

# Smart Body Fat Scale

## Instruction Manual



**Read this manual before using and save for future reference**

## Important Notice

All data measured by this smart body fat scale is for reference only and should not be used for medical diagnosis.

The measured data may be inaccurate if:

- you are a minor
- you are pregnant

Do not use this device if you have implanted a cardiac pacemaker or any other medical device.

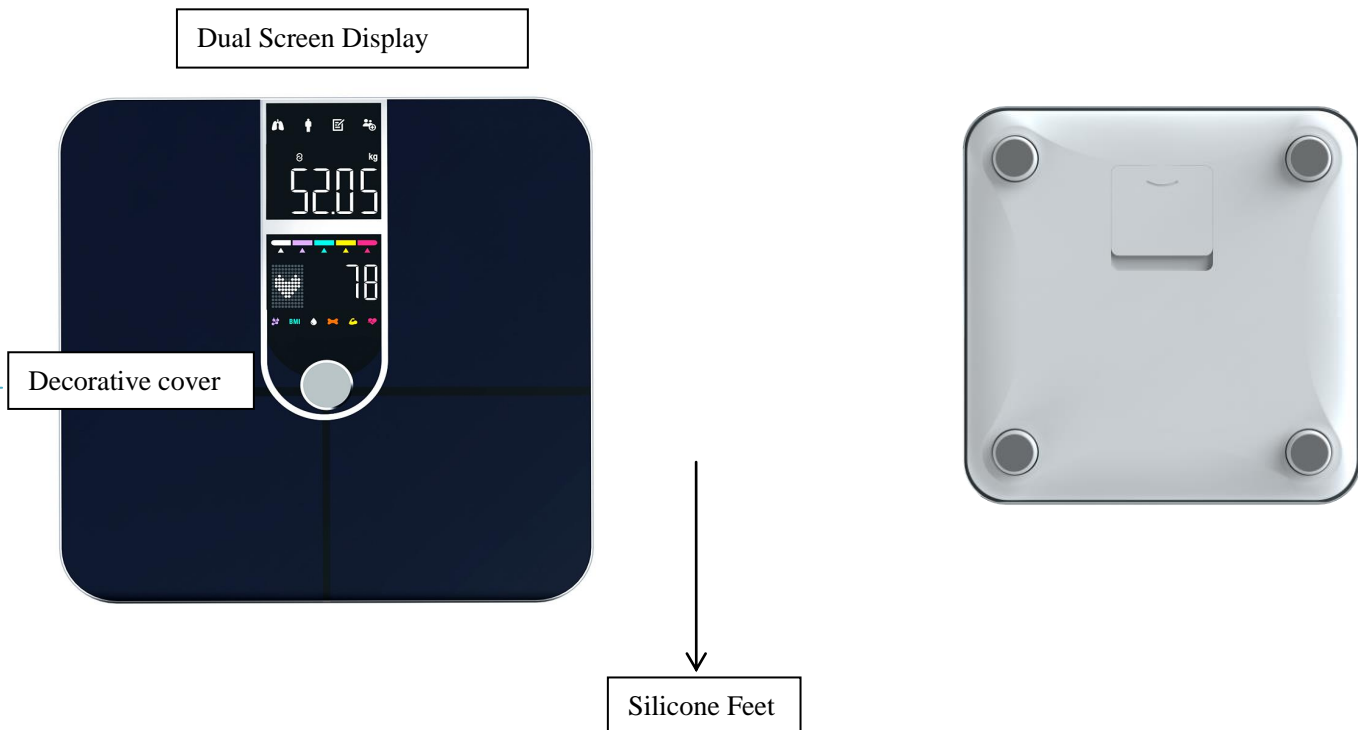
## Warnings

- Do not disassemble, squeeze, puncture, or short-circuit the device.
- Do not put the device into water or fire.
- Do not expose the device to an environment at the temperature of higher than 60°C (140°F)
- This device contains batteries and should be placed away from heat sources (heaters, stoves, fireplaces, etc.).
- This device is not water-proof. Do not use it in rainy places or wash it directly with water.
- Do not disassemble or repair this device by yourself. Improper operation during maintenance may cause battery explosion.
- This device is not intended for people (including children) who are weak, slow to respond or have mental disorders, unless they are supervised or instructed by the person responsible for their safety.
- Keep the device out of reach of children. Supervise children not to play with the device.

## Maintenance

- Carefully wipe the device with a clean, soft cloth.
- Do not use any detergent.

## 2. Product Structure



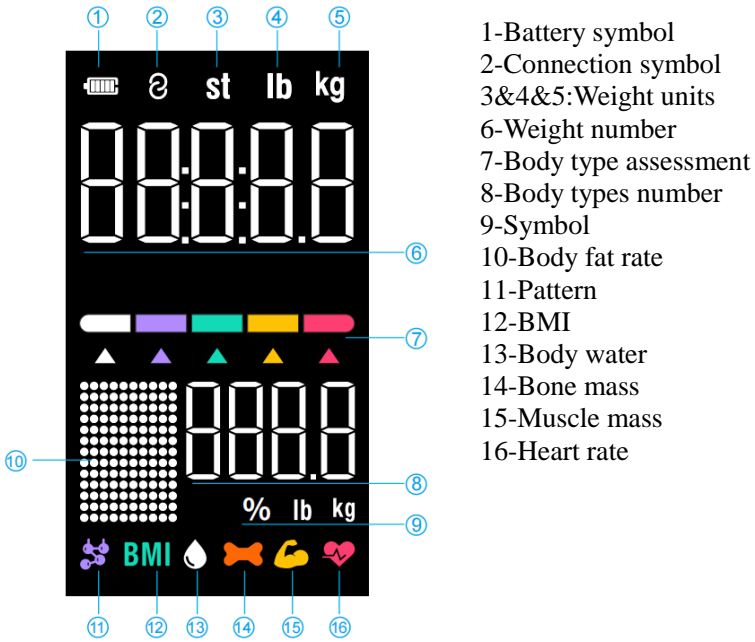
Note:

-After being placed on a hard and flat ground, the screen will turn on when it senses a weight of more than 5kg.

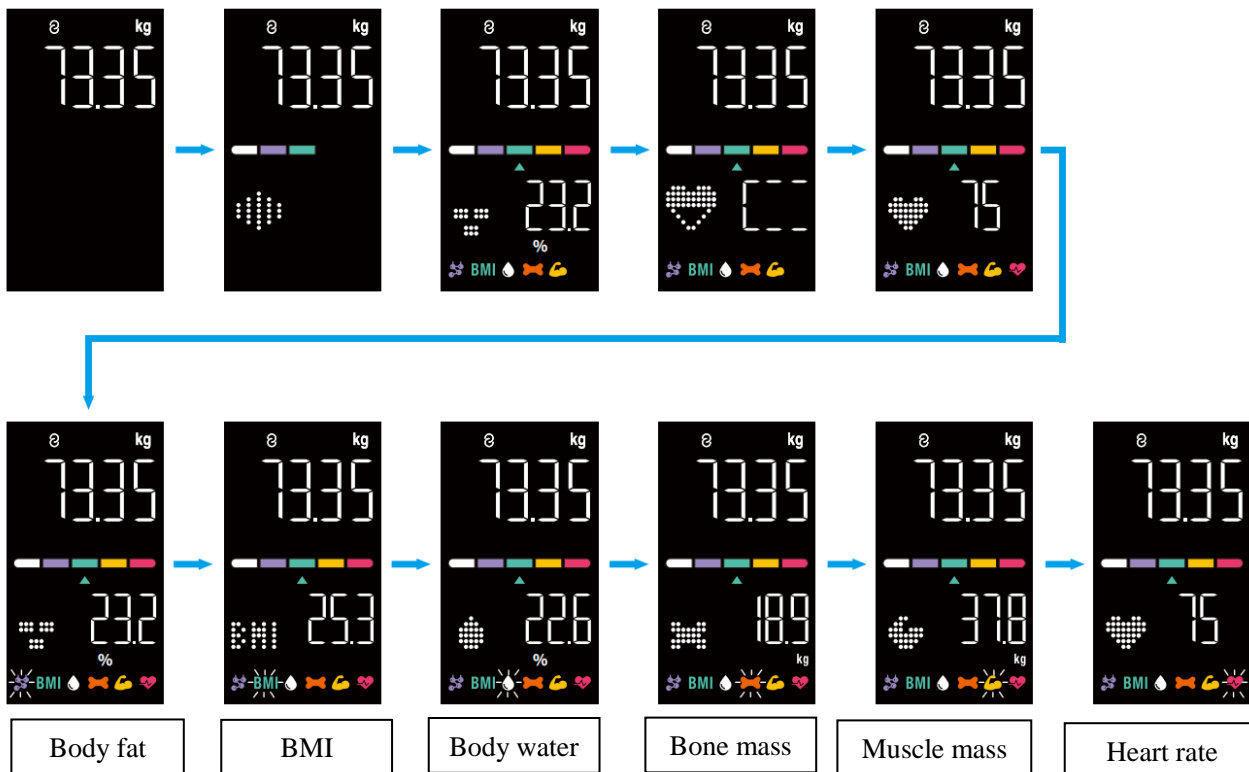
-If this device contains 4pcs x AAA batteries, please load the battery at the positive and negative electrode instructions.

-If the scale has a built-in 4pcs x AAA batteries in the factory, please remove the insulation strip.

### 3. Dual Screen Display



### 4. Dual Screen Display Sequence



Note: Do not step off the scale when the screen is running, which indicates that the device is measuring. Please wait until the measurement is completed. Then the screen will display results.

Above test results, including weight, body fat rate, BMI, body water, bone mass, muscle mass, heart rate, body type, which are shown for 2 seconds each data.

## 5. SPECIFICATION

Weight unit: kg/lb/st (switch the units via APP setting or via unit button at scale base)

Weight limit: 5kg-180kg

Power Supply: 4pcs x AAA

Account number: Each account can add 24 persons

Operating temperature: 10-40°C

Operation humidity: 20%-90%

## 5. 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.

## Support Devices:

iOS 8.0 or higher

Android 6.0 or higher

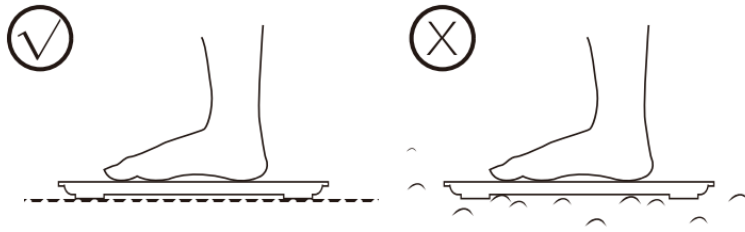
## 6. Special feature : Offline use

This model features a dual VA 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 VA 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.

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.

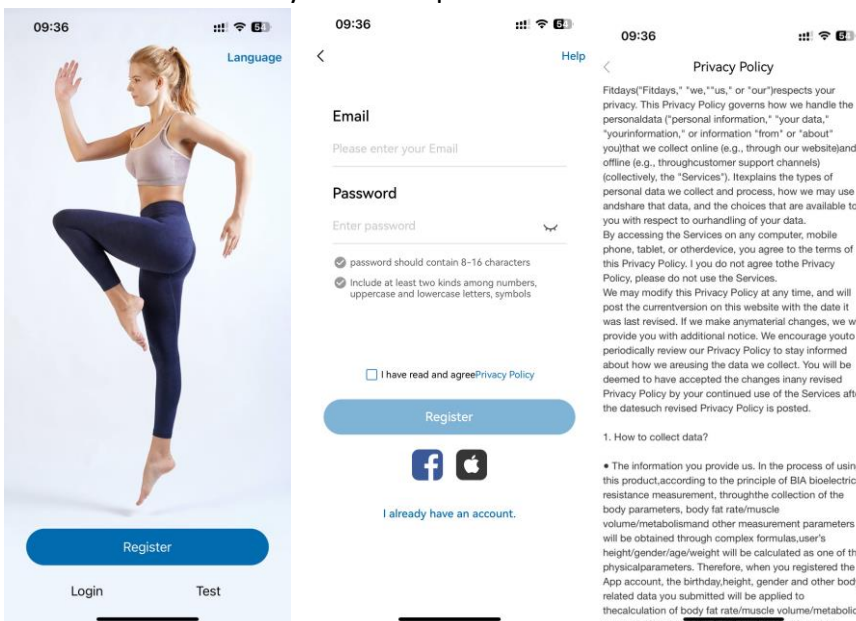
## 7.How to use Fitdays APP

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

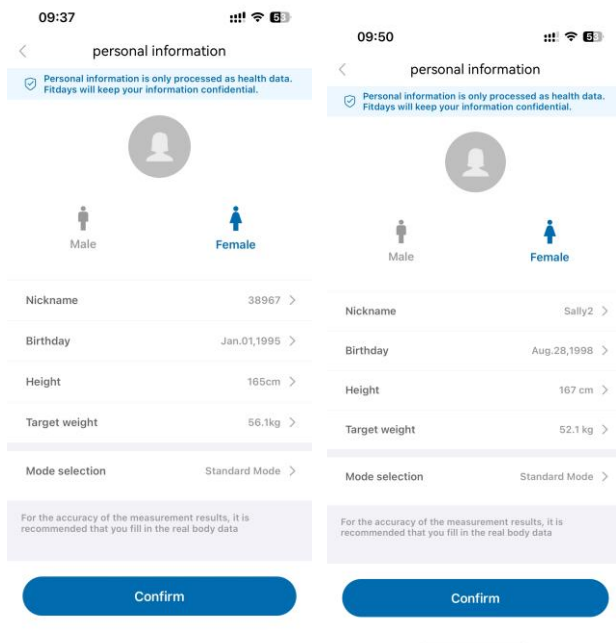


2.Step the scale to turn it on.

Turn on Bluetooth on your smart phone or tablet.

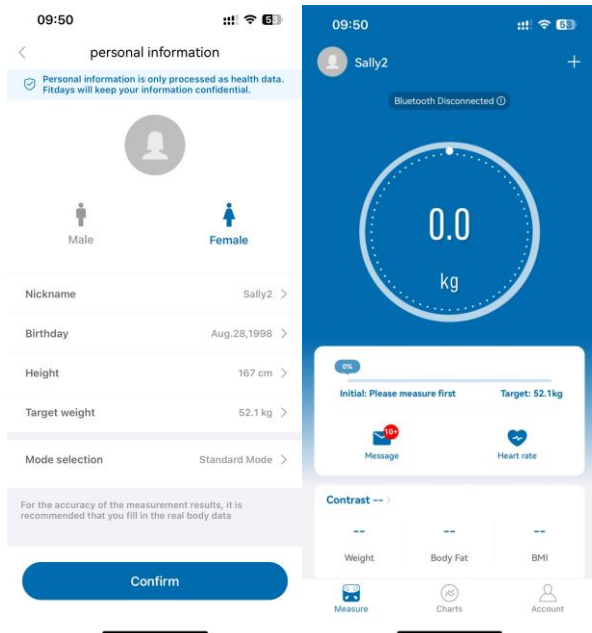


3.Register your own ID by email or social media account for Fitdays App.

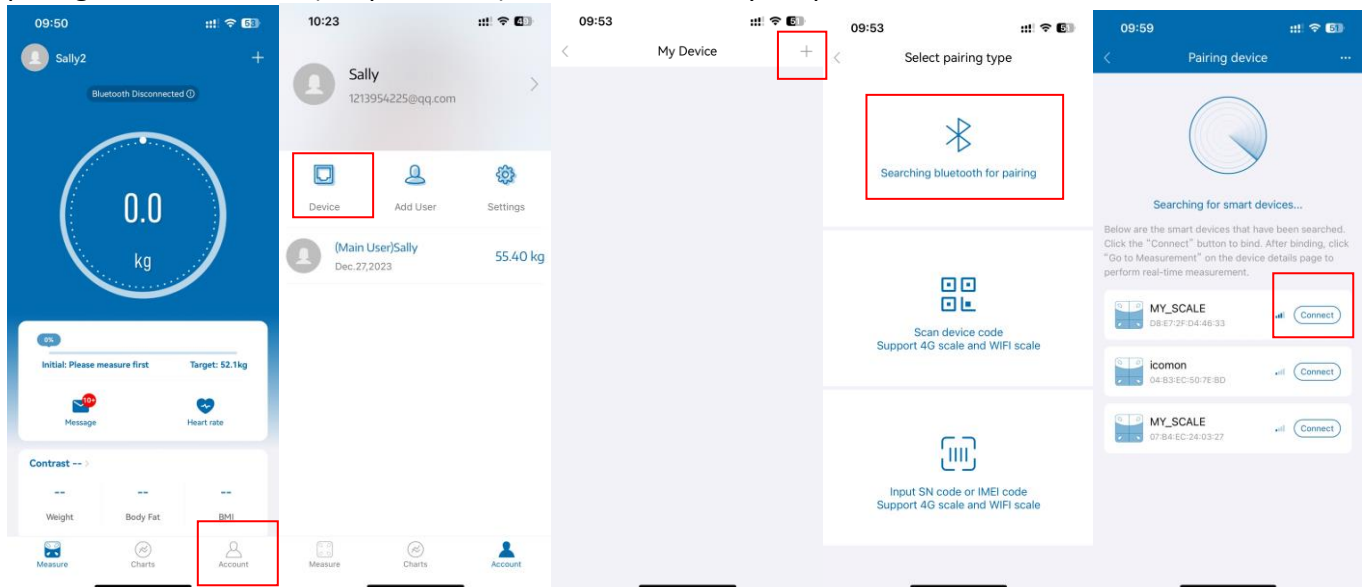


4. Add personal data and click Confirm OK;

Note: Enter the wrong info like gender, age, height information may result in measurement inaccurate.



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



Note: After connection, “Connected” will be indicated on Main page, top position; If “Disconnected” be shown, means failure for pairing. Please repeat steps above.

6. Tap your foot on the scale to activate the display. Wait until the display shows “0.00”kg.

7. Keep Fitdays App on main page;

Then Bluetooth connection icon will be shown on VA display.

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

8. Step onto the scale with bare feet;

Make sure you stand on ITO coating glass with bare feet as indication photos below.;



**Note:**

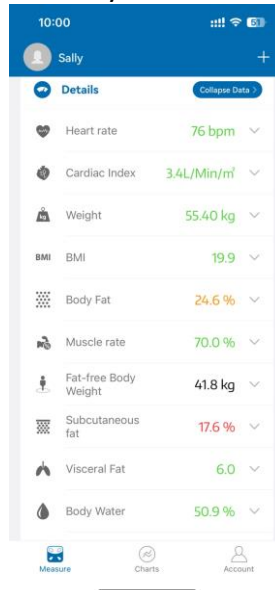
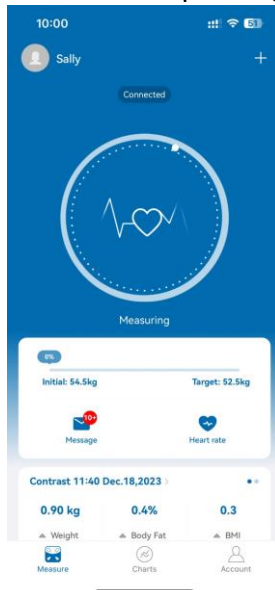
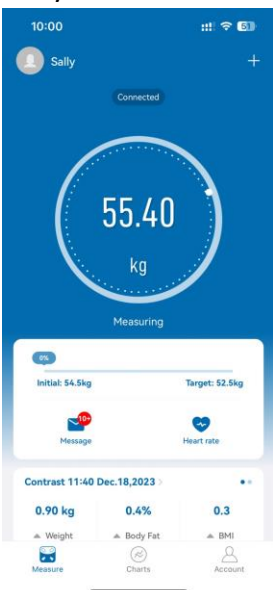
If stepping on the scale with socks, or weighing posture is not correct, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet and with correct posture.

9. The number on display is flashing when the scale is weighing and analyzing.

-When heart rate measuring, a heart icon will shine on scale and flash on the app.

-Please keep silence and peace to get more accurate data. It will take about 10s for heart rate checking.

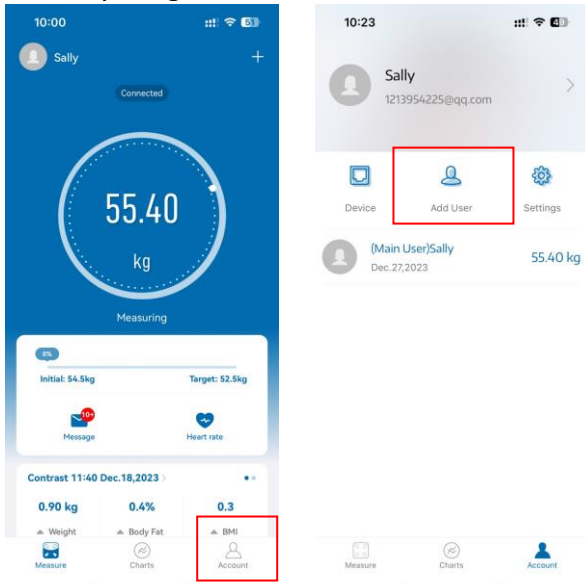
-Stay on the scale until the circle stop rolling, all data sync on scale and App.



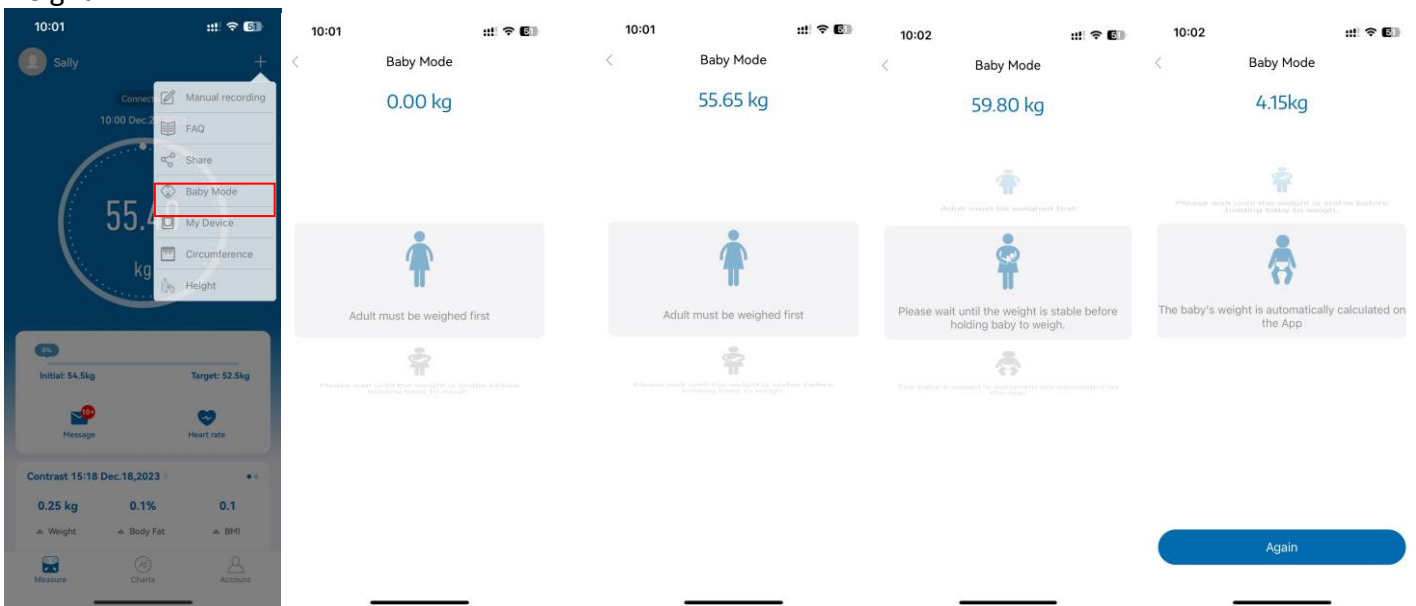
10. You can find the analyzing report on Body Weight, BMI, BMR, Muscle Mass, Bone Mass etc. When you click Record, you can see your long-term track chart form.



11. Add or switch user: click photo profile on homepage, or Mine--> Add user. The Smart Scale can recognize the user by weight difference and remind to change the correct one. Each account can support 24 users;



12. Baby weight checking: click + --> Baby Mode. Adult steps on scale to weight first; after scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.





## Special caution during use

- 1- First time use, need to connect with App, otherwise, scale only show weight and BMI info;
- 2- Need to take of shoes and socks during measurement, otherwise only weight and BMI info.
- 3- Do not mix on line use mode & off line use mode during measurement.  
Need to keep whole measurement off line use mode or  
Keep whole measurement on line use mode, otherwise, will easily cause data lost issue.
- 4- Need to confirm every measuring customer with correct user account in App, and already with first successful measurement if they are using off line use mode. Otherwise, scale only show weight and BMI info;

## 8. Battery and Fault Reminders



Low battery

(Please change new batteries)



Overload

(exceeding the maximum weight)



Unstable weighting

(please step on the scale again)

## **TROUBLE SHOOTING GUIDE**

### **1. Bluetooth failed to connection**

- Make sure the scale and the Bluetooth on your phone are on.
- Check the iOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- For successfully connection, there has a Bluetooth icon on the display and the word Connected will show on the circle of the homepage on phone
- If fail to connect via Bluetooth, please click Mine--->Device to find the scale ID.

### **2. No body fat data after weighting**

- User must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Step off the scale when measurement does not finish (Please keep standing on the scale around 15 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

### **3. Incorrect weight data occurs.**

- 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 button on the edge of scale;

### **4. Incorrect fat-muscle ratio shows on App**

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

### **5. How do I re-calibrate the scale after remove?**

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

### **6. The scale does not turn on**

- Check if the battery has run out of power and charge with USB plug if needed.

## **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-FI2019LB-I

Model No.:FI2019LB-I

## Battery Advice



- ❖ Place the scale far away from the children in case of falling down or crashing.
- ❖ Keep the batteries out of reach of children to prevent from swallowing to death.



- ❖ Do not expose the scale to heat or fire, which will easily cause explosion.

- ❖ Do not use the scale with leakage battery.



- ❖ Waste electrical products should not be disposed of with household waste.



Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

## Disposal



- ❖ The packaging material is recyclable. Please dispose it in an environment protective way or take it to a recycling center.



- ❖ Please dispose the device in an environment protective way or take it to recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.



- ❖ To protect the environment, the battery cannot be disposed in normal household waste. Please separate the it from the device before dispose or take it to suitable collection area. More information, please focus on the relevant statutory regulations governing the disposal of battery.