

1. Warnings

- Do not disassemble, squeeze, puncture, or short-circuit the device.
- Do not put the device into water or fire.
- Do not expose the device to an environment at the temperature of higher than 60°C (140°F).

Important Notice

All data measured by this smart body fat scale is for reference only and should not be used for medical diagnosis.

The measured data may be inaccurate if:

- you are a minor
- you are pregnant

Do not use this device if:

- You have implanted a cardiac pacemaker or any other medical device.

Warnings

- This device contains lithium batteries and should be placed away from heat sources (heaters, stoves, fireplaces, etc.).
- This device is not water-proof. Do not use it in rainy days or wash it directly with water, otherwise it will cause damage.
- Do not disassemble or repair this device by yourself. Improper operation during maintenance may cause battery explosion.
- This device is not intended for people (including children) who are weak, slow to respond or have mental disorders, Unless they are supervised or instructed by the person responsible for their safety on how to use the device.
- Keep the device out of the reach of children. Supervise children not to play with the device.

Maintenance

- Carefully wipe the device with a clean, soft cloth.
- Do not use any detergent.

Precautions for daily use:

- Charge the device with Type-C USB connector, 5V/1A. Do not charge with excessive voltage to avoid damage.
- The charging time should not be too long. Unplug the charging cable in time after fully charged, and keep the device away from children when charging.
- Charge the device in a suitable environment temperature. Do not charge it in an environment where the temperature is too high or too low.
- Avoid charging the device when you are asleep because the battery may be damaged resulting from excessive charging time and unstable voltage at night.

2. Overview

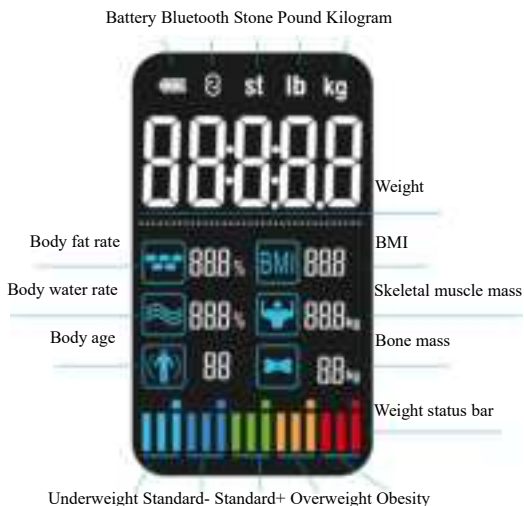
Thank you for choosing this smart body fat scale.



Note:

- After being placed on a hard and flat ground, the screen will turn on when it senses a weight of more than 5kg.
- This device contains a built-in lithium battery. When using it for the first time, please charge it with a 5V/1A charger for 2 hours.
- The device may be in shipping mode for initial use, please click the Reset/Power button to turn it on.

3. Display Screen



Note: The screen among different models varies, please refer to the actual product for details.

Body Mass Index (BMI) Table

BMI (Suitable for men and women)					
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) \div Height² (m)

For example: BMI = 70kg \div (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.

4. Fitdays App

Good life, fit days! Fitdays App can not only track your weight changes and record your body mass index, but also provide other test results, make an analysis from the cloud, and give a health report and improvement suggestions with the smart body fat scale.



Measurement screen



More than 20 types of body data

Note: Due to the quick update of the Fitdays App, please refer to the actual product for the functions listed above. If there is any change, please update the App to the latest version.

4.1 Install the Fitdays App

Search for "Fitdays" in App Store or Google play, or scan the QR code below to download and install the App to connect to the device. If you use WeChat to scan the QR code, click on the upper right corner on the screen and choose to open it in the browser. Apps downloaded from other platforms or sources may be unusable.

Before connecting the Fitdays App to the smart body fat scale, please make sure that your device meets the following requirements:

- iPhone/iPad/iPod touch running IOS 8.0 and above.
- Android 4.3 and above and equipped with Bluetooth 4.0.



**Scan the QR code
Install the Fitdays App**

Turn on Bluetooth and open the Fitdays App on your phone

It will automatically connect with the device. The real-time data can be synchronized to the App and recorded when measuring on the scale.



Enable iOS Bluetooth:

Swipe down from the top of the screen, open the control center and click the Bluetooth icon.



Enable Android Bluetooth: Open the App, and click Yes after the Bluetooth prompt pops up.

4.2 Use steps

1. Before connecting and using, please make sure that the battery is sufficient for normal use.
Please step on the scale lightly to make the screen light up, and make sure that Bluetooth and GPS positioning are turned on.
2. Enter the homepage of the App to log in or register, and properly set the device for the current user for initial use.
3. If the App has already a device bound, and you want to add another one in the App, click [Account]-[My Device] in the lower right corner, and click [+] in the upper right corner to enter the bound device screen. When the App has detected the device, click the scale icon, then the scale is successfully bounded.

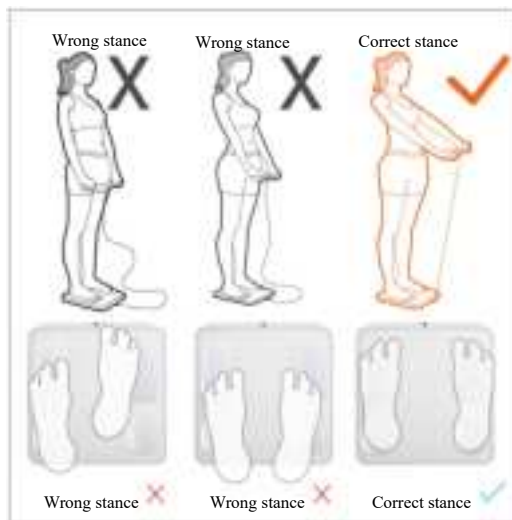


5. Start Measuring

Precautions for use

- **First use:** Press the power button and wait until the screen displays "0.0". Step on the scale and hold the handle firmly with both hands as required.
- **Later use:** Directly step on the scale and hold the handle firmly with both hands as required.
- **Abnormal measurement:** Press the power button and wait until the screen displays "0.0". Step on the scale and hold the handle firmly with both hands as required.

5.1 Correct stance & Correct grip



1. Pull out the measuring handle.

Make sure that your thumb completely touched the thumb electrode, and then the other fingers firmly contacted the opposite electrode.

2. Stand up straight and keep your feet apart. Make sure that your heels effectively cover the electrodes on the lower part of the scale, and your sole naturally cover the electrodes on the upper part of the scale.

3. Keep your arms straight at a 30°-45° angle to your legs.

4. Keep your body stable and do not touch your abdomen with your arms.

5. Do not step off the scale until the scale screen or App prompts that the measurement is complete to ensure that the data is true and accurate.

Note:

- It must be measured with bare feet, and the skin of both hands and feet is evenly in contact with the "metal electrode" or "ITO electrode".
- It must be placed on a hard and flat ground. Do not place soft materials under the scale.
- The product packaging must be removed to ensure that the skin is in contact with the metal electrode or ITO electrode for measurement.
- Do not step off the scale until the scale screen or App prompts that the measurement is complete.

5.2 Measuring steps

Please follow the steps below to start the measurement:

1. Step on the scale and hold the handle firmly with both hands as required.
2. After the weight value is locked, it will flash three times.
3. When the colorful weight status bar moves to the right and flashes, it means that body fat is being measured.

Note: Please do not step off the scale and release the handle (it takes about 15 seconds).

4. Wait till the six types of data and weight status bar stop flashing, and the data synchs to the App, the measurement is complete.
5. The scale will automatically shut down after displaying for 10 seconds.



The device is turned on and the screen displays 0.0.

The weight value flashes three times and locks.

The measurement is completed.

Note: In the initial use, only when the device is connected to the Fitdays App and user information is filled, you can perform an effective measurement and can have the readings displayed on the handle screen. If the user changes, please reset the user information and connect the device to the Fitdays App before measuring.

6. Battery and Fault Reminders



Low battery
(please plug in
USB to charge)



Overload
(exceeding the
maximum weight)



Unstable weighing
(please step on the
scale again)



Failed to obtain
body fat data
(please step on
the scale again)



Charging
(Do not measure
while charging)

7. Parameters

Name: Smart body fat scale

Model: FG2015ULB

CMIIT ID :

Unit: Kilogram

Weight range: 5 - 180 kg

Connection method: Bluetooth 5.0

Operating temperature: 5°C - 35°C

Enclosure material: Environmentally friendly plastic

Power supply: 3.7V (lithium battery)

Executive standard: Q / IHCB 08-2020

Manufacturer: Guangdong Welland Technology Co., Ltd

Address: No. 85 Minke East Road, Minying Science& Technology Park, Shiqi,
Zhongshan, Guangdong, China

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.