View the exercise records on your mobile phone or PC)

Exercise reminder
(Exercise reminder due to inactivity)

BASIC OPERATIONS

Time/date
Touch the button to show current time and date
Note: Date time format on screen: time  date

Pedometer/step numbers:
Double click the button to show the total step taken today

Calorie:
Triple click the button to show total calories burned for today

Check the battery level:
Press and hold the button for 3 seconds to show the battery level; if the battery level is lower than 10%, charging reminder will appear on the screen after time display

Silent vibration alarm/exercise reminder
APP activates silent alarm/exercise reminder

Sleep mode
Set sleep start and end time with the APP; the wristband will display the moon icon during the sleeping period; touch the button to check current time and double click to show the sleep starting time

Set time
Touch the button to show the current time; then press and hold the button for three seconds to enter the time adjustment mode.

Tips:
1. In the time adjustment mode, touch the button to increase the number; press and hold the button for 3 seconds to change the adjusting option
2. Sequence of the time adjustment options: Hour  minute  month  date  year
3. Time adjustment can also be done via synchronization with the APP on your PC or mobile phone.

Device Connection
Start APP, connect the smart wristband to a mobile phone or PC, and press the button on the wristband to start data transfer and time synchronization.