watchtrack

Smart Band
User Guide

Introduction of Watch Track

Component Description

Adjustment Hole   Host   Strap   Buckle
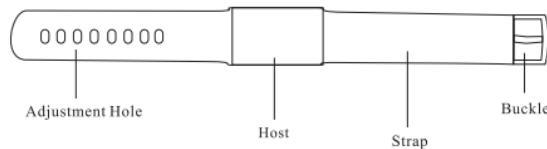
How to Wear

Adjust wristband so the Watch Track fits snugly just behind the wrist.

Wrist   Left Hand
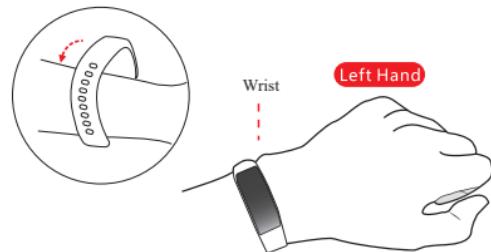
Watch Track Charging

Charge the battery before first use.

Pull the Watch Track out of the wristband. Plug the USB connector into the charger. The icon will indicate the unit is charging and when it is fully charged.

charging

charged
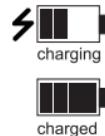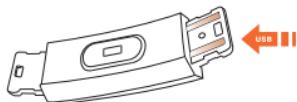
How to Use

On/Off

1. Hold the function key down for 3 seconds to turn your device on.
2. To turn the Watch Track off, hold the function key down for 3 seconds and choose "off". Watch Track will power off automaticly after 5 seconds with no engagement.

01-01
10:50

Startup interface

Off On

Shutdown interface

Operation

1. Tap the function key to light up the screen or switch display page.

2. Screen will turn off after 5 seconds of inactivity.

3. System will automatically start measuring heart rate when it is switched to heart rate interface, and will turn off screen 5 seconds after result is displayed.

Install APP on Phone

Scan the following QR Code or go to Google Play or the App Store to download and install "Yoho Sports"

Google play

iOS

System requirements: Android 5.0 and above, iOS 8 and above, phone supports for BT 4.0.

How to Connect

Connect the APP at first use to calibrate the band and automatically sync time, otherwise steps and sleep data will be incorrect.

Open APP
↓
Click Settings Icon
↓
My Device
↓
Pull-down to Scan Device
↓
Click to Connect

BT

1. After pairing is finished, APP will remember BT's address automatically. Once opened or running in background, APP will search and connect band automatically.

2. Please make sure the APP is permitted to run in background mode.

Main APP Features and Settings

Please set personal information first after entering APP, Settings - Personal Settings.

Edit your gender, age, height and weight.

Set the activity goal and sleeping goal, so you can monitor your progress. You can set the period for lack of activity remind, or you can turn it off in the notification menu.

Notifications

Incoming Call:

Vibrate and name or number displayed (Display name only if it's in your contacts, display number otherwise.)

Message:

Vibrate reminder with name from Contacts or number if unknown.

Other Notifications:

Vibrate when there are other notifications.

Sedentary:

Vibrate and display icon when lack of activity per period set in personal info.

Vibration:

Switch On/Off to enable/disable vibration function on band for notifications.

Tips for Android users:
Allow Yoho Sports to run in the background to receive Notifications.

Main APP Features and Settings

Smart Alarm

Up to 3 alarms with user-friendly vibration. Support offline Clock alarming.

Band Display Setting

Choose display interfaces when button is pushed.

Abnormal Disconnection

Vibrate and display icon if the band is disconnected abnormally. (Not disconnected by use or system)

Find Band

Click "Find Band", band will vibrate when connected with phone.

Shake to Take Selfie

Enter the interface and shake the band, camera on phone will take the picture after 3 seconds countdown.

Symbol Description

Clock Interface

Date — 01-01 | Battery
Time — 10:50

01-01 | 10:50 — BT Connectivity

Upon successfully connecting your BT device, an icon will light up. This will remain lit to indicate that your device is on and connected. When turning on your device, you'll notice that the time & date will be calibrated automatically for your convenience.

Steps Interface

Wear band to record steps every day.
View real-time steps at any time.

step — Unit
1250 — Steps

Distance Interface

km — Unit
12.5 — Distance

Show total distance, calculated from step count.

Calories interface

kcal — Unit
508 — Calories burned

Record burned calories with exercise.

Heart Rate Interface

75 — Heart Rate

Band will start measuring heart rate as soon as it is switched to heart rate interface. Heart rate sensor active only when in Heart Rate mode.
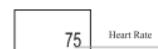
Sleep Mode

When sleeping, Band will automatically monitor how long and how well you sleep; view sleep data on the app.
Wear the band while sleeping to record your sleep data.

FAQ

Why are notifications not activated?

Android Users: Make sure band is connected with the phone. Then, open settings and allow access to Incoming Call, Message and Contacts and allow app to run in background. If any security APP installed, add Yoho Sports to trusted apps.

iOS Users: If no notifications are seen, even after connecting, please reboot the phone and connect again. Then click Pair after BT Pairing Request.

Basic Parameters

Product Type	Smart Band	Battery Type	Lithium polymer
Vibration Motor	Support	Connectivity	BLE 4.0
Temperature	10℃~50℃	Sensor	Low power accelerometer
Phone System	iOS 8 and above/Android 5.0 and above		

Safety Notice

1. Don't wear the band when showering or swimming.

2. Please connect band when syncing data.

3. When you need to charge, remove the wrist strap and insert the charging interface at one end to the USB of the charging device.

4. Don't expose the unit to excessive moisture or extreme temperatures.

5. If Watch track is unresponsive, check the phones available memory and signal, then restart your phone and try connecting again.