When the app is opened it will go thru a series of directions.

App is based on body weight, calculate your daily calorie of sport
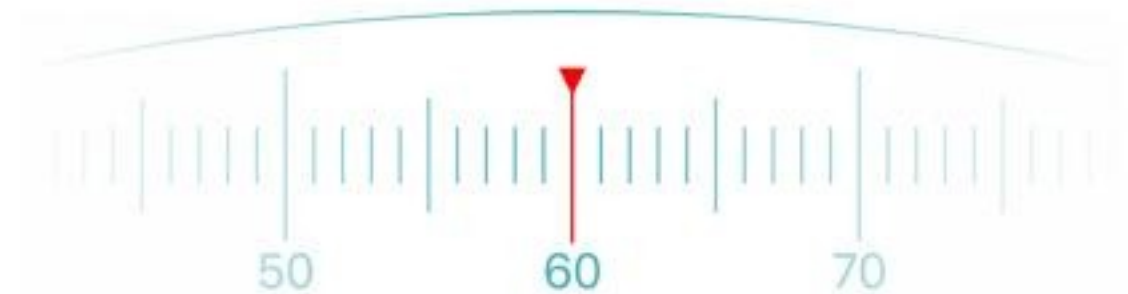
Male   Female

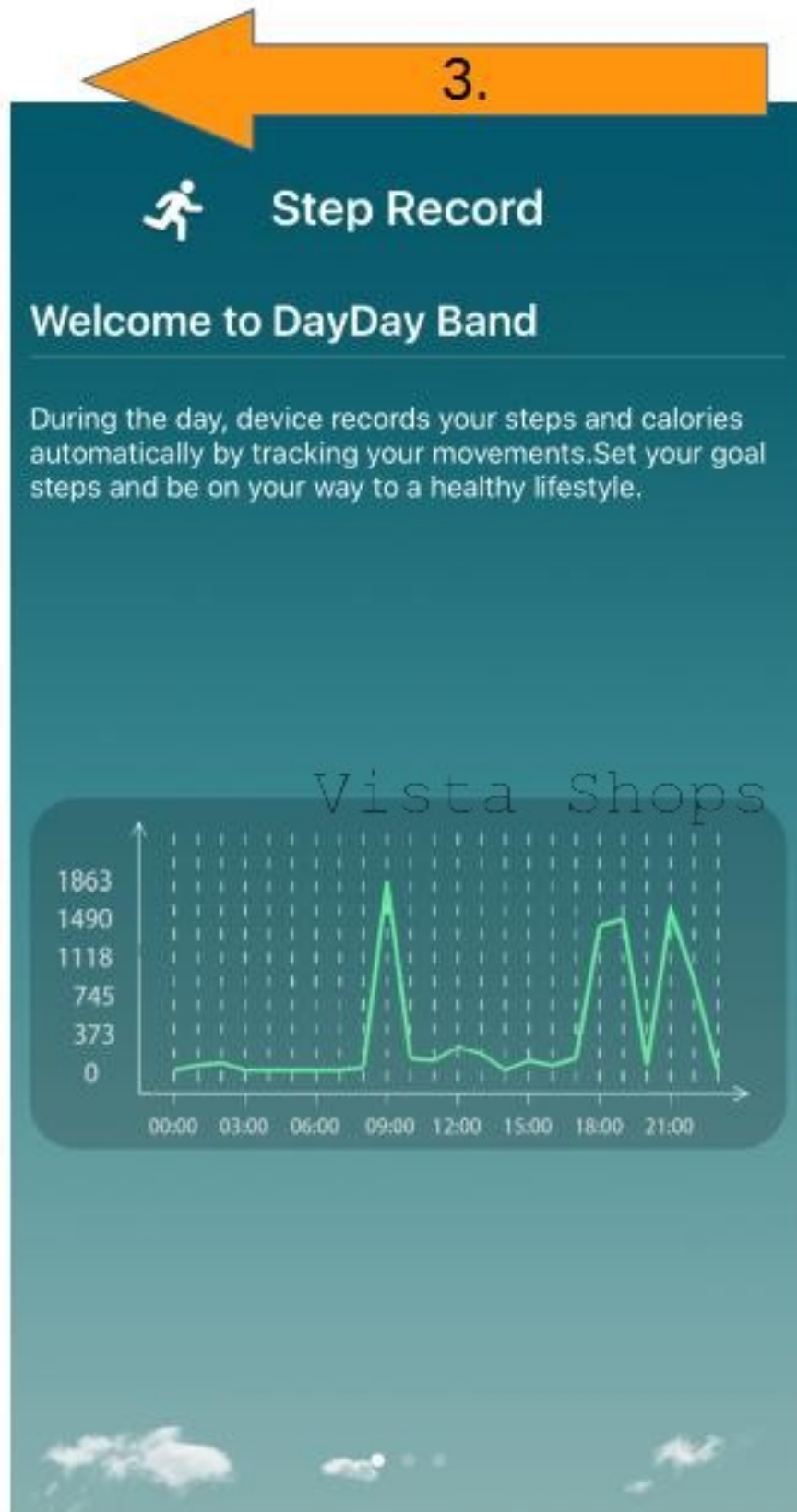1. It begins with the gender.

60 kg   lbs

50   60   70
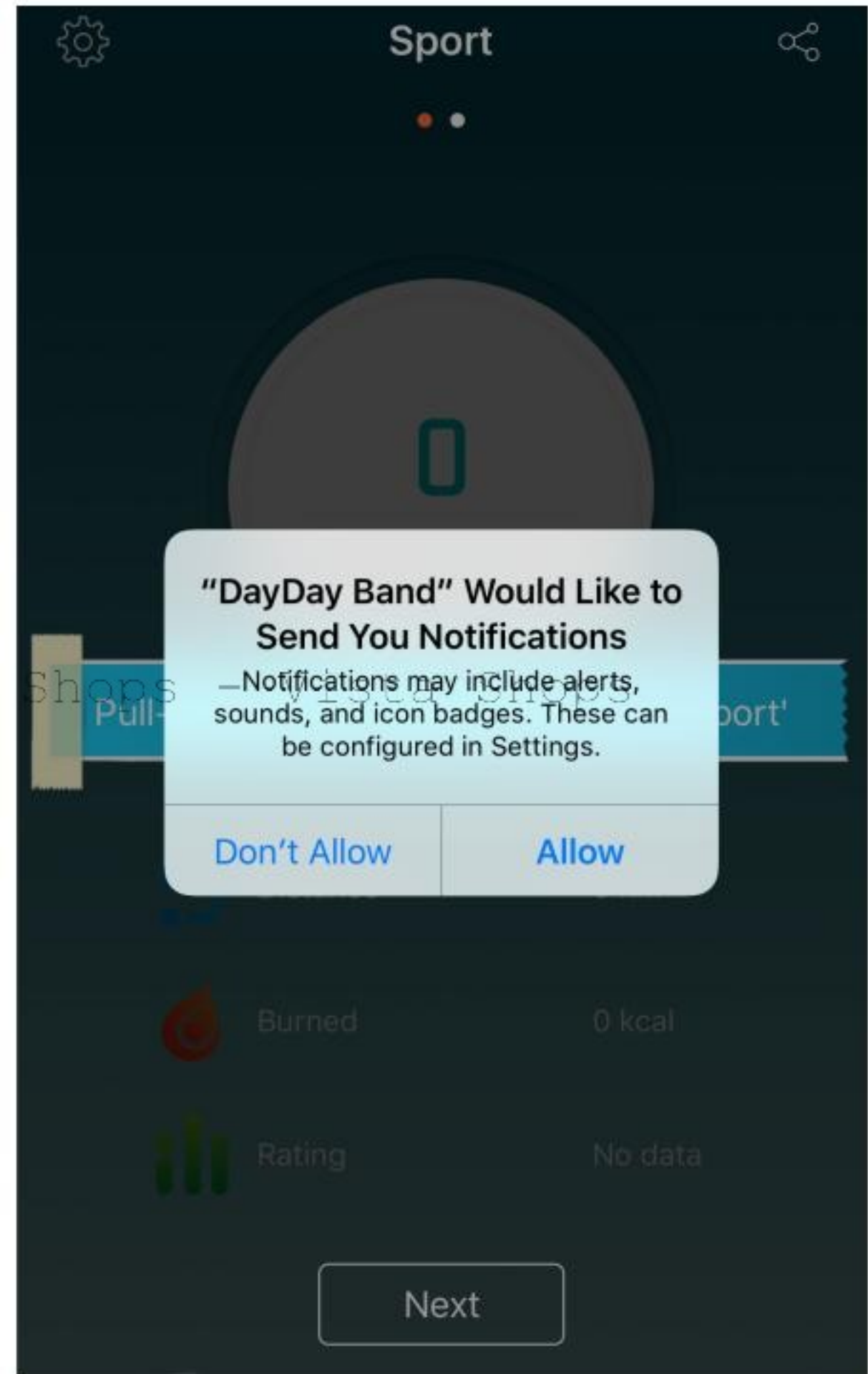
2. After the gender a few more questions will appear

3. Swipe from right to left until you see Start

3.

4. Click start

Step Record

Welcome to DayDay Band

During the day, device records your steps and calories automatically by tracking your movements.Set your goal steps and be on your way to a healthy lifestyle.

1863
1490
1118
745
373
0

00:00 03:00 06:00 09:00 12:00 15:00 18:00 21:00

Enjoy Sport Enjoy Life

Be Healthy Every Day

Start

4.

Permissions For Alerts, etc.

- To use certain features allowing '**Notifications**' is needed

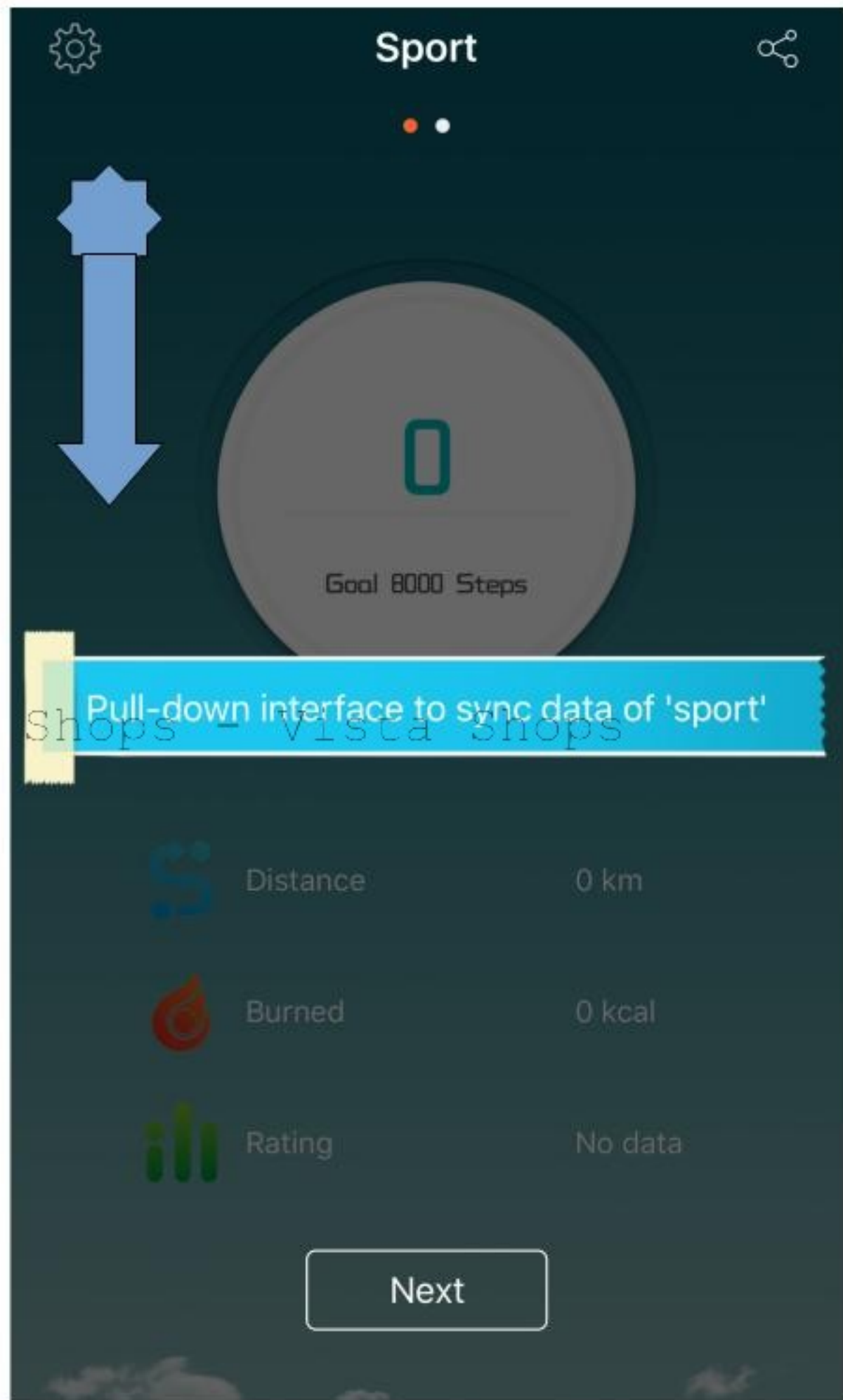- If you **do not** want to use the alert features then choose '**Don't Allow**'

Sport

"DayDay Band" Would Like to Send You Notifications

—Notifications may include alerts, sounds, and icon badges. These can be configured in Settings.

Don't Allow | Allow

Burned   0 kcal

Rating   No data

Next

Pulling down on the screen, on a empty area, will sync the watch and phone.

A message will appear just above **"Sport"**

This is a preview screen that appears when the app is opened for the first time.

Click on **NEXT** to proceed

Sport

Goal 8000 Steps

Pull-down interface to sync data of 'sport'

	Distance	0 km
	Burned	0 kcal
	Rating	No data

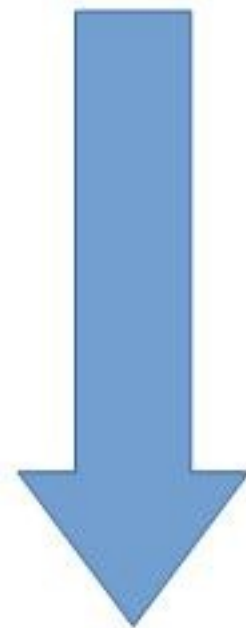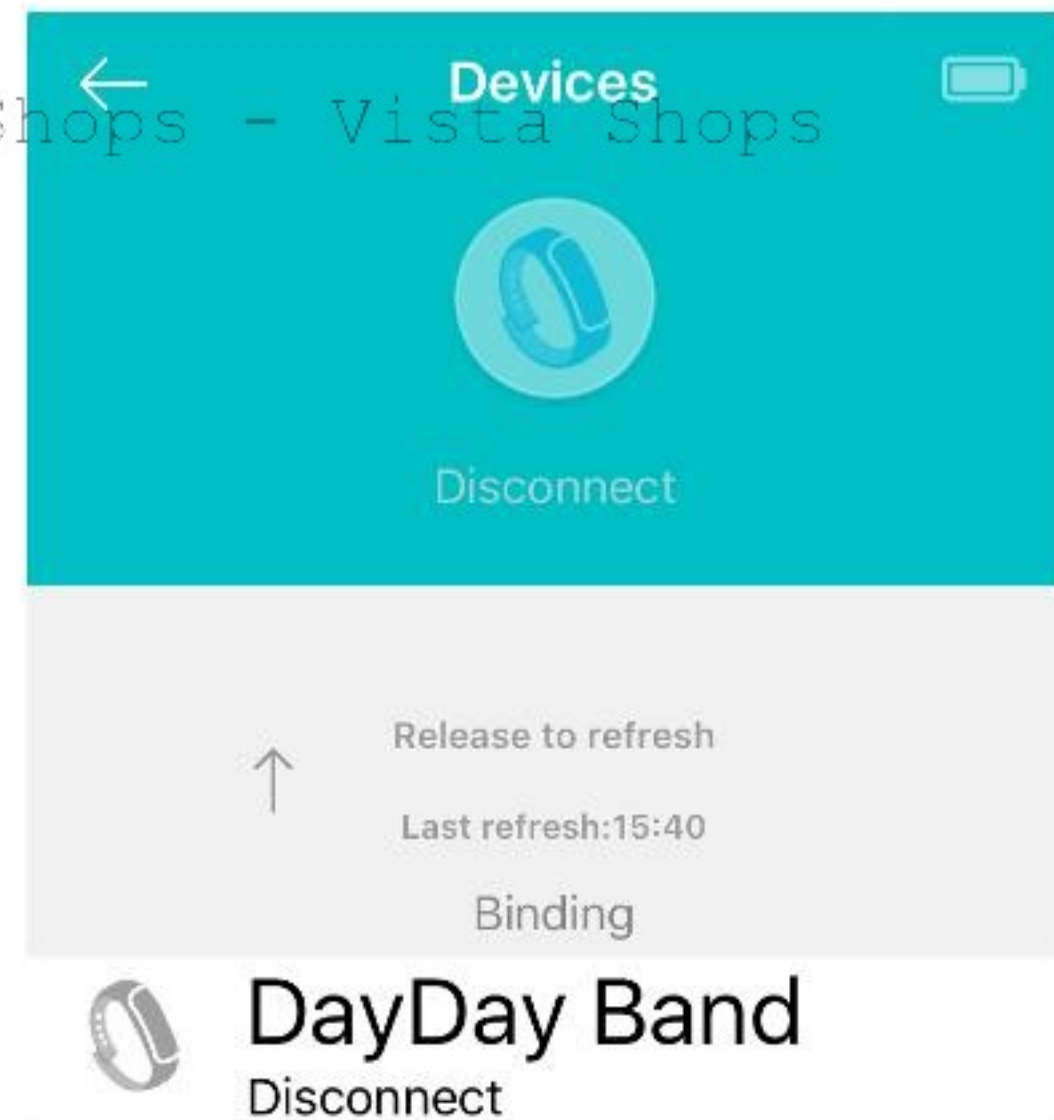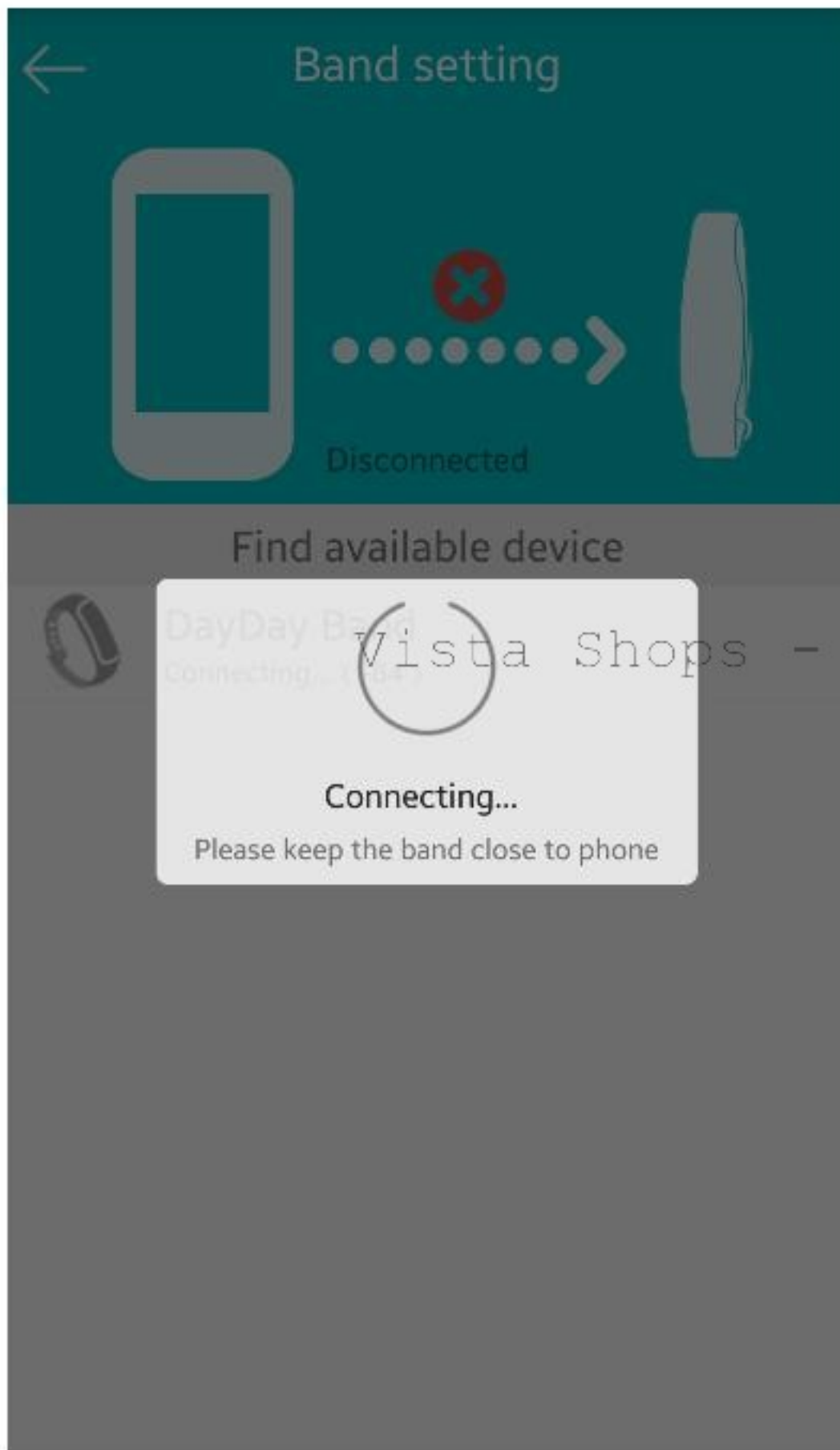Next

Binding Band

Band setting

Disconnected

Find available device

If you do not see DayDay Band then pull down on the screen white lower half of the screen until DayDay Band appears.

When DayDay Band shows click on it once.
(if it says Disconnect it means it is Disconnected)

Devices

Disconnect

Release to refresh

Last refresh:15:40

Binding

DayDay Band
Disconnect

After pressing Day Day Band it will attempt to connect.

After the band is connected the red **X** changes to a check mark.

The DayDay Band will turn blue and will state Connected.

Connecting the device

- After going to the **Settings**, click on **Devices**.

1. Place finger on the white empty lower half of the screen and pull **Down** on the screen and '**Release to refresh**' should appear.
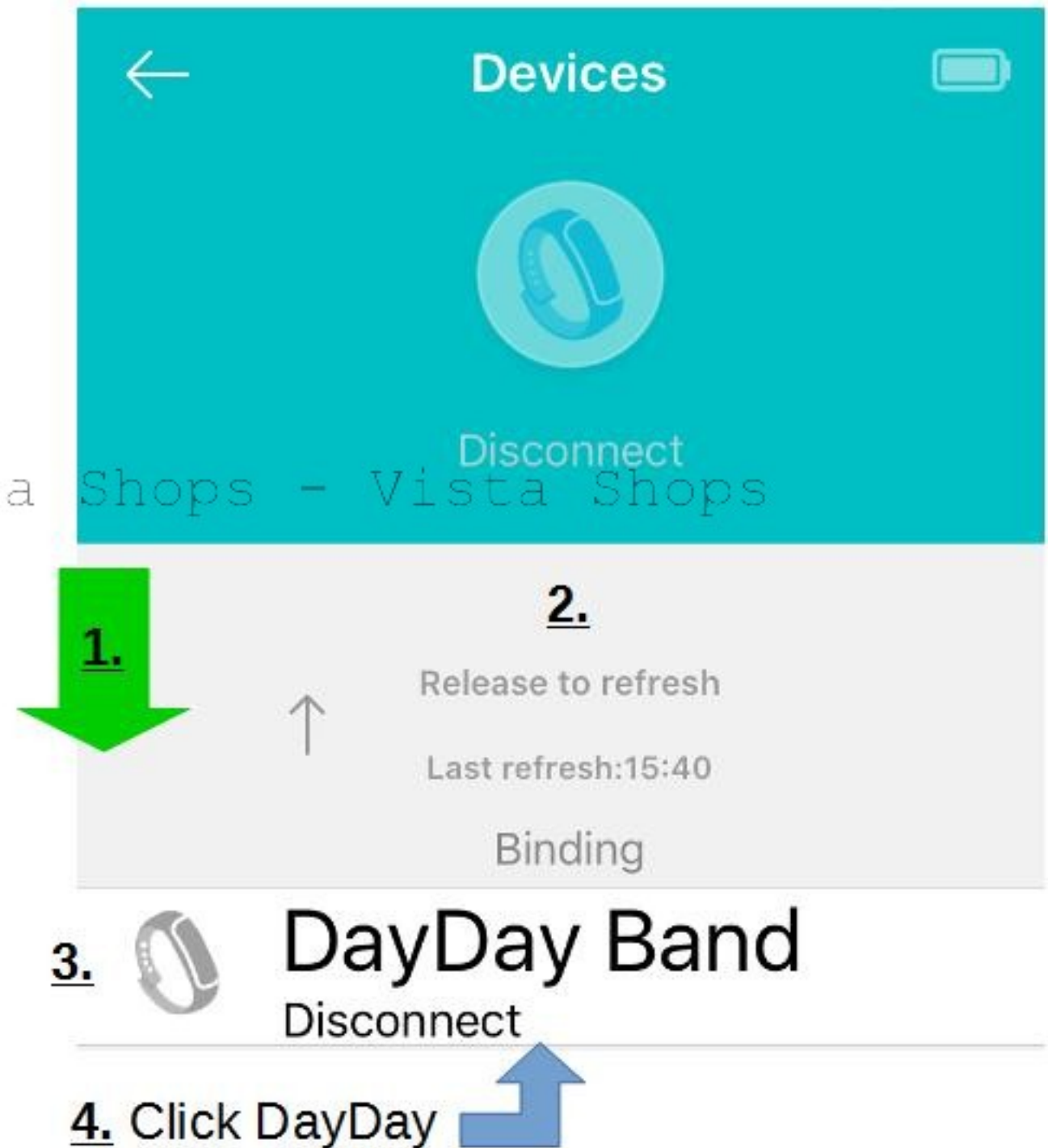
2. Remove the finger and the app will search for the Mini.

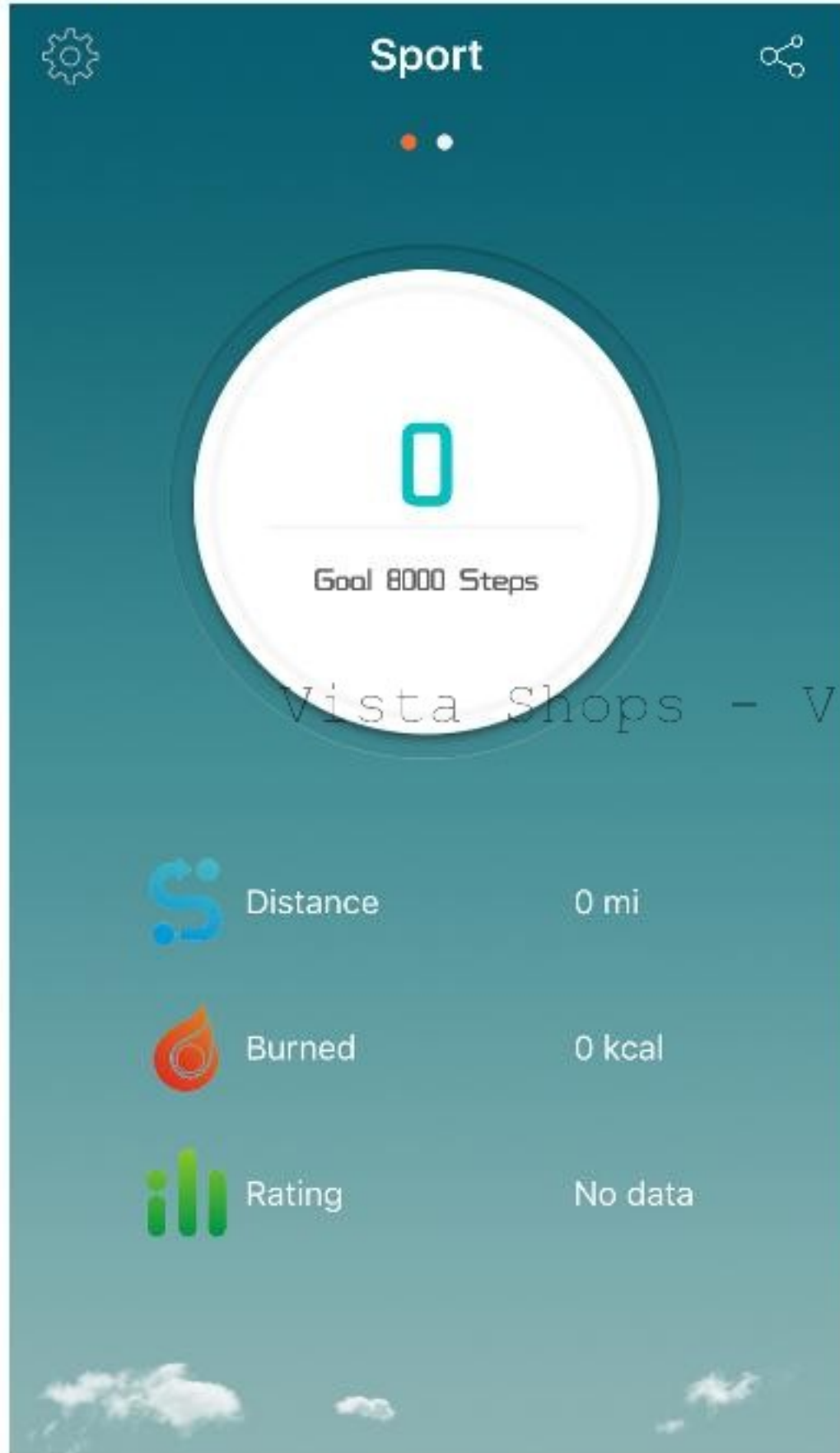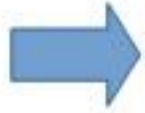3. After a few moments DayDay Band should appear.

4. Click on DayDay Band and it will begin the syncing.
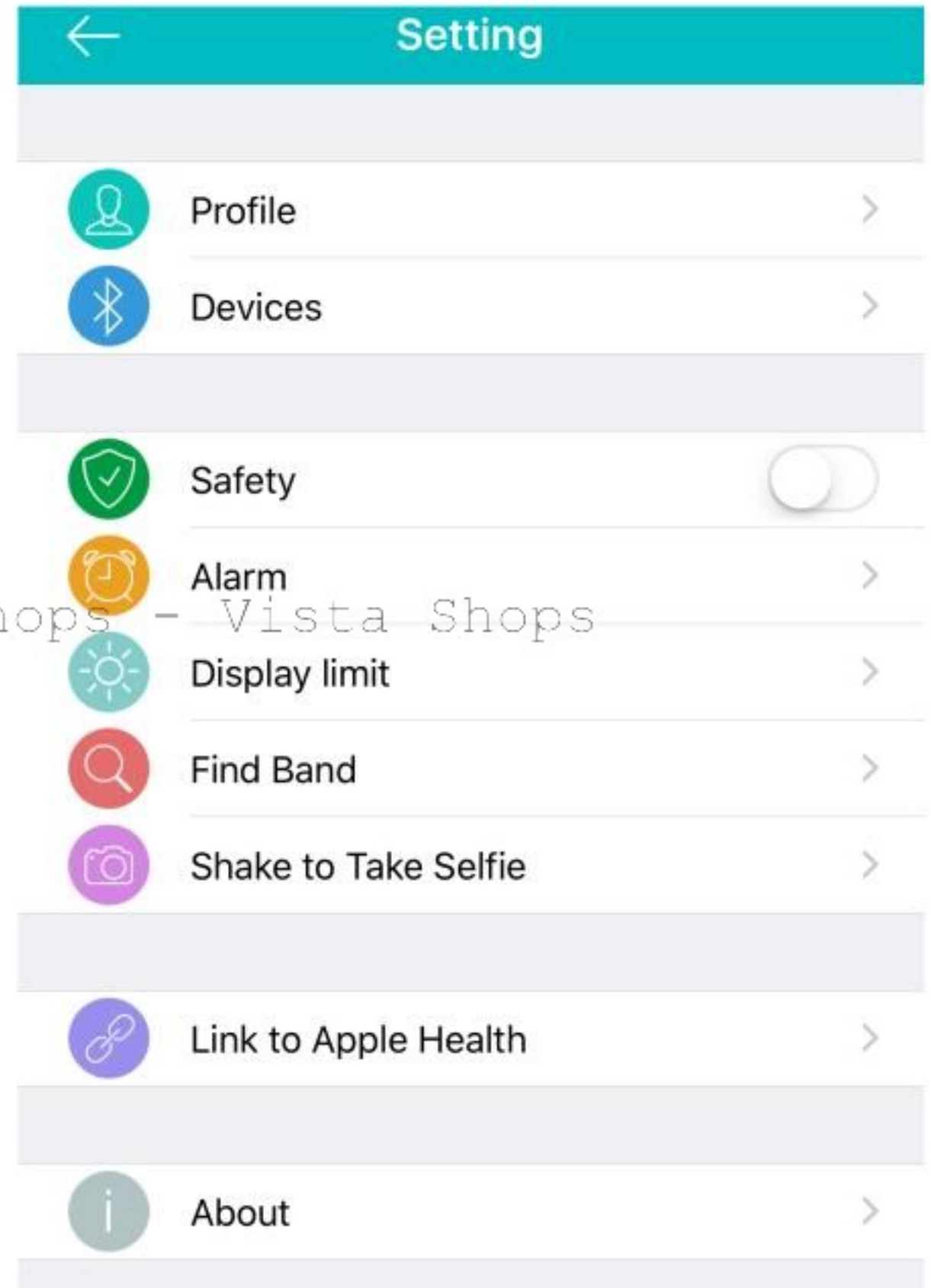
**If it says Disconnect then it is not connected.
DayDay Band should turn blue after being connected.**

Devices

Disconnect

1.

2.

Release to refresh

Last refresh:15:40

Binding

3. DayDay Band
Disconnect

4. Click DayDay

Opens the settings
of the application

Opens the social
media menu

Sport

0

Goal 8000 Steps

Distance   0 mi

Burned   0 kcal

Rating   No data

Setting

Profile   >

Devices   >

Safety

Alarm   >

Display limit   >

Find Band   >

Shake to Take Selfie   >

Link to Apple Health   >

About   >

APPLE VERSION

Settings

Personal data that can be edited

Search for the device to be synced

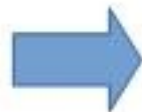Alert will go off if watch suddenly disconnects from phone.

Set up alarm alert

Watch will vibrate

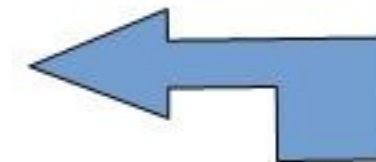**Apple option**

The watch can signal the camera on the phone to take a photo when shook.

Setting

Profile

Devices

Safety

Alarm

Display limit

Find Band

Shake to Take Selfie

Link to Apple Health
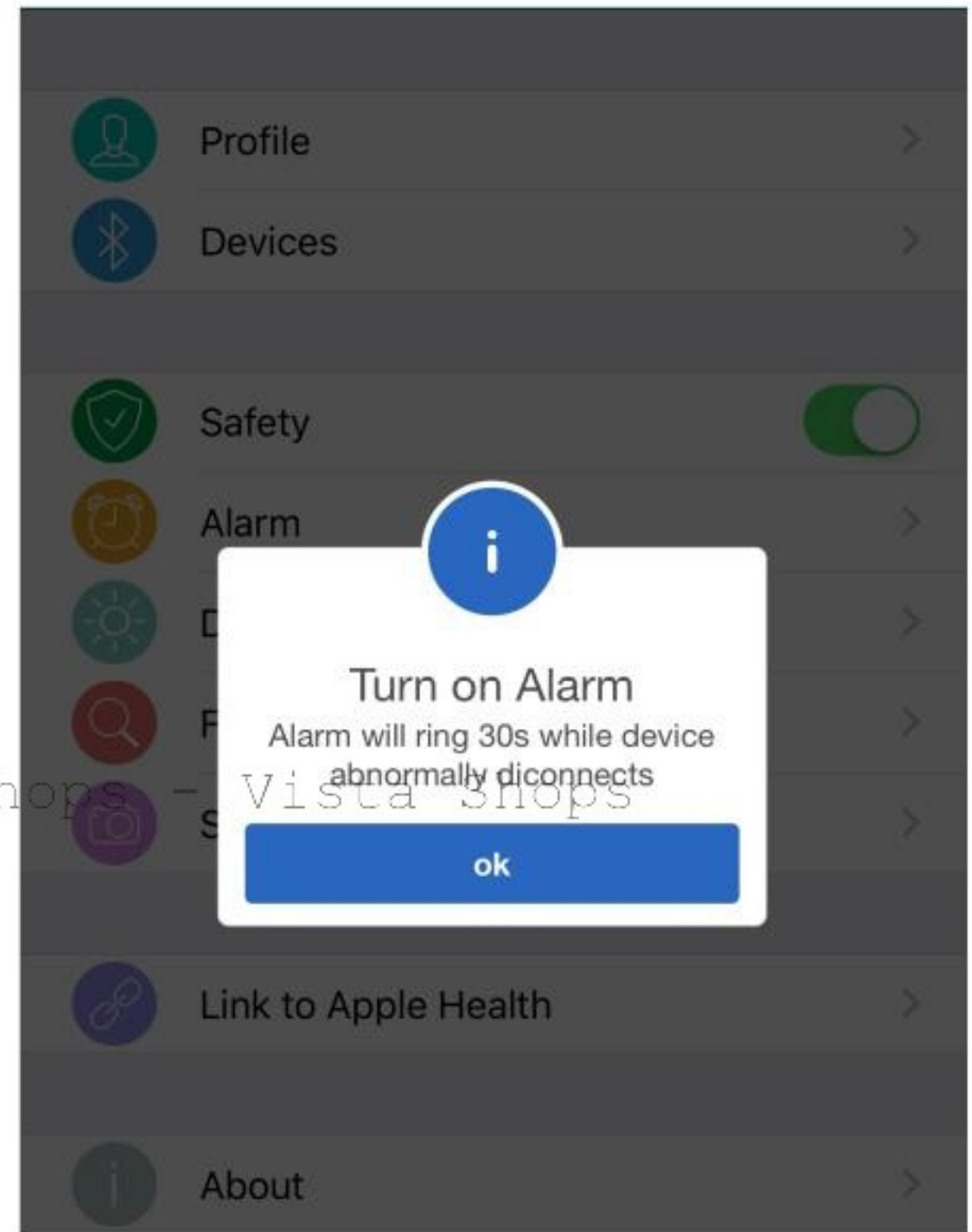
About

Vista Shops - Vista Shops - Vista Shops

Safety Option
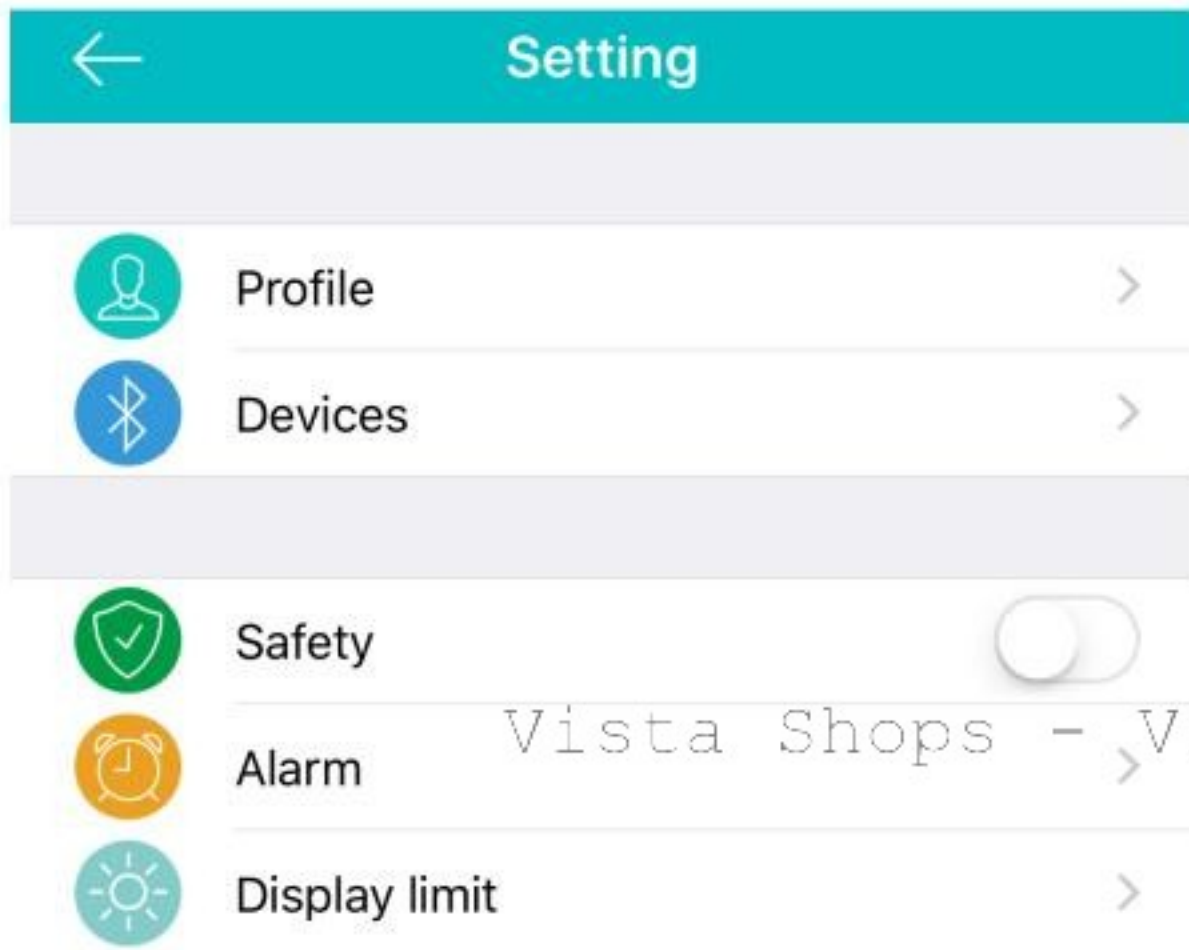
- If the watch disconnects from the phone abnormally a alarm will go off from the phone. (example: The watch leaves the range of bluetooth)

Profile

The data on **Profile** can be edited at anytime.

Units are not in Miles and Feet.

If the height and weight show as km and kg then please check '**Distance Unit**'.

For Imperial Units (miles, pounds and inches) then set '**Distance Units**' to **mi**.

← Profile

Name

Gender	Male ›
Age	53 ›
Height	5'6 ft/in ›
Weight	174lbs ›
Set Goal Steps	8000 ›
Distance Unit	mi ›