

SAMSUNG Galaxy Fit2



User manual

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Getting started

Galaxy Fit2

Assemble your device

Start using your device



Galaxy Fit2



Assemble your device

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Learn more about your device hardware, assembly procedures, and how to get started using your new device.



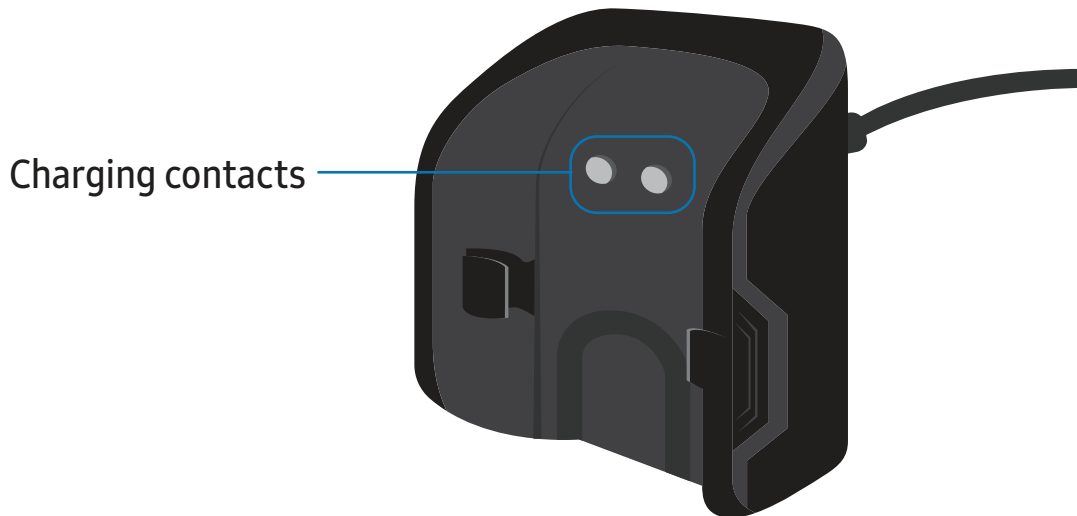
Charge your device
Align the charging contacts on the Galaxy Fit2 and charger and then press until it clicks.





NOTE Do not disassemble, modify, or repair your device. Placing objects, such as magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, next to the device or charger may cause damage from the charger or device's magnetic field.

Charge the battery


Your device is powered by a rechargeable battery.



 **NOTE** The charging head for plugging the USB cable into a wall outlet is not included. Use only Samsung charging devices rated with an output voltage of 5V and an output current of over 150mA (sold separately). Samsung accessories are designed for your device to maximize battery life. Using other accessories may void your warranty and may cause damage.

 **NOTE** Prevent the USB charger port and the small end of the charger from coming into contact with conductive materials, such as liquids, dust, metal powders, and pencil leads.

While charging, the device and the charger may become hot and stop charging. This does not affect the device's lifespan or performance and is in the device's normal range of operation.

 **TIP** Disconnect the charger from the device and wait for the device to cool down. For more information, visit samsung.com/us/support/answer/ANS00076952.

Wear the Galaxy Fit2

Wear the Galaxy Fit2 firmly around your lower arm just above your wrist as shown below. Do not fasten the band too tightly.



1. Open the buckle and place the band around your wrist.
2. Fit the band to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it.

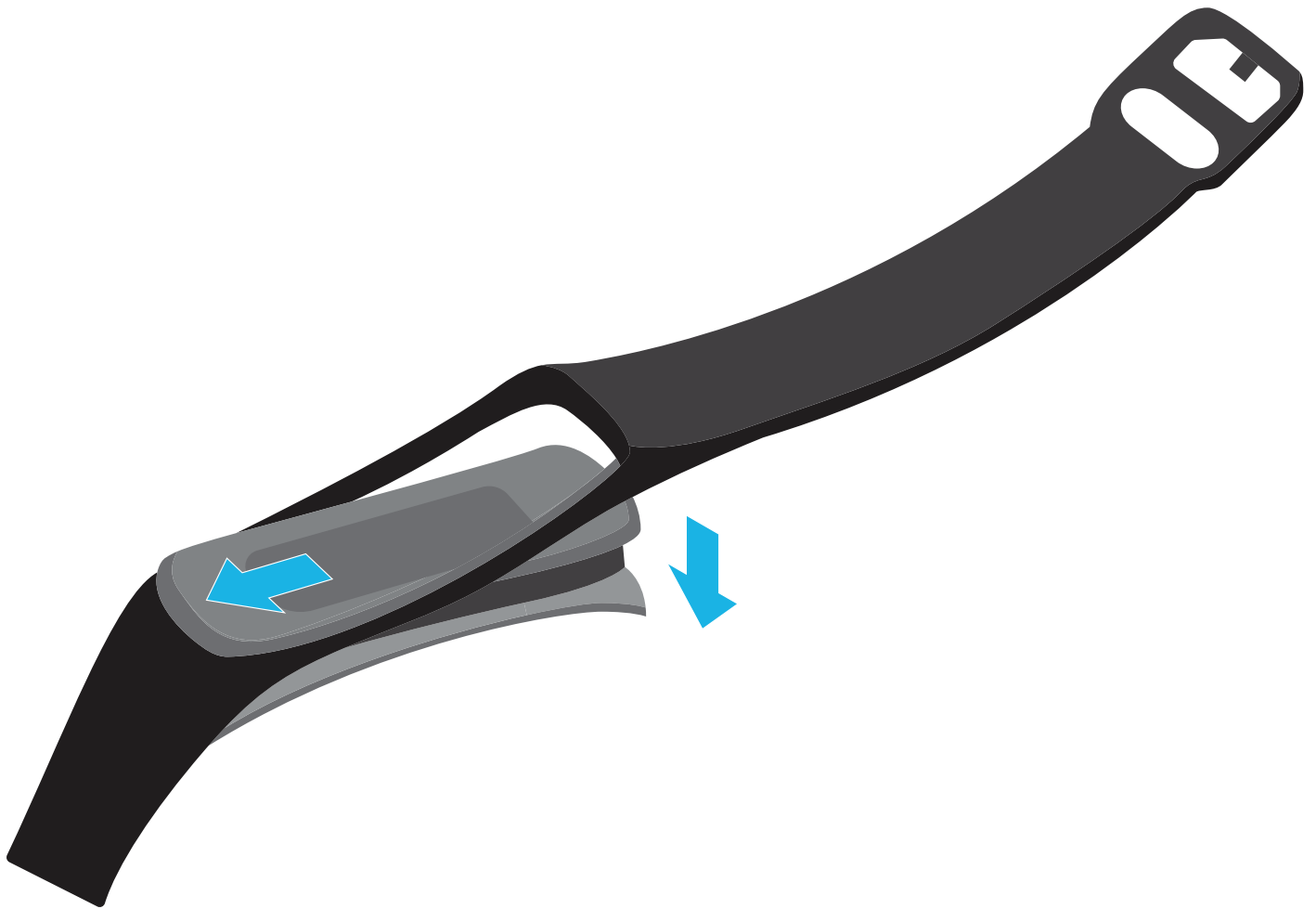


WARNING Wear the Galaxy Fit2 or device correctly. If you feel discomfort while using the device, stop using it. If your device becomes hot, please remove it until it cools.

Replace the band

You can easily replace the Galaxy Fit2 band with a new one.

1. Detach the old band.
 - While holding the Galaxy Fit2, gently pull on one of the band connections to lift it up.
2. Attach the new band.
 - Hook one side of the band to the Galaxy Fit2, gently pull on the other side of the band to hook around the other side of the Galaxy Fit2.






Start using your device

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Turn the screen on

Use the Touch key to turn the screen on.


- Press the **Touch** key once.
 - To turn off the screen, cover it with your palm. It may automatically turn off if the Galaxy Fit2 is not used for a specified period.




 **TIP** You can also turn on the screen using the Wake-up gesture feature. On your smartphone, tap  **Galaxy Wearable** >  **Advanced** > **Wake-up gesture** to enable this feature.

Connect the Galaxy Fit2 to a smartphone

To connect your Galaxy Fit2 to a smartphone, install the Galaxy Wearable app on the smartphone. You can download the app from Galaxy Store, or the Google Play™ store.

Galaxy Wearable is compatible with select devices using Android™ 5.0 and later, with at least 1.5 GB RAM. Supported devices may vary by carrier. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices. Visit samsung.com/us/support/owners/app/galaxy-wearable-watch for a list of compatible smartphones.

1. From the Apps screen of the smartphone, tap  **Galaxy Wearable**.
2. If necessary, update the app to the latest version.
3. Tap **Start the Journey**, and follow the prompts to select your device.
4. When the Bluetooth® pairing request window is displayed, confirm the passkeys displayed on your Galaxy Fit2 and smartphone match, and then tap **Connect**.

 **TIP** To disconnect the Galaxy Fit2, on your smartphone tap  **Galaxy Wearable** >  **Menu** > **Disconnect**.

Navigation

The touchscreen responds best to a light touch from the pad of your finger. Using excessive force or a metallic object on the touchscreen may damage the tempered glass surface and void the warranty.

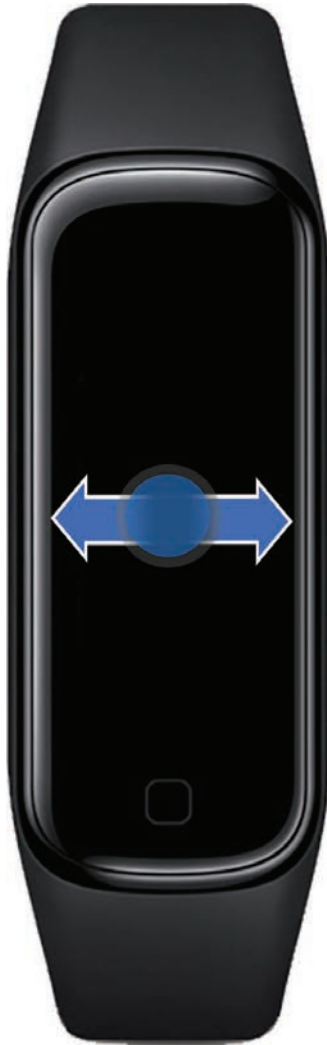
Tap

Lightly tap the screen to launch an app or select a menu item.



Swipe

Lightly drag your finger vertically or horizontally across the screen to view panels.




Drag




Touch and hold an item, and then move it to a new location.



Change the watch face

The first screen when you turn on the Galaxy Fit2 is the watch face. You can choose a watch face with different colors, styles, and information displayed.

1. On your smartphone, tap  **Galaxy Wearable** > **Watch faces** tab.
2. Tap a watch face to select it.

 **TIP** You can add a status or notification indicator to your watch screen through  **Galaxy Wearable** > **Watch faces** tab >  **More options** > **Watch face settings**.

Quick panel




This panel allows you to view the Galaxy Fit2's current status and configure settings.

- Swipe down from the top of the screen to open the Quick panel.

Indicator icons

Indicator icons appear at the top of the Quick panel and let you know your watch's current status. The icons listed in the table below are most common.









Indicator icons

- | | |
|---|-------------------------------------|
|  | Battery full |
|  | Bluetooth connected |
|  | Bluetooth enabled but not connected |

Quick settings






Swipe through the Quick panel to view and change settings.

- Tap the icon to enable or change the setting.

-  Brightness
-  Do not disturb
-  Music controller
-  Vibrate/mute
-  Water lock
-  Find my phone
-  Good night mode
-  Options


Edit the Quick settings

You can edit the icons on the Quick panel.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Advanced** > **Edit quick panel**.
 - Tap  next to the quick setting icon to remove it.
 - Tap  next to the quick setting icon to add it.
 - Tap  next to a quick setting icon and drag it to another position.
3. Tap **Save**.

Brightness


Adjust the screen brightness from the Quick panel.

1. From the Quick panel, tap  **Brightness**.
2. Tap the **arrows** up or down to adjust the screen brightness.

Do not disturb mode


Set the Galaxy Fit2 to mute all notifications except for alarms and the screen will not turn on when notifications are received.

- From the Quick panel, tap  **Do not disturb** to enable.

 **TIP** The  **Do not disturb** icon displays at the top of the watch face when this mode is enabled.

Music controller



Use the Galaxy Fit2 as a controller when playing music on your smartphone.

- From the Quick panel, tap  Music controller.





Sound control

You can mute your Galaxy Fit2 or set it to vibrate when you receive notifications.

- From the Quick panel, tap  **Vibrate** or  **Mute** to switch between the two sound settings.


Vibration settings

Use the Galaxy Wearable app on your smartphone to customize the vibrations on your Galaxy Fit2.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Vibration** for the following options:
 - **Vibration**: Enable or disable vibration alerts.
 - **Long vibration**: Enable or disable longer vibration alerts for calls and notifications.


Water lock mode


Activate water lock mode when you exercise in water.

- On the quick panel, tap  **Water lock**.
 - To turn off water lock mode, tap the **Touch** key and drag the water lock icon up and down.

Find my phone

Launch the find my phone feature and find your smartphone when you misplace it. The smartphone will emit sound and turn on the Galaxy Fit2 screen.



- On the Quick panel, tap  **Find my phone**.
 - Tap **Stop** when finished searching.

 **TIP** You can also use your smartphone to find your Galaxy Fit2. See [Find My Band](#).

Good night mode

Activate Good night mode while sleeping. All notifications except for alarms are muted and the screen does not turn on when notifications are received while Good night mode is enabled.

- On the Quick panel, tap  Good night mode.

 **TIP** The  Good night mode icon displays at the top of the watch face when this mode is enabled.


Restart

You can restart your Galaxy Fit2 from the Quick panel.

- On the Quick panel, tap  Options > Restart.

Reset

You can reset your Galaxy Fit2 from the Quick panel. This is ideal before pairing with a new smartphone.

- On the Quick panel, tap  Options > Reset.

Notifications

Stay up to date with events, notifications, and messages from your smartphone. When you receive a notification, information about the notification, such as its type, is displayed on the screen while the watch is vibrating.




- From the watch screen, swipe right and tap a notification to view details.



Tap a notification to open it.

Notification settings

Stay up to date with events, notifications, and messages from your smartphone.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Notifications**, and tap  to activate notifications, and then tap to select items:
 - **Show only while wearing:** Show notifications on your Galaxy Fit2 only while it is being worn.
 - **Show while using phone:** Show notifications from your smartphone on your Galaxy Fit2 while you are using your smartphone.
 - **Turn on for new apps:** Automatically turn on notifications for newly installed apps.
 - **Show with details:** Set your Galaxy Fit2 to show details for notifications when they are received.
 - **Turn on screen:** Set the Galaxy Fit2 to turn on the screen when a notification is received.

Answer or reject calls

Answer or reject incoming calls on your smartphone from your Galaxy Fit2.

- On the incoming call screen, drag  **Answer** to the right or  **Decline** to the left.

Missed call notifications

If a call is missed, a notification is displayed on the screen.

- From the watch screen, swipe right to view missed call notifications.

View and Send messages




View messages and reply to the sender using the Galaxy Fit2. You may incur additional charges for receiving messages while you are roaming.



1. Swipe to the right on the watch screen to open the Notifications screen and view the message.
2. Swipe upwards or downwards on the screen and select a quick reply message. The message will be sent.

Edit Quick messages

Add or edit responses to text messages.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Quick responses** and tap a response to edit it, or tap  **Add** to add a new response.
3. When finished, tap **Save**.

Widgets

Using widgets

Health summary

Exercise

Stress

Stopwatch and timer






Weather

Hand wash



Using widgets




Add, remove, and rearrange widgets on your Galaxy Fit2.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Widgets**.
 - Tap  **Remove** to remove a widget.
 - Tap  **Add** to add a widget.
 - Drag  **Move** to change the position of the widget in the screen order.
3. When finished, tap **Save**.

Health summary

View your activity and health information, such as steps, calories burned, and real-time heart rate.


1. Swipe to the left on the watch screen to switch to the health summary widget.
2. Swipe up or down to view your health information.

 **TIP** Customize your health goals on your smartphone, tap  **Galaxy Wearable** >  **Health settings**. For more information, see [Health settings](#).

Exercise

Record your exercise information and check the results, such as burned calories, with the exercise feature.

1. Swipe to the left on the watch screen to switch to the exercise widget screen.
2. Tap **Select workout** and select the exercise type you want from the list.
3. Swipe the screen to the left or right to view exercise information, such as your heart rate, distance, or time, on the workout screen.
4. Press the **Touch** key to pause the exercise.
 - To restart the exercise, tap the **Touch** key again after pausing the exercise.
 - To finish exercising, tap **Finish**.

 **TIP** While swimming, press and hold the **Touch** key to deactivate water lock mode, and then tap **Finish**.

Doing multiple exercises

You can log various exercises or complete an entire exercise routine.

1. Press the **Touch** key to pause the current exercise.
2. Tap **New**.
3. Select the exercise type and start the next exercise.

Swimming

When you select Swimming, Water lock mode will be automatically activated.

When you select Swimming, the recorded value may not be accurate in the following cases:

- If you stop swimming before reaching the completion point.
- If you change your swimming stroke midstream.
- If you stop moving your arms before reaching the completion point.
- If you kick with your legs on a kickboard or swim without moving your arms.

Stress



Calculate and record your stress level by using changes in your heart rate. Reduce your stress by following the breathing exercise that your Galaxy Fit2 provides.

The Galaxy Fit2 measures and records your stress level at regular intervals throughout the day.

1. Swipe to the left on the watch screen to switch to the Stress widget.
2. Swipe up or down on the screen to view your stress level information.
3. Tap **Measure** to record your stress level.

Breathing exercise

You can alleviate stress with a deep and slow breathing exercise by following the Galaxy Fit2.


1. Swipe to the left on the watch screen to switch to the stress widget screen.
2. Swipe up or down on the screen and tap **Breathe** on the stress widget screen.
3. Tap  and start to breathe.
 - To stop the breathing exercise, tap .

Stopwatch and timer

You can use your Galaxy Fit2 as a stopwatch and timer.



Stopwatch

The Stopwatch lets you time events down to a hundredth of a second.


1. Swipe to the left on the watch screen to switch to the Stopwatch and timer widget.
2. Tap  **Stopwatch**.
3. Tap **Start** to begin timing.
4. Tap **Stop** to end timing.
 - To continue timing after stopping the clock, tap **Resume**.
 - To reset the Stopwatch to zero, tap **Reset**.

Set a timer

Create an timer for a specified period of time.

1. Swipe to the left on the watch screen to switch to the Stopwatch and timer widget.
2. Tap  **Timer**.
3. Tap a time or **Custom** to set the timer.
4. Tap  to start.

Stop the timer

- Drag  Cancel to the up when the timer goes off.


Weather

View weather information on the Galaxy Fit2 for locations set on the connected smartphone.

- Swipe to the left on the watch screen to switch to the weather widget screen.




Hand wash

Stay clean, stay safe, and help prevent the spread of contagious diseases. Get reminders to wash your hands, and a timer to make sure you wash for 25 seconds each time.

1. Swipe to the left on the watch screen to switch to the Hand wash widget.
2. Tap  Wash now to start the 25 second timer.

Hand wash reminders

Set reminders to wash your hands.

1. From  Galaxy Wearable, tap the Home tab.
2. Tap  Hand wash >  to enable reminders.
3. Customize the start time, end time, and interval for your hand wash reminders.

Galaxy Wearable

Samsung Health

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Alarm

Weather

Display

Advanced

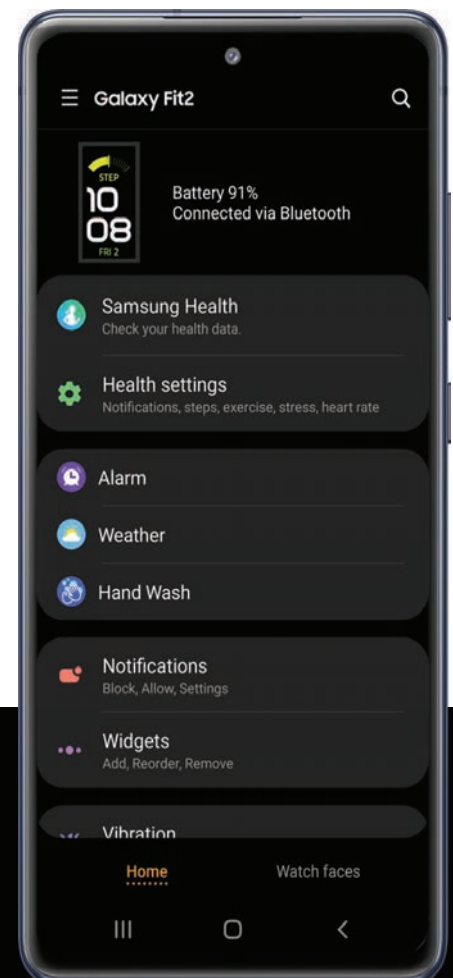
Find My Band

Account and backup

Band and software update



Tips and user manual


About band



Samsung Health

View the data saved in the Samsung Health app on your smartphone. Use Samsung Health™ to plan, track various aspects of daily life contributing to well-being such as physical activity, diet, and sleep. For more information, visit samsung.com/us/support/owners/app/samsung-health.

1. From  Galaxy Wearable, tap the Home tab.
2. Tap  Samsung Health to launch the app on your smartphone.

 **NOTE** The information gathered from this device, Samsung Health, or related software is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

The accuracy of the information and data provided by this device and its related software, including heart rate readings, may be affected by factors such as environmental conditions, skin condition, specific activity performed while using/wearing the device, settings of the device, user configuration/user-provided information, placement of the sensor on the body, and other end-user interactions. For more information on proper wear and use, visit samsung.com/us/heartratesensor.

Before you start exercising

Although the Samsung Health application is a great companion to your exercise routine, it is always best to make sure you consult with your physician before beginning any exercise regimen. While moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk with your doctor before you start an exercise program, particularly if you have any of the following conditions:

- Heart disease; Asthma or lung disease; Diabetes, or liver or kidney disease; and Arthritis.



Before beginning your exercise regimen check with your doctor if you have symptoms suggestive of heart, lung, or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw, or arms during physical activity;
- Dizziness or loss of consciousness;
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed;
- Ankle swelling, especially at night;
- A heart murmur or a rapid or pronounced heartbeat;
- Muscle pain when walking upstairs or up a hill that goes away when you rest.

It is recommended that before engaging in an exercise routine, you consult with your doctor or medical practitioner. If you are unsure of your health status, have several health problems, or are pregnant, you should speak with your doctor before starting a new exercise program.




Health settings

Stay up to date with events, notifications, and messages from your smartphone.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Health settings** for the following options:
 - **Notifications:** Enable notification alerts about your health.
 - **Step target:** Set a goal for your daily step count.
 - **Manage exercises:** Add or remove exercise types, and set targets.
 - **Workout detection:** Automatically detect and record workouts.
 - **Keep screen on during exercise:** Set the screen to stay on during workouts.
 - **Auto stress settings:** Measure your stress throughout the day.
 - **Breathe settings:** Set a breathing target and pattern for vibration feedback during breathing exercises.
 - **Auto heart rate settings:** Set the frequency of heart rate recordings.
 - **High heart rate alert:** Enable a notification when your heart rate is above 120 bpm.



Alarm

Set and manage alarms.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Alarm** >  **Add alarm**.
3. Set the alarm time, select the days for the alarm to repeat, and then tap **Save**.



Weather

Configure weather information displayed on the weather widget.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Weather** > **Settings** to open the Weather settings page on your smartphone.



Display

Configure brightness and timeout settings for the Galaxy Fit2.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Display** for the following options:
 - **Brightness:** Adjust the brightness by dragging the slider.
 - **Screen timeout:** Choose the length of time before the screen turns off.




Advanced

Configure advanced features.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Advanced** for the following options:
 - **Wake-up gesture:** Turn on the screen when you raise the wrist that is wearing the Galaxy Fit2.
 - **Water lock:** Enable water lock mode to protect the Galaxy Fit2 in water. The touchscreen and wake-up gesture feature are deactivated.
 - **Sync Do not disturb with phone:** Enable Do not disturb on the Galaxy Fit2 whenever the feature is enabled on the connected smartphone.
 - **Good night mode:** Enable good night mode while sleeping.
 - **Edit quick panel:** Remove, add, or rearrange settings on the Galaxy Fit2 quick panel.
 - **Alerts:** Receive an alert when Bluetooth connection is interrupted.



Find My Band

Locate your Galaxy Fit2 by making it light up and vibrate.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Find my band**, and tap **Start**.
 - The Galaxy Fit2 vibrates and the screen turns on.
3. Drag  **Stop** up on the Galaxy Fit2 or tap **Stop** on the smartphone.



Account and backup

Set up, view, and configure your Samsung account.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Account and backup** for the following options:
 - **Samsung account:** Add and configure your Samsung account.
 - **Auto backup:** Enable automatic back up of your data.
 - **Back up data:** Configure your device to back up data to your personal accounts.
 - **Restore data:** Copy data from your backup and restore it to your device.
 - **Delete backup:** Remove your backup account.
 - **Customization Service:** Improve your experience by personalizing your content in supported apps and services.



Band and software update

View information about your Galaxy Fit2 software.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Band software update** for the following options:
 - **Download and install:** View available software updates.
 - **Last update:** View information about your last software update.



Tips and user manual

View tips and techniques as well as the user manual for your device.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Tips and user manual**.

About band

View information about your Galaxy Fit2, including current status, legal information, hardware and software versions, and more.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **About band** for the following options:
 - **Device information:** View your Galaxy Fit2 device information, including the serial number, Bluetooth address, software version, and more.
 - **Legal information:** View legal information.
 - **Software information:** View software information.
 - **Battery information:** View battery information.
 - **Reset band:** Erase all information on your Galaxy Fit2.

Learn more

Videos

youtube.com/samsungcare

Tips

samsung.com/us/support/tips

Samsung Care

samsung.com/us/support

Talk to an agent

Contact us on Facebook Messenger

Find us on Facebook

Follow us on Twitter

Legal information

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Arbitration Agreement - This Product is subject to a binding arbitration agreement between you and SAMSUNG ELECTRONICS AMERICA, INC. (“Samsung”). You can opt out of the agreement within 30 calendar days of the first consumer purchase by emailing optout@sea.samsung.com or calling 1-800-SAMSUNG (726-7864) and providing the applicable information.


The full Arbitration Agreement, Standard One-year Limited Warranty, End User License Agreement (EULA), and Health & Safety Information for your device are available online at <https://www.samsung.com/us/Legal/Gear-HSGuide>.

If your device required Federal Communications Commission (FCC) approval, you can view the FCC certification on the watch by opening **Settings > About watch > Device**.

Samsung Knox

Samsung Knox is Samsung’s security platform and is a mark for a Samsung device tested for security with enterprise use in mind. Additional licensing fee may be required. For more information about Knox, please refer to: samsung.com/us/knox.

Maintaining water and dust resistance

 **CAUTION** To avoid electric shock and damage to your device, do not charge device while it is wet or in an area where it could get wet. Do not handle device, charger or cords with wet hands while charging.

The device is not impervious to dust and water damage in any situation. It is important that all compartments are closed tightly.

Follow these tips carefully to prevent damage to the device and maintain dust and water resistance performance:

Water resistant based on 5ATM rating, which means submersion up to 50 meters per ISO standard 22810:2010. Not intended for scuba diving. Avoid excessive, sudden temperature changes, and high velocity activities. Falls and shocks may breach integrity.

After use in sea water, rinse in fresh water and dry device. Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.

Follow these tips carefully to prevent damage to the device.

- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.
- Do not expose the device to water at high pressure.
- If the device is dropped or receives an impact, the water and dust resistant features of the device may be damaged.

Restricting children's access to your mobile device

Your device is not a toy. Do not allow children to play with it because they could hurt themselves and others, or damage the device. Keep the device and all its parts and accessories out of the reach of small children.

Samsung Electronics America, Inc.

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Some multimedia (audio/video) files contain Digital Rights Management (DRM) technology to verify you have the right to use the files. Preloaded apps on your device may not be compatible with DRM-protected files.

Screen images are simulated. Appearance of device may vary.

The actual available capacity of the internal memory is less than the specified capacity because the operating system and default applications occupy part of the memory. The available capacity may change when you upgrade the device.

Please check with your service provider to verify qualifying services/features.