# Scale

User manual

About your Scale

Use the scale to measure your body weight and body fat percentage. After you set it up, just step in on the scale and your data is synced with your UA Record account.

Remove the battery film

Before using the Scale for the first time, you need to remove the thin film that's underneath the batteries.
1. With the Scale front facing down, lift open the battery cover.
2. Pull the flap of the thin film out until it is completely removed.
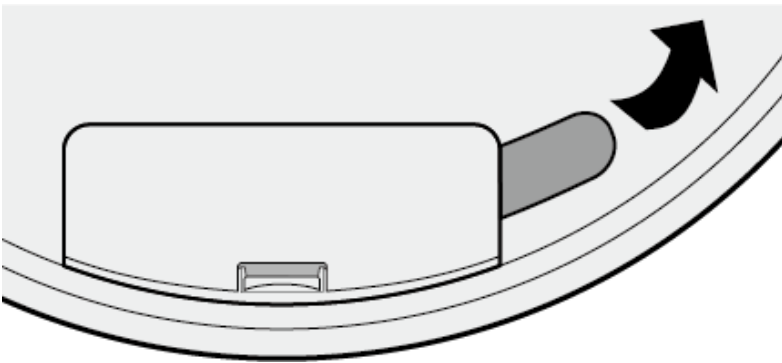
Battery Replacement

1. When the Low Battery indicator appears on the display screen, you need to change the batteries.
2. Press the tab on the battery cover and pull the cover upwards.
3. Remove old batteries and replace with four new "AA" size batteries.
4. Push the battery cover until the tab clicks into place.

    Note:
    Remove the batteries if you do not intend to use the scale for a period of three months or longer before placing in storage.

Clean and maintenance

- Do not drop the scale.
- Do not put this scale in direct sunlight, extreme hot or cold temperatures or humidity. .
- Do not disassemble or modify the scale.
- Do not submerge the scale in water. The scale is not waterproof.
- Clean the scale with a soft dry cloth. Do not use abrasive or volatile cleaners.
- Store the scale in a safe and dry location.

On and Off

- Tap the scale or step on it to power on.
- The scale will turn off automatically if no user interaction after 15 seconds. (depending on different scenarios.)

Display icons

 Select: confirm the selection.

 Change profile: you can tap to change user profile.

 Menu: tap to enter system menu.

 Next: navigate to next option.

Pair Scale with your Android smartphone or iPhone

To enjoy the full features of Scale, pair it with your phone using the UA Record app the first time you activate it.

Note: Make sure that Scale and your phone are in close range with each other.

1. Download the Under Armour Record app from Google Play Store or the Apple App Store.
2. Open the Record app on your phone, and then sign in or register for an account.
3. Once logged in, on the Health Box Set up screen, tap Scale, and then tap Add device.
4. If Scale is not active, tap on it once.
5. When prompted to pair, tap Confirm on your phone, and then also tap on Scale.
6. On the app, choose the Wi-Fi network that Scale connects to.

Note:
    The companion app requires Android 4.4+ or iOS7 that has BLE function.

Measure weight and body fat

Step on the scale with bare feet. Remove any shoes, socks, and other garments on your feet.
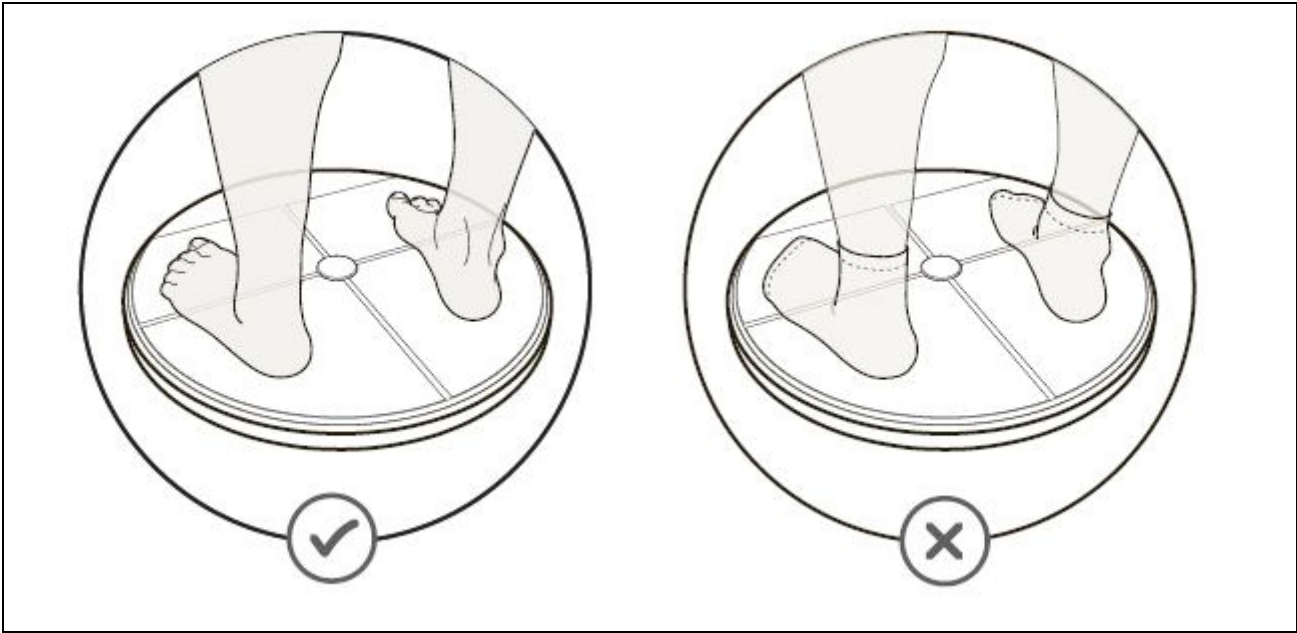
1	2	3	4	5
Step on scale	Start to measure weight	Select user profile.	Measure body fat percentage.	Sync with cloud and show message (if any) from the cloud.

6
All done.

Select and delete profile

1	2	3	4	5
Tap on the scale with one foot to wake it up.	Tap on right side to enter menu.	Tap on left side to select profile. You will hear the audio confirmation.	Tap on right side to scroll through list. Maximum 8 profiles will be provided.	Tap on left side to select profile.

6	7	8
Tap on left side to select profile to delete. (if you don't want to delete the profile, you can skip it.)	Tap on left side to confirm.	done

Sound off

1	2	3	4	5
Tap on the scale with one foot to wake it up.	Tap on right side to scroll settings.	Tap on left side to select **Sound**.	Tap on right side to change option.	Sound is off.

Change units

1	2	3	4	5
Tap on the scale with one foot to wake it up.	Tap on right side to scroll settings.	Tap on right side to scroll list.	Tap on left side to select **Units**.	Tap on left side to select **LBS**.

Factory reset

1	2	3	4	5
Tap on the scale with one foot to wake it up.	Tap on right side to scroll settings.	Tap on right side to scroll settings.	Tap on right side to scroll settings.	Tap on left side to select **Reset**.

6	7	8		
Tap on left side to confirm.	Reset in progress.	Reset done and ready to use.		

Some tips on using Scale

- Make sure that Scale is on level surface before taking your weight.
- To better track your progress, take your weight in the same condition regularly. For example, step on the scale every morning at 8 a.m. before breakfast.

Error message

- When body fat cannot be calculated, it will show "No body fat" on screen.
- When the scale cannot connect internet, it will show "No WiFi" on screen.