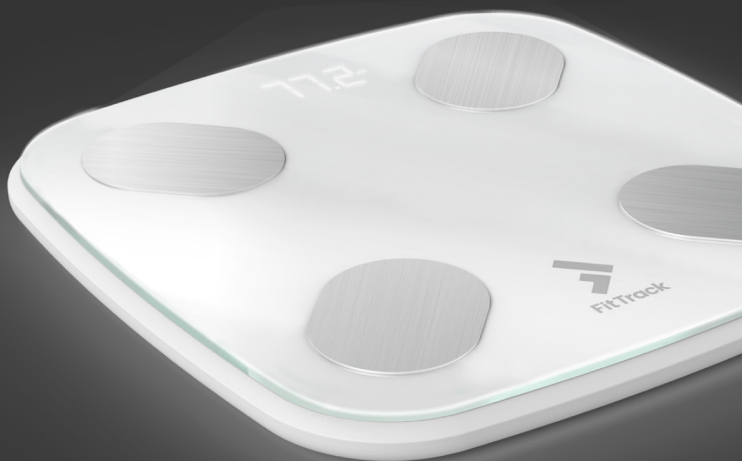


FitTrack

Dara

SMART BODY
COMPOSITION SCALE

USER MANUAL



Contents

- 05 Warning & Caution
- 06 Product Specification
- 06 Overview
- 06 Measurement Tips
- 09 Power On Scale
- 11 App Install & Measurement

Warning

Please read the following carefully before use

- Do not use if you have a pacemaker, artificial lung, or wear an ECR or any other internal medical device.
- Do not use on slippery floor or when your body is wet.

Caution

Please read the following carefully before use

- Not intended for use by children under the age of 18.
- The product should not be used to diagnose or treat any medical condition. Always consult a physician or medical professional to determine what is right for you.

Product Specifications

Product Specifications

Model: Dara 2.0

Dimensions: 290*290*25mm

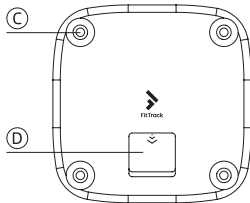
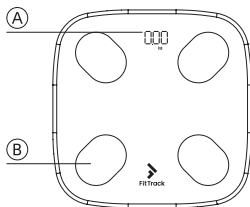
Product Weight: 1.7 kg

Batteries: 3 x 1.5V AAA

Measurement Range: 0.2 - 180kg (0.4 - 396lb)

Overview

- A** Screen
- B** Electrodes
- C** Feet
- D** Batteries



Packing List

Your package includes:

- 1) Dara 2.0
- 2) Batteries 3 x 1.5V AAA

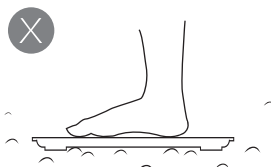
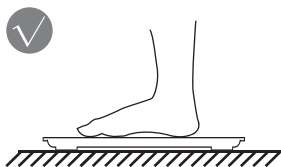
Measurement Tips

Read the warning page carefully, then follow the instructions below.

This product uses BIA (bioelectrical impedance analysis) technology. For accurate and consistent results, weigh in at the same time of day and under the same conditions.

Please avoid weighing in

- During or immediately after strenuous exercise
- Immediately after a shower, bath, or sauna
- With heavy alcohol consumption
- While fevered



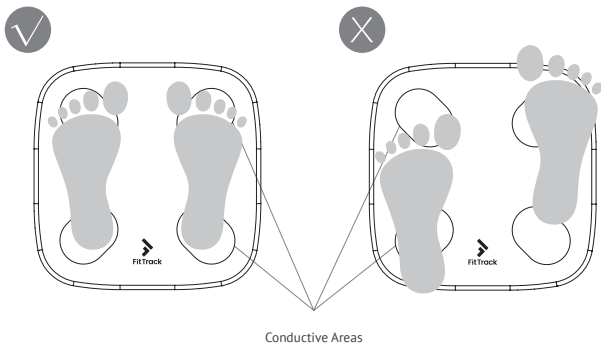
3

To get the most accurate reading:

- Place the scale on a flat, hard surface. Use the same surface for every weigh-in.
- Reset the scale before weighing in. To do this, step on, then off. The screen should display 0.0.
- Weigh in: step onto the scale barefoot. Stand straight. Dirty feet may impact accuracy.

Note: you may change weight and height units from pounds to kilograms in your mobile app.

For accurate results, stand straight with both feet on the electrodes, as shown below.



Power on Scale

Power On Scale

Your Dara 2.0 Smart Body Composition Scale is shipped with 3 AAA batteries. Install the batteries inside the battery compartment and power on your scale.

Once powered on, you can measure your body weight. To measure other body composition parameters such as body fat percentage, use your Smart Scale together with your smart phone or tablet. You will need to install the mobile application program on your mobile device first, see page 11 for instructions.

Display Instructions



kg

Working

No display

Change Battery



kg

No Wireless
Connection



Change Battery



Overload



Calibrating

App Install & Measurement

App Install & Measurement

To view your body composition results, your Dara 2.0 Smart Body Composition Scale must be connected to the FitTrack MyHealth App on your mobile phone or tablet. Follow the on-screen instructions to download and connect.

Step 1: Download the App



Apple and Apple Store are trademarks of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC.

Download and open the 'FitTrack MyHealth' App



Register



Insert Batteries

Step 2: Pair your scale with your mobile device



Ensure Bluetooth is on. Select 'Search for Device'/'Dara Scale'/'Connect', then navigate to the Home Page



Ensure the app indicates you're connected, then tap 'Weight'



Step on the scale

Step 3: Measuring and check your results



Remain still until your scale stops blinking



Check your body metrics in the app



*Weight flashes twice to confirm result
*Zeros stop blinking when full body scan is complete

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) This device may not cause interference.
- 2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.



Need help? For more product and troubleshooting information, visit:

getfittrack.com/pages/guide