ORIGINAL INSTRUCTION MANUAL

SMARTWATCH IGO JW-100

2 ←——————————

—————————→ 1

Thank you for buying the Forever brand product. Before use, read this instruction manual and keep it for future reference. Do not open the device on your own – any repairs should be carried out by a serviceman. Only use original parts and accessories supplied by the manufacturer. We hope that Forever will meet your expectations.

Description:
1. Touch button
2. Display

Basic specification:

Waterproofness: IP68
Battery capacity: 160 mAh
Bluetooth: 4.0
Charging time: 2 hours
Operating temperature: -10˚C to 50˚C

SAFETY NOTES:

● Avoid impacts between the device and hard objects since this may damage the device

● Avoid contact of the device with solvents or other chemicals

● Keep away from strong magnetic fields

● Avoid contact of the smartwatch with water if the water temperature exceeds 35˚C

● Do not repair the device on your own

● Do not throw it into fire, there is a risk of explosion

First launching:
When using the device for the first time, take it out of the package and charge it using the supplied charging cable. The device will turn on automatically after charging is completed. Date and time of the device will be automatically synchronized and set after establishing connection with a dedicated application via Bluetooth. Language of the device will be automatically adapted to the one set in the phone.

To activate the smartwatch without connecting it to the charger, press and hold the touch button located below the display for 3 seconds.

Charging:
Place the smartwatch in the special bracket in a way to connect charging connectors together, and then connect USB cable to a power source.

After charging is completed, take the smartwatch out of the bracket and disconnect it from the power source.

Turning the smartwatch on/off

Turning on: Press and hold the "Touch button" until the smartwatch turns on.
Turning off: Go to the tab marked with ⏻ symbol in the smartwatch menu, and then hold the touch button to turn the device off.

Forever GoFit application installation

Find application called "Forever GoFit" in Google Play or App Store and install it.

NOTE:

The operating system of the phone must have the following minimum specifications to run the application and support the smartwatch:

Android 5.0 or higher
iOS 10.0 or higher

Connect the smartwatch with the phone

1. Activate Bluetooth in your phone.

NOTE:
To be able to use all functions of the application and the smartwatch, during the first launching, allow the application to access all required functions, and then also activate access to notifications.

2. Activate "Forever GoFit" in the phone. Start using the application as a "Guest" by clicking the upper right part of the screen or select "Register" and follow the steps below:

– enter the email address you want to use to create an account
– press the button (obtain verification)
– a verification code, which must be entered in the indicated field, will be sent to your email
– enter and remember your user password

3. After logging into the application, you will see the main screen, in which you should click 🔗 button or select menu ☰ in the upper left corner

4. Select the smartwatch model you want to connect with by clicking its picture:

5. Confirm the selected model by clicking "YES". If a wrong model has been selected, click "NO" and select the correct one.
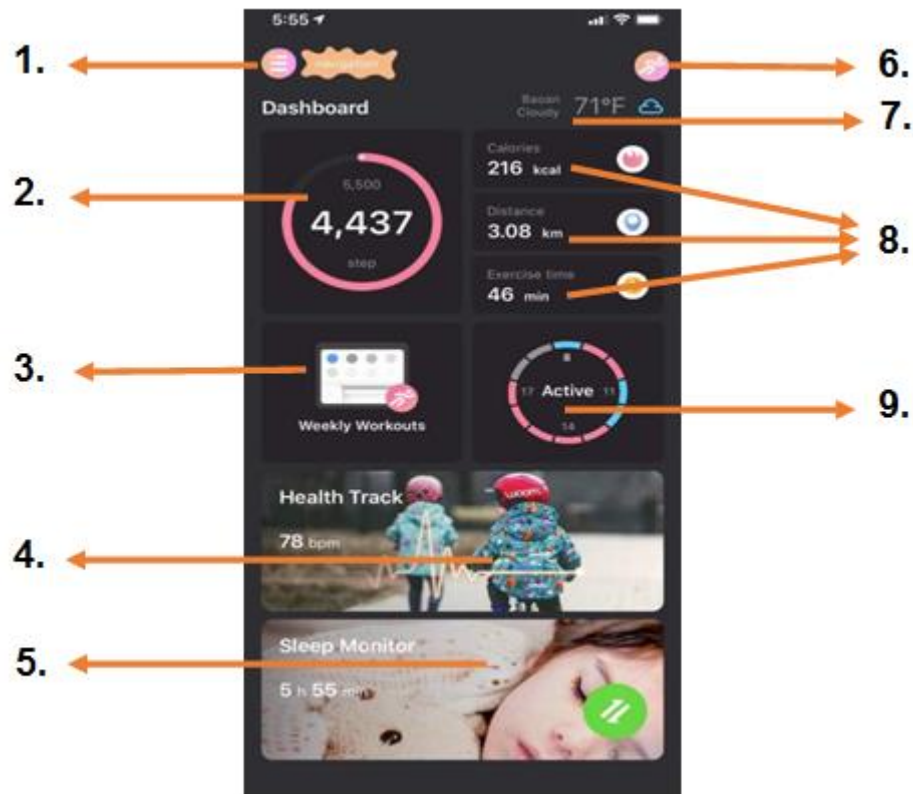
6. Select "JW-100" model from the list of devices and confirm connection by pressing "YES". The connection will be established within several seconds and all data will be automatically synchronized. If the automatic synchronization won't start, select button in the lower right corner of the screen to perform manual synchronization.

DESCRIPTION OF THE APPLICATION:

User's profile information

After correct logging in and carrying out synchronization, press the menu button in the upper left corner, and then click the user name to enter the profile setting. Here, check whether all the data is correct. Providing actual data is necessary for correct operation of the algorithm that calculates your steps, calories and covered distance with the highest possible accuracy.
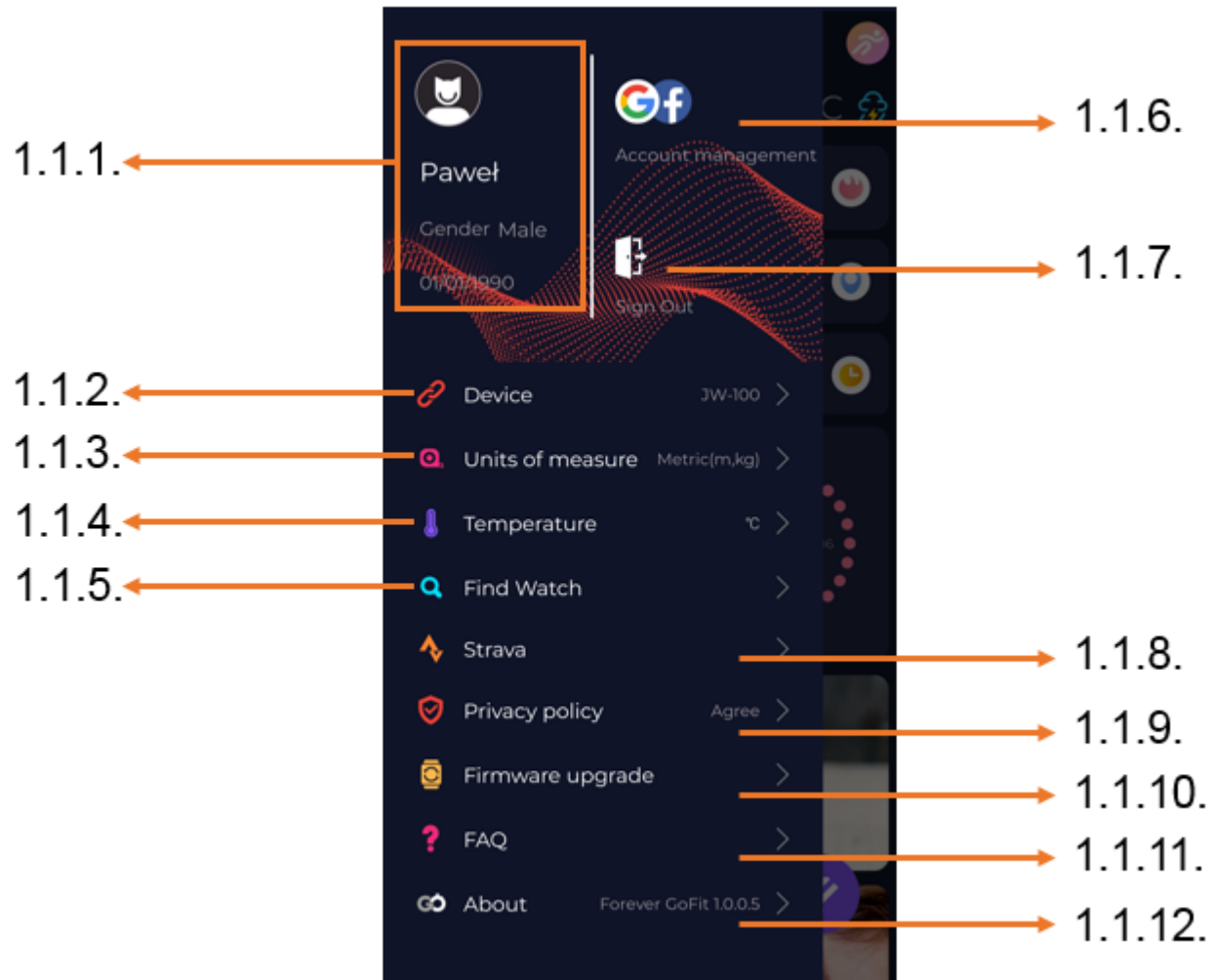
DESCRIPTION OF THE MAIN PANEL

1. Menu button

Expands the user's panel that allows to carry out settings described in subsection 1.1

1.1 Settings

1.1.1. User's information

Click it to change settings, such as: profile photo, user name, sex, date of birth, height, weight, change password

1.1.2. Settings and functions of the device

Access to extended information, settings and functions of the smartwatch, such as: information regarding the date of last synchronization, information regarding the current version of the software, information regarding MAC number of the device, remote camera, alarm clock, schedule, notification regarding lack of exercise, do not disturb mode, automatic backlight of the screen via wrist movement, daily heart rate monitoring, time display system, notifications from the application, settings reset, disconnection of the smartwatch and the application

1.1.3. Measurement units

Select the units of measurements you want to receive

1.1.4. Temperature

Select the temperature units used to show the current weather on the main screen

1.1.5. Find the smartwatch

Click to call the smartwatch, which will start to vibrate in order to notify you about its current location

1.1.6. Connection with Google and Facebook accounts

Connect the application with Google or Facebook account to enable sharing data gathered in the application

1.1.7. Logout

Click to logout from the currently used application account

1.1.8.Strava

It allows to connect with an account in Strava application and send information to the account from the smartwatch

1.1.9. Privacy policy

Read the privacy policy and accept it in order to protect your data

1.1.10. Update

Check if the smartwatch has the latest version of the software. If not, update you smartwatch to fully use all available functions.

1.1.11. FAQ

Most frequently asked questions and answers

1.1.12. Application information

Shows the current application version.

2. Number of steps

Shows the number of steps taken in a given day and the degree of completion of an assumed goal. Click to go to more detailed data or check its history.

3. Weekly trainings

Shows detailed data regarding trainings, broken down into particular weeks.

4. Heart rate monitor

Readout of daily heart rate measurement and the dynamic heart rate.

The daily heart rate section is responsible for periodic measurements of the heart rate during the whole day. The smartwatch carries out automatic measurements after the user activates the function in the device settings.

5. Sleep monitoring

To carry out a measurement or sleep analysis, wear the smartwatch for the entire night. The device will prepare a sleep schedule based on the user's motions during sleep.

6. GPS sport mode

Measurement of the selected sports discipline, including recording of the route using the smartphone's built-in GPS module. Click the icon to go to the map, select the sport, and then press start to begin measurements.

7. Weather

Current weather in a given town

8. Calories, Distance, Exercise Time

Data collected from particular measurements from a given day. After clicking the requested measurement, we go to its history.

9. Activity

Shows activity during a given day, broken down into hours.

THE SMARTWATCH INTERFACE DESCRIPTION:

NOTE: Press the touch button one time to move between particular screens of the interface. In order to select a given function or confirm, press and hold the touch button for 3 seconds.

Smartwatch faces	
	Select one of four available smartwatch faces. Press and hold the touch button for 3 seconds to change the face.
  Activity	The number of steps, burnt calories and the covered distance in a given day.
  Heart rate monitor	Real-time heart rate measurement. Press and hold the touch button to start the measurement. The smartwatch must be placed on the user's wrist and fitted well using the adjustable strap.
  Weather	Weather forecast for today and tomorrow. To correctly display the weather information, connect with the application and carry out data synchronization. The application must have access to the smartphone location.
  Messages	Readout of received messages. To allow correct operation of the function, synchronize the smartwatch with the application. The application must have access to notifications, and notifications from applications, from which we want to receive messages, must be activated.

Sleep	Shows the sleep time from last night. Synchronization of data allows access to more detailed data in the application.
Music	Control of music played in the smartphone using the smartwatch. Press and hold the touch button to activate the control panel. Next, by pressing the touch button once, select the back, play/stop, next or exit button. To confirm, press and hold the touch button again. To ensure correct operation of the function, the application must have access to multimedia.
Game	Basketball game is a simple arcade game. Its purpose is to achieve the highest possible score. To activate the game, press and hold the touch button for 3 seconds. The game will be automatically launched. Throws accuracy bar and a moving indicator will be visible in the bottom of the screen. To perform a successful throw, press the button once when the indicator is located within the red field of the accuracy bar. If you stop the indicator in the yellow field, you will miss the target. To exit the game, press and hold the touch button for 3 seconds, and do that again when "turn off?" message appears. If you press the button once after the message appears, you will return to the game.
Sports mode	The sports mode allows to carry out measurements of one of the available sports. Press and hold the touch button for 3 seconds, and then select one of the following sports by pressing the button once: Walking, Jogging, Climbing, Bicycle, Swimming. Confirm the selection by holding the button again. The smartwatch will indicate start of the measurement via short vibration and start a countdown. To stop the measurement, press and hold the touch button again.
Stopwatch	This function allows to perform time measurements. Press and hold the touch button to confirm selection of this function. Pressing the button once will start or stop the countdown. To reset and turn the stopwatch off, press and hold the touch button.

Brightness	Display brightness adjustment. Note: the degree of brightness of the display has a large impact on the working time of the smartwatch on a single battery charge cycle
Turn off	Holding the touch button on this screen with turn the smartwatch off.

TelForceOne S.A. declares that the product is compatible with requirements and other relevant provisions of the 2014/53/ UE directive. You can download the declaration of product on website https://sklep.telforceone.pl/en-gb/