WI-FI SMART SCALE
THIS IS A TRADITIONAL PAPER MANUAL

FOR A BETTER INTRODUCTION, VISIT OUR ONLINE GUIDE

GREATERGOODS.COM/*0385*

We keep our digital guides up to date with helpful videos and FAQs based on questions from our users. Follow the link to view setup information, activate your warranty, and contact customer support.

Table of Contents

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
			Symbol for "DIRECT CURRENT"
	Symbol for "TYPE BF APPLIED PARTS"		Symbol for "ENVIRONMENT PROTECTION" – 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.
	Symbol for "MANUFACTURE DATE"		
SN	Symbol for "SERIAL NUMBER"		

Important Safety Notes

Warnings

- Never use, or allow others to use this unit in combination with the following medical electronic devices:
    - Medical electronic implants such as pacemakers
    - Electronic life support systems such as an artificial heart/lung
    - Portable electronic medical devices such as an electrocardiograph
- This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the abovementioned medical devices to malfunction.
- This product is not intended for use by pregnant women.
- This product is not intended for use by infants, toddlers, and children under 10 years of age.
- Do not step on the edge of the scale while getting on or off– otherwise it may tip.
- Do not jump on scale.
- Protect scale from hard knocks, temperature fluctuations and heat sources that are too close (e.g. stoves, heating units).
- Do not drop scale or drop any objects on it, as this may damage the sensors.
- Do not step or stand on the scale when your body and/or feet are wet– for example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
- Do not step on this scale if you weigh more than 400 lbs.
- Place the scale on level flooring– otherwise it may tip.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.

Introduction

Welcome to your new Weight Gurus Scale.

Being healthy is worth the effort! That's why we've designed the Weight Gurus Scale to be more than just another scale. It's a beautifully designed, fully featured body composition scale that, when desired, connects directly to Weight Gurus and other health apps. This lets you track your progress over time, helping you stay motivated and reach your goals.

To automatically sync your results to these apps, download the free "Weight Gurus" app for iOS (Apple) or Android (see more information on page 7).

Download on the App Store

GET IT ON Google Play

OUR PROMISE

We're committed to creating 5-star products.
If we haven't delivered on our promise, please contact us.
For the best possible experience with your product,
please visit greatergoods.com/**0385**.

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Scale Description

Physical Features

LCD Display

Radiator

Up Button

SET Button

Down Button

Conductors

WEIGHT**GURUS**
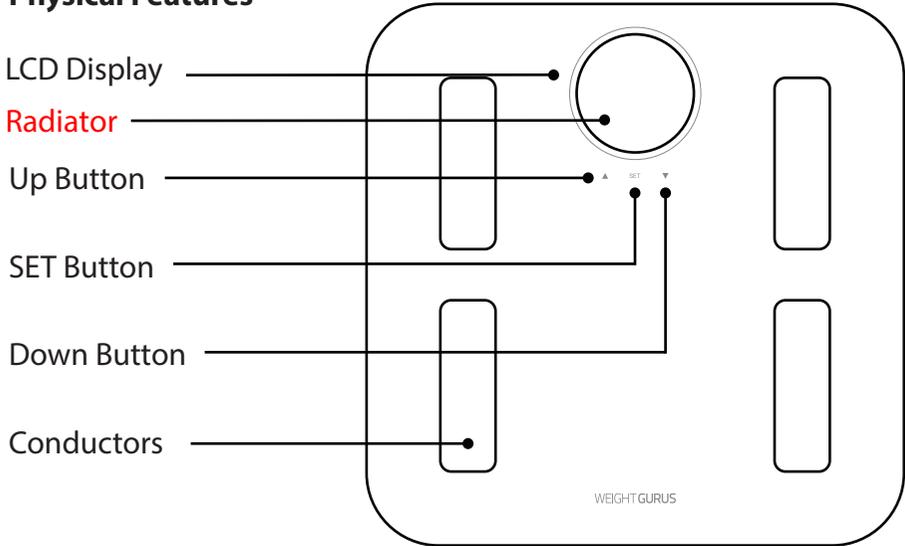
Measuring Units

lb	pound
kg	kilogram

Setting The Measuring Unit
By pressing the UNIT button on the back of the scale, you can switch between lb. (pound) and kg (kilogram).

UNIT

LCD Icons

📶	Wi-Fi Connection (p. 9)	BMI	BMI (Results p. 10-11)
🗐	Data Sync (p. 9)	BF	Body Fat
👨ᴬ👩	Athlete Modes (p. 8)	🏋	Muscle Mass
		💧	Water Weight
🔋	Low Battery (p. 12)	🦴	Bone Mass

Things To Know Before Using Your Scale

Install Batteries
Make sure to install the four included AAA batteries before using the scale for the first time.

Get the App
Search for the "Weight Gurus" app in your device's app store. Install and register an account to get started tracking.

Measuring
Measuring your weight and calculating body composition is easy. Simply step on your scale with bare feet, and evenly distribute your weight. Make sure that your feet are making good contact with all four conductors. Body composition can only be displayed if you have properly set up a user profile on your scale (page 7).

Auto-On
Auto-On is the easiest way to use your scale. Simply step on the weighing surface with both feet and evenly distribute your weight. Once you complete user set up (page 7), Auto-Detection will match you to your profile automatically. If no match is made to a user profile, then the scale will only display your weight information. Body composition calculations require specific variables such as your height, gender, and activity level, so a user profile must be setup in order to display those measurements.

Auto-Detection
Once a profile has been set up, your scale will automatically match you to your correct profile by weight. The scale determines who the user is by using a range of 10 lbs and in some cases a conflict may arise if two or more users are within 10 lbs of each other (see "Troubleshooting" for resolving an Auto-Detection conflict).

Press-Awake
Another easy way to turn on your scale is to briefly step on then off the weighing area of your scale. Press-Awake allows you to enter setup mode to create or edit a new user (see User Setup, page 7). If needed, it also allows you to select your user profile manually.

What Happens if My Scale Can't Auto-Detect?
Only the weight data is shown and the scale will turn off after a few seconds. Please manually select your user number and measure once again (Press-Awake, select user number, tap SET, then weigh).

Setup With Wi-Fi (Recommended)

Get the App

Search for the "Weight Gurus" app in your smartphone's app store. Install and register an account to get started tracking.

Connect Your Scale

Set Up the Scale

1. From the Weight Gurus app menu (☰), select Wi-Fi Setup.
2. Follow the setup steps within the app to finish setting up your user information and connect your scale.

Record Your First Weight Entry

After setup, step on your scale with bare feet, evenly distribute your weight on all four conductors, and the scale is ready to record the first entry.

Remove A Wi-Fi User

1. Turn on the scale.
2. Press & hold SET.
3. Use UP / DOWN to select the user to remove.
4. Press SET.
5. Use UP / DOWN to select Clr YES.
6. Press SET.

Setup Without Wi-Fi

NOTE: Setting up without Wi-Fi is not recommended.
Only use this method if you do not wish to have your results automatically synced.

Please see page 7 for setup instructions if you plan on using Wi-Fi to sync measurements to the cloud.

> **IMPORTANT: Place your scale on a hard, flat surface, and be ready with bare feet to record your first weight entry on the last step.**

This scale can be customized for up to 8 users.

Scale Only Setup (No Wi-Fi Connection)

1. Press-Awake your scale on. Simply step on then off to begin.
2. Press and hold SET.
3. Use ▼ and ▲ to make selections, then tap SET to select and continue for each option below.

User Number	Choose a user profile number, tap SET			
Athlete Mode	Male	Male Athlete	Female	Female Athlete
	(See description below)			
Height	Select your height, tap SET			
Age	Select your age, tap SET			
IMPORTANT: YOU MUST NOW WEIGH TO RECORD YOUR INITIAL WEIGHT ENTRY				
Weight	Step on the scale with bare feet, evenly distributing your weight. Make sure that your feet are making good contact with all four conductors.			

*At any time in the setup process, if you have to leave or the screen shuts off due to inactivity, just start over from number one above.

Athlete Mode

An athlete is defined as a person who is involved in intense physical activity approximately 12 hours per week and who has a resting heart rate of approximately 60 beats or less per minute.

Sync With Your Scale

Weigh To Sync

Once setup has been completed, simply weigh to sync measurements to the cloud. Syncing will occur to your user account as long as your scale is within range of your Wi-Fi router.

	After weighing the Wi-Fi symbol will turn on and a syncing animation will begin. The syncing animation will continue until the Wi-Fi sync is complete.
	The data symbol indicates measurement data is waiting to be synced to your device. Upon successfully syncing, this will go away. If measurements are not synced, it will display the next time you weigh, indicating unsynced measurements.

Force Sync

If for some reason your weights do not sync automatically, you can force sync them using the following steps:

1. Press-Awake the scale.
2. Press and hold the UP ARROW for three seconds.
3. Use the arrows to select SYnC, then press SET. This will force the scale to attempt to sync all weight entries still on the scale.

Tips

Your scale will give an audible beep when it turns on, when measurements are completed, and once again when it has successfully synced to your device. If syncing cannot be completed at the time, three short beeps will indicate a failed sync. If a failure occurs, your measurements will store in the scale and attempt to sync the next time you complete weighing.

Reading Your Results

Once you have properly weighed yourself, the scale will cycle through the measurements it has calculated for you.

BMI	Body Fat	Muscle	Bone	Water
126.2 lb / BMI 20.5	126.2 lb / BF 20.7%	126.2 lb / 38.2%	126.2 lb / 4.0%	126.2 lb / 56.3%
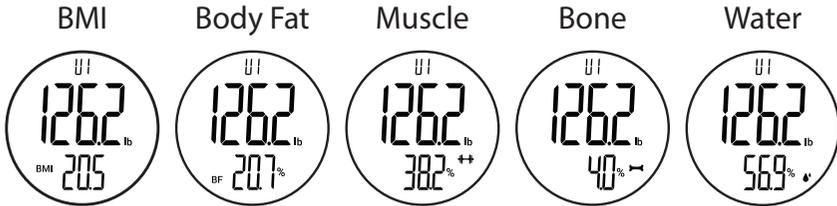
For Best Results

Remember to place your scale on a hard, level surface. Step on the scale with bare feet, evenly distributing your weight. Make sure that your bare feet are making good contact with all four conductors.

Using this scale on carpet will not give accurate results.

Wearing socks during weighing will result in incorrect body composition measurements.

It is important to follow a routine. We recommend weighing daily around the same time each day. Alternatively, you can weigh weekly. When weighing weekly, we recommend weighing on the same day each week.

Weighing under the same conditions will help ensure accurate results. Weight can vary due to different clothing selections, weighing at different times of day, weighing before or after meals, etc. Following a routine will help achieve accurate results.

Understand The Value Of Body Composition Results

Because every body is different, body composition readings are not exact measurements. Instead, they are estimations based on the readings your scale takes when you weigh yourself. While these numbers are estimates, they are helpful for understanding trends and how your body is changing over time. We recommend watching these trends rather than focusing on an individual number.

Typical Results

Keep in mind that you know your body best. The following ranges of Body Fat %, Water Weight %, BMI, Muscle Mass %, and Bone Mass % are offered only as guides.

The best way to understand your body composition is to watch for changes. For example, watch to see how your body fat is going up or down over time.

Body Fat %

Age	Female				Male			
	Low	Normal	Above Avg.	High	Low	Normal	Above Avg.	High
20-29	<19	20-28	29-31	>31	<13	14-20	21-23	>23
30-39	<20	21-29	30-32	>32	<14	15-21	22-24	>24
40-49	<21	22-30	31-33	>33	<16	17-23	24-26	>26
50-59	<22	23-31	32-34	>34	<17	18-24	25-27	>27
60+	<23	24-32	33-35	>35	<18	19-25	26-28	>28

Water Weight %

	Body Fat %	Water %
Male	4 - 14%	63 - 70%
	15 - 21%	57 - 63%
	22 - 24%	55 - 57%
	25 and over	37 - 55%
Female	4 - 20%	58 - 70%
	21 - 29%	52 - 58%
	30 - 32%	49 - 52%
	33 and over	37 - 49%

BMI

BMI	Weight Status
<18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30+	Obese

Muscle Mass %

Female	Approx. 30%
Male	Approx. 40%

Bone Mass %

	Female			Male		
Weight	<100	100-135	>135	<135	135-165	>165
Bone	3.9	4.1	4	4	4.4	4.2

Scale Troubleshooting

Low Battery
🔋 A low battery symbol is displayed when the batteries need to be replaced. Open the battery door on the back of the scale, and remove and replace the batteries with four AAA batteries.

Overload
▬ ▬ ▬ ▬ Dashes are displayed when overload occurs and the scale has too much weight (Capacity: 400lb / 180kg). Please remove the weight from the scale to protect the scale sensors.

Measuring Error
If the scale has trouble measuring your weight, it will turn off. This is most likely due to not settling on the scale fast enough. Make sure that the scale is placed on a hard, flat surface (not carpet) and that you distribute your weight evenly while holding still.

Resolving An Auto-Detection Conflict
An Auto-Detection conflict will occur if two or more users are within 10lbs of each other. When an Auto-Detection conflict occurs, your scale will give you a chance to select your profile number manually. Use the arrows to select your profile, tap SET, and step on the scale. The scale will now proceed measuring for the profile you have selected.

How Do I Clear A User Profile On My Scale?
First, Press-Awake the scale on, then press and hold SET. Now, select the user to delete and press SET. Once selected, press the up arrow to change Clr to "Y." Now press SET to clear the user. The user is now removed.

Wi-Fi Troubleshooting / Error Codes

My Device Won't Connect To Wi-Fi / Update

To verify your device's Wi-Fi connection, use the CHEC Mode. When the scale is on, press the UP ARROW for three seconds until you get to the menu for SYnC and CHEC. Use the arrows again to change to CHEC mode and press SET. This mode verifies whether you can connect to the internet with your scale. While performing the connection check, you scale will display 1, 2, 3, and 4.

These numbers indicate the following:

> 1. Wi-Fi Module okay.
> 2. Connected to router.
> 3. Connected to internet.
> 4. Updated.

Occasionally the scale may have an error, either on the scale itself or with the Wi-Fi module. If this happens, refer to our table below for the meaning of the code and next steps.

There are three types of Wi-Fi error codes to display:

> 1. Wi-Fi Module Errors: Displayed as "ER##" "Err".
> 2. Wi-Fi Module Failures: Displayed as "I###" "Err".
> 3. Scale Timeout Errors: Displayed as "t###" "Err".

For a full list of error codes and solutions, please visit the scale information page at www.greatergoods.com/**0385**.

ERROR TYPE	ERROR	ACTION
GENERAL ERRORS		
Connection Errors		
Error	ER D	Wi-Fi disconnected. Let the scale power down and try again. If this error continues, you may be too far from your Wi-Fi router or your router may be having trouble maintaining a connection with the internet or Wi-Fi devices.
Error	ER21	Error connecting to access point / router. Cannot connect. If error continues, try to set up scale again.
Failure	I212	No network connection settings. Wi-Fi module needs to be set up.

Error Codes (cont.)

ERROR TYPE	ERROR	ACTION
Timeout	t163 t206 t313 t323	Error waiting for connection to form. Make sure credentials are correct and that you are within range of your Wi-Fi router and try again.
Initialization Errors		
Error	ER20	Error initializing Wi-Fi module. Try again. If error continues, Wi-Fi module may be broken.
Timeout	t162 t202 t312 t322	Module initialization timeout. Try again. If this continues to happen, the Wi-Fi module may be broken.
Misc. Errors		
Error	ER22	Misc. error. Let the scale power down and try again.
ERRORS SETTING UP SCALE		
Error	ER A	Error in access point setup. Begin scale setup again.
Error	ER60	Error with Smart Wi-Fi Setup. Try again.
Error	ER61	Error receiving Smart Setup info. Try again.
Timeout	t204	Error entering AP setup mode. Try again.
Timeout	t205	Error waiting for setting info in AP setup mode.
Timeout	t207	Error waiting for time update. See t164 error below.
Timeout	t208	Error waiting for user info update. See t166 error below.
UPDATE TIME ERRORS		
Error	ER40	Error requesting time update. Try again.
Error	ER41	Error receiving time update. Try again.
Failure	l412	Failure response from time server. Try again.
Timeout	t164	Time server not responding. Make sure internet connection is live and try again.

Error Codes (cont.)

ERROR TYPE	ERROR	ACTION
UPDATE USER INFO ERRORS		
Error	ER50	Error requesting user update.
Error	ER51	Error receiving user update.
Failure	I512	Bad data response from server. Try again later.
Failure	I513	Server not responding. Try again later.
Timeout	t166	API server not responding. Try again later.
ERROR SYNCING DATA AFTER WEIGH IN		
Error	ER30	Error sending data. Error in data transfer. Try again.
Error	ER31	Error receiving data. Error in data response. Try again.
Failure	I312	Bad data response from HTTP server. If this continues, clear user and setup scale again.
Failure	I313	Server not responding. Try again later.
Timeout	t165	Server not responding. Try again later.
WI-FI CHECK & UPDATE ERRORS		
Error	ER70	Error requesting software update. Server may be down. Try again later.
Error	ER71	Error updating software. Try again later.
Failure	I325	Error in FOTA update process. Try again later.
Timeout	t325	Time server not responding. Make sure internet connection is live and try again.
WI-FI SYNC ALL ENTRY ERRORS		
Timeout	t314	Server not responding. Try again later.
Timeout	t315	Time server not responding. Make sure internet connection is live and try again.

FCC Information

Radio Frequency Interference Requirements - FCC
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.

Reducing RF Exposure - Use Properly
Only operate the device in accordance with the instructions supplied. This equipment should be installed and operated with a minimum distance of 2cm between the radiator and your body.This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.

FCC ID: 2ADUL0385

Maintenance / Technical Specifications

Cleaning

Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dishwashing soap. Never use harsh cleaners or treated cloths.

Changing The Batteries

Your scale uses 4 AAA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries, and replace them with the + end oriented as shown in the battery compartment.

Disposal

Batteries should be disposed of separately from household waste. Dispose of this device and batteries in accordance with your local regulations.

Technical Specifications

Weight unit: lb / kg
Capacity: 400lb / 180kg
Division: 0.1lb / 0.1kg
Minimal weight: 5kg
Function keys: ▼ , SET, ▲
Display: Positive LCD, Backlight
Batteries: 4 AAA
User No.: 8
Age range: 10 - 85
Stature range: 3ft 3.5inches to 7ft 2.5inches / 100-220cm
Measurements calculate: Body weight, BMI, body fat, water weight, muscle mass, and bone mass
Working temperature: 32ºF-104ºF / 0ºC-40ºC
Working humidity: ≤90% RH
Atmospheric pressure: 80kPa-106kPa
Storage temperature: -4ºF - 140ºF / -20ºC - 60ºC
Storage humidity: ≤93% RH
Atmospheric pressure: 50kPa-106kPa
Protection against ingress of water: IP21. IP21 means the device is protected against solid foreign objects of 12.5 mm and greater, and against vertically falling water drops.
Software Version: 1.0

Warranty

Activate Your Warranty

Please visit www.greatergoods.com/**0385** to activate your product's warranty and access to lifetime product support.

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years from the original purchaser from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on the state in which the product was purchased in.

If your scale is defective, please contact Greater Goods, LLC.

866.991.8494

info@greatergoods.com

*greatergoods.com/**0385***

INDICATIONS FOR USE: The Weight Gurus Body Fat Analyzer measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults. It is intended for use in the domestic setting only.

CONTACT US

866.991.8494

info@greatergoods.com

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