

FitTech Fitness Tracker FAQ

1. Product Overview

FitTech offers a range of fitness trackers to help you monitor your health and fitness goals. Our current lineup includes:

- FT-B100 (Basic)
- FT-A200 (Advanced)
- FT-P300 (Premium)

Each model is equipped with features to track your activity, heart rate, and more.

2. Technical Specifications

FT-B100 (Basic)

Display: 1.4-inch OLED

Battery Life: Up to 10 days

Water Resistance: 50 meters

Connectivity: Bluetooth 5.0

Sensors: Heart rate, accelerometer, gyroscope

Compatibility: iOS and Android

FT-A200 (Advanced)

Display: 1.4-inch OLED

Battery Life: Up to 10 days

Water Resistance: 50 meters

Connectivity: Bluetooth 5.0

Sensors: Heart rate, accelerometer, gyroscope

Compatibility: iOS and Android

FT-P300 (Premium)

Display: 1.4-inch OLED

Battery Life: Up to 10 days

Water Resistance: 50 meters

Connectivity: Bluetooth 5.0

Sensors: Heart rate, accelerometer, gyroscope

Compatibility: iOS and Android

3. Key Features

- **Activity Tracking:** Monitor steps, distance, calories burned, and active minutes.
- **Heart Rate Monitoring:** Continuous heart rate tracking for better health insights.
- **Sleep Analysis:** Track your sleep patterns and get insights to improve your sleep quality.

4. Setup and Installation

Step-by-step instructions for setting up your FitTech fitness tracker:

1. Charge the tracker fully before first use.
2. Download the FitTech app from the App Store or Google Play.
3. Pair the tracker with your smartphone via Bluetooth.
4. Follow the in-app instructions to complete the setup process.

5. Usage Instructions

Guidelines on using various features and optimizing performance:

- Use the app to set goals and track your progress.
- Customize the watch face and notifications to suit your preferences.
- Sync the tracker with your phone regularly to keep data updated.

6. Maintenance and Care

Tips for keeping your fitness tracker in top condition:

- Clean the band and tracker regularly to prevent skin irritation.
- Avoid exposing the tracker to extreme temperatures or direct sunlight.
- Keep the firmware updated for optimal performance.

7. Troubleshooting

Common issues and their solutions:

Problem: Tracker Not Syncing

Solution: Ensure Bluetooth is enabled on your phone and restart both devices.

Problem: Inaccurate Step Count

Solution: Adjust the tracker fit and check the settings in the app.

Problem: Battery Draining Quickly

Solution: Reduce the frequency of notifications and disable unnecessary features.

8. Warranty Information

Comprehensive warranty details for your FitTech fitness tracker:

- Coverage period: 1 year from the date of purchase.
- Includes free repair and replacement for manufacturing defects.
- Excludes damage caused by misuse or unauthorized modifications.

9. Customer Support

Information on how to get support for your FitTech fitness tracker:

- Visit our online support portal for FAQs and troubleshooting guides.
- Contact our support team via phone or email for personalized assistance.
- Locate the nearest service center for in-person support.