

# Smart Body Fat Scale



## User Manual

Made in China

FC CE ✓RoHS



UK  
CA



# Bluetooth Scale User Manual

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Thank you for choosing Smart Body Scale! This scale is your personal health assistant. It uses bio-electrical impedance analysis (BIA) technology to offer you the data you need to keep track of your personal health metrics: BMI(Body Mass Index), Body Fat %, Body Water, Muscle Mass, Bone Mass, Protein, and much more! We sincerely hope that you enjoy using your new product.

# Caution

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## Safety precautions:

When using digital scale, certain basic safety precautions must be followed, including the following:

1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not over rely on the data provided by this product. All data is for reference and is not a substitute for advise from a licensed health care professional.
3. If the scale malfunctions, first check the batteries and replace if needed.
4. Check the device before each use. Do not use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.

## Note:

1. Scale is a high-precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid breakage.
2. Place the scale on a hard, flat surface during use. Using the scale on a soft surface like carpet or linoleum may affect the accuracy of the scale readings.
3. To ensure weighing accuracy, please gently step on the scale to wake it up and wait at least 10 seconds before weighing on the

scale. You must also wake up the scale if it has been moved. Take your measurements at the same time each day to ensure the most accurate results.

4. When not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.
5. Before using the scale, make sure you have entered all your personal data through the Fitdays app.
6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.
7. Make sure your feet are dry before weighing yourself.
8. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

## Specifications

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Size: 27.8x27.8x2.7 CM

Weight: 3.95 lb / 1.54kg

Batteries: 4\*1.5 V AAA

Capacity: 11-396 lb / 5-180 kg

Division: 0.1 lb / 0.05 kg

Unit: lb / kg / st

# Accuracy Range

50kg: $\pm 0.3\text{kg}$	100kg: $\pm 0.4\text{kg}$	180kg: $\pm 0.5\text{kg}$
110lb: $\pm 0.66\text{lb}$	220lb: $\pm 0.88\text{lb}$	396lb: $\pm 1.1\text{lb}$

## Trouble shooting



Functioning normally

- 1.Battery volume
- 2.Connected
- 3.Weight units
- 4.Body fat rate
- 5.Body water rate
- 6.Body Heart rate
- 7.Body type assessment
- 8.Body weight
- 9.BMI
- 10.Muscle rate
- 11.Bone mass

No display

Change battery

Lo

Change battery

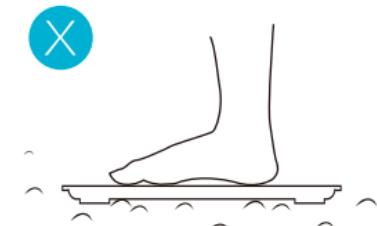
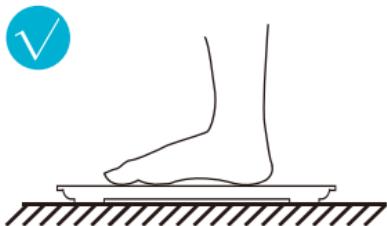
Err

Overload

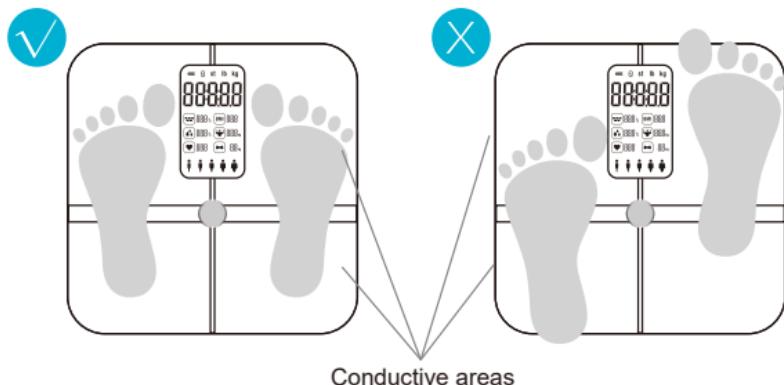
C

Calibrating

For body weight: Place the scale on an even surface and wait at least 10seconds before stepping on the scale. The reading should display 0.00 kg before stepping on.



For body fat and other body composition analysis: Stand straight on scale and uniformly touched the electrodes with bare and dry feet as shown below.



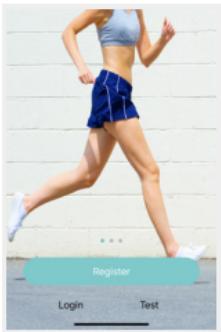
## Operating instructions

The Bluetooth Scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the 'Fitdays' app free from the App Store or Google Play.

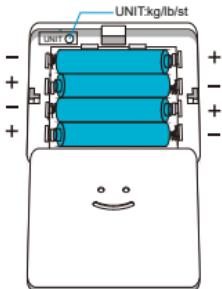
# Download App and install the batteries



Download " Fitdays " via App Store or Google Play.



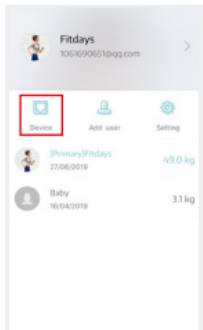
Register your own ID, then add personal data and confirm OK.



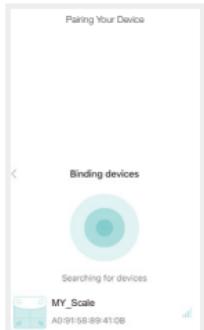
Install the original battery set. Please note the batteries offered are trial version. We recommend replacing them within 3 months and removing the batteries when not using for a long time.

## Pairing the scale with your smartphone

Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.



Press [Device] and Device Management to enter measuring page and find device.



Power on the scale, press[+] to select "MY\_Scale" to add the device.



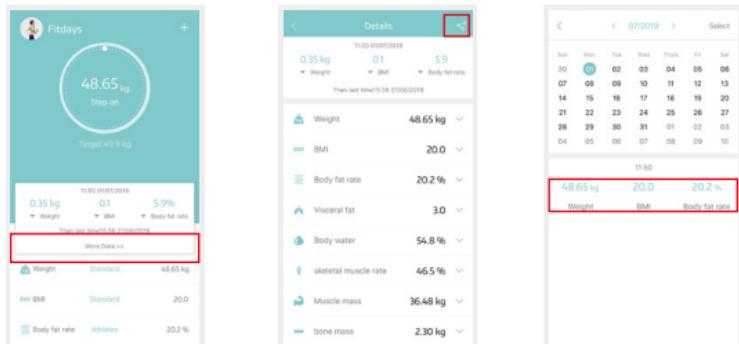
Come back to measure page. Step on the scale and keep standing for 5-10 seconds with bare feet. The weighing has finished after the analysing datas come out.

## View reports, deleted data, set reference data, share progress by recently, weekly, month and year.

Click " Chart " to view your progress history. Enter it into the calendar to form a list and select a dataset or all data you want to delete. You can also select different date datas to contrast and share to friend via facebook,instagram, or SMS by click button



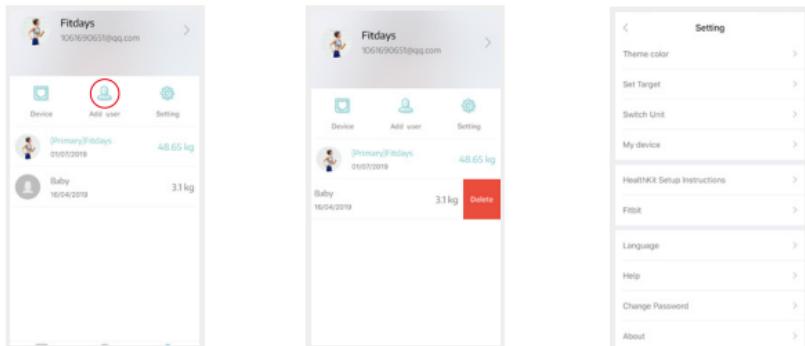
At the bottom, you will find a bar where you can select different types of data to display. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button [+] and Share on the Measuring page.



## Add/Delete Users & Basic Settings

Under " Mine " you can add user(s) "  ". To delete an account, swipe the account to the left and select " Delete " .

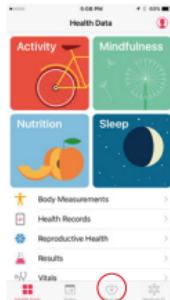
Themes, Set goals, Weight units, Weighing done sounds, Languages, Passwords can all be set under the Setting "  " page. Please note that you can change the weighing unit under Press the Unit button,then if will control the unit of App.



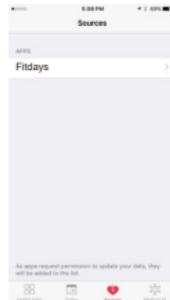
## Sync to fitness app

### Heart Apple Health

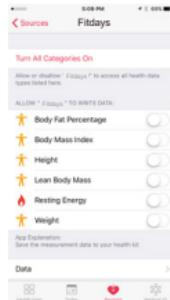
- 1)Open the " Health " app on your iPhone, select 'Data Sources'.
- 2) Select " Fitdays " from the sources list.
- 3)Turn on all categories to allow the Fitdays app to work.



1



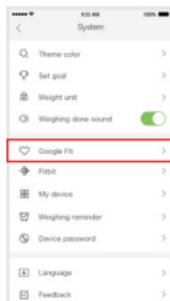
2



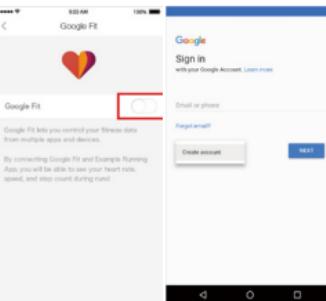
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### Heart Google Fit

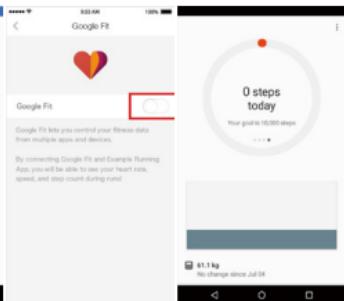
- 1) Enter Setting "⚙️" page, select " Google Fit "
- 2) Turn on " Google Fit " button, login to your Google account.
- 3) It will now automatically redirect you to the " Google Fit " page.
- 4) After the connection has been established, the data " Weight " will sync to Google Fit.



1



2-1

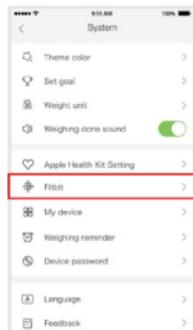


2-2

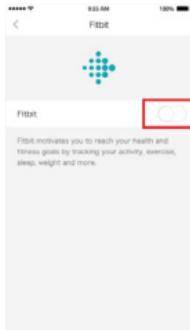
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## Fitbit App

- 1) Enter Setting "⚙️" page, select Fitbit
- 2) Turn on Fitbit button, login to your Fitbit account.
- 3) Select "Allow" to access Fitbit App.
- 4) After connection, the data (Weight, Body Fat%, BMI) will sync to Fitbit app. You can view both on app and web.



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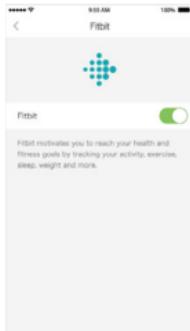
2-1



2-2



3



4-1



4-2

# Maintenance

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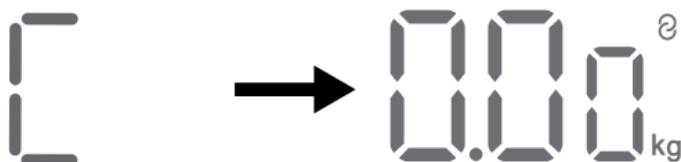
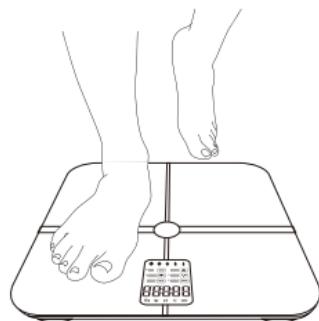
## Recalibrating the scale

If the scale has been moved or flipped up side down,  
It must be recalibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.

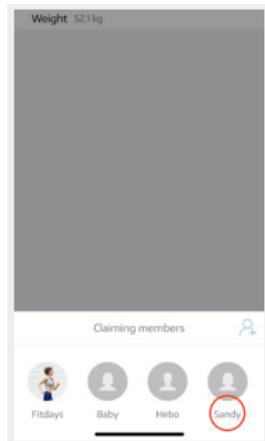
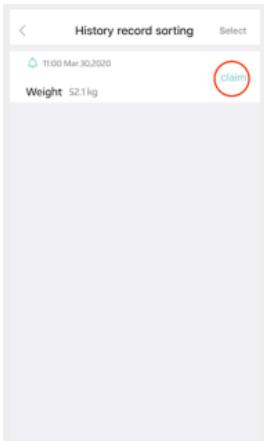
2. Step on the scale with one foot until the digits appear on the display, then, step off.

3. The scale will show “0.00”, indicating that the calibration process is complete.

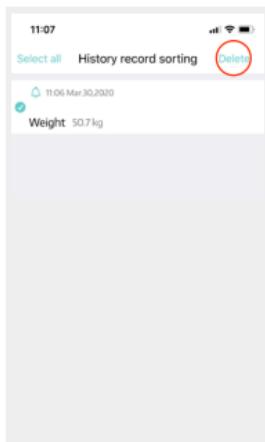
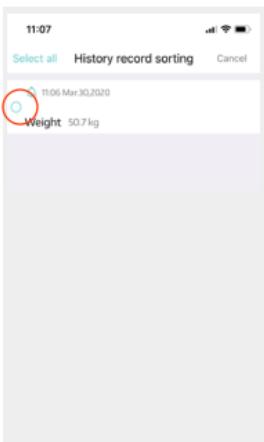


4. After first connected using, The scale has automatic recognition function. When the weight is beyond +2KG difference, the APP will remind you to choose the correct user.

1) Please press the Bell to select user to save the datas.



2) If not correct datas, press select to delete all datas.



## **Frequently Asked Questions&Answers**

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### **1.Why doesn't the scale work? Why does the data on screen disappear in a flash?**

- Please check the batteries are installed properly, replace batteries if necessary.

### **2. The scale cannot connect with App.**

- Check that the phone's software is iOS 8.0 or higher or Android6.0 or higher.
- Download and open the newest version of the Fitdays App.
- Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

### **3.No body fat measured when weighing.**

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered.

## FCC Statement

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**Operation is subject to the following two conditions:**

- (1) This device may not cause harmful interference.
- (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.