

# Smart Body Fat Scale

## Instruction Manual (FG2302UWB)



Scan the QR Code to download APP



Thanks for choosing Smart body Scale. This fully body composition scale can help you conveniently measure body weight, Partial body fat & Skeletal muscle, BMI, Body fat rate, Visceral fat, Body water, Skeletal muscle rate, Muscle mass, bone mass, Protein, BMR, Body age and etc.

**IMPORTANT:** Please read these instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

(Fitdays APP functions)

- ◆ Weight
- ◆ Body fat
- ◆ Visceral fat
- ◆ Protein mass
- ◆ BMI
- ◆ Muscle weight
- ◆ Bone mass
- ◆ Water weight
- ◆ BMR
- ◆ Degree of obesity
- ◆ Body age
- ◆ Muscle
- ◆ Standard weight
- ◆ Without fat
- ◆ BFR
- ◆ Protein rate
- ◆ Subcutaneous fat
- ◆ Height record (<16 years old)
- ◆ Partial body fat
- ◆ Partial muscle rate

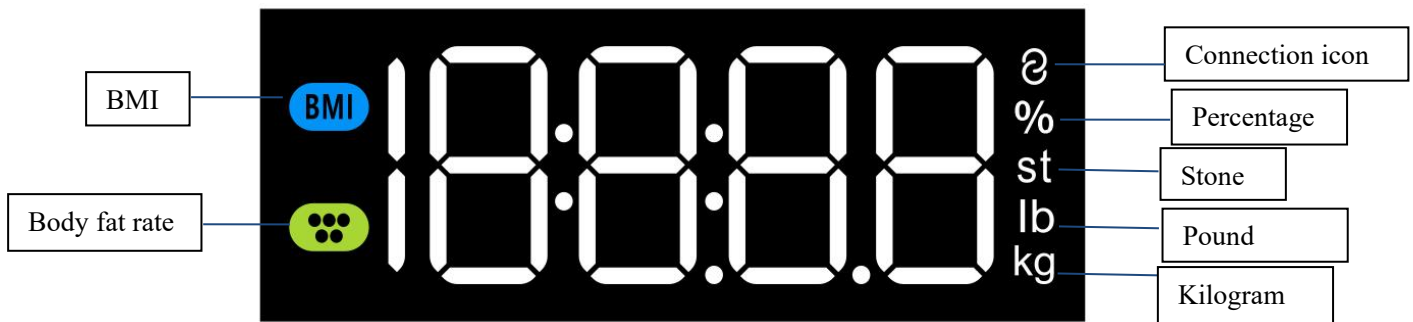
INDICATION SYMBOLS

LO	Low battery - Please recharge by Type C USB cable
Err	Overload (Scale will show Err, but app can not show this icon)
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

#### WHAT'S IN THE PACKAGE

- ◆ 1 X Smart body fat scale
- ◆ 1 X User manual

#### Product Structure LED display



#### WARNING

- ★ DO NOT use with medical implants such as pacemakers.
- ★ DO NOT stand on the edge of the scale or jump on it;
- ★ DO NOT overload the scale (Max.180kg)
- ★ DO NOT drop scale or drop and objects on it as this may damage the sensors.
- ★ DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.
- ★ Not recommended for pregnant women.
- ★ Not recommended for infants, toddlers, and children under 10 years of age.
- ★ Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.

- ★ Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.
- ★ Always place the scale on a hard, dry and flat surface before measurement.
- ★ Make sure your feet are dry before stepping on the scale.
- ★ Connect the batteries in accordance with the correct polarities indicated.
- ★ Remove batteries if the scale is not be use for a prolonged period of time.

## **SPECIFICATION**

Weight unit: kg/lb/st (switch the units via APP setting)

Weight limit: 6-180kg

Power Supply: 300mAh rechargeable battery

Account number: No limitation (each account can add 24 persons)

Height record: Allow you to record the height info under 16 years old

Operating temperature: 10-40°C

Operation humidity: 20%-90%

## **Support Devices:**

iOS 8.0 or higher

Android 6.0 or higher

## **Install Fitdays App**

1. Search “Fitdays” in App Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

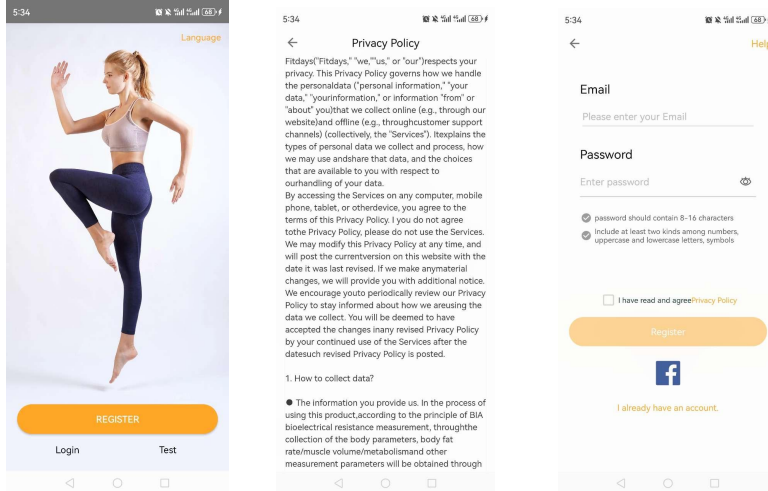
## **Special selling points:**

1. This model features a colorful LED display and offers offline functionality. Setting up the scale and connecting it with the app is crucial for the initial use to analyze body fat and other parameters. However, after the initial setup, you can conveniently measure body fat, BMI, and body types without the need to connect with the app every time. The LED display on the scale allows you to view these measurements. It's important to note that offline measurement will not be activated if there is a weight difference greater than 2kg compared to the last measurement.

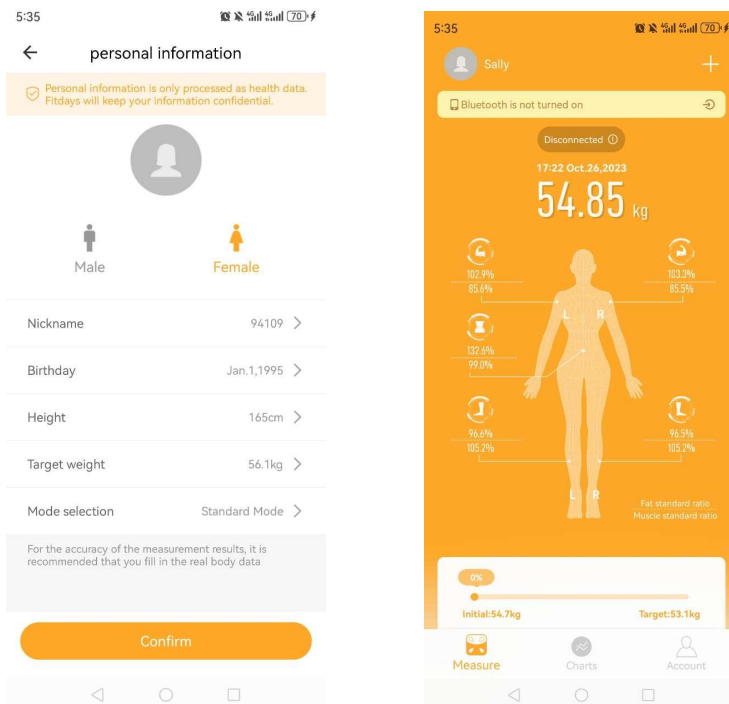
2. 2-During offline mode, any successful measurement results will be automatically synchronized with your app during the next connection between the scale and the app. This ensures that your data is seamlessly updated and accessible for further analysis and tracking.

## How to use Fitdays APP

1. Press the button besides USB recharging port to switch the scale on.
  2. Place the scale on the hard, flat ground.
- Turn on Bluetooth on your smart phone or tablet.
3. Register your own ID by email or social media account for Fitdays App.

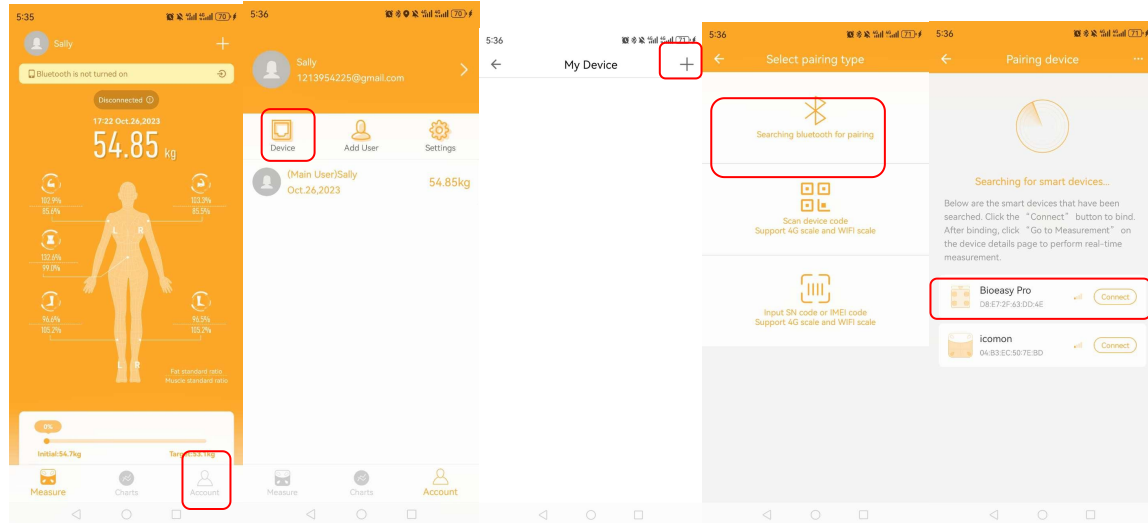


4. Add personal data and confirm OK;  
Note: Enter the wrong gender, age, height info may result in measurement being inaccurate.



5. Pair the scale through Bluetooth. Click Account → Device → + → Searching Bluetooth for pairing to find the scale (Keep scale on) and now your phone is connected with the scale;

After connection, connected will be indicated on Main page, top position;  
If disconnected be shown, means failure for pairing. Please repeat above steps.



6. Tap your foot on the scales to activate the display. Wait until the display shows “0.0” (kg/lb/st).

Keep Fitdays App on main page;

Then Bluetooth connection icon will be shown on LED display.

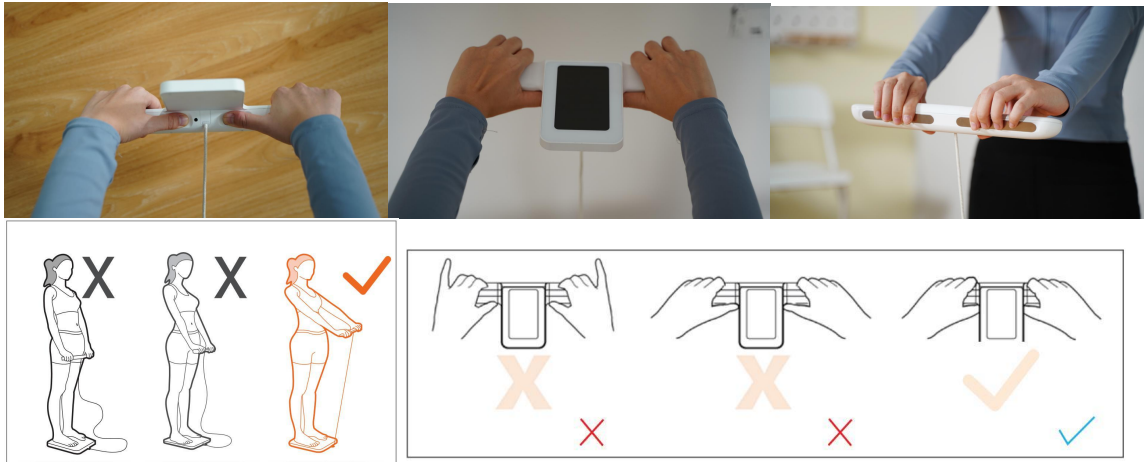
Connected indication will be shown on main page at the same time.

7. Step onto scale with bare feet;

At the same time, make sure your fingers are full touch with four electrodes on handle bar (Pay attention for Left & Right direction), at the same time, stand on each two electrodes metal plate with bare feet as below indication photos;



Please pay attention for handle bar posture, specially for thumb position and four finger position, make sure both of them are full contact with metal electrodes, and with correct side.

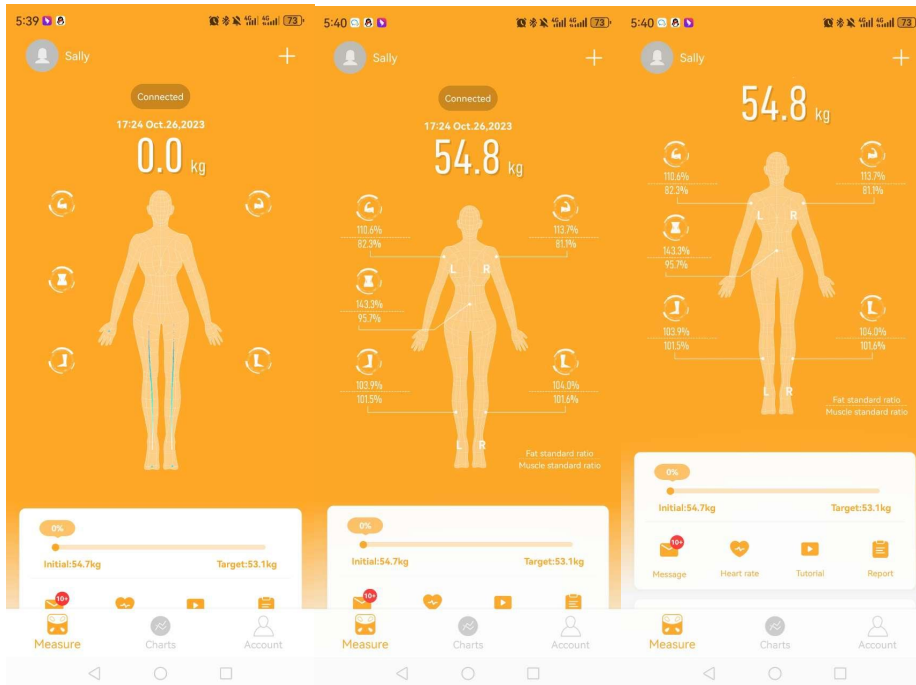


**Note:**

If stepping on the scale with socks, or weighing posture is not correct, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet, and grip the handle bar with correct posture.

8. The number on the display is flashing when the scale is weighing and analyzing. Please stand still and keep same posture for about 30S; App will show measure schedule and with music playing during body fat measurement.

After measurement finished, your can check more data from App.

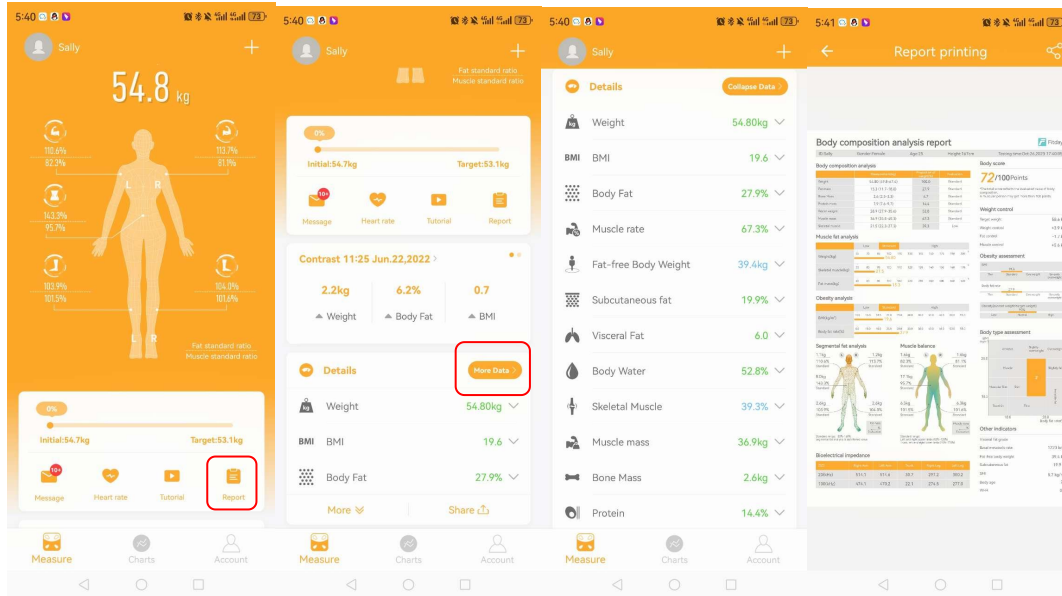


At the same time, you can track 3 core data on LED screen also, including body fat rate, BMI, weight:

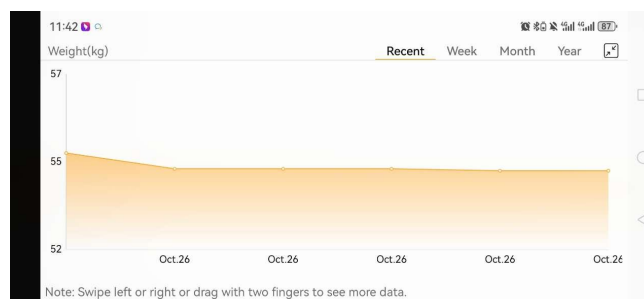



9. You can click More Data to read more Parameter datas.  
 You can click below icon to read detail body composition analysis report for your measurement.

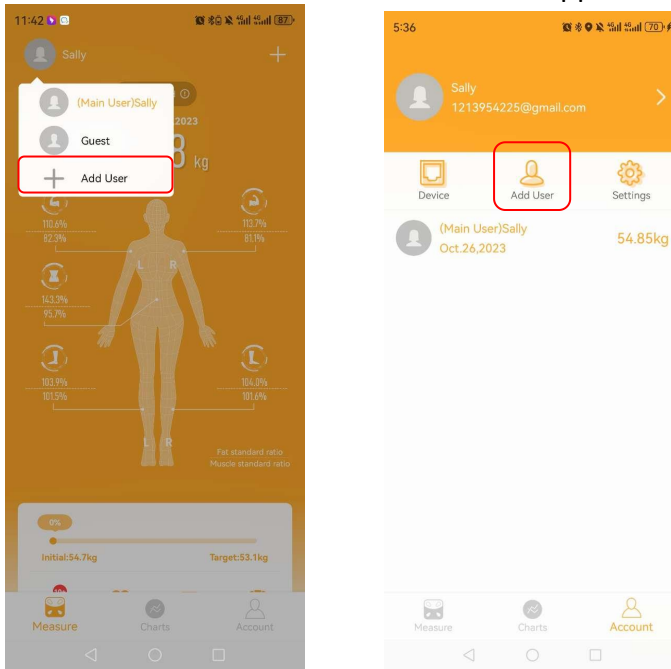




10. You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. When you click Record, you can see your long-term track chart form.



11. Add, switch user by click  ->Add User, or click Account--> Add User, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24 users;



11, Weighing baby: click + -->Baby Mode. Step on the scale by you own, after scale gets your weight, and then hold the baby to get the weight of baby.

## TROUBLE SHOOTING GUIDE

### 1. Bluetooth not connected

- The scale and smart phone must be both have Bluetooth on.
- Check the iOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- Click Account → Device → + → Searching Bluetooth for pairing to find the scale (Keep scale on status) and now your phone is connected with the scale;

### 2. No body fat data measured when weighing

- User must be bare foot to measure the body fat.
- Do pay attention for correct handle bar grip posture during measurement.
- Make sure your feet and the scale are both dry.
- Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 30 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

### 3. The scale is producing inconsistent weight.

Check whether the scale is on a hard, flat surface.

Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.

Press the power on button again;

### 4. The App is display the incorrect fat-muscle ratio

The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

### 5. How do I re-calibrate the scale after moving it or change the batteries?

Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

### 6. The scale does not turn on

Remove the batteries and put it back. Make sure to insert the batteries in the correct direction;

### 7. Scale only show weight & BMI?

- For first time use for every user, need to use on-line mode, connect with App for successful measurement.  
Otherwise, scale will only weight & BMI.
- For every time use, need to hold up handle bar, and confirm correct grip posture, specially for thumb & four fingers contact posture.  
Otherwise, scale will only weight & BMI.
- Keep feet apart, and bear feet onto scale platform, face to display direction.  
Otherwise, scale will only weight & BMI.
- Keep stand still for about 20-30s to finish the whole measurement.  
Otherwise, scale will only weight & BMI.

## **FCC Statement**

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: 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.

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

FCC ID: 2AP3Q-FG2302UWB

Model number:FG2302UWB

## Battery Advice



\* Place the scale far away from the children in case of falling down or crashing.

## Disposal



The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling center.



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.



The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.