

Electronic Body Fat Scale

Instruction Manual



Scan the corresponding QR Code to download APP



Thanks for choosing smart body scale. This fully body composition scale can help you conveniently measure body weight, BMI, body fat rate, Fat-free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, BMR, body age and etc;

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.

(Fitdays APP functions)

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



INDICATION SYMBOLS

LO	Low battery
Err	Overload
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

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)
- ★ DO NOT drop scale or drop an 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 obtained measurement results from this device are 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.

SPECIFICATION

LED display:62x26mm

Weight unit:Kg/Lb

Weight limit: 6kg-180kg

Power Supply: 3XAAA batteries

Account number: No limitation (each account can add 24 persons)

Baby mode: Allow you to scale the weight of baby

Height record: Allow you to record the height info under 16 years old

Operating temperature: 10-40⁰C

Operation humidity: 20%-90%

Support Devices:

iOS 8.0 or higher

Android 6.0 or higher

Install Fitdays App

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 FITDAYS APP

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





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

3. Register your own ID by email or social media account.



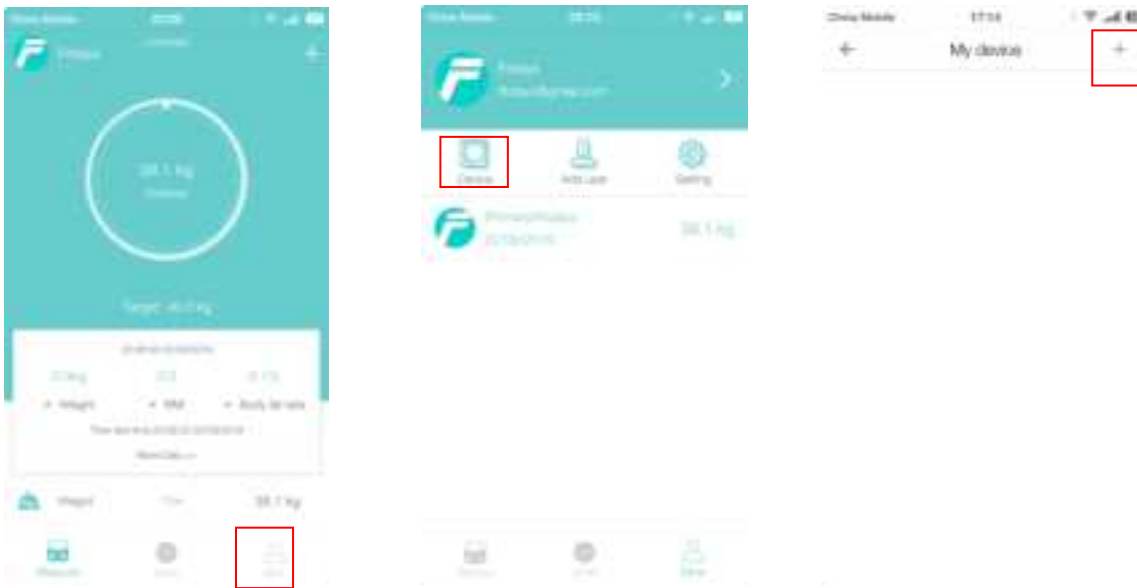
4. Add personal data and click Confirm;

Note: Enter the wrong info like gender, age, height, etc. may result in measurement inaccurate.



5. Pair the scale via Bluetooth. Click Mine ----> Device----> + to find and pair the scale ID.

Note: When successfully connection, a Bluetooth icon will show on scale and the word Connected will show on the circle of homepage.



6. Tap your foot on the scale to activate the display. Wait until the display shows “0.0”kg.

7. Stay Fitdays at the homepage and step on the scale with BARE feet to star measuring.



Note:

Leave at the homepage, the data cannot sync on phone;

Step on the scale with socks, the scale only measures weight and BMI.

Light indication:



1) If the weight is lower than the last time, green light shines for 4 times

2) If the weight is same as the last time, yellow light shines for 4 times

3) If the weight is higher than the last time, red light shines for 4 times

4) Weight difference in 2kg will auto identify the users

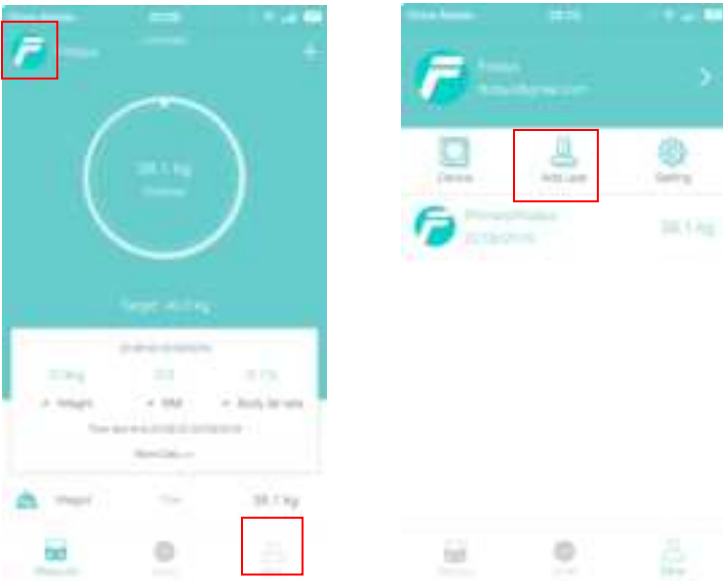
8. The number on display is flashing when the scale is weighing and analyzing.

9. Stay on the scale until the circle shows 'Finished', all data sync on scale and phone.

10. Click More data to find details for Body Weight, BMI, BMR, Muscle, Bone Mass etc. And check data difference on Chart by week, moth and year in vertical or horizon version with icon up right.



11. Add or switch user: click photo profile on homepage, or Mine--> Add user. The Smart Scale can recognize the user by weight difference and remind to change the correct one. Each account can support 24 users;



12. Baby weight checking: click + --> Baby Mode. Adult steps on scale to weight first; after scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.



TROUBLE SHOOTING GUIDE

1. Bluetooth failed to connection

- Make sure the scale and the Bluetooth on your phone are on
- Check the IOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- For successfully connection, there has a Bluetooth icon on the display and the word Connected will show on the circle of the homepage on phone
- If fail to connect via Bluetooth, please click Mine--->Device to find the scale ID.

2. No body fat data after weighting

- User must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Step off the scale when measurement does not finish (Please 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. Incorrect weight data occurs.

- 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.
- Press the button on the edge of scale;

4. Incorrect fat-muscle ratio shows on App

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

5. How do I re-calibrate the scale after remove?

- Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

6. The scale does not turn on

- Check if the battery has run out of power and change it if needed.

7. How to exchange the unit

- Click Mine--->Setting--->Switch unit to change the unit on your phone.

Battery Advice



- ❖ Place the scale far away from the children in case of falling down or crashing.
- ❖ Keep the battery out of reach of children to prevent from swallowing to death.



- ❖ Do not expose the scale to heat or fire, which will easily cause explosion.
- ❖ Do not use the scale with leakage battery.



- ❖ 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 it in an environment protective way or take it to a recycling centre.



- ❖ Please dispose the device in an environment protective way or take it to recycling centre for used electrical and electronic devices. You can obtain more information from your local authorities.



- ❖ To protect the environment, the battery cannot be disposed in normal household waste. Please separate the it from the device before dispose or take it to suitable collection area. More information, please focus on the relevant statutory regulations governing the disposal of battery.

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.