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CalPal™
Digital Bathroom Scale

Model ESBS-52

EatSmart Products
Oak Brook, IL 60523

INTRODUCTION

Thank you for purchasing an EatSmart Product. Your EatSmart CalPal™ Digital Bathroom Scale has been specifically designed for your use, with an easy to use interface and superior EatSmart accuracy. All of our precision instruments for weight measurement are engineered and designed to meet the highest quality standards.....to assure you years of uncompromising accuracy and consistently dependable, convenient performance.

Please read this instruction manual carefully before use.

Your EatSmart Bathroom Scale comes with the following:

- **EatSmart Digital Bathroom Scale**
- **Instruction Manual**
- **3 AAA batteries**
- **2 Year EatSmart Guarantee**

Please fill out your purchase information for future reference:

Date Purchased: _____

Place of Purchase: _____

Order ID (if any): _____

OPERATION

Battery Installation and First Time Setup

1. This scale operates on 3 AAA batteries (included. Remove any plastic wrap from the batteries before proceeding). IInsert the batteries as indicated by the polarity symbols in the battery compartment, or place the flat side of the battery against the spring.

2. The scale needs to be initialized and calibrated before first use and after moving your scale. Place scale on flat, hard surface. The harder the surface the more accurate your readings will be. Carpeted or uneven floors may affect accuracy.

3. Firmly press the glass platform to activate the scale but do not stand on the platform. Allow the scale to read '**0.0**' and wait for it to turn off. Your scale is now calibrated and you can step on and weigh yourself normally.

4. If you move the scale again you must repeat step #3 to calibrate again.

5. Replace the batteries when the scale indicates 'Lo' on the display. To replace the batteries:
   Use three AAA batteries. Insert the batteries as indicated by the polarity symbols in the battery compartment, or place the flat side of the battery against the spring. Always replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (ni-cad, ni-mh, etc.) batteries.

NOTE:

1. A new set of batteries should last for approximately one year under moderate use (less than 3 times daily). The batteries included with your scale are trial batteries and may last a shorter length of time.

2. Dispose of batteries within the legal restrictions of local government.

3. Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

4. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

OPERATION

Weighing Operation

Your EatSmart Bathroom Scale operates as a basic body weighing scale. No special programming is required.

1. **Select your desired measurement unit.** Your scale is set to default to pounds at the factory but you can switch the measurements to kilograms by pressing the unit button, located on the underside of your scale, while the scale is on. (Press firmly on the platform or press the "MEM" (memory) button to turn the scale on.)

2. **Place the scale on a hard, flat surface.** Carpeted, uneven or cushioned flooring can negatively affect the accuracy of the reading. When in doubt, call EatSmart at 866-843-3905 (8 to 5 MST).

3. **Initialize the scale.** If you are placing the scale down for the first time or moving your unit you must first auto-calibrate the scale (see steps 2-4 under "Battery Information and First Time Set Up" section of this manual.)

4. **Step on.** Place both feet on the center of the glass and stand still.

5. **Your weight will appear on the LCD.** Your weight will blink 3 times when your final weight has been calculated.

6. **Step off the scale.** The scale will turn off automatically after approximately 10 seconds.

Important: Your EatSmart scale operates with "Step-On" technology but still needs to be auto-calibrated after battery installation or after the scale is moved, to ensure accuracy.

Firmly press the glass platform to activate the scale but DO NOT stand on the platform. Allow the scale to read '0.0' and wait for it to turn off. Your scale is now calibrated and you can step on and weigh yourself normally.

CalPal™

How does the CalPal™ Scale Work?

The CalPal™ scale uses your gender, height, age and an activity level setting to calculate the estimated number of calories you can consume a day to maintain your present weight.
This estimation may gradually help you with a weight loss, gain or maintenance plan.
Use on-line software to estimate your calorie consumption, or journal your calories in a calorie factor booklet from an EatSmart Precision Food Scale to help make a difference.

Any weight management program is a balance between exercise and calorie intake. Knowing your daily estimated calorie intake every day, and focusing on calorie content of the foods you eat, can be a major motivational factor to reach you goal.

Following are 2 examples of the CalPal™ scale in use:
Jack is:
6' tall
35 years old
220 Lbs
- CalPal™ shows he needs to consume 2542 calories per day to remain at 220 pounds.
- Jack decides to cut 300 calories per day from his diet while maintaining his current activity level.
- In less than 12 days Jack may lose up to a pound (based on calories alone)
- In one year Jack may lose up to 31.29 pounds (based on calories alone)

Jill is:
5'6" tall
32 years old
140 Lbs
- CalPal™ shows she needs to consume 1708 calories per day to remain at 140 pounds.
- Jill also decides to cut 300 calories per day from her diet while maintaining her current activity level.
- In less than 12 days Jill may lose up to a pound (based on calories alone)
- In one year Jill may lose up to 31.29 pounds (based on calories alone)
  IMPORTANT: Proper calorie intake and nutrition are important to maintain a healthy body. Always consult a physician before undertaking any exercise or diet program.

BMI

BMI is a ratio between height and weight. It is a fairly reliable indicator of body fat for most adults. BMI is an inexpensive alternative to direct measurements of body fat, such as underwater weighing, but it is only one of many factors that you and your health-care provider should use in evaluating your health status.

Body Mass Index

Height (inches)	Body Weight (pounds)						Overweight					Obese					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287
Body Mass Index	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

CalPal™ and BMI Operation

In order for your CalPal™ scale to estimate calories and compute your BMI number, you must first enter your gender, height, age, and an activity level selection. The scale uses these factors to calculate your results. Onscreen prompts will lead you through programming your personal information into the scale. The scale will then use this data to compute your results.

REMINDER: The scale needs to be initialized and calibrated after battery installation or after the scale is moved. At all other times, you may directly proceed with the following instructions for programming your personal data into the scale.

To initialize the scale, press firmly on the scale platform while the scale is on. The scale will turn on and automatically turn off. Your scale is now ready for use.

How to Enter Personal Data into Memory

This scale has 4 personal memory numbers (P1-P4). In order to estimate calories and compute BMI, you must first save your gender, height, age, and an activity level selection into memory. The scale will then use these factors to calculate your CalPal™ and BMI results.

You will store your data into memory before first use, thus eliminating the need to enter your personal information before each reading. With the scale turned off…

1. Press the "MEM" (memory) button. The scale turns on and a memory number (P1-P4) blinks.
2. Press the (▲) or (▼) button to select a memory number. Press the "SEL" button to select. A gender icon blinks.
3. Press the (▲) or (▼) button to toggle between the male and female icons. Press the "SEL" button to confirm your gender. The height digits blink.
4. Press the (▲) or (▼) button to increase / decrease the height value. Press the "SEL" button to select displayed height. The age digits blink.
5. Press the (▲) or (▼) button to increase / decrease the age value. Press the "SEL" button to select displayed age. An activity level number blinks.
6. Press the (▲) or (▼) button to increase / decrease the activity level. Select your Activity Level according to the following guidelines:
   - AC 1 = Sedentary / very inactive: little or no exercise
   - AC 2 = Limited Activity: exercise/sports 1-3 days a week
   - AC 3 = Moderate Activity: exercise/sports 4-5 days a week
   - AC 4 = Very Active: exercise/sports 6-7 days a week
   - AC 5 = Extremely Active: physically demanding exercise/sports or athletic training

   Press the "SEL" button to confirm your activity level and all other selections.
7. When the scale shows zero, you may step on the scale for a measurement. Otherwise, the scale will turn off automatically. Your data remains saved in memory.
8. To change personal data, repeat the above steps.

   Note: You have approximately 10 seconds to complete each programming step. If no buttons are pressed within 10 seconds, the scale will turn off automatically to conserve battery power. If this occurs, simply repeat the programming steps above.

How to Take a Weight/CalPal™ Reading with Automatic User Identification

After you have programmed your information and weighed yourself once (steps 1 to 7 in "How to Enter Personal Data into Memory"), the CalPal™ Scale will automatically recognize you by your weight and automatically pull up your user profile. There is no need to reprogram any information or manually select a user profile if this is done correctly, except if you have lost or gained 6 lbs from your last weigh-in.

To take a weight/CalPal™ reading:

1. Please stand on the platform directly to turn the scale on.
2. Stand still and the scale will automatically register and display your current weight.
3. The measuring will start automatically with the"0"signal moving from left to right.
4. If there is only one user profile whose last weight data is close to the person being weighed, the scale will select the user automatically. The results will then display and cycles three times before the scale turns off.
5. If there is more than one user profile whose weight is close to the person being weighed (within +- 6 lbs.), both user number profile options will appear before the body metrics are calculated. For example:

    Press the (▲) button to select "P1" or the (▼) button to select "P2"

    `P1P2`

Note: If a user is not selected, the scale will turn off after about 40 seconds. If this occurs, simply repeat the above steps.

6. After finishing user selection, the body composition results will be shown and cycle three times before turning off.

Note: For automatic user identification to work you must first select a profile, input your profile data and measure your weight at least once. If a user profile is not automatically located, please repeat the steps for entering your personal data or call for support.

How to Take a Weight/CalPal™ Reading by Selecting a User Number Manually

1. Press the MEM button while the scale is off. Press the (▲) or (▼) button to locate your memory number, then press "SEL" to select. Your personal data will display again.
2. Wait for the screen to show zero, then step onto the scale and remain still. The scale will first show your weight at the top of the screen, then a moving zero pattern ("0000") at the bottom while it computes your calorie estimates and BMI.
3. Your weight and calorie estimates will appear on the screen, then your weight and BMI number. The weight/calorie and weight/BMI results will appear in sequence 3 times.
4. The scale will turn off automatically if no buttons are pressed within approximately 10 seconds.

To View Previous Results

Your scale will save the last measurement results for review. To view previous results:

1. Press the "Mem" button.
2. Press the (▲) or (▼) button until your memory number displays.
3. Press the "Mem" button. Your last weight/ calorie estimate and weight/BMI reading in sequence 3 times. The scale will then turn off automatically.

How to Delete a User Profile

In the event that two user profiles conflict (within +- 6 lbs of each other) it is possible to delete one of the profiles by doing the following.

1. With the scale off, press the "MEM" button and select the user to delete by pressing the (▲) or (▼) button.
2. Once the user is on the screen, press the "MEM" and "SEL" buttons at the same time.
3. "CLR" will appear and that user will be deleted.

TROUBLESHOOTING

PROBLEM	SOLUTION
Scale is inaccurate or weight varies	Place feet in center of glass platform and stand still. Allow weight to lock in before looking down at display. Flooring may be reason for fluctuation. Use on the hardest floor available for accuracy. Do not move scale unnecessarily.
First weight is higher than normal	Your scale must be allowed to auto-calibrate. Follow instructions under "Battery Information and First Time Set Up" for proper use.
Scale displays "**Err**"	Initialization or Instability error. To correct, press on the platform. The scale will turn on and off. Repeat measurement. Ensure the scale is on a flat, stable surface. Step off and back onto the scale, standing still while your weight computes.
Scale displays "**Lo**" for low battery No power	Check that there is no plastic wrap covering the batteries or a plastic strip in the battery compartment. Check batteries for proper installation as indicated by the polarity symbols in the battery compartment. Replace worn batteries.
Scale displays "**Err1**"	Too much weight has been placed on the scale and it is overcapacity. Remove weight before proceeding.
Problem persists or other conditions	Call Eat Smart for support at 866-843-3905 (8 to 5MST).

CARE & MAINTINANCE

To protect and maintain your EatSmart bathroom scale in the best possible condition follow these directions as closely as possible.

1. **Store and operate the unit in a safe dry location.**

   Drastic changes in temperature over time can affect the quality of weight measurement. Do not expose to direct sunlight, extreme hot/cold or high humidity.

2. **Clean with a damp, soft cloth.** Avoid abrasive cleaners and never sink or submerge in water.

3. **Remove batteries if scale will not be in use for three months or longer.**

4. **Do not store scale where you store cleaning chemicals.** The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.

5. This scale is designed to read weights between 11 and 440 lbs/ 5 and 200 kgs.

6. **Use unit consistent with instructions provided in this manual.**

SPECIFICATIONS

Model: EatSmart Digital Bathroom Scale ESBS-52
Capacity: 440 lbs / 200 kgs
Measurement Units: Pounds / Kilograms
Graduation: 0.1lb / 0.1kg
Display: 2" dual line LCD
Low Battery Indicator: "Lo"
Initialization or Instability Indicator: "Err"
Overload Indicator: "Err1"
Unit Dimensions: Approximately 12.5" x 13.25" x 1.00"
Unit Weight: Approximately 4.6 lbs
Power: 3 AAA batteries (included)

FCC INFORMATION

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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. 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.

WARRANTY

The EatSmart warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our option) while under warranty, please contact EatSmart for return authorization and troubleshooting.

EatSmart (866) 843-3905 (8 to 5 MST)
There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state.

NOT LEGAL FOR TRADE.

Made in China.