

BINGO★FIT SW302A



User Manual
Version 1.0



Table of Contents

Get Started	04
What's in the box	04
 Set up your watch SW302A	05
Compatibility with Mobile	05
Download the APP	05
Wear SW302A.....	06
Remove a wristband	08
Attach a wristband	09
Charge your watch	10
Pair with Phone	11
Disconnect from phone	12
Forget device	12
Change watch faces	13
Check connect state	13
 Basics Navigation	14
Brightness adjustment	14
Find watch	15
Remote shutter	16
Sedentary reminder	17
 Notifications	18
Set up notifications	18
See incoming notifications	19



Set a stopwatch	20
Activity and Sleep	21
Track daily activity	21
Track your sleep	22
See your heart rate	23
See your Blood Pressure	24
Automatic monitoring of the heart rate	25
Standard sport mode	26
Tracking Sports	26
Fitness and Exercise	27
Track and analyze exercise with the app	27
Track and exercise	27
To track an exercise	27
Restart and Erase	28
Restart SW302A	28
Other issues	29
Return policy and warranty	29
Specifications	30
Safety Notices	31



Get started

Welcome to BingoFit SW302A, an all-day companion that lasts 5+ days.

What's in the box

Your smart watch SW302A box includes



smart watch



charging cable



watch screen protector

The detachable wristbands on smart watch SW302A come in a variety of colors and materials, sold separately.



Set up your smart watch SW302A

Compatibility with Mobile



IOS 9.0 & above



Android 4.4 & above

NOT SUPPORT: Windows/Amazon Kindle/Amazon
Fire/PC/Tablet/Ipad/Samsung J1/J2/J3/J5/J7

Download the APP

Search "F Fit" App on the App store or Google Play store. Or
scan the QR code to download:



(GooglePlay)



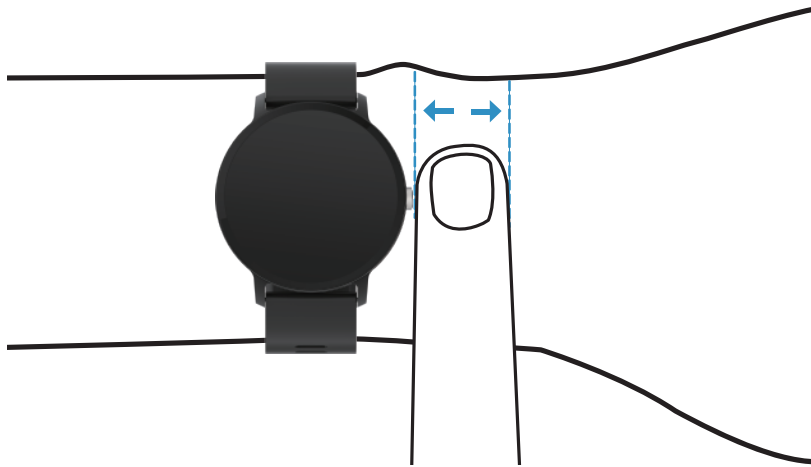
IOS



Wear SW302A

All-day wear and exercise

When you're not exercising, wear SW302A a finger's width above your wrist bone.



For optimized heart-rate tracking while exercising:

- Try wearing SW302A higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.



- Make sure the watch is in contact with your skin.
- Don't wear your watch too tight, a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The watch should be slightly tighter (snug but not constricting) during exercise.

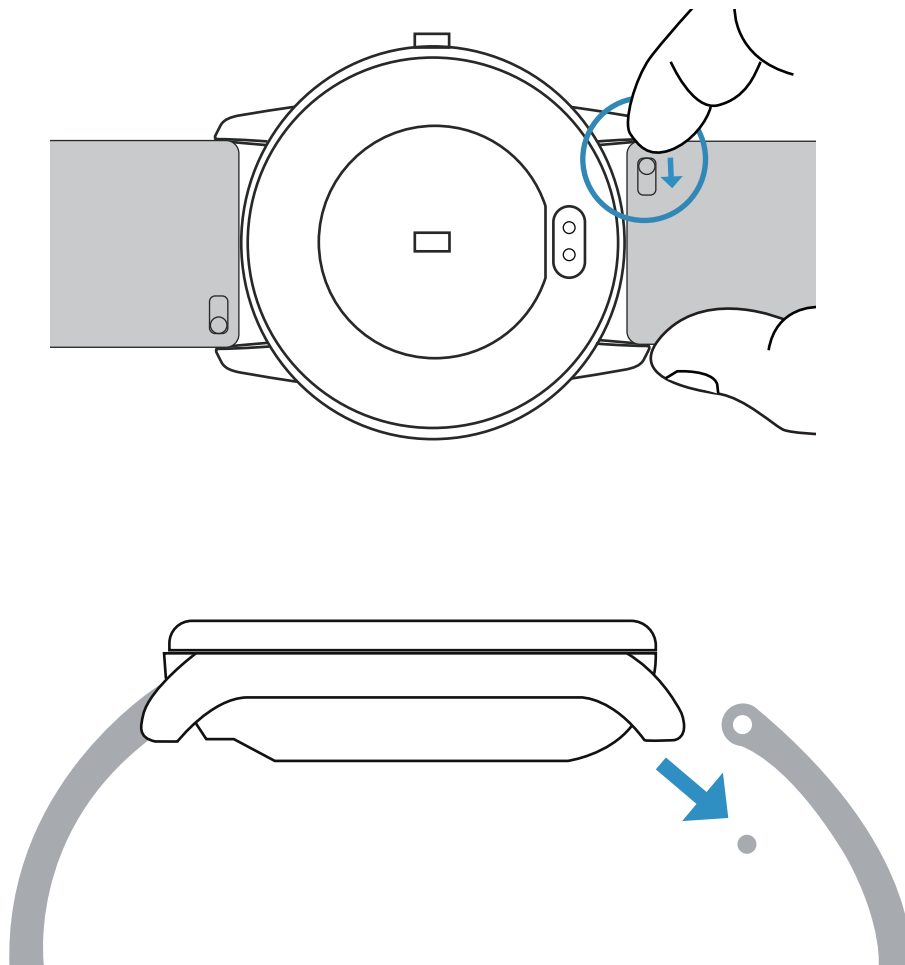
With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.



Remove a wristband

To remove the wristband:

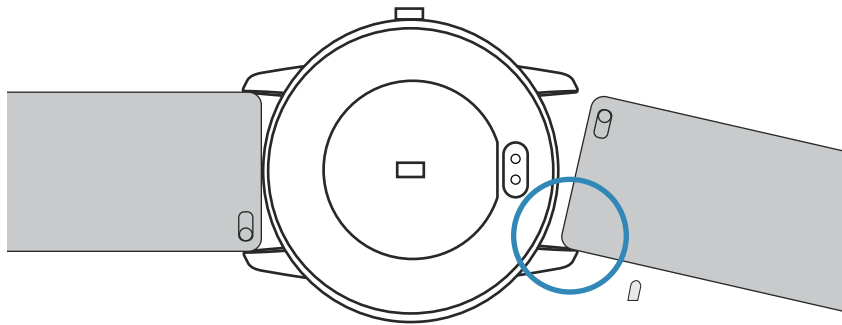
1. Turn over SW302A and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
3. Repeat on the other side.



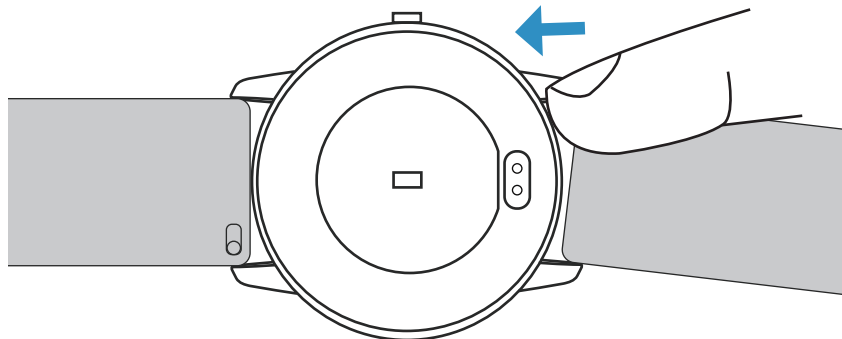
Attach a wristband

To attach a wristband:

1. Attach the wristband with the clasp to the top of the watch. Slide the pin (the side opposite the quick-release lever) into the notch on the watch.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.



3. When both ends of the pin are inserted, release the quick-release lever.



Charge your watch



Please full charge your new device (1-2 hours) before initial use.



Pair with Phone

Steps:

- 1). Make sure your phone bluetooth is ON.
- 2). Go to "F Fit" App, and then register.





[Forget password](#) [Registration](#)

[Log in](#)

visitor login

Sign up or sign in to agree
[《User Agreement》](#) 、 [《Privacy Agreement》](#)

Note: Please don't pair the watch from bluetooth list directly.

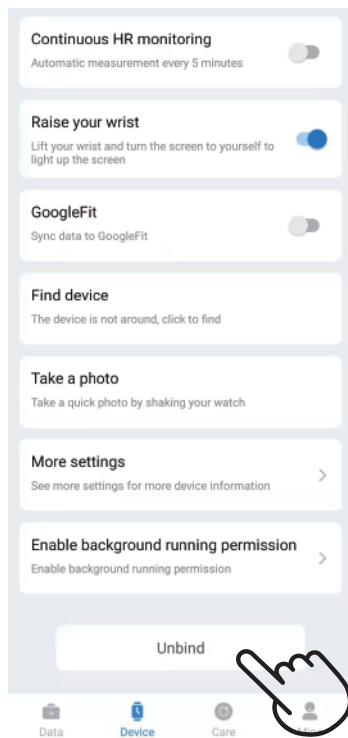


Disconnect from phone

Step: Open "F Fit" App →

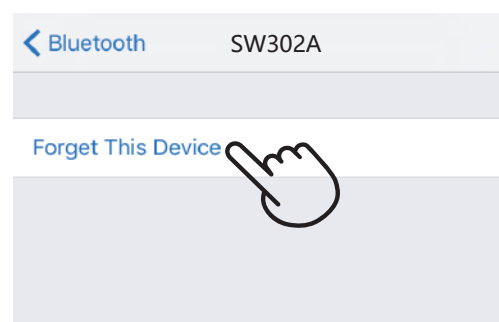


→ Unbind



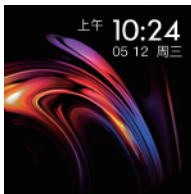
Forget device

Steps: Go to phone's settings → Bluetooth → Click ⓘ → Forget This Device → Forget Device

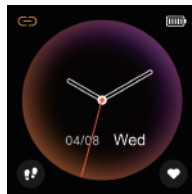


Change watch faces

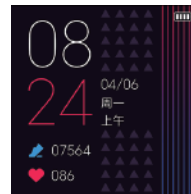
Steps: Go to "F Fit" App →  → Screensaver settings → Select Image → Choose your picture



Default style

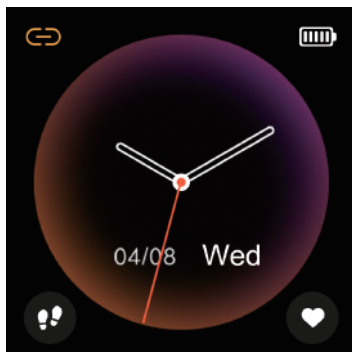


style 1



style 2

Check connect status



Disconnect



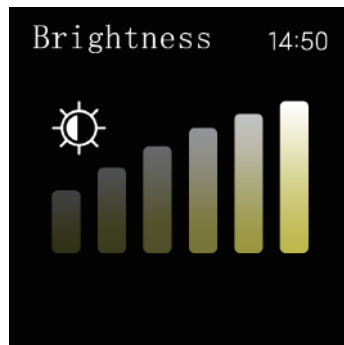
Connected



Basics Navigation

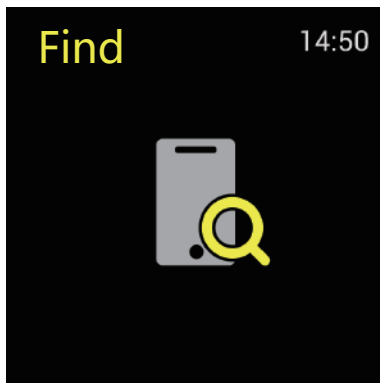
Brightness adjustment

Steps: Turn on your watch→Brightness→Long press 2 seconds



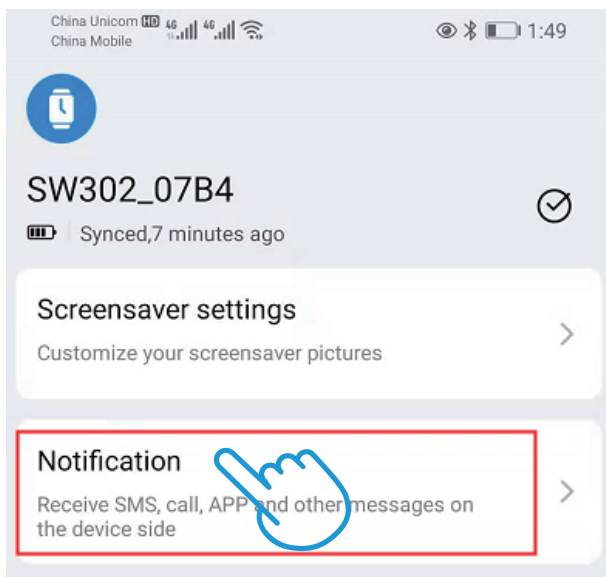
Find watch

Steps: Turn on your watch → Find



Remote shutter

Steps: Open F Fit App →  → Take a photo
Paired watch with your phone.



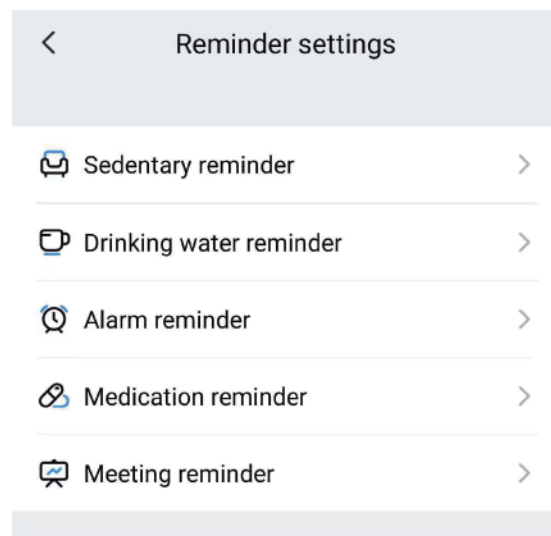
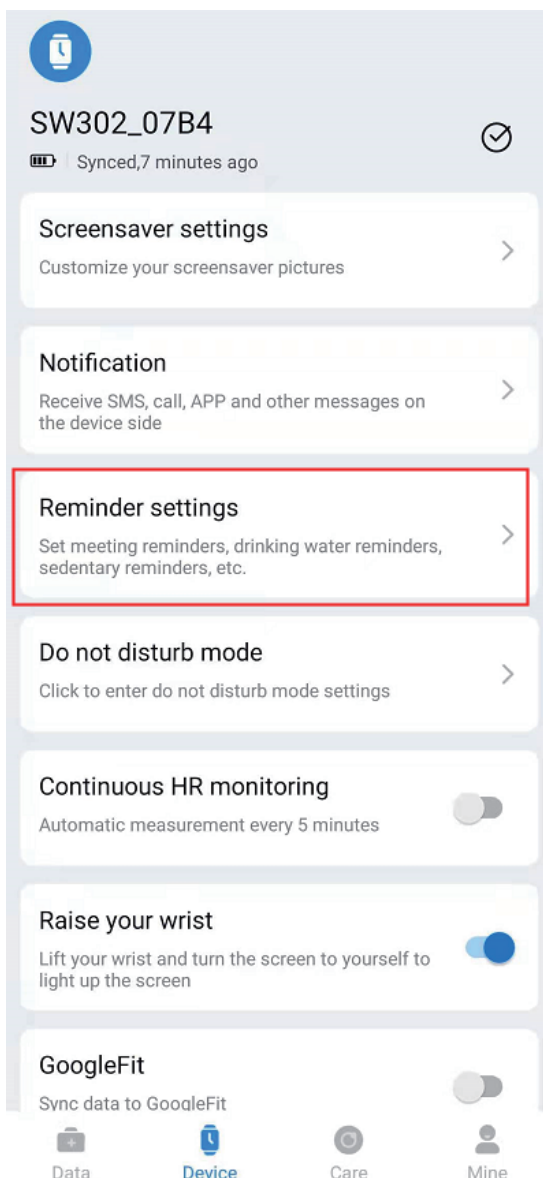
Click or shake off SW302A to take photos.



Reminder settings

Please turn on this function in app.

Steps: →  → Reminder settings



Notifications

SW302A smart watch can display call, text, and app notifications from your phone to keep you informed. The phone and watch must be within 30 feet of each other to receive notifications.

Set up notifications

Check the Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications).

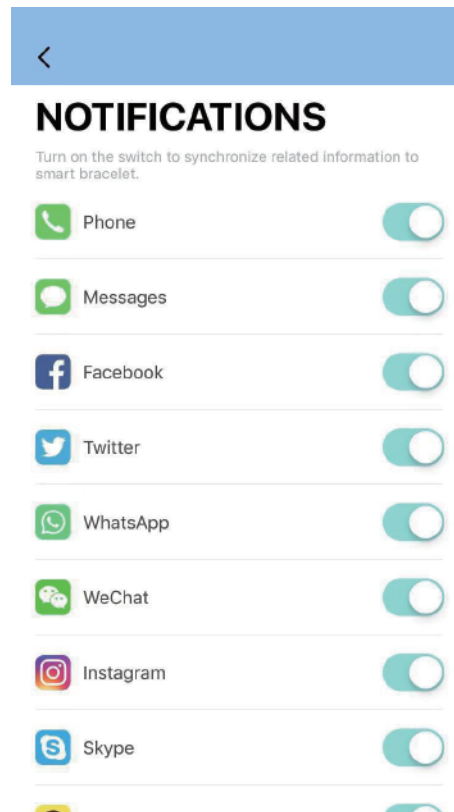
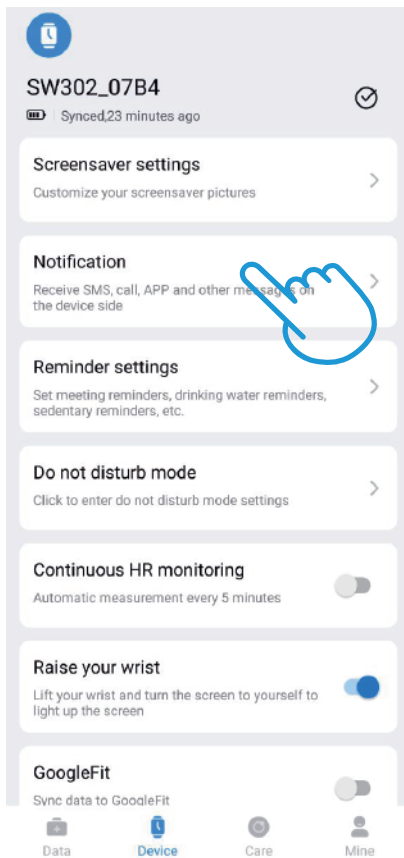
Then set up notifications:

1. With your watch nearby, from the "F Fit" app dashboard, tap the "  " Message notification.

Device

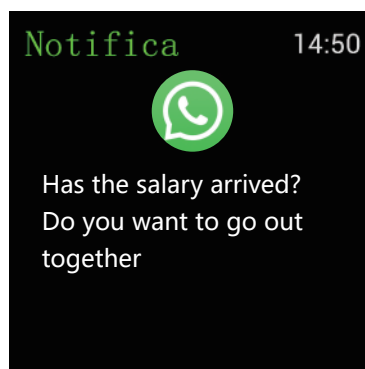
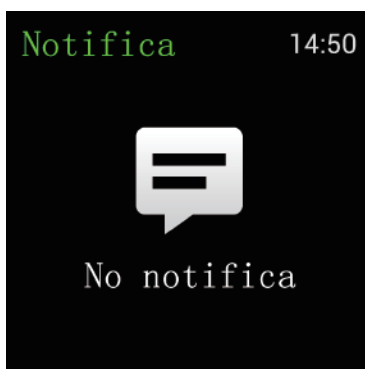
2. Tap Notifications.
3. Follow the on-screen applications to open the message you want to receive.





See incoming notifications

When your phone and SW302A are within range, a notification causes the watch to vibrate.



Set a stopwatch

Open the watch →  → Long press 2 seconds turn on Stopwatch function.

To use the stopwatch:

1. On the watch, turn the stopwatch interface.
2. Tap the play button to start the stopwatch.
3. Tap the pause button to stop the stopwatch.



Activity and Sleep

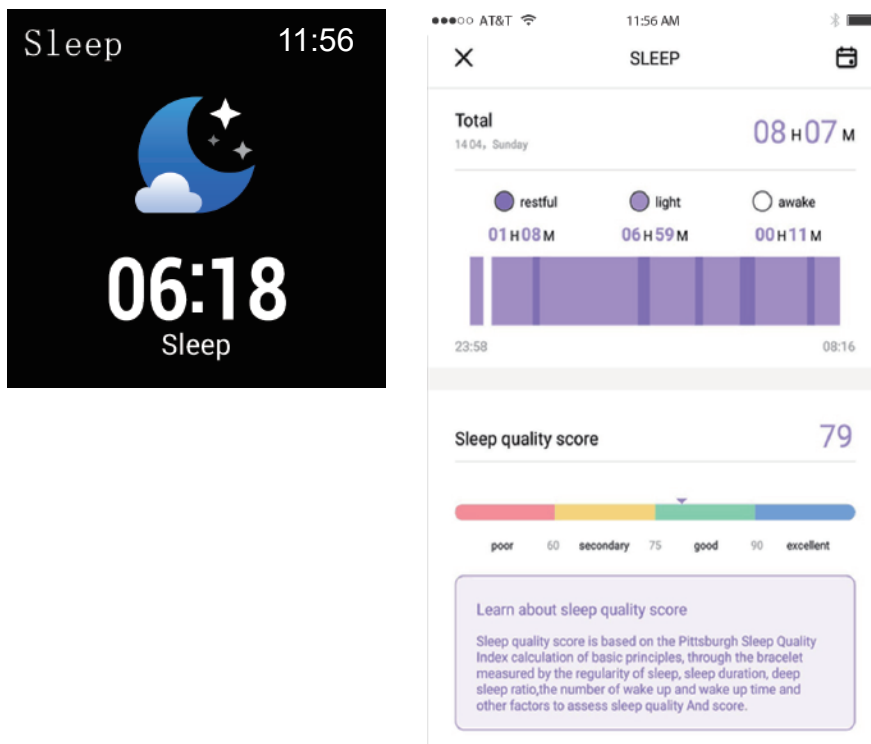
Track a daily activity

Accurately record 24 hours activities. Tracks your steps, calories burned, miles covered and active minutes in the daytime. Help you better understand specific activity data, make your exercise more effective. Connected GPS use your smartphone GPS to see real-time pace and distance.



Track your sleep

The watch automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Wake-sleep) and consistency with a comprehensive analysis of sleep quality data so you can see your sleep trends and improve your routine.



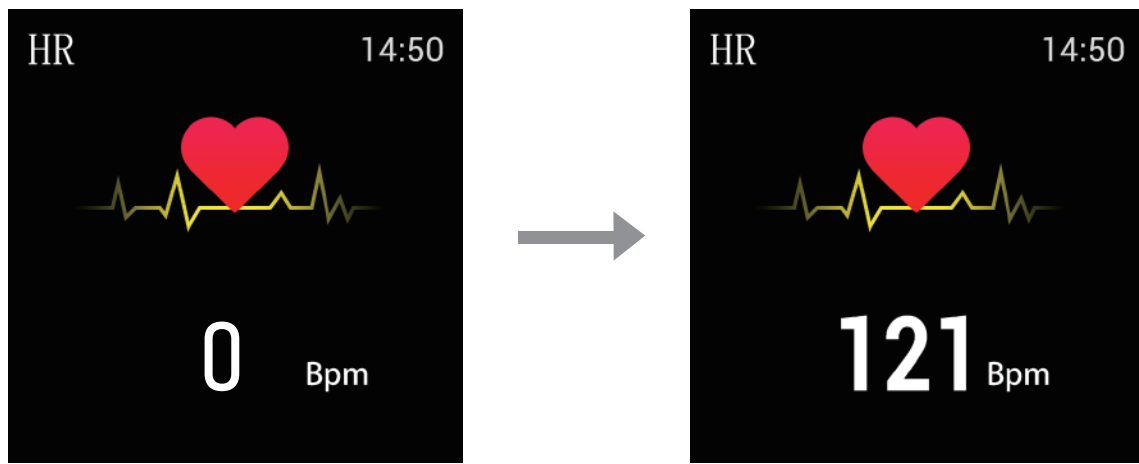
You can check your detailed sleep data in the app.

Tips: SW302A smart watch only record sleep from 8:00PM-10:00AM.



See your heart rate

SW302A smart watch will measure the heart rate of the user in the heart rate measurement interface. After measurement, the result will be displayed.



See your Blood Pressure

SW302A smart watch will measure your blood pressure of the user in the blood pressure interface. After measurement, the result will be displayed.

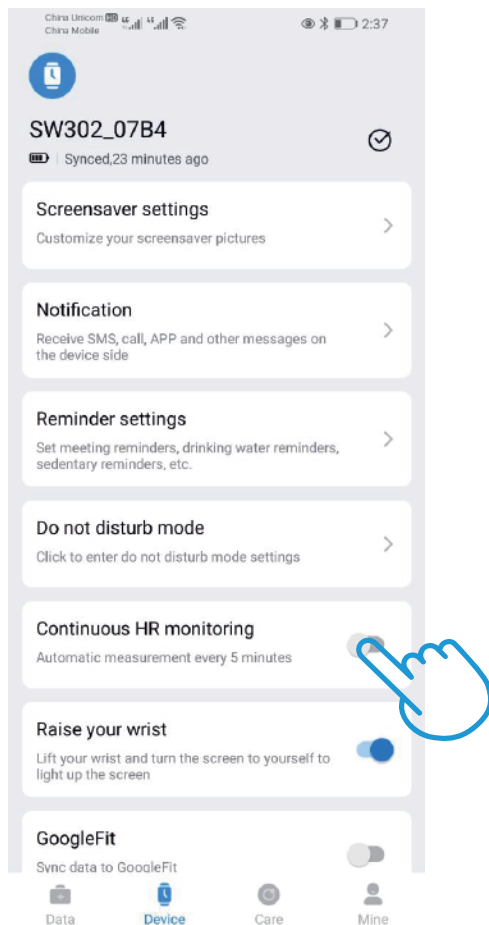


Automatic monitoring of the heart rate

To set automatic monitoring of ON/OFF operation procedure:

Open F Fit App →  → Continuous HR monitoring.

Device



This functions can be turned on and off through APP setting. When this functions is on, watch will conduct automatic monitoring on time(every 10 minutes)and record the data, it will convey the data to the APP terminal.



Standard sport mode

To start, long press 3s to enter standard sport mode, single click to switch.

Tracking Sports

The watch tracks your exercise data in up to 8 sports modes. You can set up to 8 different sports modes display on the watch screen ("Device" page → "Sport").

You can also use your phone's GPS to track your pace and distance during walks, runs or rides while mapping out your run or walk on your phone.



Fitness and Exercise

Track and analyze exercise with the app

Track specific exercises with the app to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route information if you used GPS, review your exercise history in the F Fit app.

Track and exercise

To track an exercise

1. On your watch, swipe to find an exercise, and tap to choose it.
2. Holding for 3s to enter into the exercise data display interface.
3. When you're done with your workout or want to pause, touching the white button for once to switch to the pause status, and hold for 3s to pause.



Restart and Erase

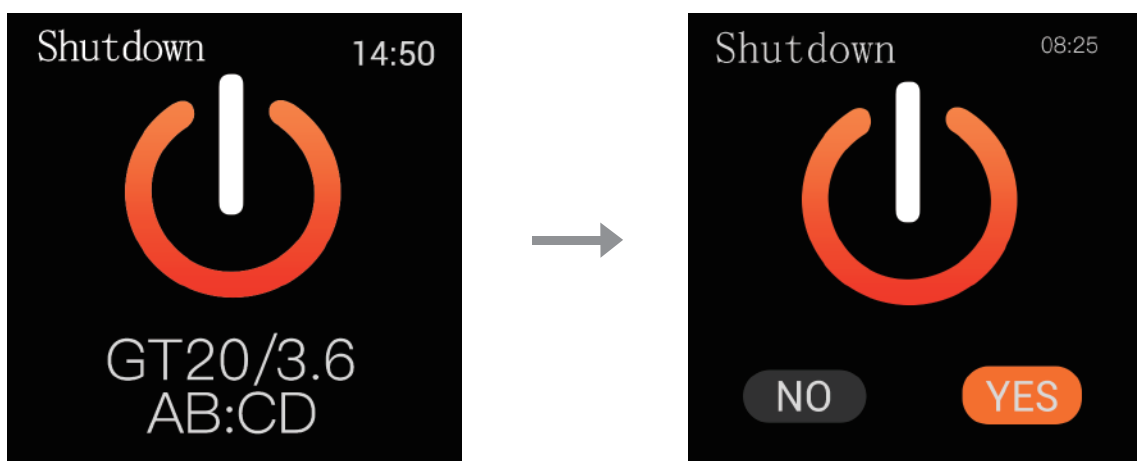
Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give SW302 smart watch to another person.

Restart SW302A

To restart your watch, on your watch, swipe to find Shutdown icon, and hold 3s to turn it off.

In the off state, hold on 3 seconds to power on.

Restarting your watch reboots the device .



Other issues

If you experience any of the following issues, restart your device:

1. Won't sync;
2. Won't respond to button press;
3. Won't track steps or other data;

See "Restart SW302A" on how to restart your watch.

Return policy and warranty

To learn more about your smart watch and warranty, visit www.bingo-fit.com.



Specifications

System requirements	IOS system 9.0 or above; Android system 4.4 or above; Support bluetooth with 4.0 version
Screen Size	1.3 IPS 240*240
Bluetooth version	BLE 4.0
Battery capacity	200mAh
Working Time	5-7 days
Stand-by time	15 days
Waterproof Level	IP67
Product Size	47*42*12mm
Package Size	150*76.5*36mm
Package Weight	188g
Sensor	G-sensor
Motor	Build in, vibrating reminde
RAM	512K (Flash 64M)



Safety Notices

1. The wristband that comes with watch is made of flexible, durable elastomer material similar to that used in many sports watches.
2. The buckle and frame on watch are made of stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in watch meets the European Union's stringent Nickel Directive.
3. Make sure the watch is not worn too tightly. The watch should be worn loosely and can be moved up and down the wrist.
4. Before putting the watch back on your wrist, make sure your skin is dry.
5. This watch is IP67 waterproof. **But we do not recommend you wear it for taking shower with warm or hot water.** Such behavior may reduce its life. You can wear it for swimming in pool no more than 3 meters.

Note: Please remove your watch and consult your doctor before re-wearing if you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around.

