

Amazfit Band 7 User Manual (Overseas Version)

Connection and pairing

Use your phone to scan the QR code in the manual or on the device, and download and install the Zepp app. For a better user experience, update the app to the latest version as prompted.

Note: The operating system of your mobile phone must be Android 7.0 or iOS 12.0, or later.

Initial pairing:

When the device is started for the first time, the QR code used for pairing will be displayed on the screen.

Open the Zepp app on your phone, log in to the app, and scan the QR code displayed on the device to pair your phone with the device.



Pairing with a new phone:

1. Open the app on your old phone and synchronize data with the device.
2. On the old mobile phone, go to Profile > Amazfit Band 7 page and tap the Unpair button at the bottom to unbind. If it is an iPhone, after unbinding in the app, you need to unpair the phone and device as well. Go to Settings > Bluetooth, find the Bluetooth name corresponding to the device, and tap the button on the far right of the Bluetooth name. After you enter the page, tap Ignore This Device.

3. Restore the factory settings of the device. After the device is rebooted, pair the device with your new phone as described in the initial pairing procedure.

Device system update

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > System Update to view or update the system of your device.

We recommend that you tap Update Immediately when your device receives a system update message.

Basic operations

Common gesture operations

Operation	Corresponding result
Tap the screen	You can wake up the screen when it is off. When the screen is on, you can select the current item, use the feature, or go to the next step.
Press and hold the watch face	Activates watch face selection and watch face settings
Cover the screen	Turns off the screen
Swipe from left to right	On most sub-level pages, returns to the upper-level page
Swipe up or down on the screen	Scrolls or switches pages

Control center

Swipe down from top to bottom on the watch face of the device to enter the Control Center, where you can access system features of the device.

Supported features include Battery, DND, Screen Lock, Flashlight, Brightness, Theater Mode, Find Phone, Keep Screen On, Calendar, and Settings.

Find the phone

1. Keep the device connected to your phone.
2. Swipe down from top to bottom on the watch face of the device to enter the Control Center, tap Find Phone,



and then your phone will vibrate and ring.

3. In the app list, tap More, and then tap Find Phone. Your phone will vibrate and ring.

Find the band

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > Find Band. Then, the device will vibrate.

Watch faces

Watch face compilations

Some watch faces support editing. With compilations, you can view steps, calories, weather, and other information, and edit the information as needed.

Edit watch face compilations:

1. Wake up the device, and press and hold the watch face to enter the watch face selection page, where you can choose other watch faces or edit the watch face.
2. Swipe up or down to preview the watch faces available. The Edit button  will be displayed at the bottom of a watch face that supports compilations. You can tap this button to go to the page for editing the compilations of this watch face.
3. Select the compilation to edit. Tap a compilation, or swipe up or down on the screen to switch between compilations.
4. After editing, press and hold the screen to finish editing and enable the watch face.

Always On Display

If this feature is enabled, the screen still displays time and some information of the watch face in standby mode, which greatly reduces the battery life.

Set Always On Display:

1. Wake up the device, and swipe from bottom to top on the watch face to open the app list. Then, go to Settings > Display and Brightness > Always On.
2. Select the screen style and enable status for Always On Display.

Add watch faces

The device provides several watch faces by default. You can also go to the Store in the Zepp app to synchronize online watch faces to the device, or set a picture on the phone as a customized watch face picture in the Zepp app.

Add online watch faces:

1. Keep the device connected to your phone, open the Zepp app, and go to Profile > Amazfit Band 7 > Watch Faces.
2. Select one or more watch faces you like, and then synchronize them to the device to give yourself multiple options.

Add customized watch faces:

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > Watch Faces, and then go to customized watch faces.

Change watch faces

1. Wake up the device, and press and hold the watch face to enter the watch face selection screen.
2. Swipe up or down to preview watch faces available on the current device, including built-in watch faces and synchronized online watch faces.
3. Tap the desired watch face to replace the current watch face.

Delete watch faces

When the storage space on the device is almost full, you will need to delete some of the watch faces to make room for new ones (retain at least one watch face).

1. Wake up the device, and press and hold the watch face to enter the watch face selection screen.
2. Swipe up or down to preview the watch faces available on the current device, including built-in watch faces, synchronized online watch faces, and customized watch faces.
3. Press and hold the watch face you want to delete. A delete button  will appear if the watch face can be deleted.

State points

The state point is displayed on the top of the watch face to indicate the functions currently enabled on the device, such as the Theater Mode turned on in device or the Countdown app running in the background.

The supported display states are:

- Low battery
- DND Mode
- Theater Mode
- Stopwatch (tap the state point to go to the app)
- Countdown (tap the state point to go to the app)
- Charging

Notifications and reminders

App alerts

Keep the device connected to your phone to receive phone app alerts on your device. Swipe from left to right on the watch face page to enter the Notification Center and view the latest 20 notifications. There is a Clear Notifications button at the bottom.

Setting method:

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > App Alerts, and enable alerts for apps as needed.

Note:

- To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is terminated by the phone's background process, the device will be disconnected from your phone, and you cannot receive app alerts on the device.

- For iOS, there are limited apps that can be set in the Notifications and reminder just after the device is activated. As the phone receives the notification messages from more apps, more apps will be displayed in the Notifications and reminder of the Zepp app.

Incoming call alerts

To enable this feature, open the Zepp app, and go to Profile > Amazfit Band 7 > App Settings > Notification and reminder>Incoming call. Once the feature is enabled, and while the device and phone are connected, the device will display a prompt when the phone receives a call, and you can ignore or hang up the call on the device.

Quick access apps

Swipe from right to left to open Quick Access Apps. Quick Access Apps allow you to conveniently access device features. You can also add your frequently used apps and features to the Quick Access Apps.

Change Quick Access Apps:

1. Wake up the device, and swipe from bottom to top on the watch face to open the app list.

Go to Settings > Preferences > Widget, and swipe up or down on the screen to view the apps that can be set as quick access apps.

2. When the number of Current apps reaches the upper limit, but you want to add new apps, remove redundant apps first, and then add the ones you need.

Workouts

Workout modes

The device supports more than 120 workout modes, including Running & walking, Cycling, Swimming, Outdoor workouts, Indoor workouts, Dance, Combat workouts, Ball workouts, Water workouts, Winter workouts, Leisure workouts, Board & card games, and Others.

Workout list

1. Tap Workouts in the app to go to the workout list.
2. Tap the workout to start in the workout list.
3. Select More Workouts to view all workout modes and start a workout.

Select a workout

In the workout list, swipe up or down on the screen to select the workout you need, and then tap the workout to enter the corresponding workout preparation page.

Start a workout

After entering the workout preparation page, for the workouts that require positioning, the device will automatically search for a GPS signal by connecting to the phone. We recommend that you tap the GO button to start the workout after a successful GPS positioning, which can improve the accuracy of workout data calculation.

For workouts that do not require positioning, you can directly tap the workout icon on the workout preparation page to start the workout.

Note: You need to keep the device connected to the phone and grant the Zepp app the location permission to search for the GPS signal.

Workout operations

Turn pages during a workout

During a workout, you can either swipe up or down on the screen to turn pages. Swipe left or right to turn page left or right. The workout operations page is on the left side of the workout data page, where you can pause or end the workout.

Workout operations page

1. Pause/resume

Tap to enter the workout pause/resume page.

2. End

Press and hold the End button to end the current workout and save the data.

3. Auto screen lock

After the auto screen lock is turned on during exercise, the device screen will be automatically locked after the set screen-on duration time expires. Touchscreen interaction is deactivated, but you can unlock the screen as prompted (during a swimming workout, the auto screen lock is turned on by default).

Workout settings

On the workout preparation page, tap  to set the current workout mode, including the workout goals, workout reminders, auto pause, cadence assistant, and virtual pacer. Auxiliary features provided by the workout assistant vary depending on workouts.

Workout goals

You can set workout goals, such as the duration, distance, and calorie goal. The device displays the current goal progress in real time during workouts. A message displays upon you achieve the preset workout goal. Workout goals vary depending on workouts.

Workout alerts

In this setting, you can set various reminders according to your needs, such as Distance Reminder, Heart Rate Reminder, etc. Workout alerts vary according to the workout.

1. Distance reminder

The device vibrates and displays the duration that you use for each full kilometer/mile during the workout.

Go to Workout Mode > Workout Settings > Workout Alerts > Distance, set a target distance, and enable or disable this feature.

2. Safe heart rate reminder

During a workout, if the device detects that your heart rate exceeds the safe heart rate value you have set, it will vibrate and display a message on the screen. In this case, you need to slow down or stop.

Go to Workout Mode > Workout Settings > Workout Alerts > Safe Heart Rate, set a safe heart rate value, and enable or disable this feature.

3. Heart rate range reminder

During a workout, if the device detects that your heart rate does not fall within the configured heart rate range, it will vibrate and display a message on the screen. In this case, you need to speed up or slow down to ensure that your heart rate is within the configured range.

Go to Workout Mode > Workout Settings > Workout Alerts > Heart Rate Range, select a heart rate range, and enable or disable this feature.

4. Pace reminder

You can set the minimum pace value. If your pace exceeds the preset value, the device will vibrate and display a message.

Go to Workout Mode > Workout Settings > Workout Alerts > Pace, select a pace, and enable or disable this feature.

The device also supports alerts for the following: trips, speed, stroke frequency, cadence, etc.

Virtual pacer

After you set a pace value of the virtual pacer, the current pace, the distance leading/lagging the virtual pacer, and your position in relation to the virtual pacer can be displayed during workouts.

Go to Outdoor Running/Treadmill > Workout Settings > Virtual Pacer, set the pace of the virtual pacer, and enable or disable this feature.

Auto pause

Enable or disable Auto pause. After the function is enabled, the workout will be automatically paused when the workout speed is 0. When the speed increases to a certain threshold, the workout can be resumed. You can also manually resume the workout while during the paused.

Wrist side

For some workouts, for example, rowing machines, you need to wear the device on your hand, and the workout data is more accurate when you wear the device on the preset side.

Swimming pool length

Refers to the length of lanes in your swimming pool. The device calculates swimming data based on the lane length you set.

Set the corresponding lane length for each pool so that the device can accurately evaluate your swimming data.

Recalibrate

In the treadmill workout mode, you need to calibrate according to the actual distance after each exercise. Calibration with a distance greater than 0.5 km allows the watch to learn your running habits. After multiple calibrations, the watch will record the distance more and more accurately. If there is still a significant difference from the actual distance after multiple calibrations, you can recalibrate it by entering the device App List > Workout > Treadmill > Settings > Recalibrate.

Special workout modes - swimming

Workout terms

Trip: Refers to the lane length in pool swimming mode.

Stroke: Refers to a complete stroke motion while you are wearing the device.

Stroke rate: Refers to the number of strokes per minute.

DPS: Refers to the distance of a complete stroke.

SWOLF: It is an important indicator of swimming scores, which comprehensively evaluates your swimming speed. SWOLF in pool swimming mode = Duration of a single lap (in seconds) + Number of strokes in a single lap. In open-water swimming mode, SWOLF is calculated using a lap distance of 100 meters. A smaller SWOLF score indicates higher swimming efficiency.

Stroke recognition

The device recognizes strokes in swimming modes and displays the main stroke you use.

Stroke Type	Definition
Freestyle	Freestyle stroke
Breaststroke	Breaststroke
Backstroke	Backstroke
Butterfly	Butterfly
Medley	More than one stroke is used when swimming, with each stroke in a similar proportion

Touch screen during swimming

To prevent accidental touch and the interference of water on the touch screen, the screen lock feature will be automatically turned on by default. If you need to unlock the screen during the workout, follow the instruction animation.

Workout GPS positioning

If you select Outdoor workouts, wait until GPS positioning is successful on the workout preparation screen. Then, tap GO to begin the workout. This allows the device to record complete workout data and prevents data inaccuracy due to workout tracking loss.

Positioning instruction: Keep the device connected to the Zepp app, and grant the app the location permission.

Automatic workout identification

A total of 4 workout types can be identified, namely fast walking, outdoor running, elliptical trainer, and rowing machine.

Automatic workout identification is a process where the device automatically determines the workout type and records a single workout after related workout characteristics are compiled with and your workout continues for a period.

You can set this in Settings > Workout Detection.

Type: After you select a workout type, the automatic identification feature is enabled for the workout.

* Continuous workout status monitoring will greatly reduce the battery life. When no workout is selected, the Workout Detection feature is not enabled. If the watch detects an ongoing workout, some data cannot be synchronized with the app.

Workout history

When a workout ends, the workout record will automatically be saved to the Workout History app. If you end the workout when the workout time is too short, the watch will ask you whether to save it. Due to the limited storage space, it is recommended that you synchronize the workout data to the app soon after completing a workout; otherwise, the workout data may be overwritten.

Workout history on the device

Workout history includes the workout data, (for workouts which support GPS), workout goal completion, and other information.

When a workout ends, the screen will immediately jump to the workout history details page, or you can view recent workout history details in the Workout History app. The device can save up to 20 recent workout records.

Workout history on the APP

Workout history on the app shows a wider range of workout data. Dynamic route and sharing features are also supported.

Open the Zepp app, tap  in the upper right corner of the home page, and go to Workout History.

Physical indicators for workouts

The device provides a variety of physical indicators for workouts. You can use evaluation scores as a reference for your workouts. These indicators can be viewed in workout records or the Workout status app, including current training load, total recovery time, VO₂ Max, and training effect.

You can find a detailed explanation of current training load, total recovery time, and VO₂ Max in the Workout Status app.

TE

Training Effect (TE) is an indicator for measuring the effect of a workout on improving the aerobic capacity. When you work out while wearing the device, the TE score starting from 0.0 increases as the workout progresses. The TE score ranges from 0.0 to 5.0, and different score ranges indicate different effects. A higher TE score indicates a greater workout intensity. It signifies a higher body load, but a better TE. However, you should consider whether your body load is too high when the TE score reaches 5.0.

Aerobic TE Score	Effect on Improving Aerobic Capacity
0.0-0.9	This workout has no effect on improving aerobic capacity.
1.0-1.9	This workout helps improve endurance and is ideal for post-workout recovery training.
2.0-2.9	This workout helps maintain aerobic capacity.
3.0-3.9	This workout significantly helps improve aerobic capacity.
4.0-4.9	This workout remarkably improves heart-lung ability and aerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

Anaerobic TE Score	Effect on Improving Anaerobic Capacity
0.0-0.9	This workout has no effect on improving anaerobic capacity.
1.0-1.9	This workout has a slight effect on improving anaerobic capacity.
2.0-2.9	This workout helps maintain anaerobic capacity.
3.0-3.9	This workout significantly helps improve anaerobic capacity.
4.0-4.9	This workout has a significant effect on improving anaerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

The TE score is evaluated based on your profile, as well as your heart rate and speed during your workout. A low TE score does not indicate a problem during your workout, but instead signifies that the workout is too easy and has no significant effect on improving aerobic capacity (for example, a low TE score for 1-hour of jogging).

How to obtain the data:

Once a workout for which heart rate data is monitored ends, the watch displays the TE score of the workout and provides related comments or suggestions. You can also review the TE score of each workout record in the future.

Workout status

Workout status includes current training load, total recovery time, and VO₂ Max. These indicators are determined based on your profile and other data such as heart rate. As the watch continues to understand and analyze your body and workout data, the accuracy of evaluation scores gradually improves.

Maximum oxygen uptake (VO₂ Max)

VO₂ Max indicates the amount of oxygen consumed by the body during maximum-intensity workouts, which is an important indicator of the body's aerobic capacity. As one of the most important reference indicators for endurance athletes, high-level VO₂ Max is the prerequisite for high-level aerobic capacity.

VO₂ Max is a relatively personal indicator, which has different reference standards for users with different genders and in different age groups. The device evaluates your athletic capacity based on your profile and the heart rate and speed during your workouts. Also, VO₂ Max changes with your athletic capacity. However, everyone has a VO₂ Max value, which varies by individual body conditions.

VO₂ Max values map to seven athletic ability levels: Novice, Elementary, Ordinary, Medium, Good, Excellent, and Superior.

How to obtain the data:

1. Correctly enter your profile in the app.
2. Run outdoors for at least 10 minutes when wearing the device and ensure that your heart rate reaches 75% of the maximum heart rate.

How to view the data:

You can view the current VO₂ Max in the device's workout status app. You can also view the VO₂ Max history and variation trends in the app.

Training load

The training load score is calculated based on your Excess Post-Exercise Oxygen Consumption (EPOC). A higher score indicates a longer workout time and a greater workout intensity. The training load score is calculated as your total training load over the past 7 days, which represents the burden brought to your body from the recent workouts.

There are three training load ranges: low, moderate, and high.

If the training load is low, it will not help much to improve your athletic ability. However, if the training load is relatively high or too high, you may feel too tired, meaning it is not conducive to effectively improving your ability and may also cause injury risks. If you want to continuously improve your athletic ability within a tolerance range, it is recommended that you keep the training load score within the moderate range.

The moderate range of the training load score depends on your recent and long-term workout data, and will become increasingly accurate as you use it.

How to obtain the data:

After the workout mode is enabled on the device, you can obtain the training load of the current workout once you reach the minimum training load level. The training load over the past 7 days can be viewed in the workout status application of the device.

How to view the data:

The training load can be viewed in the workout status application of the device. You can view your training load variation trends in the app.

Total recovery time

Total recovery time is the recommended time for the complete recovery of the body. After each workout, recovery suggestions will be offered based on the heart rate of the latest workout to help you better recover and reasonably arrange your workout to avoid injury.

Full Recovery Period	Workout Suggestions
0-18 hours	You have fully or nearly fully recovered, and you can do slightly higher-intensity training.
19-35 hours	You can train as usual and you can prepare to strengthen your regimen again.
36-53 hours	Appropriately reducing the intensity of your training will allow you to gain workout benefits from your last training, and you should do recovery workouts to relieve physical fatigue.
54-96 hours	Proper rest will allow you to get the benefits of the workout from your last high-intensity training.

Workout secondary screen

While the phone and device are connected, when a workout is enabled on the app workout page, the relevant data of the workout will be automatically displayed on the device.

Activities and health**One-tap measurement**

This device supports heart rate, blood oxygen, and stress monitoring. You can quickly check the status of various health indicators by using the One-tap Measurement feature. The measurement data will be saved under each feature's data records.

Wake up the device, swipe from bottom to top on the watch face to open the app list, then swipe up or down on the screen to select and open the One-tap Measuring app, and then tap the Measure button to start measurement. Setting the One-tap Measuring app as a quick access app allows you to easily perform one-tap measurements.

Sleep

Sleep quality has an important impact on human health.

When you are wearing the device during sleep, the device will automatically record sleep information. The device can record night sleep and naps. Sleep time that overlaps with 00:00 - 08:00 will be recorded as night sleep, and sleep that is more than 60 minutes apart from night sleep will be recorded as naps. Sleep less than 20 minutes will not be recorded.

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Sleep app. In the Sleep app on the device, you can view night sleep duration, sleep stages, sleep score, and other information. Naps and other more information can be viewed after synchronizing to the app. Setting the Sleep app as a quick access app allows you to easily view the previous night's sleep status. While the phone and device are connected, the following sleep settings can also be accessed in the Zepp app under Profile > Amazfit Band 7 > Health Monitoring.

Assisted sleep monitoring

Open the Sleep app, swipe up to the last page, and go to sleep settings to enable assisted sleep monitoring. If the system detects that you are wearing the device during sleep, it will automatically record more sleep data, such as REM sleep stages.

Sleep breathing quality monitoring

Open the Sleep app, swipe up to the last page, and go to sleep settings to enable sleep breathing quality monitoring. If the system detects that you are wearing the device during sleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

PAI

PAI is used to measure a person's physiological activity and reflect overall physical condition. It is calculated based on a person's BMP, the intensity of daily activities, and physiological data.

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the PAI app. In the PAI app on the device, you can view information such as your PAI score in the past seven days and today's PAI score. Synchronize the data to the app to view more information. Setting the PAI app as a quick access app allows you to easily view your PAI score.

By maintaining a certain intensity of daily activities or workouts, you can obtain a PAI value. According to the results of the HUNT Fitness Study*, maintaining a PAI above 100 helps reduce the risk of cardiovascular death and increase life expectancy. For more information,

open the Zepp app and go to  > PAI > PAI Q&A.

* The HUNT Fitness Study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff at the School of Medicine, Norwegian University of Science and Technology. It has lasted over 35 years and involved more than 230,000 participants.

Heart rate

Heart rate is an important indicator of physical condition. Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle. To ensure the accuracy of the measurement, you need to wear the device correctly according to the instructions. In addition, keep the site which contacts the device clean, and do not apply sunscreen to this site.

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Heart Rate app. In the Heart Rate app on the device, you can view your most recently measured heart rate value, daily heart rate curve, resting heart rate, heart rate interval distribution and other information. Synchronize the data to the app to view more information. Setting the Heart Rate app as a quick access app allows you to easily measure your heart rate.

While the phone and device are connected, the following heart rate settings can also be accessed in the Zepp app under Profile > Amazfit Band 7 > Health Monitoring.

Manual heart rate measurement

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Heart Rate app, and then tap the Measure button to manually measure your heart rate.

Auto heart rate monitoring

1. Open the Heart Rate app, swipe up to the last page, and go to Settings > Auto Heart Rate Monitor to adjust the monitoring frequency. The device automatically measures your heart rate at the set frequency and records changes in heart rate throughout the day.
2. Heart rate changes are more intense when you are working out. Enable the activity detection feature to allow the device to automatically increase measuring frequency when it detects an activity so that more heart rate changes can be recorded.

Heart rate alert

In a resting state (except sleep), the device will notify you if your heart rate goes above or below the limit for 10 minutes.

1. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate warning feature can be enabled.
2. In the settings for high and low heart rate alerts, the alert value can be adjusted or alerts can be disabled.

Blood oxygen

Blood oxygen is an important physiological indicator of respiration and circulation.

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Blood Oxygen app. In the Blood Oxygen app on the device, you can view your most recently measured blood oxygen value. Synchronize the data to the app to view more information. Setting the Blood Oxygen app as a quick access app allows you to easily measure your blood oxygen.

While the phone and device are connected, the following blood oxygen settings can also be accessed in the Zepp app under Profile > Amazfit Band 7 > Health Monitoring.

Manual blood oxygen measurement

Tap Measure to manually measure your blood oxygen.

Auto blood oxygen monitoring

Go to the Blood Oxygen app, swipe up to the last page and go to Settings page to enable Auto Blood Oxygen Monitor. In a resting state, the watch will automatically measure your blood oxygen and record changes in blood oxygen levels throughout the day.

Low blood oxygen alerts

In a resting state (except sleep), the device will notify you if your blood oxygen falls below the limit for 10 minutes.

1. After Auto Blood Oxygen Monitor is enabled, enable the Low blood oxygen alerts feature.
2. In the settings for low blood oxygen alerts, the alert value can be adjusted or alerts can be disabled.

Precautions for blood oxygen measurement

1. Wear the device about one finger away from the carpal.
2. Wear the device tightly, with an appropriate sense of pressure.
3. Place your arm on a tabletop or a stationary surface, with the device screen facing up.
4. Remain still during measurement and focus on the measurement.
5. Factors such as hair, tattoo, shaking, low temperature, and incorrect wearing of the watch may affect measurement results, and even lead to measurement failure.
6. The measurement range of the watch is 78%-100%. This feature is for reference only and should not be used as a basis for medical diagnosis. If you feel unwell, please seek medical advice.

Stress

The stress index is calculated based on changes in heart rate variability. It is a reference for health status evaluation. You should rest more when the index is high.

Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Stress app. In the Stress app on the device, you can view your most recently measured stress value, daily stress status, stress interval distribution, and pressure status over the last seven days. Synchronize the data to the app to view more information. Setting the Stress app as a quick access app allows you to easily measure your stress.

While the phone and device are connected, the following stress settings can also be accessed in the Zepp app under Profile > Amazfit Band 7 > Health Monitoring.

Manual stress measurement

In the Stress app, tap Measure to manually measure your stress.

Auto stress monitoring

Open the Stress app, swipe up to the last page, and go to stress settings to enable Auto Stress Monitoring. This will automatically measure the stress every five minutes to show you stress changes throughout the day.

Stress relief reminder

In a resting state (except sleep), the device will notify you if your stress level goes above the limit for 10 minutes.

1. After Auto Stress Monitoring is enabled, enable the stress relief alerts feature.
2. In stress settings, enable Stress relief alerts, and then you can receive alerts.

Activity

Maintaining a certain amount of daily activity is very important for your physical health. Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Activity app. The daily activity is composed of three main indicators, namely activity (which can be set as steps or calories), fat burning, and standing. In the Activity app on the device, you can view the all-day activity distribution chart. Setting the Activity app as a quick access app allows you to easily check the progress of your main indicators.

The device also automatically records other activity data, including resting consumption, sitting time, walking time, and running time and distance, which can be viewed in the Activity app.

Goal notifications

The device displays a notification when any main indicator of daily activity reaches the set target value.

1. Open the Activity app, swipe up to the last page, and go to the activity settings to enable Goal Reach Reminders. While the phone and device are connected, these settings can also be accessed in the Zepp app under Profile > Amazfit Band 7 > Notifications and reminder > Goal notifications.
2. In Activity settings, you can also set daily goals for steps and calories. While the phone and device are connected, these settings can also be accessed in the Zepp app under Profile > My Goals.

Standing reminders

To reduce the harm caused by remaining sedentary, the device encourages you to move and be active every hour while you are awake. The daily goal is that you are active for 12 hours a day.

While you are awake, if no activity is detected for more than one minute during the first 50 minutes of an hour, the device will remind you to move around. When you receive a standing alert, you can still achieve the standing goal of the current hour as long as you move before the next hour arrives.

Open the Activity app, swipe up to the last page, and go to the activity settings to enable Standing Reminder. While the phone and device are connected, these settings can also be accessed for more details in the Zepp app under Profile > Amazfit Band 7 > Notifications and reminder > Standing Reminder.

Cycle tracking

Tracking the menstrual cycles helps you understand your own physiological rhythms. Wake up the device, swipe from bottom to top on the watch face to open the app list, and swipe up or down on the screen to select and open the Cycle Tracking app. In the Cycle Tracking app on the device, you can view information such as menstrual cycle records and predictions. Synchronize the data to the app to view more information. Setting the Cycle Tracking app as a widget allows you to easily view your menstrual cycle state and records. Before using the Cycle Tracking app, you need to enter the start time of your most recent period, the duration of the period, and the duration of your menstrual cycle. You can also enter this data on the Zepp app and synchronize it to the device. You can also modify these settings and data in the Zepp app when needed. While the phone and device are connected, the following settings can also be modified in the

Zepp app under  > Cycles > Settings.

Manually record the menstrual cycle

In the Cycle Tracking app, tap the  button to manually record the menstrual cycle tracking data.

1. If you have not recorded this menstrual cycle, tap to record the start date of the current period.
2. If you have recorded this menstrual cycle, tap to record the start date of the next period.
3. If you need to extend your period after the set end time, you can tap the record again within 30 days, as the last period has not ended, or synchronize the data to the app, and then modify it.

Menstrual cycle prediction

The Cycle Tracking app will intelligently predict your period, fertile period, and ovulation day based on your data. This feature is not a substitute for contraception or medical advice. Open the Cycle Tracking app, swipe down to the bottom, and tap to enter the menstrual cycle settings to start the menstrual cycle prediction.

Menstrual cycle reminder

Before the start of your period, the device will send you a notification at 9:00 PM on the set date.

1. When menstrual cycle prediction is turned on, enable the menstrual cycle reminder.
2. For the menstrual period reminder and ovulation day reminder that you set in the Cycle Tracking app, you can adjust the reminder date or disable the reminder feature.

Breath

It helps you relieve stress by guiding you to breathe slowly and deeply.

Wake up the device, swipe from bottom to top on the watch face to open the app list, tap More, and swipe up or down on the screen to select and open the Breath app. Tap the



button to start breathing relaxation. Setting the Breath app as a quick access app allows you to easily start breathing relaxation.

Alexa (OTA upgrade support)

1. Keep the device connected to your phone, open the Zepp app, go to Profile > Add accounts > Amazon Alexa, and log in to the Amazon account to authorize Alexa. After successful authorization, you can tap Device, go to the app list, and tap Alexa to start Alexa, or you can go to Quick Access Apps and tap Alexa to start it.
2. Zepp accounts registered in the following countries and regions can use Alexa: United States, United Kingdom, Ireland, New Zealand, Canada, Germany, Austria, India, Japan, Australia, France, Italy, Spain, Mexico, Brazil.
3. Alexa supports 14 languages: Canadian French, Canadian English, Indian English, Mexican Spanish, Brazilian Portuguese, German, Italian, Japanese, France French, Australian English, American Spanish, American English, British English, and Spain Spanish. Go to Settings > Preferences > Alexa Language to modify the language.
4. Alexa support skills include **Smart home commands, Weather, Alarm, Timer,**



Reminder, Jokes, Lists, Search, Translation, etc. When "Listening" displays , try saying:

Ask the time: "What time is it?"

Check dates: "Alexa, when is [holiday] this year?" or "What is the date?"

Check weather: "Alexa, what's the weather like?" or "Alexa, will it rain today?" or "Alexa, will I need an umbrella today?" or "What is the weather in Seattle today?"

Set an alarm: "Alexa, set an alarm for 7 a.m." or "Alexa, wake me up at 7 in the morning."

Cancel an alarm: "Alexa, cancel my alarm for 2 p.m."

Set a timer: "Alexa, timer" or "Alexa, set a timer for 15 minutes." or "Alexa, set a pizza timer for 20 minutes."

Create a reminder: "Alexa, reminder" or "Alexa, remind me to check the oven in 5 minutes."

Ask the joke: "Alexa tell me a joke."

Create a shopping list: "Alexa, add eggs to my shopping list" or "Alexa, I need to buy laundry detergent."

Check your shopping list: "What is on my shopping list?"

Create a to-do list: "Go swimming to my to-do list."

Check your to-do list: "What's on my to-do list?"

Check calendar events: "Alexa, what's on my calendar for tomorrow?"

Ask a general question: "Alexa, how tall is Yao Ming?" or "Alexa who is Steve Jobs."

Translation: "Alexa, how do you say Hello in French?"

Choose between female- and male-sounding voices: "Alexa, change your voice."

Music control

Keep the device connected to your phone. When playing music on your phone, you can start or pause the music, switch to the previous or next song, and perform other operations on the music app of your device.

Modifying settings on an Android phone:

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > Notification and reminder . On the top of the page that appears, tap the "Access to read notifications not enabled" message to go to the Notification Settings page, and grant notification permission to the Zepp app. If this message is not displayed, the permission has been granted.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is terminated by the phone's background process, the device will be disconnected from your phone and you will be unable to control music playback.

Device apps

Apps refer to device features that can be used separately, such as workouts, heart rate, and weather.

Wake up the device, swipe from bottom to top on the watch face to open the app list, swipe up or down on the screen to browse the app list, and tap an app to start it.

Alarm

You can add alarms in the Zepp app and on the device. Up to 10 alarms can be added. Alarm supports repeat wake-up and smart wake-up. When Alarm is enabled, the device will calculate the best time to wake you from light sleep within 30 minutes before the set time.

The device will ring to remind you when the set alarm time arrives, and you can choose to turn it off or have it remind you later. If you choose Remind Me Later, the device will remind you after 10 minutes. You can only use this feature 5 times per alarm. If you have not performed any operation, the watch reminds you later by default.

Stopwatch

The stopwatch can time up to 23 hours, 59 minutes, and 59 seconds with an accuracy of 0.01 seconds. The watch can count up to 99 times during the timing. While counting, the time difference between the current and last counts is also recorded.

Countdown

The Countdown app provides 8 shortcuts for quick setup. Also, you can manually set a timer with a maximum time of 23 hours, 59 minutes and 59 seconds. The watch will remind you when the timer ends.

Camera Remote

When the phone's camera is turned on, you can take pictures remotely using the device. If the phone is an iOS device, you need to pair the device with the phone's Bluetooth before use. If it is an Android device, in the Zepp app, go to Profile > Amazfit Band 7 > Lab > Camera Settings and complete the settings as instructed.

Weather

Go to Weather to view the temperature and weather conditions, wind, humidity, sunrise time and sunset time of the day, as well as weather for the next 5 days.

- The weather data needs to be synchronized through the mobile network. Therefore, you need to keep the watch connected to your phone to keep weather information up to date.
- You can add up to 5 locations and set temperature units (Celsius/Fahrenheit) in the Zepp app.
- You can view the locations that have been added on the device.

Sun & moon

In the Sun & Moon app, you can view the following:

- Sunrise and sunset time

Tap the reminder button on the page to enable/disable the sunrise/sunset reminder.

- Moonrise and moonset time, moon phase

App installation and uninstallation

You can download and install more apps in the app store.

1. Installing an app: Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > App settings>More>Go to store>App store , select a target app to download and install it, or update an installed app to the latest version.

2. Uninstalling an app: Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Band 7 > App settings>More>Go to store>App store, tap the installed app to enter the app details page, and then tap the Delete button to uninstall the app.

Device settings

Units

Keep the device connected to your phone, open the Zepp app, go to Profile > More > Settings > Units, where you can set the units for distance, weight and temperature. During data synchronization, the device automatically follows the settings in the app.

Heart rate range setting

Keep the device connected to your phone, open the Zepp app, go to Profile > Avatar > Heart Rate Range to calculate the heart rate range according to the maximum heart rate or the reserved heart rate. During data synchronization, the device automatically follows the settings in the app.

Time format

Keep the device connected to your phone. During data synchronization, the device automatically follows the system time and time format of your phone, and displays the time in a 12-hour or 24-hour format.

If you select the 12-hour or 24-hour format on the device in Settings > Watch Face & Time, the time format of the device will not change with the mobile phone once set.

Date format

The default date format displayed on the device is "year/month/day". You can change the date format to "month/day/year" or "day/month/year" in Settings > Watch Face & Time.

Setting a password

You can set the device password in the device under Settings > Preferences > Lock screen > Off-wrist Lock. When the system detects that you are not wearing the device, it will automatically lock the device with a password. You will need to enter the password before you can continue to use the device.