

SAMSUNG Galaxy Fit



User manual

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Device features

Exercise in the water

Use Water lock mode when you exercise in the water. See [Water lock mode](#) on page 13.

Good night mode

Good night mode mutes all alerts, except alarms, so you can sleep without constant interruptions. For more information, see [Good night mode](#) on page 14.

Water and dust resistances

This device is rated 5ATM, and passed military specification (MIL-STD-810G) testing. See [Maintaining water and dust resistance](#) on page 32.

Get started

Device layout

Assemble your device

Start using your device



Device layout




Assemble your device

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





Charge your device
Place the Galaxy Fit
on the wireless
charging surface.

 **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.

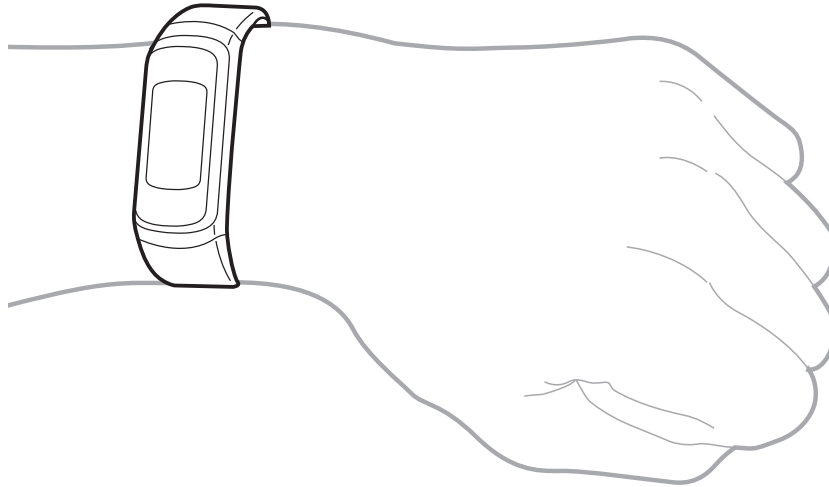
 **NOTE** Prevent the USB charger port and the small end of the charger from coming into contact with conductive materials, such as liquids, dust, metal powders, and pencil leads.

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 Fit

Wear the Galaxy Fit 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 Fit 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.

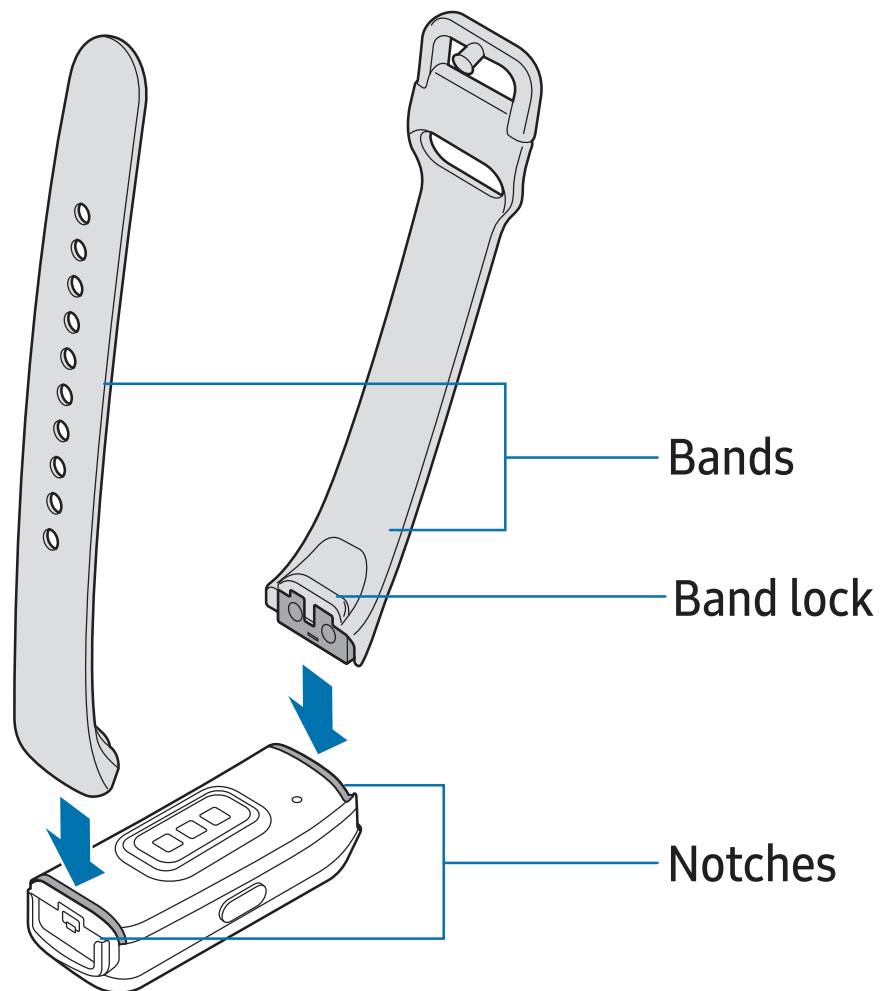
Strap tips and precautions

- Some people may experience discomfort when wearing the Fit for prolonged periods.
- If you have sensitive skin or fasten the Fit too tightly, you may feel some discomfort.

Replace the band


Detach the band from the Galaxy Fit to replace it with a new one.

1. With the Galaxy Fit facing down, press the band lock in and pull the band up and away from the device.
2. Align the new band with the notches on both sides of the Galaxy Fit, and push in until the band lock clicks in place.



Start using your device



Use the Side key to turn your device on or off.

- Press and hold the **Side** key.
 - To turn the device off, press and hold the **Side** key, and then tap .
 - To restart the device if it is not responsive, press and hold the **Side** key for more than 7 seconds.

Turn the screen on

Use the Side key to turn the screen on.


- Press the **Side** key once.
 - To turn off the screen, cover it with your palm. It may automatically turn off if the Galaxy Fit 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** > Home > Advanced > Wake-up gesture.

Connect the Galaxy Fit to a smartphone


To connect your Galaxy Fit 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 Fit and smartphone match, and then tap **Connect**.

Disconnect

Disconnect the Galaxy Fit from your smartphone.

- From  Galaxy Wearable, tap the Home tab.

Navigation

The touchscreen responds best to a light touch from the pad of your finger or a capacitive stylus. 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, select a menu item, or press a button.

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.

Quick panel




This panel allows you to view the Galaxy Fit'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 the Galaxy Fit'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






Quick setting icons appear on the quick panel.

- Tap the icon to enable or change the setting.

-  Adjust the brightness
-  Activate Do not disturb mode
-  Activate Water lock mode
-  Launch the Find my phone feature
-  Change the sound mode
-  Activate Good night mode

Edit the quick settings icon

You can edit the icons on the quick panel.

1. From  Galaxy Wearable, tap the **Home** tab.
2. Tap  **Advanced** > **Edit quick settings**.
 - 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**.

Do not disturb mode


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

- On the quick panel, tap .

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

Water lock mode

Activate water lock mode when you exercise in water.

- On the quick panel, tap 
 - To turn off water lock mode, press and hold the **Side** key until the circle disappears.

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 Fit screen.

- On the quick panel, tap .

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 enabled.

○ On the quick panel, tap .

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

Widgets

Health summary

Exercise

Stress

Sleep

Weather





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.



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. Tap **Start** to start exercising.
4. Swipe the screen to the left or right to view exercise information, such as your heart rate, distance, or time, on the workout screen.
5. Press the **Side key** to pause the exercise.
 - To restart the exercise, tap the **Side key** again after pausing the exercise.
 - To finish exercising, tap **Finish**.

 **TIP** While swimming, press and hold the **Side 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 **Side key** to pause the current exercise.
2. Tap **Finish** > **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.
- If you do not pause or restart the exercise by pressing the **Side** key, but finish the exercise by pressing the **Side** key and tapping **Finish**.



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 Fit provides.

The Galaxy Fit 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 screen.
2. Swipe up or down on the screen to view your stress level information.

Breathing exercise



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

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

Sleep

Wear your Galaxy Fit while you sleep to record your sleep patterns by analyzing your movements and measuring your sleep record.

1. Swipe to the left on the watch screen to switch to the sleep widget screen after you wake up.
2. Swipe up or down on the screen to view your sleep information.

 **TIP:** You can view your sleep patterns and information using the  Samsung Health app on the smartphone that is connected to your Galaxy Fit.

Weather

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

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

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Battery


View the remaining battery power of your Galaxy Fit.

- From  **Galaxy Wearable**, tap the **Home** tab. The battery percentage is displayed under **Battery**.

Samsung Health

View the Galaxy Fit's 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.
 - **Breath 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.






Quick responses

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**.




Find My Band

Locate your Galaxy Fit 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 Fit vibrates and the screen turns on.
3. Drag  **Stop** up on the Galaxy Fit or tap  **Stop** on the smartphone.

Notifications






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:
 - **Manage notifications:** Select apps on the smartphone to send notifications to the Galaxy Fit.
 - **Show only while wearing band:** Show notifications on your Galaxy Fit only while it is being worn.
 - **Mute connected phone:** Mute notifications on your smartphone while receiving them on your Galaxy Fit.
 - **Show while using phone:** Show notifications from your smartphone on your Galaxy Fit while you are using your smartphone .

- **Auto show details:** Set your Galaxy Fit to show details for notifications when they are received.
- **Notification indicator:** Show an indicator on the watch screen when there are unread notifications.
- **Turn on screen:** Set the Galaxy Fit to turn on the screen when a notification is received.



Widgets

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

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**.



Vibration

Enable or disable vibrating alerts on your Galaxy Fit band.

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.



Display

Configure brightness and timeout settings for the Galaxy Fit.

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:
 - **Press and hold Side key:** Use the Side key to start a workout.
 - **Wake-up gesture:** Turn on the screen when you raise the wrist that is wearing the Galaxy Fit.
 - **Water lock mode:** Enable water lock mode to protect the Galaxy Fit in water. The touchscreen and wake-up gesture feature are deactivated.
 - **Do not disturb:** Mute all notifications except for alarms. The screen does not turn on for notifications.
 - **Sync Do not disturb with phone:** Enable Do not disturb on the Galaxy Fit whenever the feature is enabled on the connected smartphone.
 - **Good night mode:** Enable good night mode while sleeping.
 - **Edit quick settings:** Remove, add, or rearrange settings on the Galaxy Fit's quick panel.
 - **Status indicator:** Enable status indicator icons on the watch screen.
 - **Alert:** Receive an alert when Bluetooth connection is interrupted.



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:
 - **Customization Service:** Improve your experience by personalizing your content in supported apps and services.
 - **Samsung account:** Add and configure your Samsung account.
 - **Back up and restore:** Configure your device to back up data to your personal accounts.



About band

View information about your Galaxy Fit, 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:
 - **Update band software:** Check for the latest software for your Galaxy Fit.
 - **Legal information:** View legal information.
 - **Report diagnostic info:** Enable or disable sending diagnostic and usage information about your Galaxy Fit to Samsung.
 - **Device name:** Change the name of your Galaxy Fit as it appears to other devices using Bluetooth.
 - **Device information:** View your Galaxy Fit's device information, including the serial number, Bluetooth address, software version, and more.
 - **Reset band:** Erase all information on your Galaxy Fit.
 - **Help:** View help screens for using your Galaxy Fit.


About Galaxy Wearable

View version information for the Galaxy Wearable app.

1. From  Galaxy Wearable, tap the Home tab.
2. Tap  About Galaxy Wearable > App info to view version information.

Watch faces

Customize your watch face style.

1. From  Galaxy Wearable, tap the Watch faces tab.
2. Tap a desired watch face. The selected watch face is applied on the main screen of the Galaxy Fit.

Learn more

Videos

samsung.com/us/support/videos

Tips

samsung.com/us/support/tips

Smart Simulator

samsungsimulator.com

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. For complete terms and conditions that bind you and Samsung, refer to the “Arbitration Agreement” section of the Terms & Conditions, included with the Product.

Find Legal Information Online

The full Arbitration Agreement, Standard Limited Warranty, and Health & Safety Information for your device are available online:

<https://www.samsung.com/us/Legal/Gear-HSGuide/>

The full End User License Agreement (EULA) for your device can be found in the Galaxy Wearable application, which is required for operation of your device, and online:

- Online: www.samsung.com/us/Legal/SamsungLegal-EULA-GEAR
- Galaxy Wearable application: Home tab > About band > Legal information

Intellectual property

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You may not infringe or otherwise violate the rights secured by the Intellectual Property. Moreover, you agree that you will not (and will not attempt to) modify, prepare derivative works of, reverse engineer, decompile, disassemble, or otherwise attempt to create source code from the software. No title to or ownership in the Intellectual Property is transferred to you. All applicable rights of the Intellectual Property shall remain with SAMSUNG and its suppliers.

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Disclaimer of warranties; exclusion of liability

The information below explains that a user accepts this Product as sold, including the hardware and software components as created and packaged for sale. If the user changes these parameters through a unique modification, Samsung will not be held responsible for damages or issues that result from these end-user changes.

Except as set forth in the Standard Limited Warranty that accompanies the Product, the purchaser takes the product "as is", and Samsung makes no express or implied warranty of any kind whatsoever with respect to the Product, including but not limited to the:

- merchantability of the Product or its fitness for any particular purpose or use;
- design, condition or quality of the Product;
- performance of the Product;
- workmanship of the Product or the components contained therein; or
- compliance of the Product with the requirements of any law, rule, specification or contract pertaining thereto.

Nothing contained in the User Manual or any other document shall be construed to create an express or implied warranty of any kind whatsoever with respect to the Product. Neither Samsung nor the wireless carrier are responsible for, and the Standard Limited Warranty does not apply to, any damage or injury arising from disassembly or repairs by persons not authorized or approved by Samsung to service this Product. In addition, Samsung shall not be liable for any damages of any kind resulting from the purchase or use of the Product or arising from the breach of the express warranty, including incidental, special or consequential damages, or loss of anticipated profits or benefits.

Modification of software


Samsung is not liable for performance issues or incompatibilities caused by your editing of registry settings, or your modification of Operating System (OS) software.

Using custom OS software may cause your device and applications to work improperly. Your carrier may not permit users to download certain software, such as custom OS.


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.

This device is rated 5ATM. Your device is water resistant 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.

 **NOTE** If any liquid is found to have entered your device components or an internally sealed system, this condition will void your device warranty.

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.

 **NOTE** This device passed military specification (MIL-STD-810G) testing against specific conditions, including drops from 4.9 feet, extreme temperatures, dust, shock/vibration, and low pressure/high altitude. Device may not perform as described in all extreme conditions.

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.

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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.