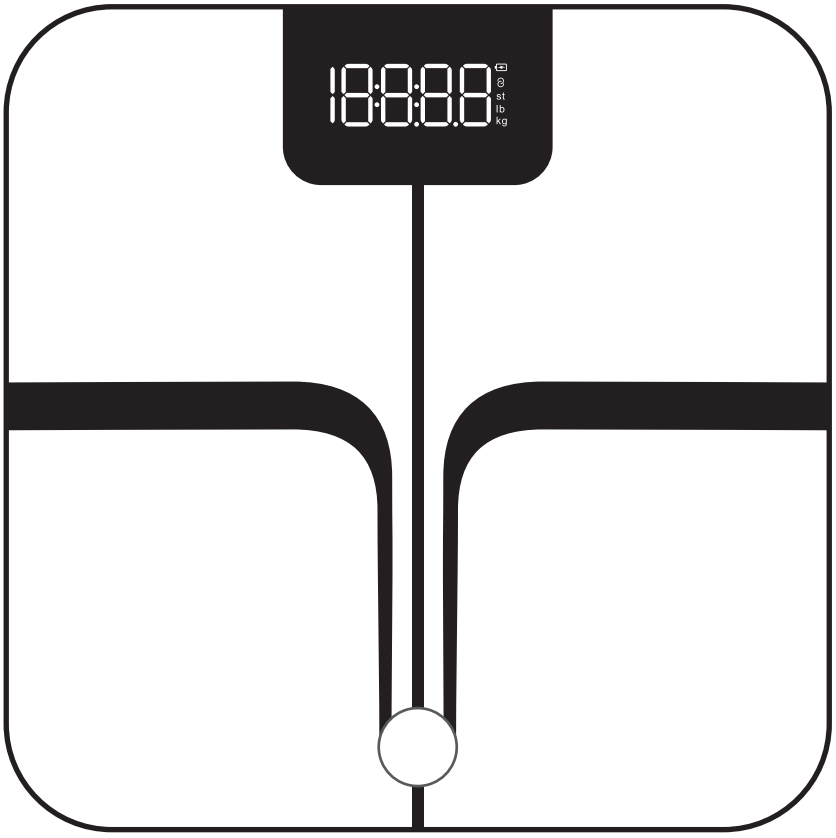
SMART BODY FAT SCALE

User Manual



Model:FI2016WB

Bluetooth Scale User Manual

Thank you for choosing Smart Scale! This scale is your personal health assistant. It uses boi-electrical impedance analysis (BIA) technology to offer you the data you need to keep track of your personal health metrics: BMI(Body Mass Index), Body Fat Rate, Body Water, Muscle Mass, Bone Mass, Protein, and much more! Please read the instruction manual carefully before using the device.

CAUTION

Safety precautions:

When using digital scale, certain basic safety precautions must be followed, including the followings:

1. The bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.

2. If you are pregnant or have a pacemaker or other internal device, you should not over rely on the data provided by this product. All data is for reference and is not a substitute for advise from a licensed health care professional.

3. If the scale malfunctions, first check the batteries and replace if needed.

4. Check the device before each use. Do not use the device if damaged. The continuous use of a damaged unit may cause injury or improper results

Note:

1. Scale is a high-precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid breakage.

2. Place the scale on a hard, flat surface during use. Using the scale on a soft surface like carpet or linoleum may affect the accuracy of the scale readings.

3. To ensure weighing accuracy, please gently step on the scale to wake it up and wait at least 10 seconds before weighing on the scale. You must also wake up the scale if it has been moved. Take your measurements at the same time each day to ensure the most accurate results.

4. When not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.

5. Before using the scale, make sure you have entered all your personal data through the "Fitdays" app.

6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.

7. Make sure your feet are dry before weighing yourself.

8. This scale is not waterproof, never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

Specifications

Product Size:	11.02 x 11.02 x 0.91 inches
Batteries:	4*AAA 1.5V
Weight limit:	6.6-396 1lb/3-180 kg
Graduation:	0.2 lbs / 0.1 kg
Weight Unit:	lb /kg / st
Baby Mode:	Allow you to scale the weight of baby

ACCURACY RANGE

50kg±0.3kg	100kg±0.4kg	180kg±0.5kg
110lb±0.66lb	220lb±0.88lb	396lb±1.1lb

TROUBLE SHOOTING

Functioning normally

No display

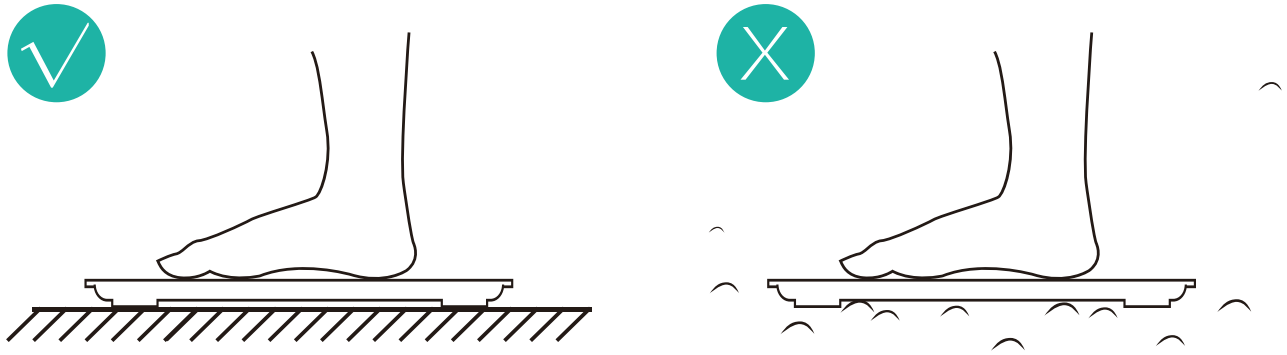
Change battery

Calibrating

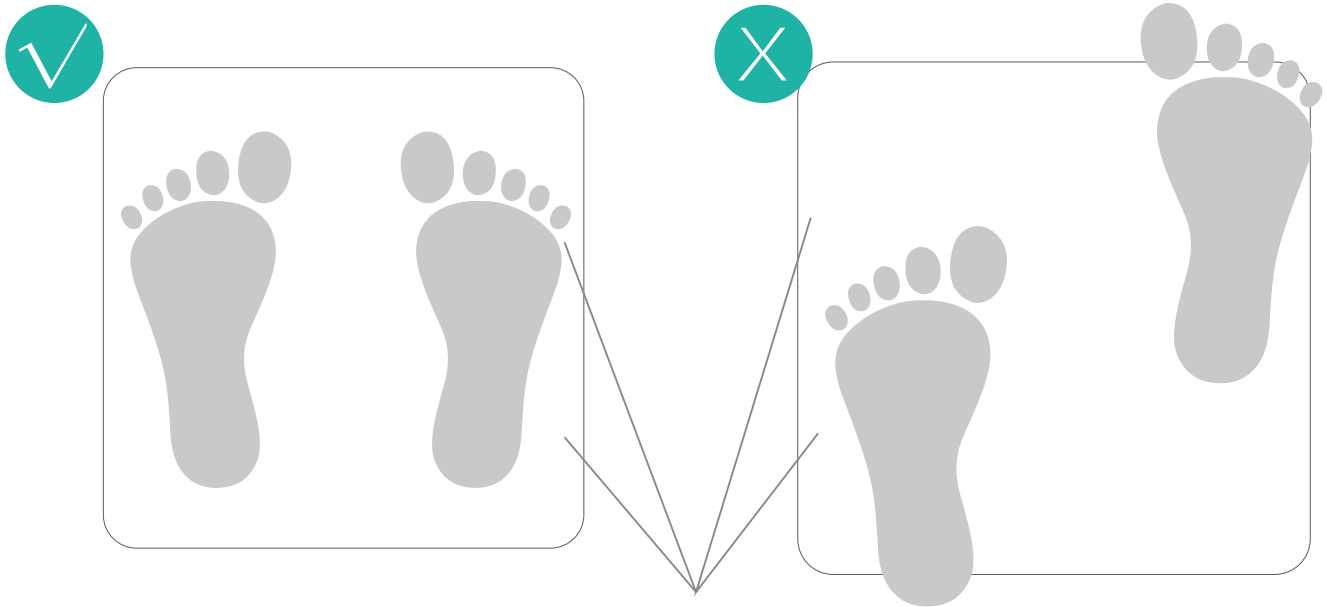
Change battery

Overload

For body weight: Place the scale on an even surface and wait at least 10 seconds before stepping on the scale. The reading should display 0.0 kg before stepping on.



For body fat and other body composition analysis: Stand straight on scale and uniformly touched the electrodes with bare and dry feet as shown below.



Conductive areas

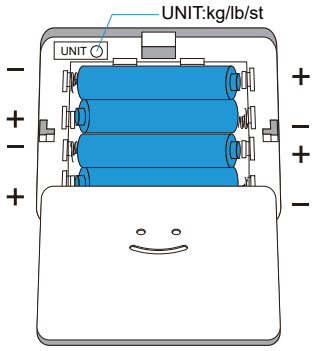
OPERATING INSTRUCTIONS

The Bluetooth Scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the "Fitdays" app free from the App Store or Google Play.

DOWNLOAD APP AND INSTALL THE BATTERIES

Download "Fitdays" via App Store or Google Play.

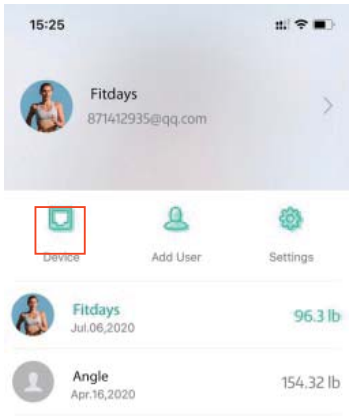
Register your own ID, then add personal data and confirm OK.



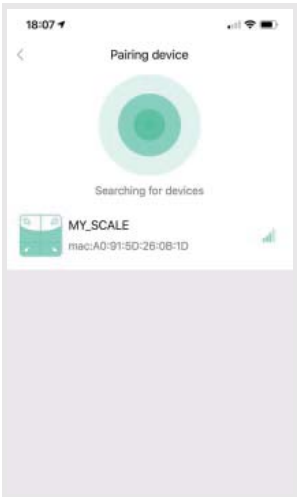
Install the original battery set. Please note the batteries offered are trial version. We recommend replacing them within 3 months and removing the batteries when not using for a long time.

PAIRING THE SCALE WITH YOUR SMARTPHONE

Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.



Press (Device) and Device Management to enter measuring page and find device.

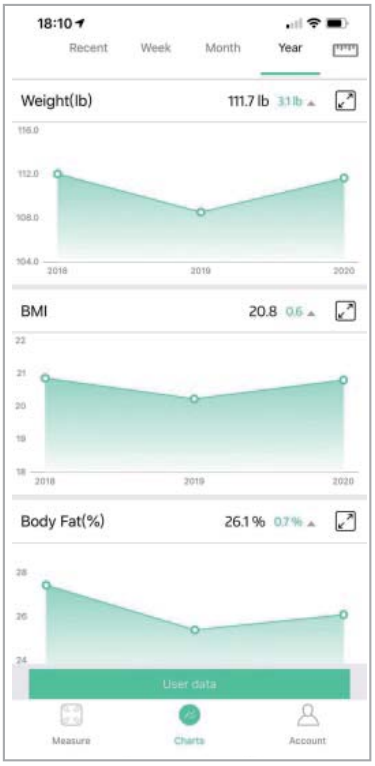


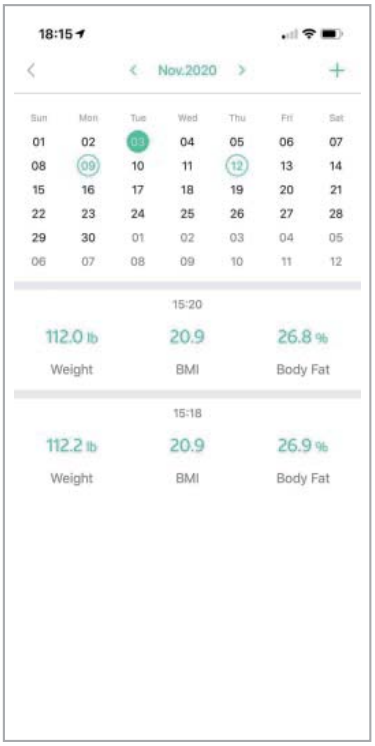
Power on the scale, press(+) to select "SIZI"to add the device.

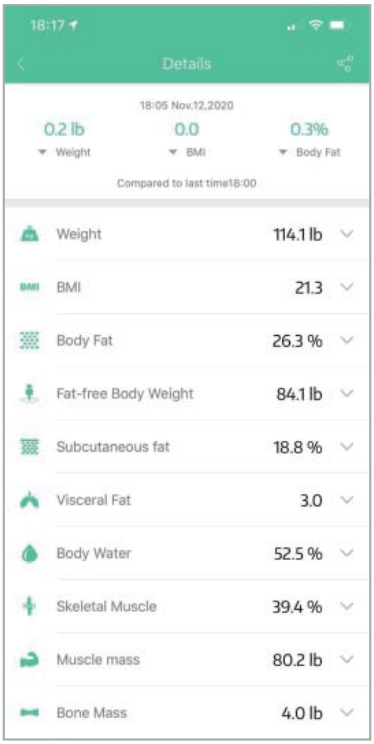
Come back to measure page. Step on the scale and keep standing for 5-10 seconds with bare feet. The weighing has finished after the analysing datas coming out.

VIEW REPORTS, DELETED DATA, SET REFERENCE DATA, SHARE PROGRESS BY RECENTLY,WEEKLY,MONTH AND YEAR.

Click " Chart " to view your progress history. Enter it into the calendar to form a list and select a dataset or all data you want to delete. You can also select different date datas to contrast and share to friend via facebook, instagram, or SMS by click button.

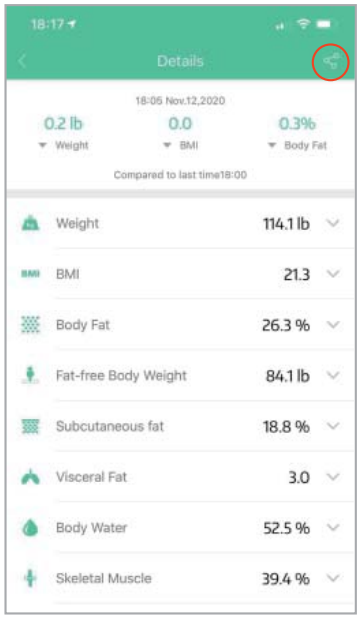


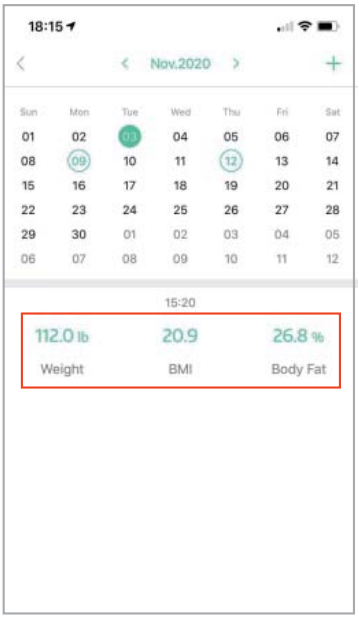




DOWNLOAD APP AND INSTALL THE BATTERIES

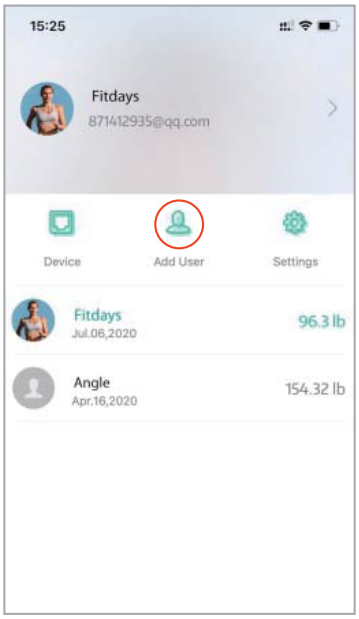
At the bottom, you will find a bar where you can select different types of data to display. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button (+) and share on the measuring page.

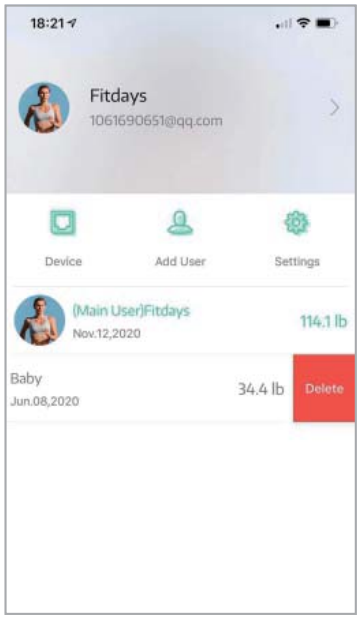


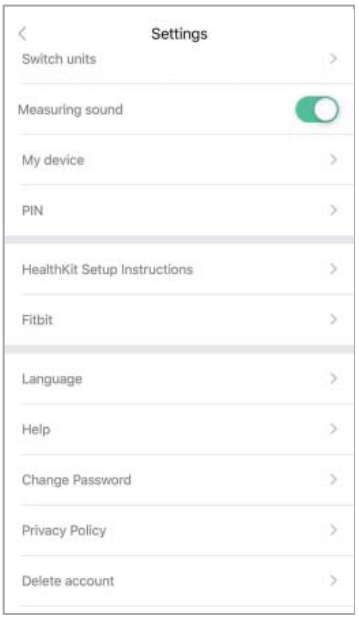


ADD/DELETE USERS & BASIC SETTINGS

Under "Mine" you can add user(s) "". To delete an account, swipe the account to the left and select " Delete " Themes, Set goals, Weight units, Weighing done sounds, Languages, Passwords can all be set under the Setting ""page. Please note that you can change the weighing unit by pressing the Unit button, then it will control the unit of App.



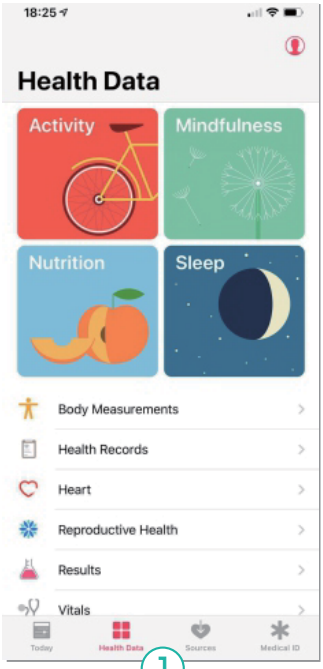




SYNC TO FITNESS APP

Apple Health

1)Open the " Health " app on your iPhone, select “Data Sources”.
2) Select " Fitdays " from the sources list.
3)Turn on all categories to allow the Fitdays app to work.



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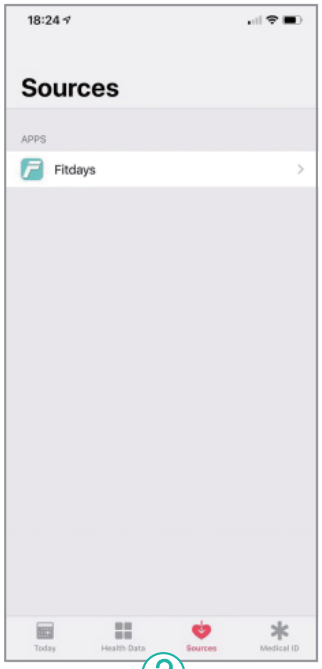

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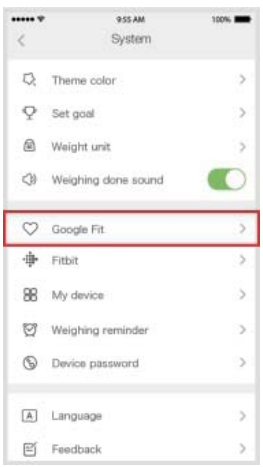
③

Google Fit

1) Enter Setting " ⚙ " page, select "Google Fit”
2) Turn on " Google Fit " button, login to your Google account
3) It will now automatically redirect you to the " Google Fit " page.
4) After the connection has been established, the data "Weight" will sync to Google Fit.



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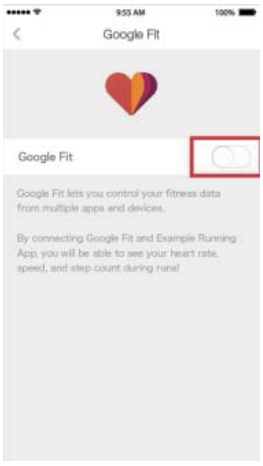

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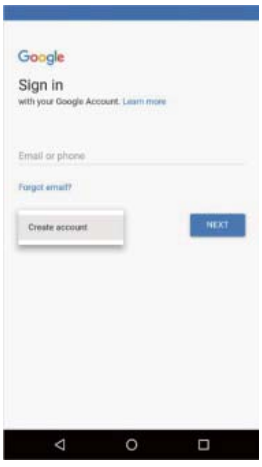

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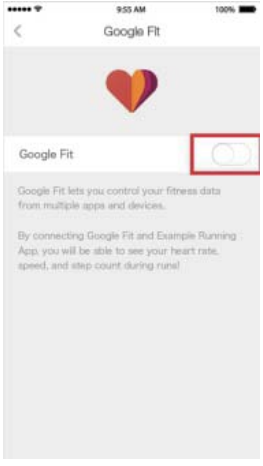

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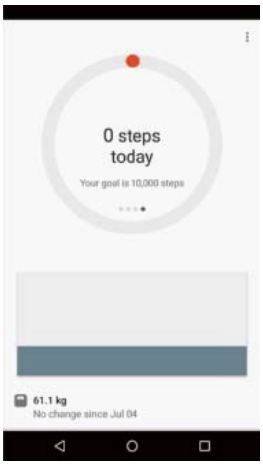
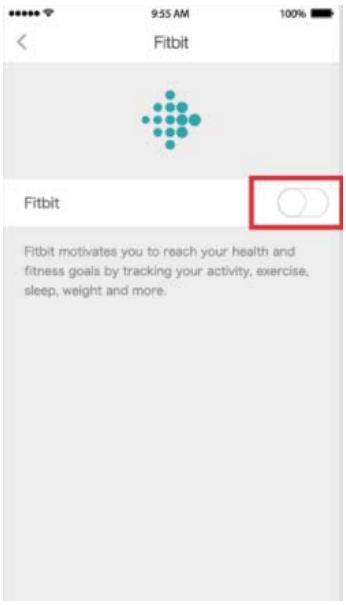


4

Fitbit App

1) Enter Setting"⚙"page, select Fitbit.
2) Turn on Fitbit button, login to your Fitbit account.
3) Select " Allow " to access Fitbit App.
4) After connection, the data (Weight, Body Fat Rate, BMI) will sync to Fitbit app. You can view both on app and web.

1



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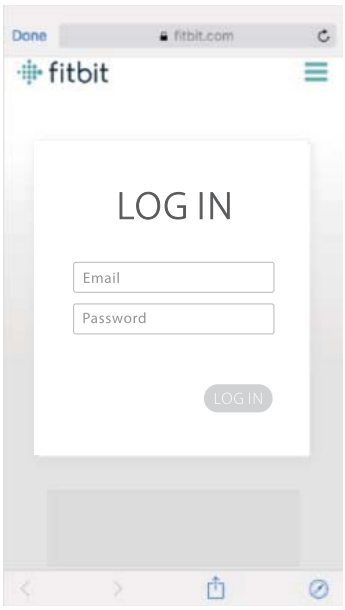

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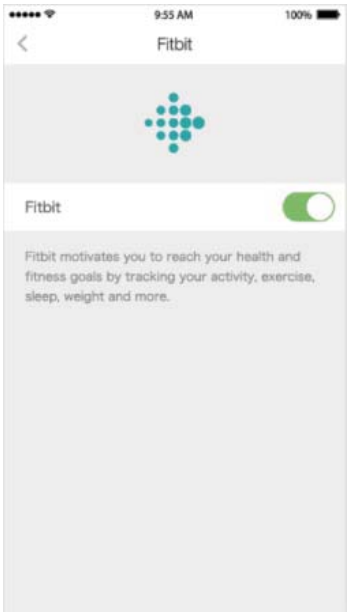


4-1

4-2

MAINTENANCE

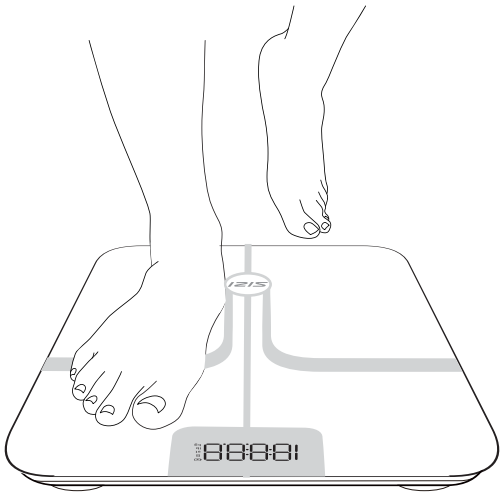
Recalibrating the scale

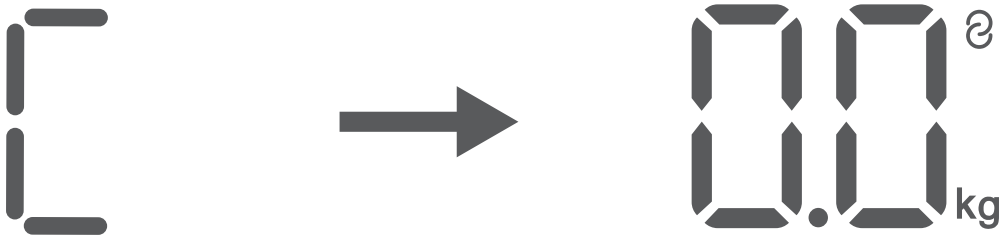
If the scale has been moved or flipped up side down
It must be recalibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.

2. Step on the scale with one foot until the digits appear on the display, then step off.

3. The scale will show "0.00", indicating that the calibration process is complete.





FREQUENTLY ASKED QUESTIONS&ANSWERS

1. Why doesn't the scale work? Why does the data on screen disappear in a flash?

Please check the batteries are installed properly, replace batteries if necessary.

2. The scale cannot connect with App.

- Check that the phone's software is iOS 8.0 or higher or Android 6.0 or higher.
- Download and open the newest version of the Fitdays App.
- Enable Bluetooth on your phone. For Android 6.0 or higher location needs to be enabled.

3. No body fat measured when weighing.

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered

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 aresidential 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.

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