# Popglory®

Smart Watch
User Manual

P125

All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade. Please feel free to contact us via orders if you have any product questions.

◆Packing List

P125 Watch	USB Charging Cable	User Manual

◆Appearance Description

Short watchband

Side button
(startup & shutdown, return)

Full-screen touch area

Long watchband

Thimble contacts for charging

Green light sensor
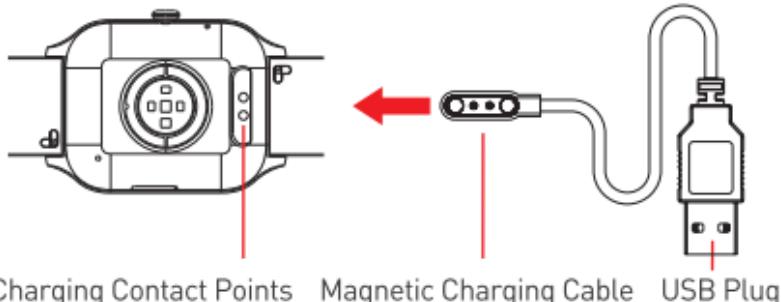
◆ Charging

Note: For the initial activation, you need to charge the device using the included charging cable.

Please follow the instructions as shown in the figure below:
(1) Use the magnetic charging cable provided with the product to align with the charging contact points on the back of the watch for charging.
(2) Insert the USB end into a power adapter, computer, or power bank for charging (the adapter is not included in the package). Do not use a power adapter with a voltage exceeding 5V and an output current exceeding 1A (including fast chargers that exceed this specification), as this may cause charging failure and potentially damage the watch.
(3) Ensure that the charging plug is securely connected to the port. When the charging icon appears on the screen, it indicates that the charging is normal.
(4) After the watch battery is completely exhausted, it will take about 5 minutes to charge normally before the watch screen lights up.
(5) The charging process takes about 2.5 hours.
Do not overcharge. After charging is complete, unplug the power supply immediately.

Charging Contact Points   Magnetic Charging Cable   USB Plug

◆ App Installation

Download the app

This product is a Bluetooth product. Most of its functions require connection to the App to work properly, such as time display (time synchronization), call reminders, message reminders, etc. Do not pair your phone directly with the watch in Bluetooth List. You can download Da Fit from the APP Store/Google Play, or scan the QR code below to download.

Da Fit app is compatible with:

iOS 9.0 or above   Android 5.0 or above   Bluetooth 4.0 or above
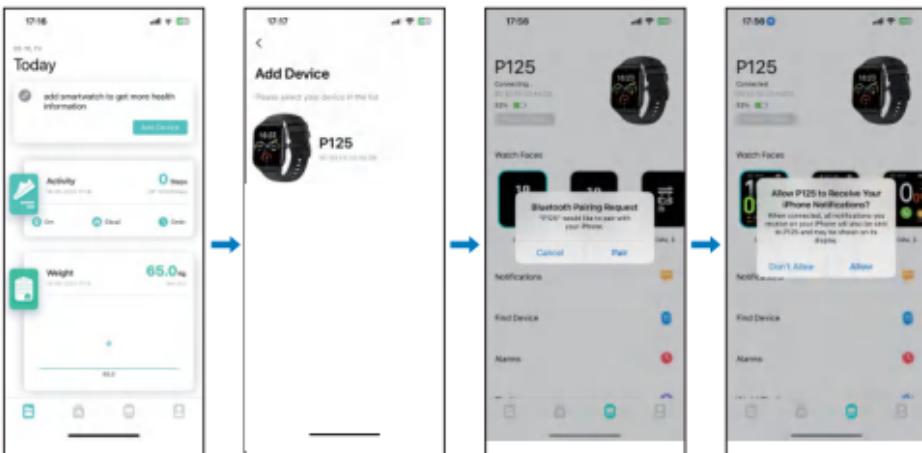
Note: Only works with smartphones. It does not work with tablets or personal computers.

Fill in personal information

According to the prompts on the app page, fill in personal information (including gender, height, weight and date of birth) and save it. Accurate personal information will make the exercise monitoring results more scientific.

Device pairing

1. Click "Add A Device" on the app page, select "P125" in the device list that appears to connect.
2. During the binding process, Da Fit will ask you to turn on the Bluetooth of your phone and authorize Da Fit to access the GPS on your phone.
3. After the connection is successful, it will prompt "To pair with P125 ?", please select "PAIR".
4. After the iPhone user successfully connects, please click "Allow P125 to Receive Your iPhone Notifications", otherwise the watch will not receive message reminders.

Note:
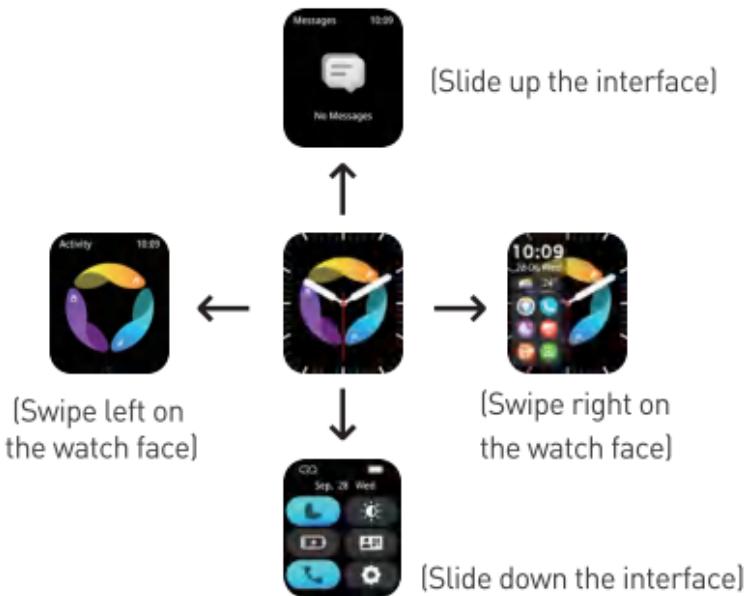
(1) Please pair the watch with the phone in the Da Fit app, not in the Bluetooth settings of the phone. For iPhone users, if a binding error occurs, please forget the device in the Bluetooth list of the phone.

(2) Android phones' users must allow the app to obtain permissions and run in the background, otherwise it will affect the user experience.

(3) For users with iPhone iOS13 and above, you can connect the watch with the app in one click; for users with iPhone iOS13 below, after connecting in the app, you need to connect to the P125 for the second time in the Bluetooth settings of the phone. The ID of the two connections must be the same to realize functions such as making calls and playing multimedia music.

(4) If the device cannot be found in the app, please check the Bluetooth list to see if it is connected. If it is connected, please forget the device.

(5) When connecting the device, please keep the phone and watch within 1 meter; the watch should be always on with sufficient power.

If the watch doesn't work with the above operations, please restore the watch to factory settings, uninstall and reinstall the app, and follow the above steps to reconnect.

◆ Operating Instructions

1. Power Button Description

	Press	Long Press
	(1) Turn on/off the screen (2) Return to the main interface (3) Pause/end exercise	(1) Power on (2) Power off

2. Gesture Description

(Slide up the interface)

(Swipe left on the watch face)

(Swipe right on the watch face)

(Slide down the interface)

Swipe down to view the quick settings bar, including DND Mode, Brightness Adjustment, Low Power Mode, Watch Audio Switch, E-Cards, and Settings.
Swipe up to view message notifications.
Swipe right to view recently used functions.
Swipe left to view a list of commonly used functions, including activity, sleep, heart rate, blood pressure, blood oxygen, weather, and custom shortcut functions.

◆ Function Introduction
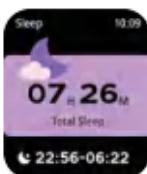
1. Watch Face:
On Watch: Long press the watch face interface, the watch face will appear after vibration, slide the watch screen horizontally to select the watch face; or after turning on the watch, slide down the watch screen to find and click Settings-Display-Watch Face, slide horizontally to select the watch face you like and click to change.
In App: Click ☐ in the app, slide the watch face banners below Watch Faces; click Edit-CHOOSE FROM ALBUM, select from the album, you can customize the picture wallpaper. Different watch faces can not only display time, but also display information such as heart rate/steps/calories/weather.
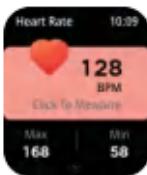
2. Activity:
Displays the number of steps, calories, and exercise time recorded after wearing the watch that day. The data will be reset the next day.
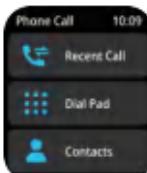
3. Sleep Analysis:
Wear the watch correctly during sleep, the watch will record and display the total sleep time of your last night, as well as the time of deep sleep and light sleep. More detailed information can be viewed in the app at the same time.

4. Heart Rate Monitor:
Slide to this page and click to start measuring the current real-time dynamic heart rate data. After the watch vibrates, the result value will be displayed. You can understand the current heart rate status. For more detailed information analysis and data records, you can view it in the app. If you need real-time heart rate monitoring 24 hours a day, 7 days a week, please turn on the automatic monitoring function on the app.
Note: The product measurement results are for reference only and cannot be used for medical purposes or as a basis.
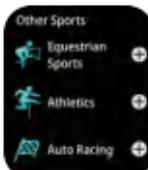
5. Bluetooth Call:
When the watch is connected to the phone via Bluetooth, click the call function and select Recent Call/Dial Pad/Contacts to make a call.
Note: If you want to view contacts, you need to go to the app- 📱 -Favorite Contacts, authorize reading the phone address book and adding quick contacts.

6. Exercise:

The watch supports a variety of exercise modes, including Walking, Running, Cycling, Climbing, etc., and you can manually add other sports such as dancing, ball games, fighting, etc.
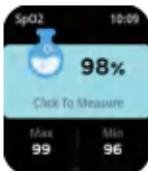
Select a sport and start exercising. The watch will display the exercise data in real time. Short press the power button to pause/continue/end and save the exercise data. Exercise records can be viewed on the watch or through the app .

7. Blood Pressure Monitor:

Slide to this page and click to start measuring the current real-time blood pressure data. After the watch vibrates, the result value will be displayed to understand the current blood pressure status. For more detailed information analysis and data records, you can view them in the app.
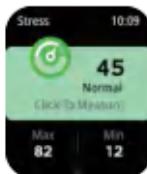
Note: The product measurement results are for reference only and cannot be used as a basis for medical purposes or basis.

8. Blood Oxygen Monitor:

Slide to this page and click to start measuring the current real-time dynamic blood oxygen data. After the watch vibrates, the result value will be displayed to understand the current blood oxygen status. For more detailed information analysis and data records, you can view them in the app.

Note: The product measurement results are for reference only and cannot be used as a basis for medical purposes or basis.

9. Stress Monitor:
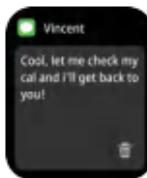
Slide to this page and click to start measuring the current real-time dynamic pressure data.
After the watch vibrates, the result value will be displayed to understand the current pressure status. For more detailed information analysis and data records, you can view them in the app.
Note: The product measurement results are for reference only and cannot be used for medical purposes or as a basis.

10. Weather:

Displays the weather conditions of the current city in the past 7 days. This function must be connected to the app, and the phone must turn on GPS positioning to allow the app to obtain the phone's location.

11. Message Notification:

When the watch is connected to the Da Fit app on the phone, the message push function is enabled on the app, and the phone has enabled the permission for the Da Fit app to receive messages. Then, the watch can receive calls, text messages, Facebook, X (Twitter), Instagram, WhatsApp and other notifications.
Note: This function requires the watch to be connected to the Da Fit app on the phone, and the phone allows the corresponding app to send message reminders. The factory default vibration of the watch message reminder is weak, and the vibration intensity can be adjusted in Settings-Vibrate & Ring.

12. Music Control:
When the watch is connected to the Da Fit app on a smart phone, the watch can adjust the previous song/next song/pause/play of the smart phone's music player. This function requires opening the music player on the smart phone before it can be controlled on the watch.

13. Voice Assistant:
When the watch is connected to the Da Fit app on a smart phone, the watch can use this function to call up the voice assistant on the smart phone (such as Siri on iPhone, etc.). Before use, make sure that the voice assistant function of the smart phone has been set up.

14. Quick Settings:
Swipe down on the home screen to view the quick settings bar, including DND Mode, Brightness Adjustment, Low Power Mode, Watch Audio Switch, E-Cards, and Settings.
Note: Settings can set various functions and parameters of the watch, including but not limited to display (Watch Face, Menu View, Screen-on time, Raise to wake, etc.), Vibrate & Ring (vibration mode and vibration intensity), Phone, System (Restart, Power Off and Reset) and other functions.

15. More Functions:
The watch also has functions such as Camera Control, Find Phone, Timer/Alarm/Stopwatch, Cycle Tracking, etc. Through the Da Fit app, you can also set Intake Reminders, Reminder To Move, and Find Device.

◆ Product Specifications

Model:	P125	Screen Size:	1.85 inches
Battery Capacity:	300mAh	Charging Voltage:	5V
Charging Time:	About 2.5 hours	Bluetooth Version:	5.2
Battery type:	Li-ion battery	Watch Size:	H: 44mm W: 38mm D: 11mm
Resolution Ratio:	240*284	Screen Type:	TFT
Strap Width:	22mm	Usage Time:	About 3-7 days

◆ Frequently Asked Questions

1. How to receive message reminders on the watch?

(1) Mobile phone settings: Please make sure that the smart phone notification permission is enabled, the smart phone message bar can display app notifications normally, and grant permissions such as "lock screen display" and "floating notification". Exit the chat interface of the app, and turn off the same app login status of the computer/tablet and other devices to avoid suppressing mobile phone notification push.
(2) Please make sure the smart phone Bluetooth is turned on, the watch is connected to the Da Fit app, and the distance between the watch and the mobile phone is within 5 meters.

A. If it is an Android phone's user, please make sure the Da Fit app is allowed to run in the background of the phone and the notification usage permission of Da Fit is enabled.
B. If it is an iPhone's user, please check the phone's Settings - Bluetooth - P125 - 🔲 -Share system notifications.
(3) Please check whether the DND Mode of the watch is turned on. If it is turned on, please slide from top to bottom on the watch's main screen and find the DND Mode to turn it off; or turn it off in Settings-DND Mode.

2. Why is the health data inaccurately measured by the watch?

(1) Wearing posture: The watch should be worn in the correct posture. Incorrect wearing posture will affect the heart rate measurement. Wearing the watch too tightly or raising your hand to make a fist will affect blood circulation and may also affect the heart rate signal.
(2) Measurement method: When measuring, keep your arm flat, relaxed and still, and make sure the watch is close to your arm. Note: Even if worn correctly, individual differences such as skin color, hair, tattoos and scars may affect the heart rate signal.
(3) This watch is not for medical use. All measurements are for general fitness purposes.

3. Why is the sleep data recorded by the watch inconsistent with my actual sleep?

(1) Wearing posture: The watch should be worn in the correct posture when sleeping. A wristband that is too loose or too tight will affect the accuracy of the data.
(2) Sleeping habits: The watch's monitoring algorithm for sleep data is based on the normal work and rest habits of ordinary people, and only records normal sleep data at night. If you get up at night, turn over too much, or stay up late, etc., the data will be abnormal.

Note: If you place the watch on an object with a texture or color similar to your skin at night, there is a certain probability of mis-recognition, causing the watch to generate sleep record data.

4. How to do if the watch cannot be charged?

(1) Please check whether you use the original magnetic charging cable in the package and confirm whether the magnetic point of the charging cable and the contact point on the back of the watch are clean.
(2) If you use a power adapter (or fast charger) with a power exceeding 5V/1A, it will be unable to charge due to overload.
(3) If the watch has not been used for a long time, please use a low-power (5V/1A) power adapter to charge continuously for more than 2.5 hours before turning it on.
Note: If the watch is no longer used, please save it through Settings - System - Shutdown and charge it at least once every 60 days to ensure normal battery life.

POPGLORY.TOP/P125

Scan the QR code above to get more product usage tips
24/7/365 customer service support

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