

# USER MANUAL

## Smart body fat scale

Scan the corresponding QR Code to download APP



Thanks for choosing smart body fat scale. This fully body composition scale can help you conveniently measure body weight, heart rate, Heart Index, BMI, body fat rate, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, BMR and body age.

**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.

## RECORDED PARAMETERS

- Weight
  - BMI
  - Body fat rate
  - Visceral fat
  - Body water
  - Skeletal Muscle rate
  - Muscle mass
  - Bone mass
  - Fat-free weight
  - Subcutaneous fat
  - Protein
  - BMR
  - Body age
  - Heart Rate
  - Heart Index
  - Height record
- (<16 years old)

## INDICATION SYMBOLS

Lo	Low battery – please change the batteries
Err	Overload
C	An error has occurred during measurement. Step off the scales and step on them again to repeat the measuring process.

## WHAT IS IN THE PACKAGE

- 1 x Smart 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 / 400lb).
- 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 used for a prolonged period of time.
- The user under 6 years old, only weight function, no BMI and body fat, etc. data.
- The user under 10 years old, only weight & BMI function, no body fat, etc. data.

## **SPECIFICATION**

Product size: 300x275x25mm

VA screen display: 62x109mm

Powered by 4xAAA batteries

Weight unit: kg/lb/st (switch the units in the App and the scale will syn the units.)

Weight Limit: 6kg – 180kg (13.2lb – 400lb)

Account number: No limitation (each account can add 8 persons)

Baby mode: Allow you to scale the weight of baby

## SUPPORT DEVICES:

IOS 8.0 or Higher

Android 6.0 or Higher

## INSTALL FITDAYS

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 APP

1. Install the batteries

Place the scale on the hard and flat ground.

Flat and hard surface

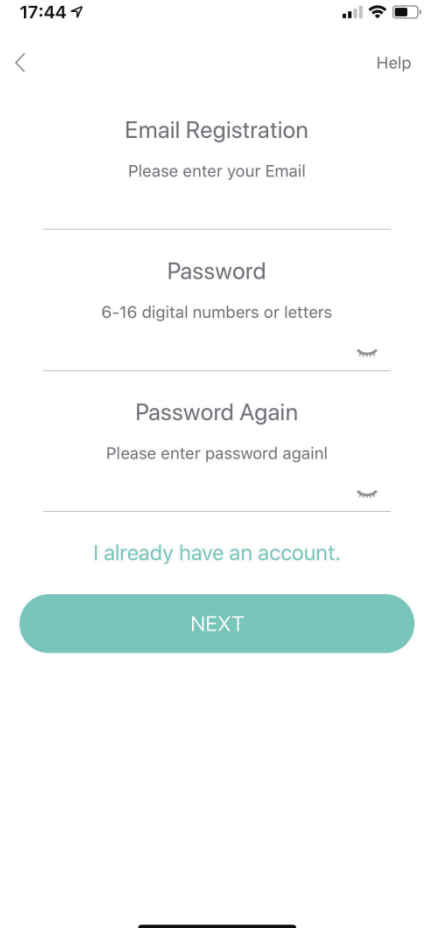
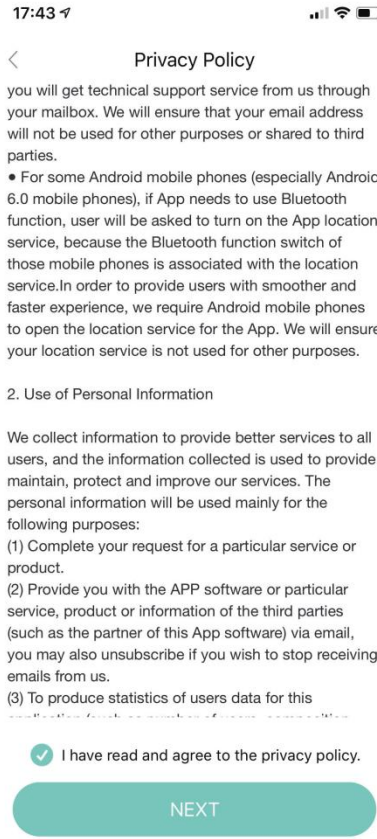


Carpet or uneven surface



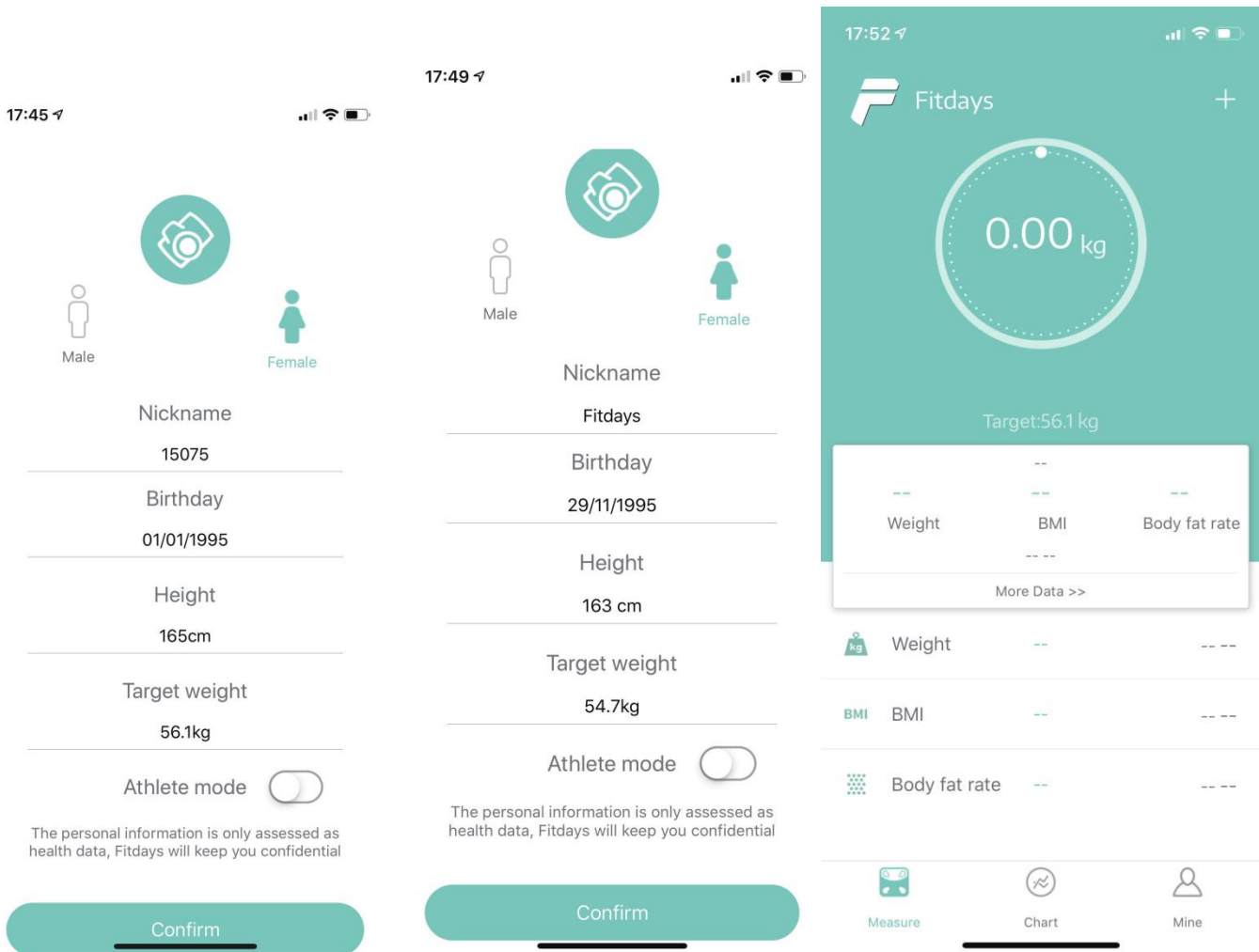
2. Turn on the Bluetooth on your smart phone or tablet.

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 measurements being inaccurate.



5. Tap your foot on the scale to activate the display. Wait until the display shows "0.0"(kg/lb)
6. Step on the scale with BARE feet to turn the scale on.

Clean and Bare feet



With socks or shoes

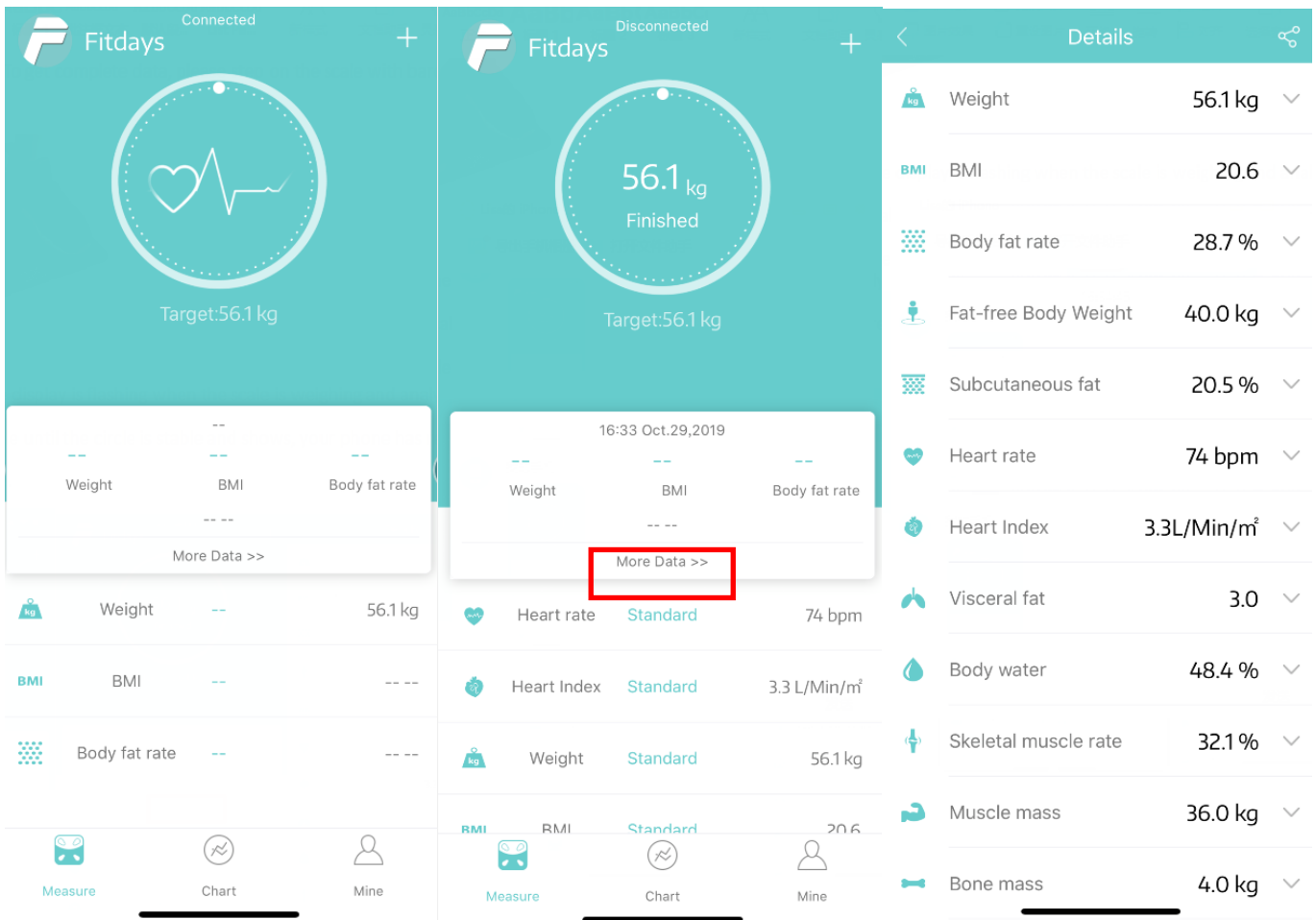


NOTE:

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, and the weight locked, you can read all the body composition data in the Fitdays App by touching more data.

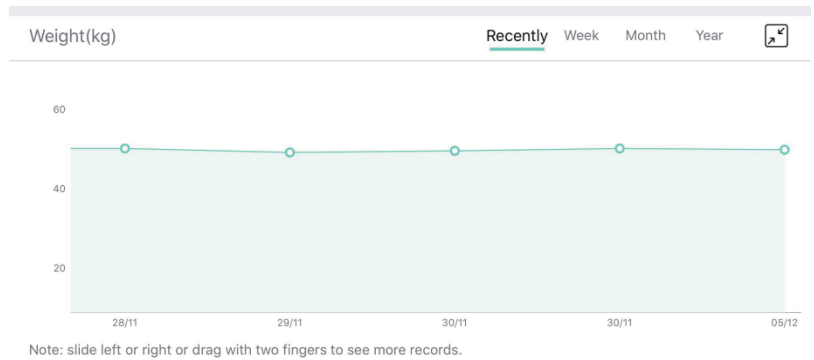
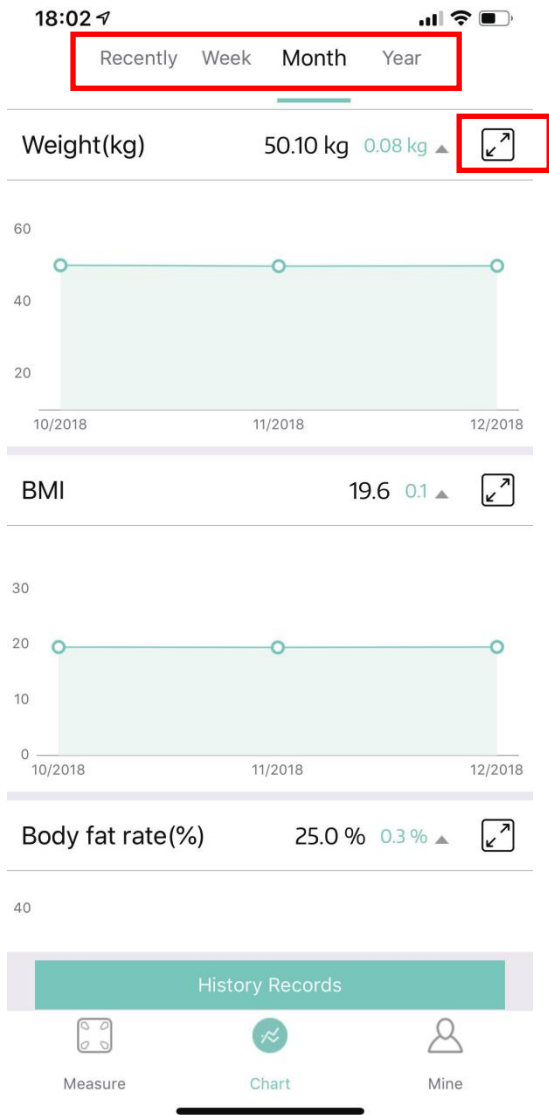


7. After the weight lock, it will come to measure the body heart rate. The icon of heart as below is flashing during the scale is weighing and analyzing. Continue to stand on the scale until the measurement is finished, your phone has received all the data from the scale.

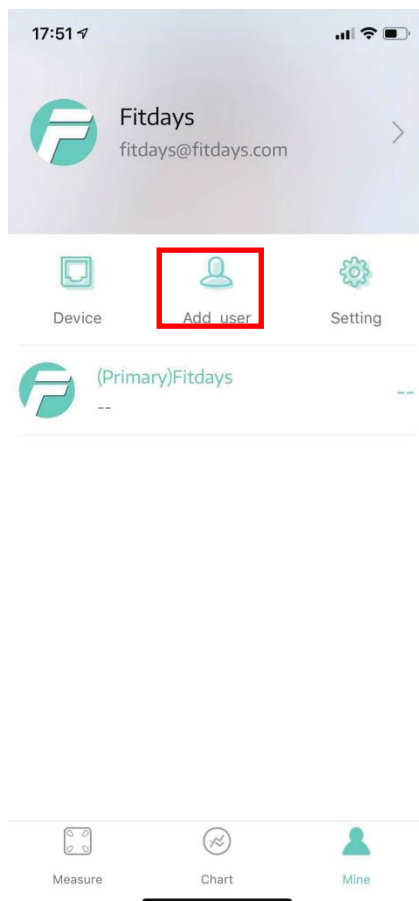
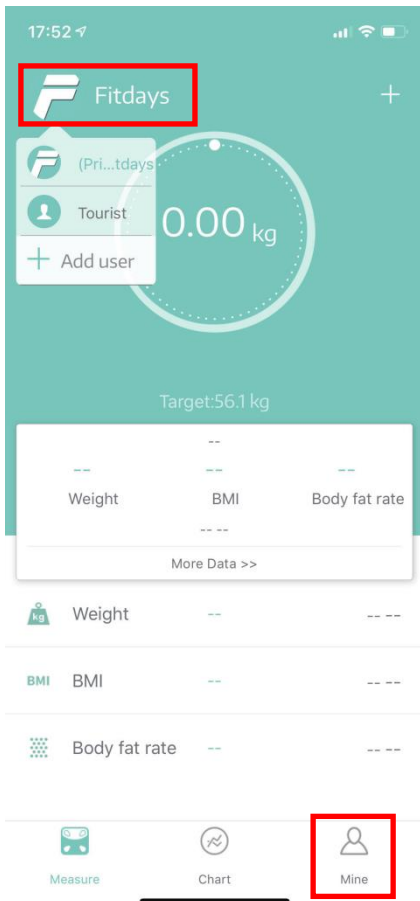


8. You can find the analyzing report on Body Weight, BMI, BMR, Muscle, Bone Mass etc. (see full details on More data >>). When you click Record, you can see your long-term track chart form. Fitdays supports you to Zoom + the record for every functions via the right icon; Fitdays also supports record for recently, week, month and year;

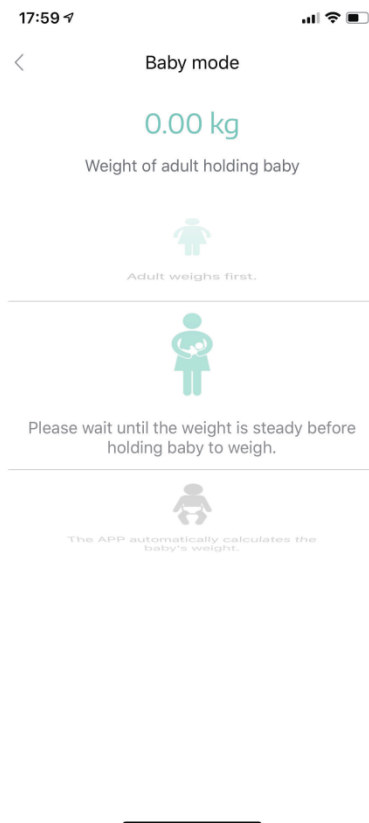
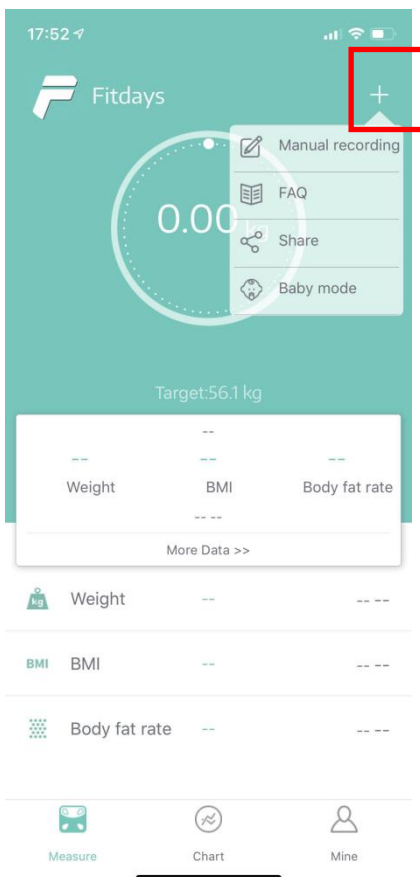


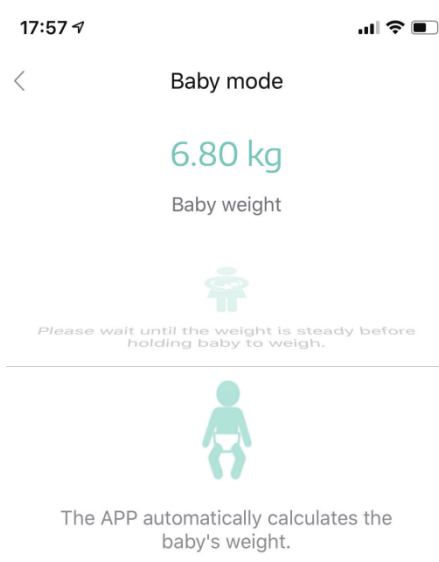
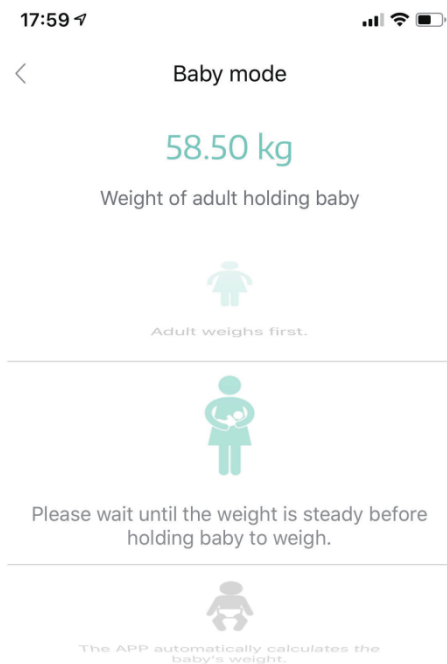


- Add or switch user by click your icon on the up-left, or click Me --> Manage users, then add personal data. The Smart scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24 users.



10. Weighing baby: click + --> Baby Mode. Step on the scale by your own, after scale gets your weight, and then hold the baby to get the weight of baby.





## TROUBLESHOOTING GUIDE

### 1. Bluetooth not connected

- The scale and smart phone must be both have Bluetooth on.
- Check the IOS version of your smart phone; it must be IOS 8.0 or higher / Andorid 6.0 or higher.
- Click Me -- > device find the scale

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

- User must be barefoot 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 weights.**

- 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 flat-muscle ratio**

The body parameter setting is incorrect, check to make sure that you enter 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 is automatically drop to 0.0kg/lb 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 change unit?**

When the scale is on and connected with the Fitdays App, and please select the unit (kg/lb/st) in the Fitdays setting, and then the unit will syn to the scale.

## 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 reach 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.