

# Smart Body Fat Scale

## Instruction Manual



Scan the corresponding QR Code to download APP



Thank you for choosing Smart Body Fat Scale, your ultimate choice for comprehensive body analysis. This advanced scale provides unparalleled convenience by measuring an extensive range of vital health indicators. With the Smart Body Fat Scale, you can effortlessly monitor your body weight, heart rate, BMI, body fat rate, Fat-free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein levels, BMR, body age, and much more. Experience a new level of precision and insight into your overall well-being with the Smart Body Fat Scale.

**IMPORTANT:** Prior to using the device, please carefully review the instructions in this manual. Failure to follow the instructions or using the scale in ways not specified may lead to personal injury or damage to the scale.

 INDICATION SYMBOLS

LO	Low battery-Please replace new 4*AA batteries
Err	Overload
C	An error has occurred during measurement. Step off the scale and step onto it again to repeat the measuring process.

**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 the scale or drop 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 a slightly damp cloth.
- ★ Not recommended for pregnant women.

- ★ Not recommended for infants, toddlers, and children under 10 years of age.
- ★ Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.
- ★ Consult your primary care doctor or physician before making any 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.

## Specifications

**Size:** 12.0\*12.0\*1.06in/305x305x27mm

**Weight:** 4.85lb / 2.2kg

**LED display:** 86x36mm

**Weight unit:** lb/kg/st (Support switch unit via APP)

**Weight limit:** 5kg-180kg

**Power Supply:** 4 x AA batteries

**Baby mode:** Allows you to scale the weight of a baby.

**Height Record:** This allows you to record the height info for users under 16 years old.

**Operating temperature:** 10-40<sup>0</sup>C

**Operation humidity:** 20%-90%

**Support Devices:**

iOS 8.0 or higher

Android 6.0 or higher

## Install Fitdays+ App

1. Search “Fitdays+” in Apple 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.

### Product Structure



- |                                  |   |
|----------------------------------|---|
| 1. Thumb electrode for handlebar | 2. Handlebar                            |
| 3. Bright White LED display      | 4. ITO coating tempered glass           |
| 5. Metal decoration part         | 6. Handlebar electrode for Four fingers |
| 7. Scale feet                    | 8. Bottom base plastic                  |
| 9. Battery compartment cover     |   |

### Special feature 1: Offline use

This model features a bright white 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.

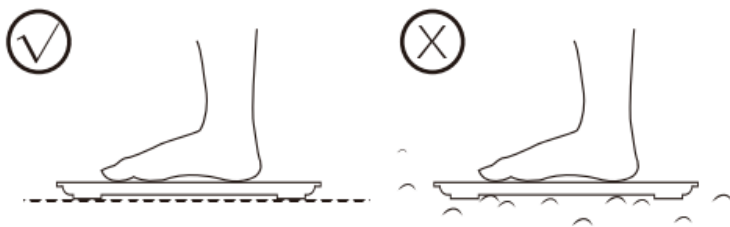
During offline mode, any successful measurement results will be automatically synchronized with your app during the next connection between the scale and the app. This ensures that your data is seamlessly updated and accessible for further analysis and tracking.

## Special feature 2: Voice Assistant

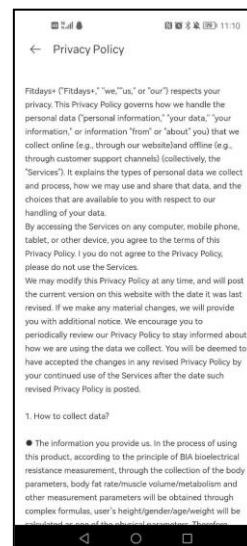
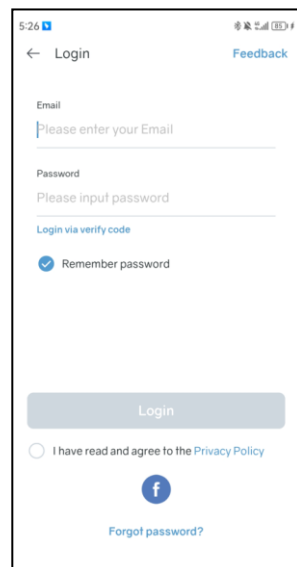
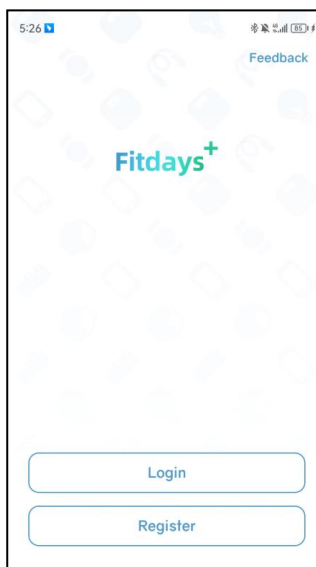
During the measurement process, the scale incorporates a voice operation guide to provide step-by-step instructions. This helpful feature assists users throughout the measurement procedure. If desired, the voice function can be easily disabled by accessing the settings within the accompanying app.

## HOW TO USE FITDAYS+ APP

1. Place the scale on hard, flat ground.

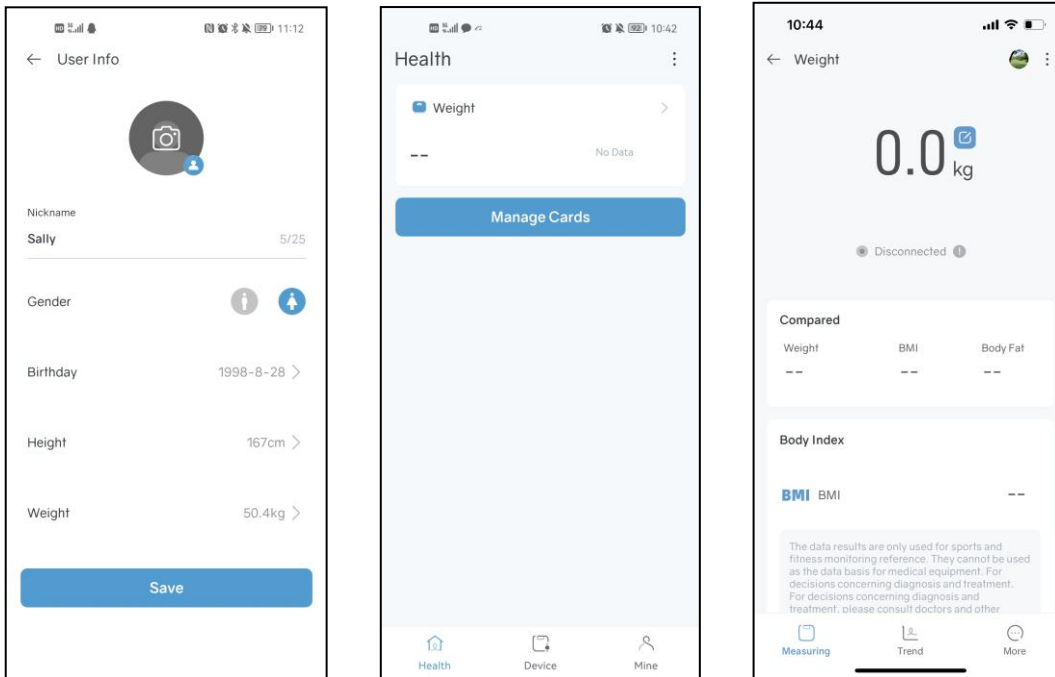


2. Turn on Bluetooth on your smartphone or tablet.
3. Register your own ID using an email or social media account.



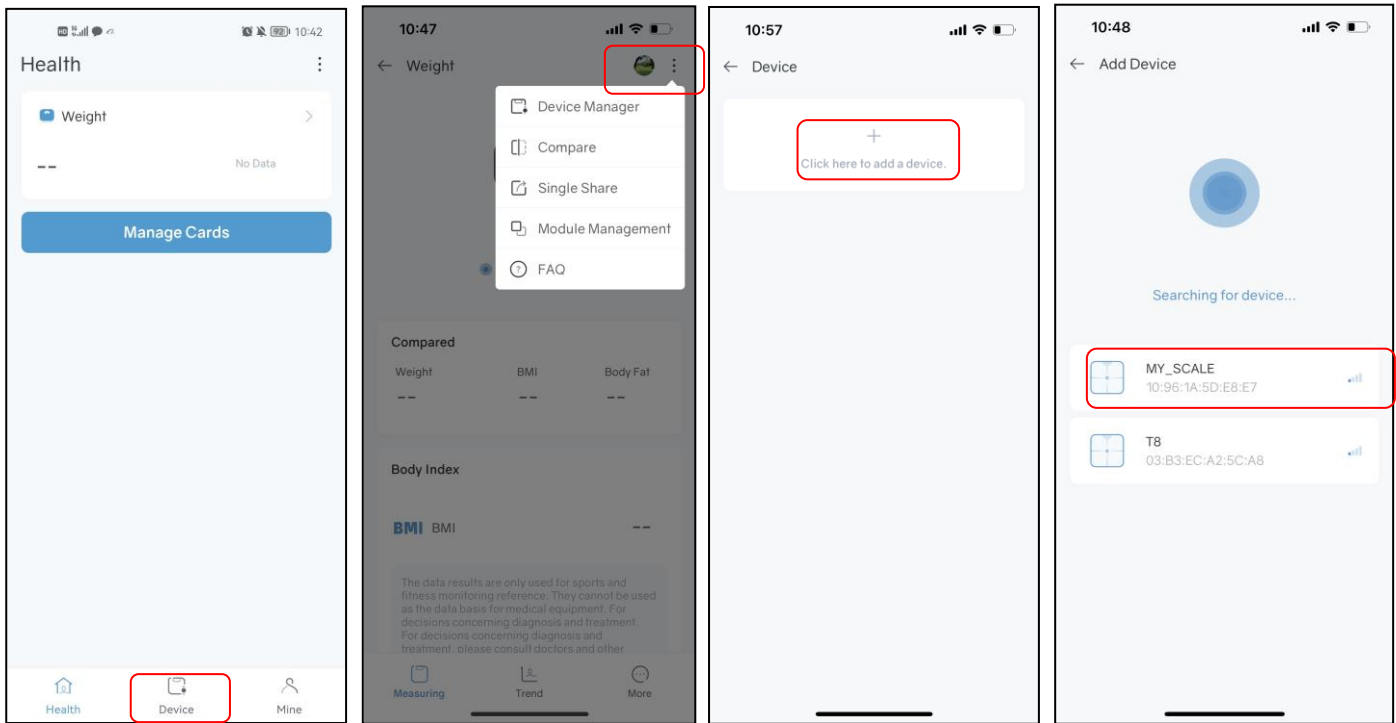
4. Input the required personal data and click Confirm.

Note: It is important to ensure accurate input of personal information such as gender, age, height, and other relevant details, as entering incorrect information may lead to inaccurate measurements.



5. Pair the scale via Bluetooth. Click Device Manager ----> Add Device----> + to find and pair the scale ID.

Note: Once successfully connected, you will notice a Bluetooth icon displayed on the scale, indicating a successful connection. Additionally, on the homepage of your app, the word "Connected" will appear within the circle, confirming the established connection between the scale and the app.



6. Tap your foot on the scale to activate the display. Wait until the display shows “0.0” kg.

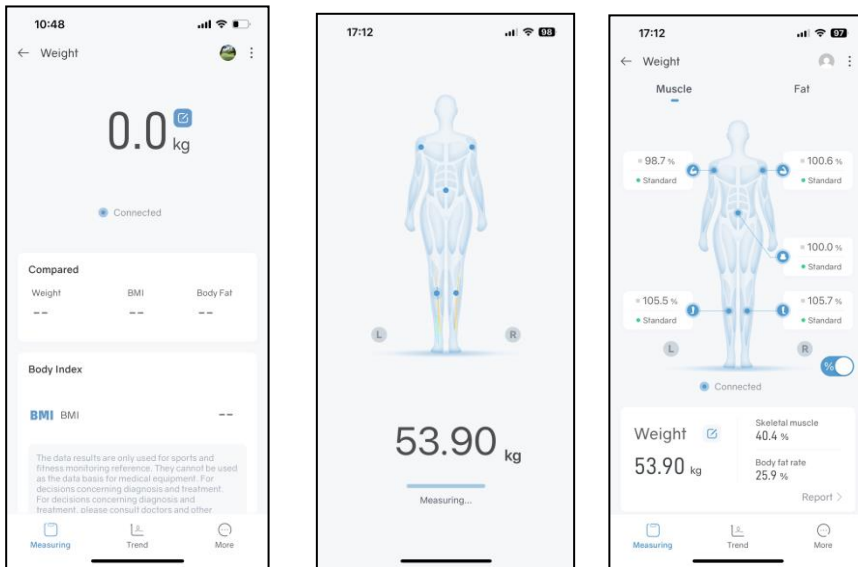
7. Stay Fitdays+ App at the homepage and step on the scale with bare feet to start measuring.

**Note:**

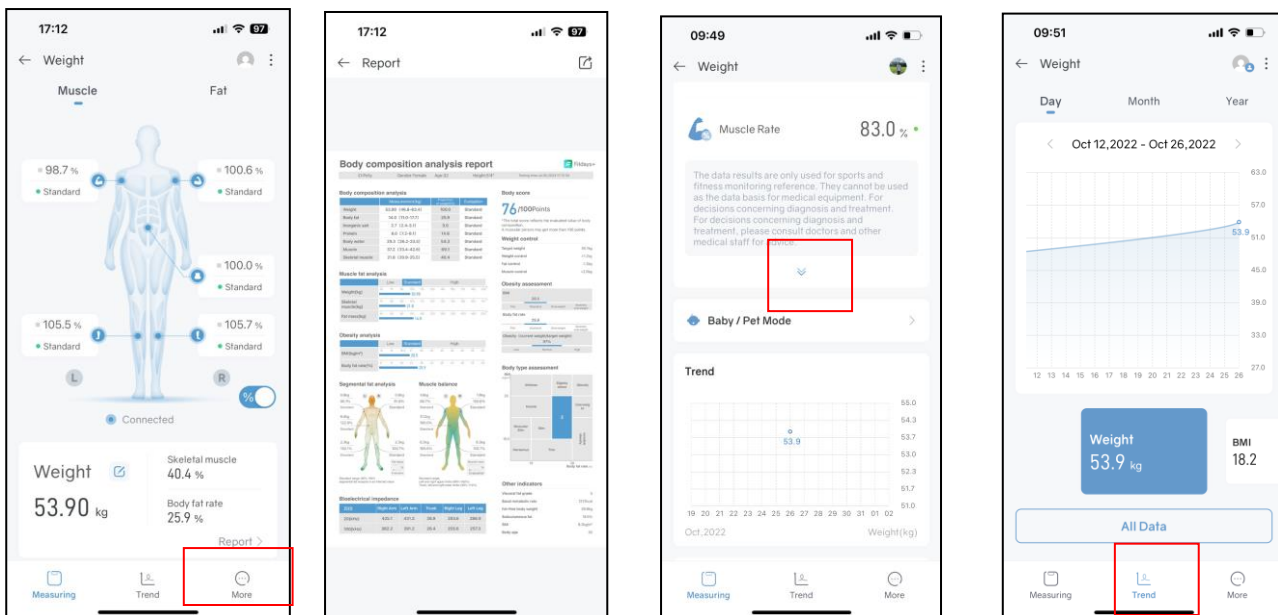
- To ensure successful data synchronization, please avoid leaving the homepage of your phone's app. Leaving the app's homepage may prevent the data from syncing to your phone.
- When stepping on the scale with socks, it will only measure weight and BMI. For a complete analysis of body metrics, it is necessary to step on the scale barefoot.


8. During heart rate measurement, a heart icon will illuminate on the scale and flash on the app. For enhanced accuracy, please maintain a quiet and peaceful environment while the measurement is being taken.

9. Once you have obtained all the measurement data, the weighing process is now finished.

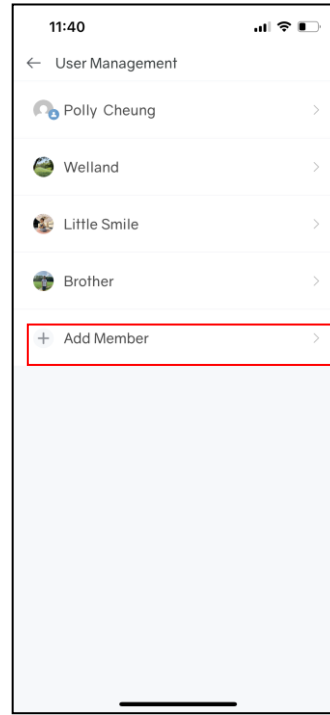
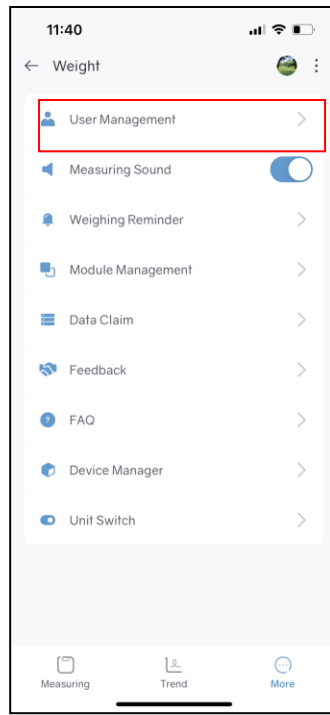
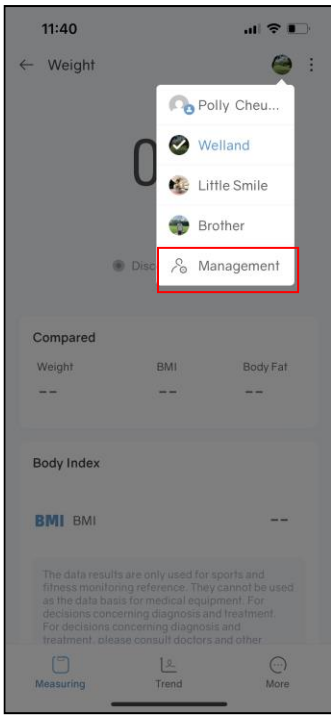


10. You can now view the comprehensive analysis report, including your Body Weight, BMI, BFR, Muscle, Bone Mass, and more. Simply scroll down the screen to access the full details. Additionally, the Trend section in your app allows you to check the history chart for a visual representation of your progress over time.

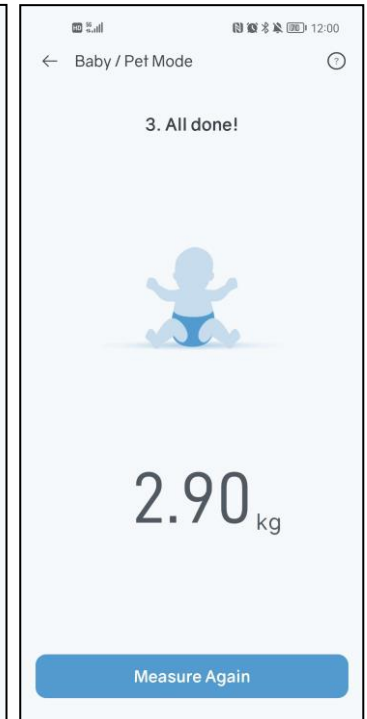
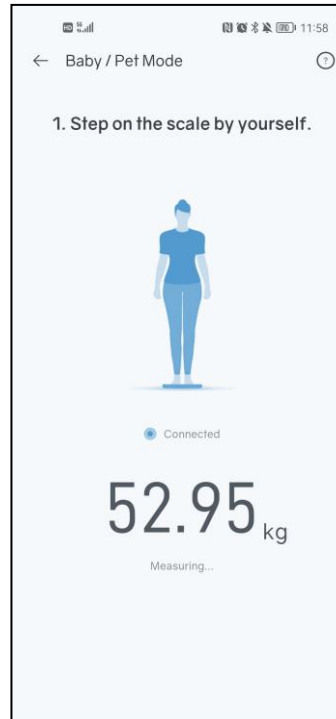
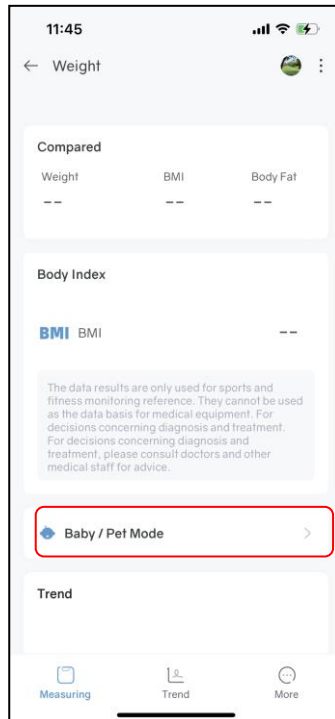
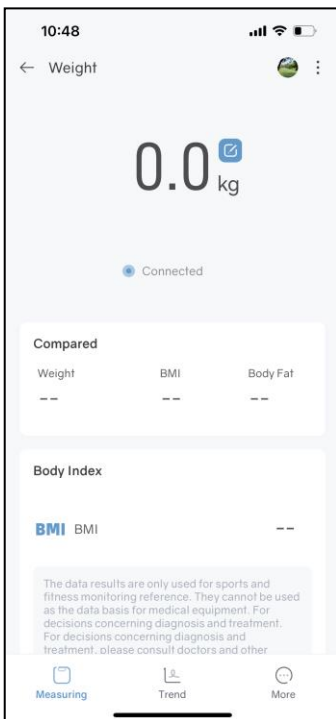


11. To Add and switch users just Tap > , or click Mine--> User Management, then add personal data. The Smart Scale can recognize which user is stepping on the Scale and will remind the user to switch to the correct profile.





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



**Important Notes:**

- 1- For the initial use, it is necessary to connect the scale with the app to access all the features and measurements. Without connecting to the app, the scale will only display weight information.
- 2- To obtain accurate measurements, it is important for the user to remove shoes and socks during the measurement process. Failure to do so will result in the scale displaying only weight and BMI information.
- 3- It is crucial to avoid mixing online use mode and offline use mode during the measurement process. To prevent any potential data loss issues, it is recommended to either keep the entire measurement in offline use mode or maintain the entire measurement in online use mode. Mixing the two modes can lead to complications and the loss of data.
- 4- When using the scale with multiple users, it is important to select the appropriate user account profile within the app. Failure to do so may result in the scale displaying only weight and BMI information if it detects a significant difference compared to the last measurement recorded under the current user's profile. To ensure accurate and personalized measurements, make sure to select the correct user account before using the scale.

## **Frequently Asked Questions**

### **1. Bluetooth failed to connect**

- Make sure the scale and the Bluetooth on your phone are on.
- Check the iOS version of your smartphone, it must be iOS 8.0 or higher/Android 6.0 or higher.
- Once successfully connected, you will notice a Bluetooth icon displayed on the scale, indicating a successful connection. Additionally, on the homepage of your app, the word "Connected" will appear within the circle, confirming the established connection between the scale and the app
- To connect manually, on your App, tap device--->Add Device ---> then manually search the scale ID on the list.

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

- The user must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- To ensure accurate measurement results, please refrain from stepping off the scale before the measurement is complete. It is important to remain standing on the scale for approximately 10 seconds or until the number on the display stops flashing. This allows sufficient time for the scale to finalize the measurement and provide accurate readings.
- Bluetooth is paired with a different device.

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

- To ensure accurate measurements, it is essential to place the scale on a hard and flat surface. This provides a stable foundation for the scale and helps maintain measurement precision.

- Before using the scale, please inspect each foot sensor located on the back of the scale. Ensure that there is no debris or obstructions stuck to the bottom of the sensors. It is important to have clean and unobstructed foot sensors for accurate measurements.
- Reset the Scale by pressing the dedicated reset button of the scale at the back.

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

- Please review the body parameter settings to ensure that you have entered the accurate gender, height, and age information. Incorrect input of these details may result in inaccurate body parameter readings.

#### **5. The scale will not turn on.**

- Please inspect the condition of the batteries and consider inserting new batteries if needed.

#### **6. How to switch the unit**

- On your App, Select Mine--->Setting--->Switch unit to change the unit on your phone.

## **FCC Statement**

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (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-FI2211WB

Model number:FI2211WB

## Battery Advice



- ❖ Keep the scale far away from children to keep them safe and prevent accidents.
- ❖ Keep the batteries and other small parts securely out of reach by children to prevent the potentially fatal risk of accidental ingestion.



leakage.

- ❖ Do not expose the battery to heat or fire, which will easily cause an explosion.
- ❖ For your safety, refrain from using the scale if you suspect or detect a battery



- ❖ Ensure responsible disposal of waste electrical products by refraining from disposing of them with household waste. Instead, please prioritize recycling at designated facilities, where available. For guidance on proper recycling methods, kindly consult your local Authority or retailer for expert advice on recycling procedures. Together, let's contribute to a sustainable future by disposing of electrical products in an environmentally conscious manner.

## Disposal



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



- ❖ Please dispose of the device in an environmentally protective way or take it to The 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 of in normal household waste. Please separate it from the device before disposing or take it to a suitable collection area. For more information, please focus on the relevant statutory regulations governing the disposal of batteries.