

# Electronic Body fat scale Instruction Manual

Scan the corresponding QR Code to download APP



Thanks for choosing Smart body Scale. This fully body composition scale can help you conveniently measure body weight, 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
- BMI
- Body fat rate
- Visceral fat
- Body water
- Skeletal muscle rate
- Muscle mass
- Bone mass
- Protein
- BMR
- Body age
- Height record (<16 years old)

## INDICATION SYMBOLS

LO	Low battery - please change the batteries (3x1.5V AAA battery).
Err	Overload
C	An error has accorded during measurement. Step off the scales and step onto them again to repeat the measuring process.

## WHAT'S IN THE PACKAGE

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



## **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 droop 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**

Product size:280x280x24mm

LCD display:62x27mm

Weight unit:Kg/Lb/St (exchange by the unit button under the battery case)

Weight limit: 6kg-180kg

Power Supply: 3xAAA batteries(Not included)

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

Baby mode: Allow you to scale the weight of baby

Height record: Allow you to record the height info 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:



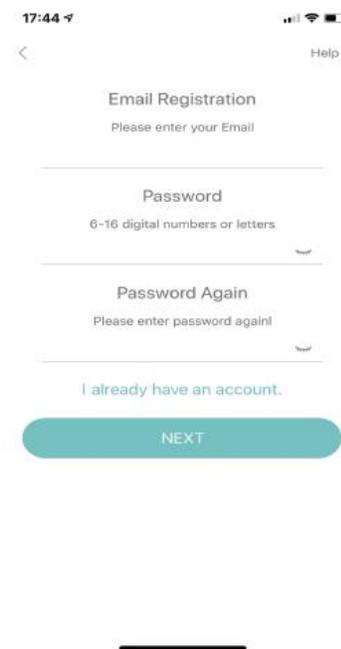
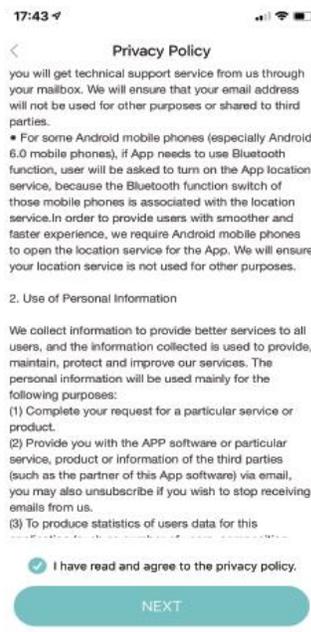
2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

## HOW TO USE FITDAYS APP

1. Insert 3xAAA batteries which included in the package to the battery holder on the back at the back of the scale. Place the scale on the hard, flat ground.

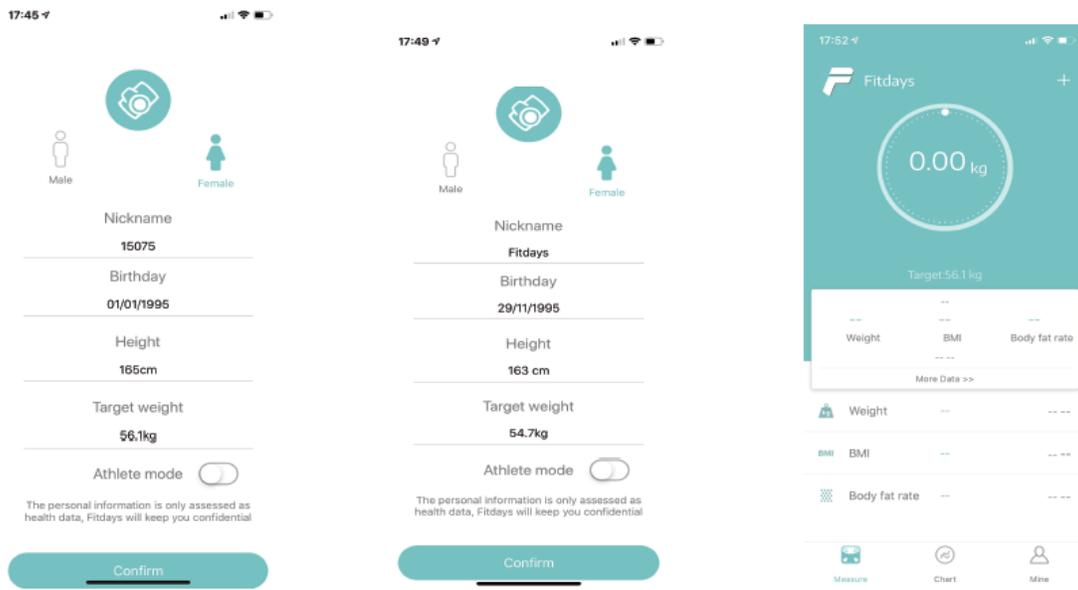


2. Turn on the Bluetooth on your smart phone or tablet.
3. Register your own ID by email or social media account.

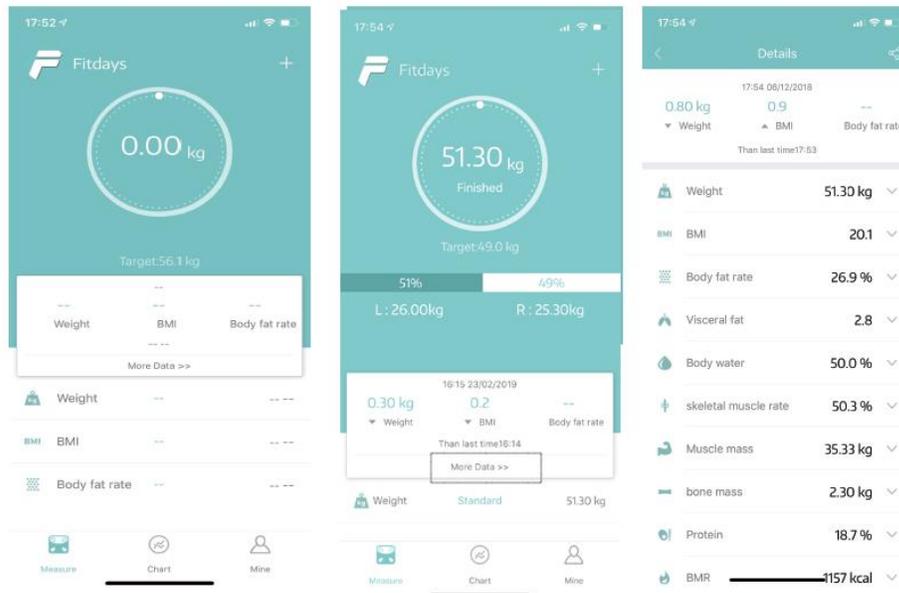


4. Add personal data and confirm OK;

Note: Enter the wrong gender, age, height, or corporeity level may result in measurement being inaccurate.



5. Pair the scale through Bluetooth. Click Mine ----> My device find the scale ID pair, now your phone is connected with the scale;



6. Tap your foot on the scales to activate the display. Wait until the display shows "0.0"kg.

7. Step on the scale with BARE feet to turn the scale on

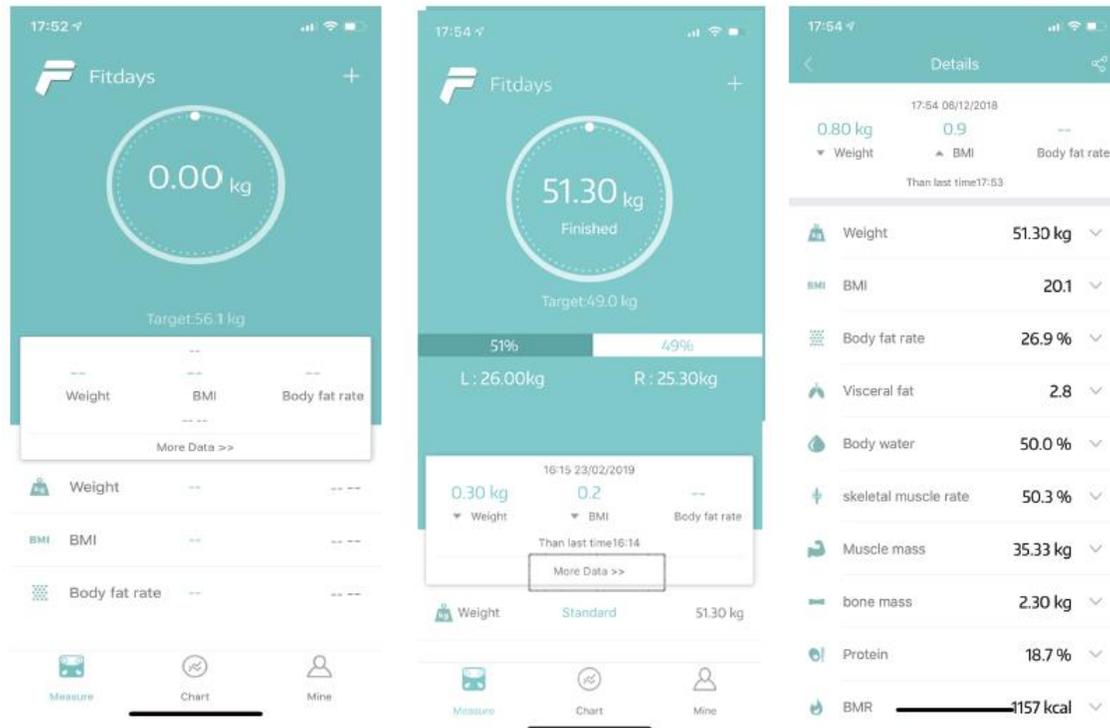


**Note:**

If stepping on the scale with socks, 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.

8. The number on the display is flashing when the scale is weighing and analyzing. When LCD show t your left weight & Right weight, You will have about 5-10S to adjust your body, try to get equal left & right weight ;

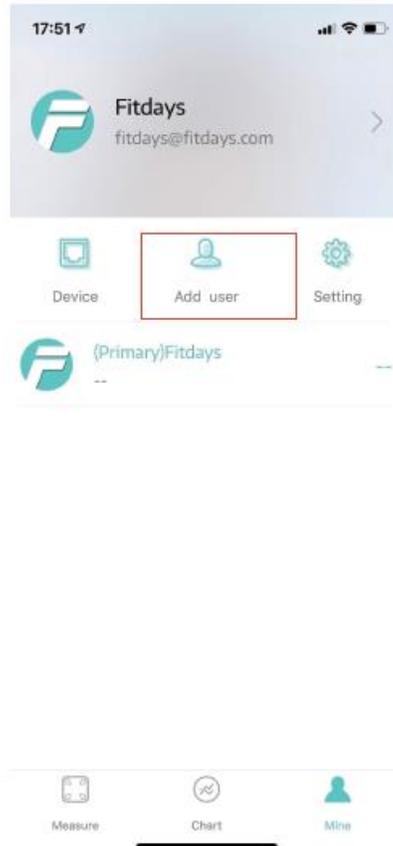
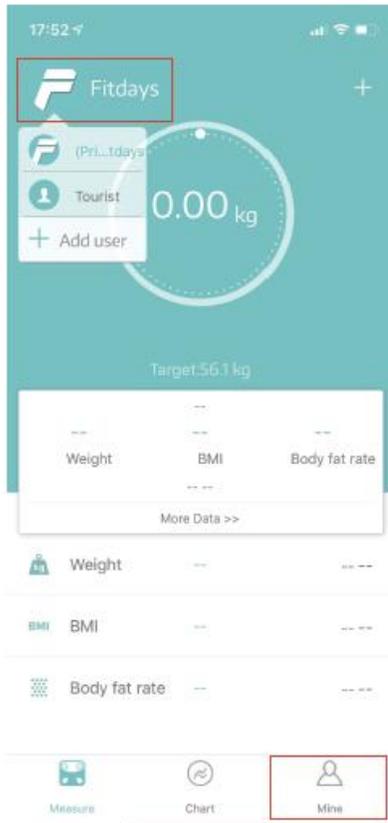
Continue to stand on the scale until the circle is stable and shows 'Test Done', your phone has received all the data from the scale.



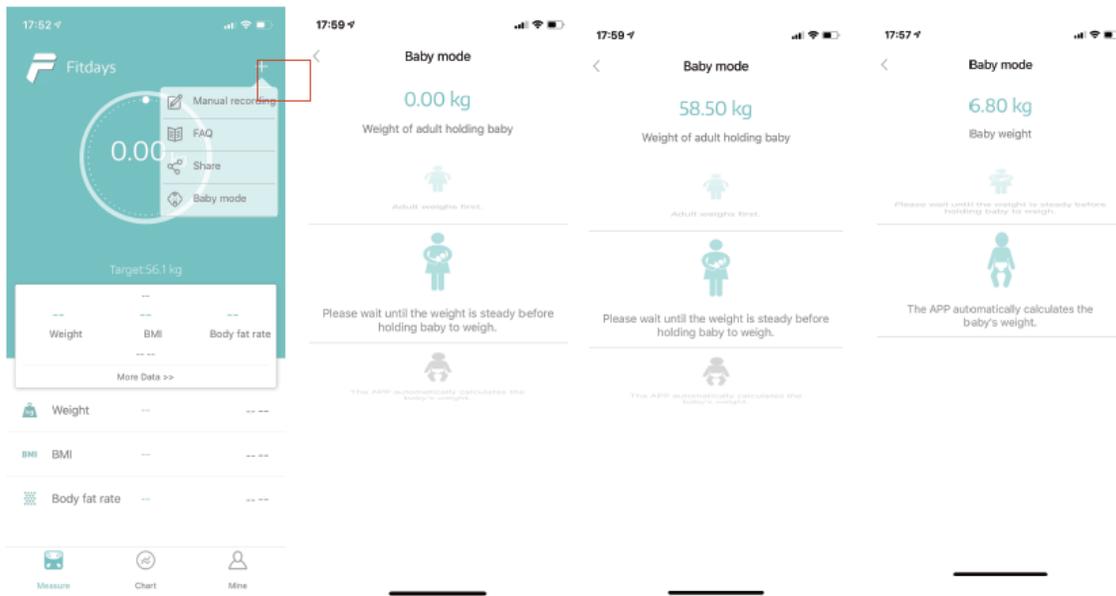
9. You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. (see full details on page 1 RECORDED PARAMETERS). When you click Record, you can see your long-term track chat form.



10. Add, switch user by click , or click Me--> Manage users, 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 24users;



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 OS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- Click Me--->My device find the scale ID.

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

- User must be bare foot to measure the body fat.
- 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 10 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.

Remove the batteries to restart the scale;

### 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. How to exchange the unit

Remove the battery cover, there is a unit button,press it to exchange unit from Kg to Lb or St.

## Battery Advice



\* If the scale is not to be used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.

\* Keep the battery out of each of children.



\* Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.

\* Do not heat or deform the batteries or expose to fire.



\* Waste batteries should not be disposed of with household waste.

\* Please check with your local authority for battery recycling advice.



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 of it in an environmentally friendly manner and take it to a recycling centre.



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre 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.

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.

This device complies with Part 15 of the FCC Rules. 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.