

Smart Body Fat Scale

FI2428LBF



User manual

THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.

WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop 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 a slightly damp cloth.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

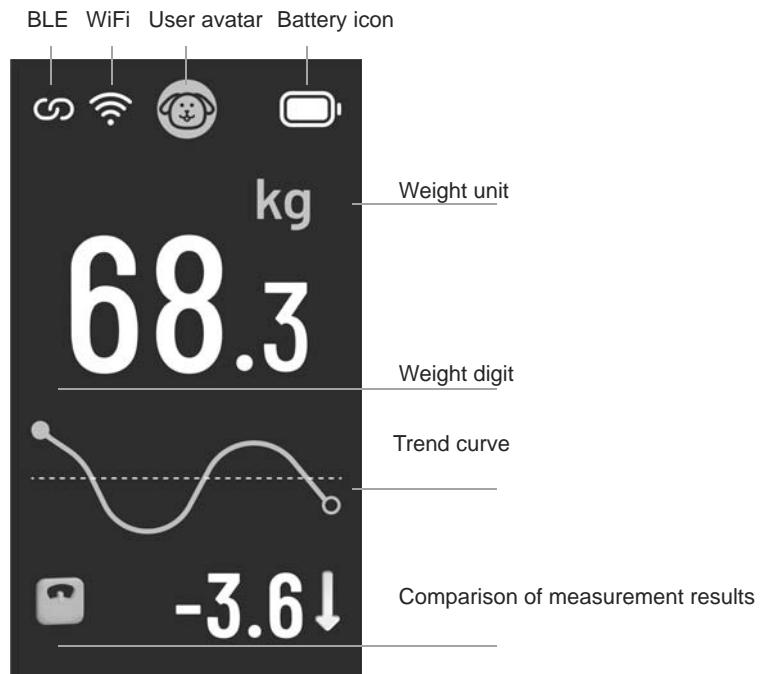
PRODUCT SPECIFICATIONS

| | |
|------------------------|---------------------|
| Product size: | 300x300x28 MM |
| TFT screen size: | 4.3 inches |
| Weight unit: | lb/kg |
| Weight limit: | 4lb-396lb/2kg-180kg |
| Weight division: | 0.2lb/0.1kg |
| Power Supply: | 4xAAA batteries |
| Operating temperature: | 10-40°C |
| Operation humidity: | 40%-80% RH |

PRODUCT OVERVIEW



DISPLAY SCREEN



Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

BMI TABLE

| BMI | | | | | |
|--------|-------------|----------------|------------|---------|----------------|
| Age | Underweight | Healthy weight | Overweight | Obesity | Severe obesity |
| 18-100 | <18.5 | 18.5-23.9 | 24-27.9 | 28-34.9 | ≥35 |

Body Mass Index (BMI) = Weight (kg) ÷ Height² (m)

For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight

Note: The BMI index is a commonly used standard to measure body weight and health status.

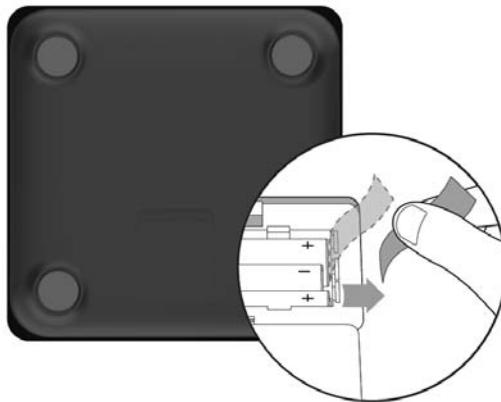
TROUBLESHOOTING

| | |
|--|---|
| | Low battery - Please change new AAA batteries. |
| | Overload (Scale will show Err) |
| | An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process. |

POWER ON

For first use

Remove the insulating strip and correctly insert the batteries.

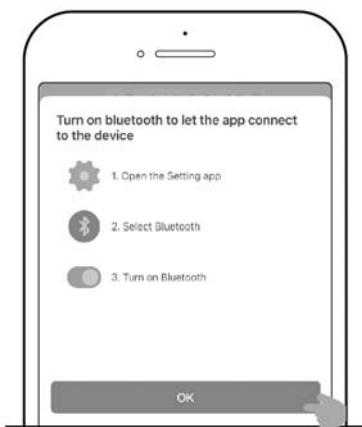


Download and Install the App

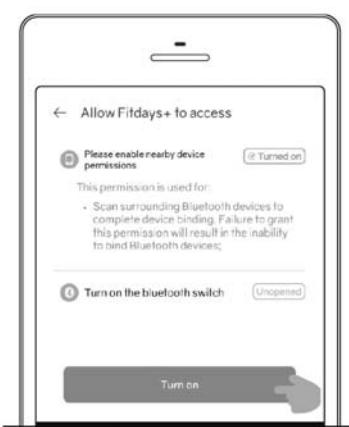
- 1 Search Fitdays+ in the App Store or Google Play, or scan the QR code below to download and install the Fitdays+ App.



- 2 Register your own ID by email or social media account for Fitdays App. Turn on the Bluetooth option on your mobile phone, open the [Fitdays+] App, and then you can follow the instructions in the App to operate and connect to the device. Step on the scale for measurement, and the data can be synchronously displayed and recorded in real time on the mobile phone App.



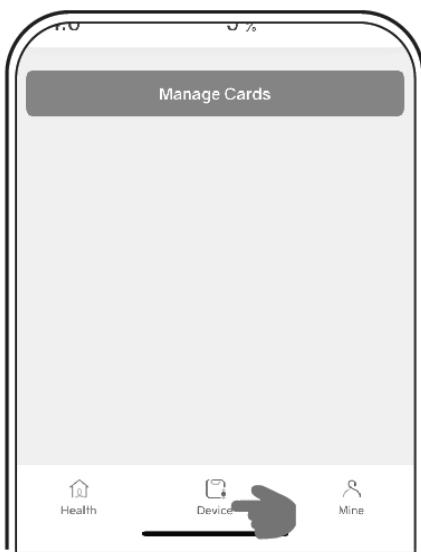
For iOS, Turn on Bluetooth as prompted by the App.



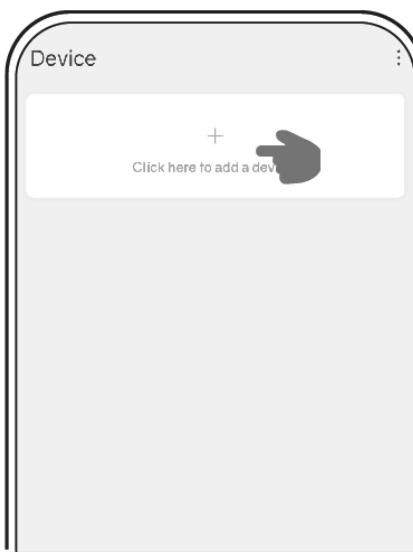
For Android, turn on Bluetooth and location permission as prompted by the App.

Bind the device via Bluetooth and WiFi

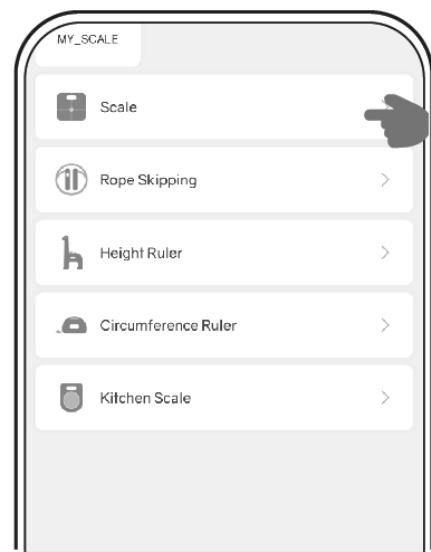
1. Before connecting and using the device, please confirm that the battery is properly installed for normal use. When stepping on the scale, please do it gently to light up the screen. Also, make sure that the App has obtained the Bluetooth and location permissions.
2. Open the APP, go to the home page, and log in/register. If it's your first time using the app, please set the correct personal parameters for the current user.
3. If you want to add a new device to the App, click [Device] in the bottom - right corner, then click [Add a device] to enter the device binding interface.



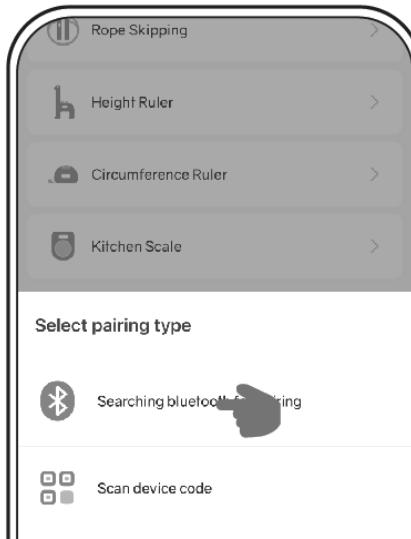
1.Click [Device]



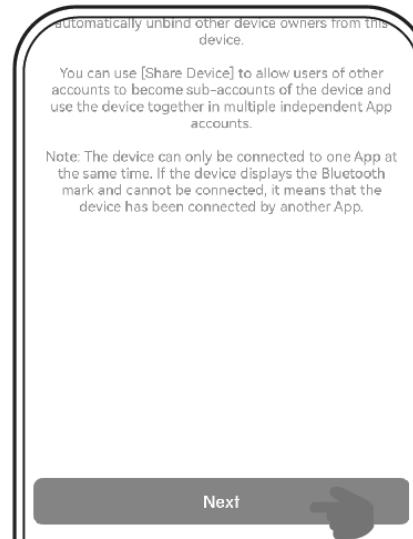
2.Click [Add a device]



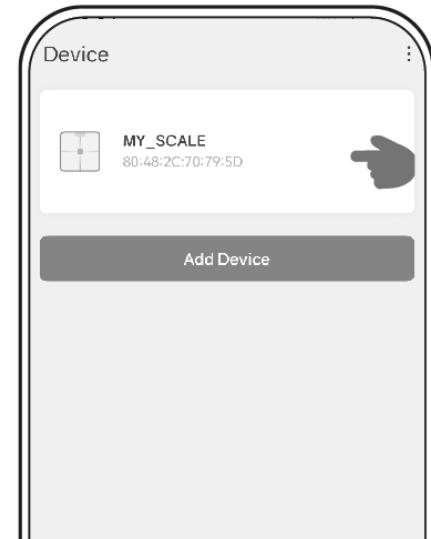
3.Click [Scale]



4.Click [Searching bluetooth for pairing]

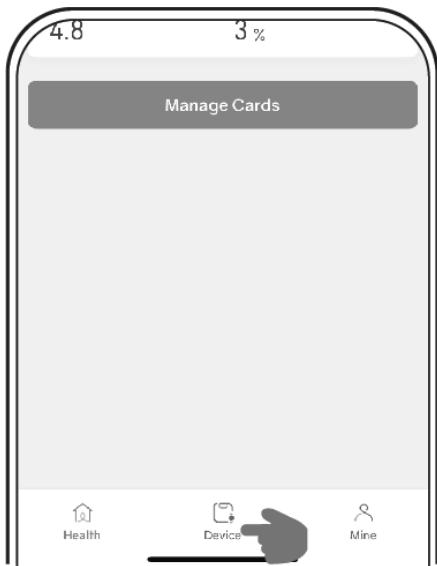


5.Click [Next]

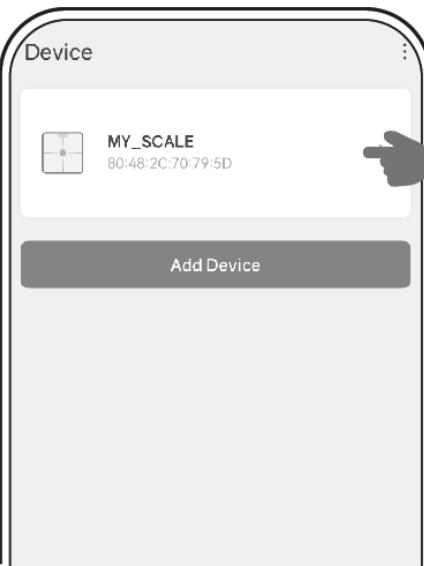


6.Connected successfully

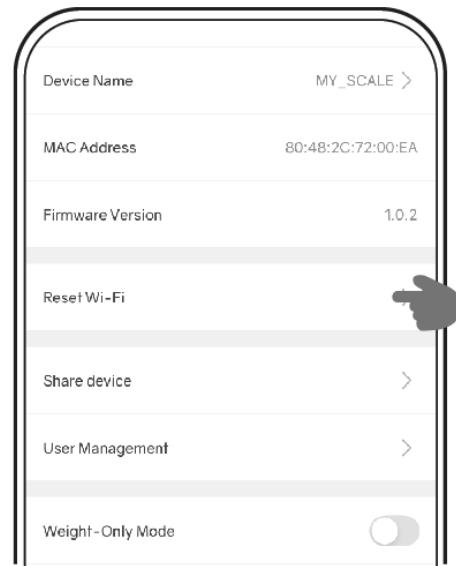
4. To connect to Wi-Fi, please click [Device] - [MY_SCALE] - [Configure Wi-Fi], and then follow the operation prompts in the App for connection. Select the Wi-Fi that your mobile phone is connecting to, enter the correct Wi-Fi password. The Wi-Fi icon on the scale's screen will flash until it stops blinking, which indicates that the network configuration is successful. Click "Measure Now" to go to the measurement page.



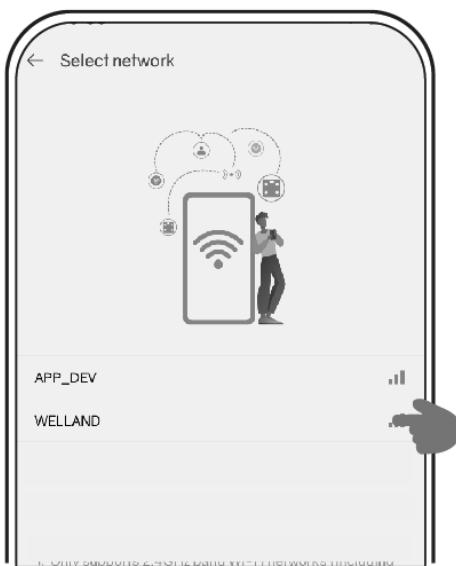
1.Click [Device]



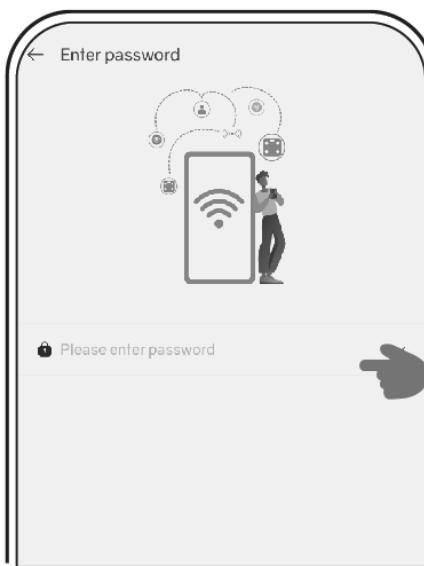
2.Click [MY_SCALE]



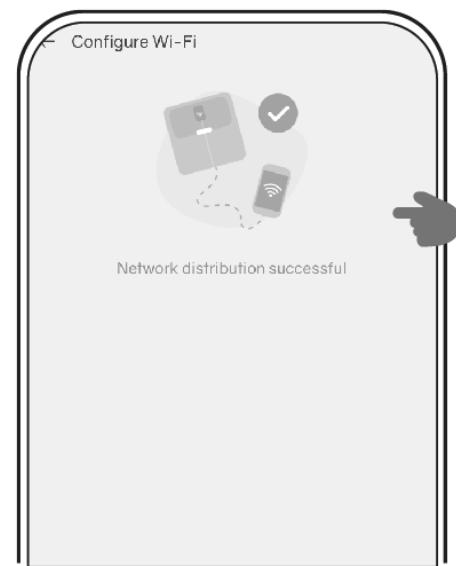
3.Click [Reset WI-FI]



1.Choose current WI-FI



2. Enter password



3. WI-FI configuration is successful

5. Before following the above steps, please connect your mobile phone to a Wi-Fi network (only Wi-Fi in the 2.4GHz frequency band is supported).

6. The default unit of this product when leaving the factory is kilograms (kg). If you need to convert to other units, please press the [UNIT] button inside the battery compartment, or click [Mine] - [Unit Switch] in the App for conversion.

Notes for measurement

When stepping on the scale for measurement, with the center of the scale as the origin, place your two feet naturally on both sides. Step on the front half of the electrode pads with the balls of your feet and on the rear half of the electrode pads with your heels, as shown in the following figure.



CORRECT



WRONG



WRONG



WRONG

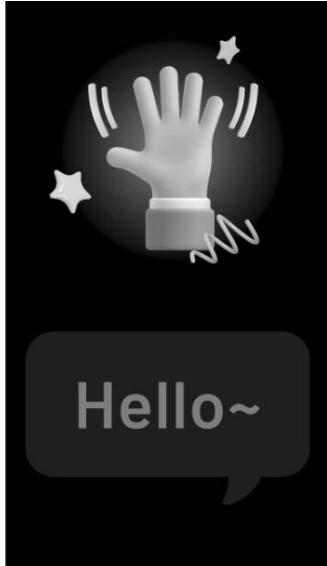
Fitdays+ App interface



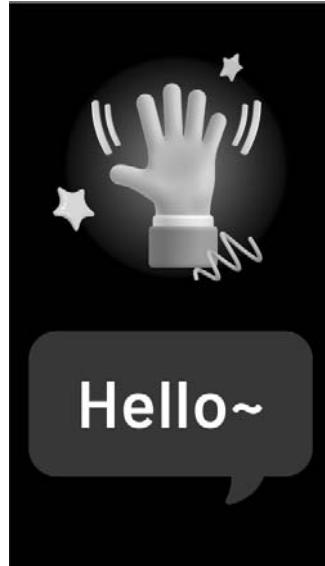
TFT display Instructions

1. Power On:

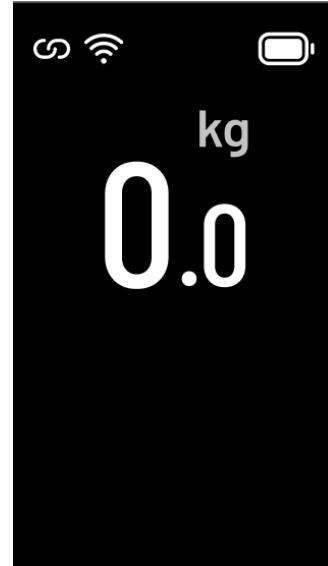
Power on by connecting to electricity or applying pressure. The boot animation interface will be displayed on the screen, as shown in the following figure. After stabilization, it will return to zero and display 0.0 kg. (Short press the (UNIT) button inside the battery compartment to switch units, from kg to lb.) (Long press the (UNIT) button inside the battery compartment for 5 seconds to clear all data on the scale and reset the Bluetooth, and "Clear" will be displayed.)



Boot animation



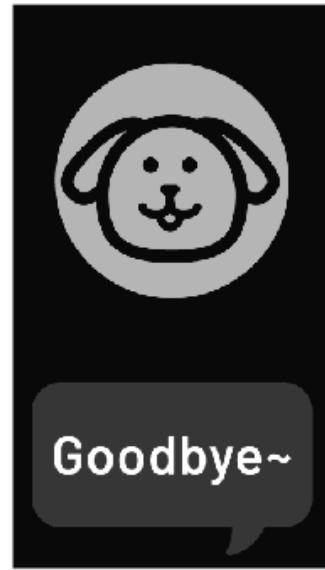
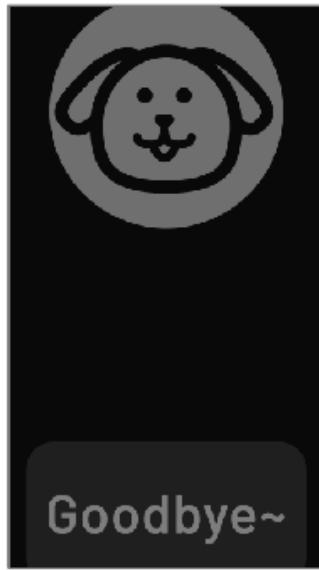
Say Hello for 1 second



Show zero

2. Power Off:

When the scale automatically powers off, it will display a power-off animation, showing the following screen.



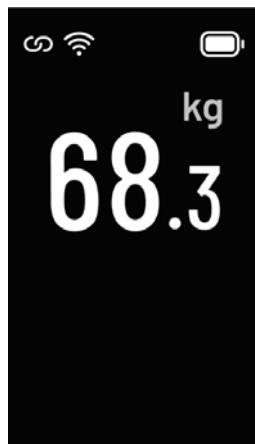
3. Measurement:

After powering on and returning to zero, step onto the scale. After the weight measurement is completed, the weight value will flash three times. If the human body resistance is detected, it will enter the impedance measurement mode. After the impedance measurement is completed, if a user is identified

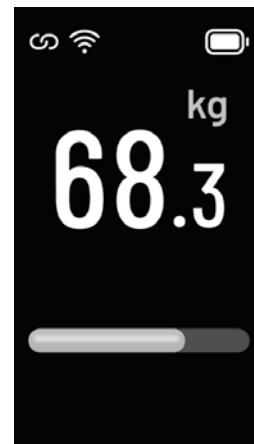
- ① directly use the current user information when the APP is connected;
- ② the identification logic when the APP is offline is within ± 2 kg;
- ③ when multiple users are identified when the APP is offline, the data of the user who was measured most recently will be used by default), according to the user settings, the changes in parameters such as weight, body fat percentage, BMI, body water content, muscle mass, and bone mass will be displayed on a split screen. The trends of weight, body fat percentage, and muscle mass will be displayed for 5 seconds per screen, and other components will be displayed for 3 seconds per screen. After the display is completed, the data summary interface will be shown. The product will automatically power off after 15 seconds of inactivity.



Show 0



Weight test completed



Body fat test



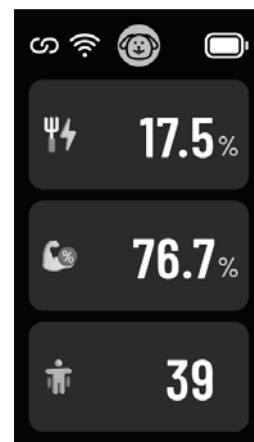
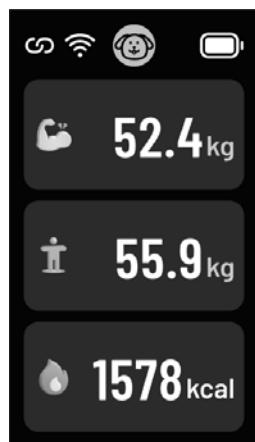
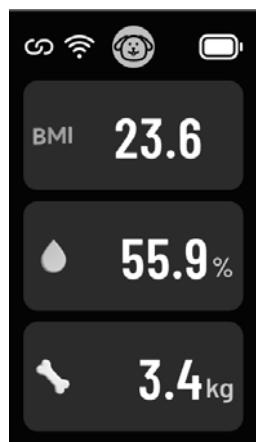
Weight trend curve



Muscle trend curve



Body fat trend curve

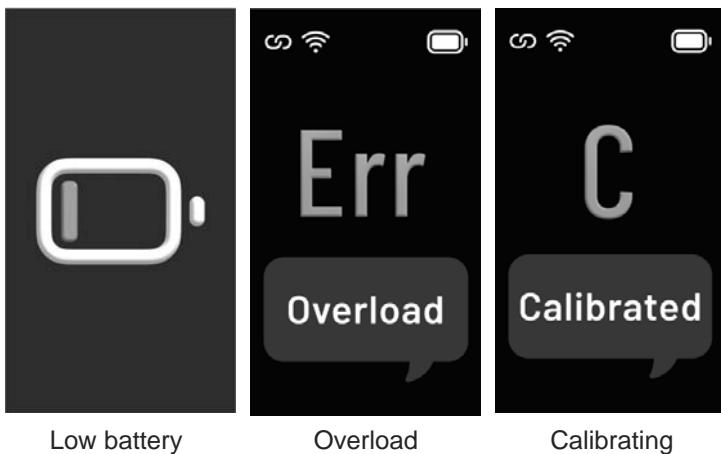


Screen fault prompt

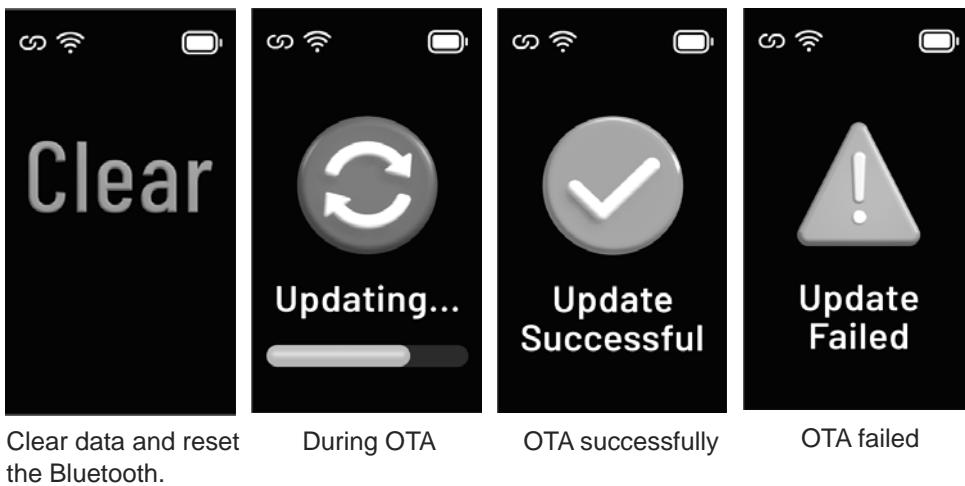
1. WiFi Network Configuration Prompt Diagram:



2. Other Fault Prompt Diagram



3. Prompt Diagram for Zeroing and Firmware Upgrade



FCC STATEMENT

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.

(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.