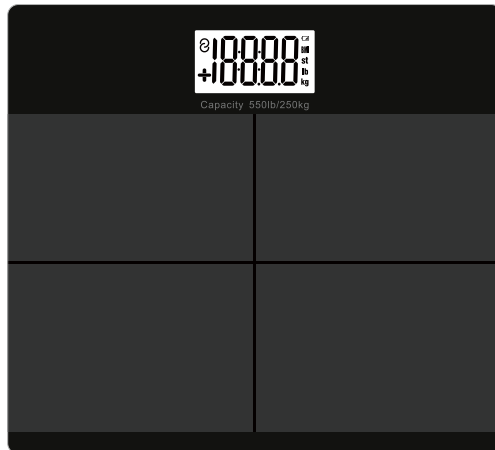


Smart Body Fat Scale



User Manual

Intelligent Body Scale User Manual

Thank you for using smart body scales

It utilizes a large body weight measurement with differential data display. Provide you with the data you need to keep track of your health. Provide you with the data you need to track . (Body Mass Index, BMI)

We sincerely hope you enjoy using the new product.



Caution

Safety precautions

Follow these safety precautions when using a smart body scale. below:

- The smart body scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
- If you are pregnant or have a pacemaker or other internal device, you should not fully rely on the data provided by this product. All data is for reference and is not a substitute for advice from a licensed health care professional.
- If the scale malfunctions, first check the batteries and replace them if needed.
- 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:

- Scale is a high-precision measuring device. Do not jump or stamp on the scale. Do not disassemble the scale. Please handle the scale carefully to avoid breakage.
- 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.
- To ensure measurement accuracy, please gently step on the scale to wake it up and Wait until the scale shows “0.00” before measuring on the scale. You need 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.

- When the scale is not for use for a long term, 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 device.
- Before using the scale, make sure you have entered all your personal data through the App.
- Use the scale with bare feet. The scale can only measure body weight if you're wearing shoes or socks.
- 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

Size: 33.0 x 30.0 x 2.6 CM

Weight: 2.00kg / 4.40 lb

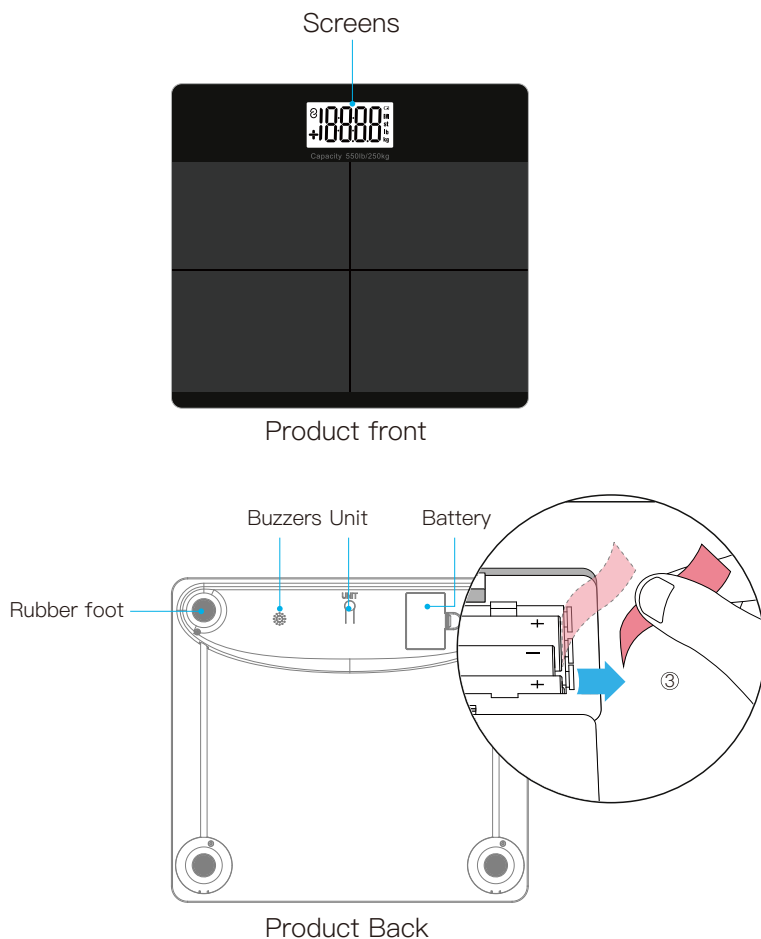
Batteries: 3*1.5 V AAA

Capacity: 11 -550 lb / 5-250kg

Division: 0.2 lb / 0.1kg

Unit: lb / kg / st

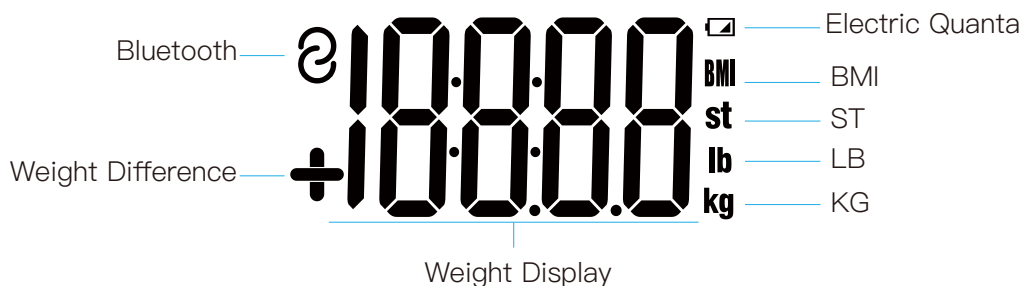
Overview



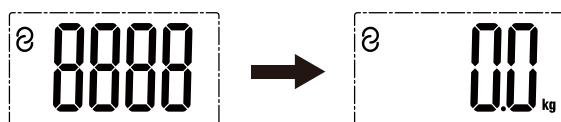
Precautions:

1. Pressure-sensitive switching machine, after placing on a hard and flat floor, after sensing the weight over 5kg. The screen will light up and turn on.
2. If batteries are included in the package, please load the batteries according to the positive and negative instructions.
3. If the scale is equipped with a built-in No. 7 battery, please remove the insulating sheet.

Display Screen

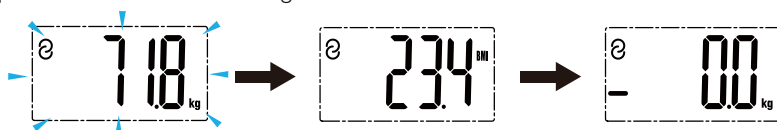


1. Before use: please load 3 No. 7 batteries or draw off the insulating sheet, The screen displays 8888 after the pressure is turned on After turning to display " 0.0 " can be on the scale measurement. Note: (Bluetooth symbol "ø" does not appear when the scale and Fitdays App are not connected)



2. Get on the scale to weigh:

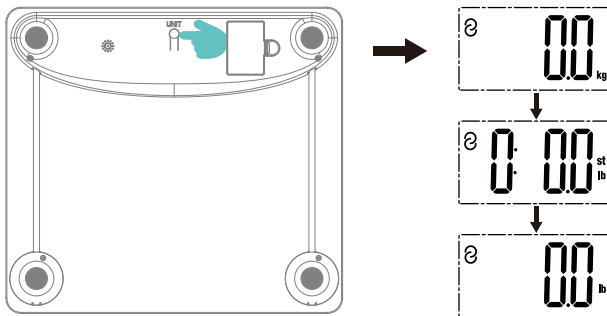
The weight value flashes 3 times and then display the weight value such as 71.8kg, after the buzzer rings one time After the buzzer sounds, the BMI measurement will be carried out again and the BMI value will be displayed after waiting for 5 seconds, then the difference will be calculated, and all the measurements will be completed. After all the measurements are completed, the data will be transferred to Fitdays App for display, The process is shown in the figure below:



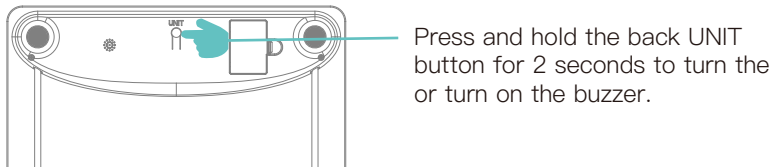
3. Comparison of weight difference: only the last measured weight value of an individual for comparison, weight gain is displayed as a "+" symbol on the screen, and weight loss is displayed as a "-" symbol on the screen, as shown in the following figure. The screen displays a "+" symbol for weight gain and a "-" symbol for weight loss, as shown in the figure below:



4. Unit conversion: if you need to convert other units, please press the UNIT button at the bottom of the product or switch units on the Fitdays App to convert. button on the bottom of the product or switch units on the Fitdays App.



5. How to turn off the buzzer: Press and hold the UNIT button on the back for more than 2 seconds to switch the switch state, 1 sound means turn off the buzzer, 2 sounds means turn on the buzzer. The buzzer will sound 1 time to turn off the buzzer and 2 times to turn on the buzzer.



6. If the product is not weighed within 10 seconds after the measurement is completed without operation or after the product screen is zeroed, the product will automatically shut down. The product will shut down automatically.

Power Level And Fault Indication

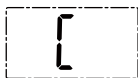
1. Under the state of insufficient power, there is a battery symbol always on L0 display, and automatically shut down after 3 seconds, The product can not be used, please replace the new 7 AAA battery.



2. The maximum weighing weight of this machine is 250kg, if the weight exceeds 253kg, the product will display the overload Err. If the weight exceeds 253kg, the product will display the overload Err symbol, and the product will shut down automatically after 3 seconds, as shown in the picture:



3. When the state of unstable weighing shows the following symbols, the product will automatically shut down after 3 seconds, as Figure:



APP Tutorial

1. Please click the upper right corner of the scanned page and select "Open in Browser". Apps downloaded through other channels may not work. Before connecting the [Fitdays] App to the Smart Scale, please make sure your device meets the following Requirements:

- Running IOS 8.0 and above iPhone/ipod touch devices.
- Mobile devices running Android 5.0 and above and equipped with Bluetooth 4.0 and above



Open the Fitdays App and turn on your phone's Bluetooth.



IOS Bluetooth on: Swipe down from the top of the screen to open Control Center and tap Bluetooth



Android Bluetooth ON: Open Fitdays APP and click on Allow when the Bluetooth alert pop-up window appears.

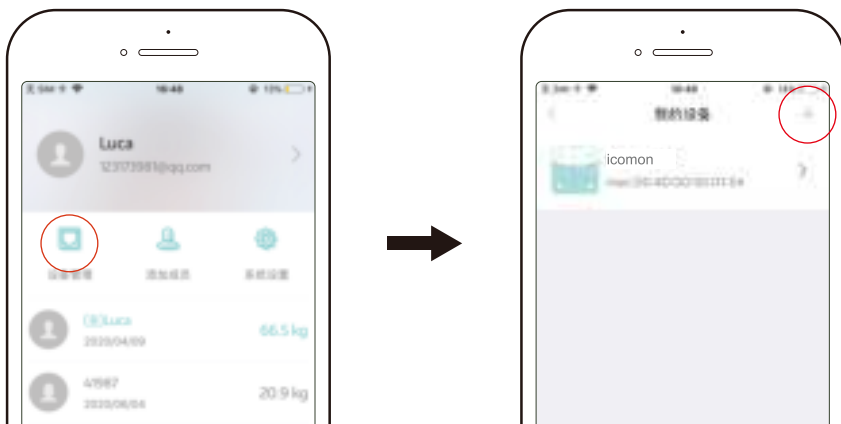
Equipment Use

1. Before measurement, please load 3 x 7 batteries into the battery storage according to the correct positive and negative poles, step lightly on the scale to make the scale screen light up (as shown in the picture below), and make sure the cell phone Bluetooth and GPS positioning are in the on status.



2. Open the App, click login/register, please fill in the correct personal information for the first time registration.

3. Enter the App home page, click [My] – [Device Management] – [+] – [Bluetooth Search Pairing], enter the binding device page, click on the searched device, the page pop-up box shows binding success (the page pop-up box shows binding success). Enter the page of binding devices, click the searched device, the page pop-up box shows the binding success (in the My Devices page can view the bound devices), go to the home page on the scale measurement.



FCC Statement

FCC Warning:

Any 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.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.