

封面logo尺寸：36*9.3mm或30*7.7mm



1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not 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.
3. If the scale malfunctions, first check the batteries and replace if needed.
4. 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.

1. Scale is a high-precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid breakage.
2. 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.
3. To ensure weighing accuracy, please gently step on the scale to wake it up and wait at least 10 seconds before weighing yourself on the scale. You must 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.

5. Before using the scale, make sure you have entered all your personal data through the Fitdays app.
6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.
7. Make sure your feet are dry before weighing yourself.
8. 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.

50kg:±0.3kg	100kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

The Bluetooth Scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the 'Aidot' app free from the App Store or Google Play.

body fat and other body composition analysis: Stand straight on scale and uniformly touched the electrodes bare and dry feet as shown below.

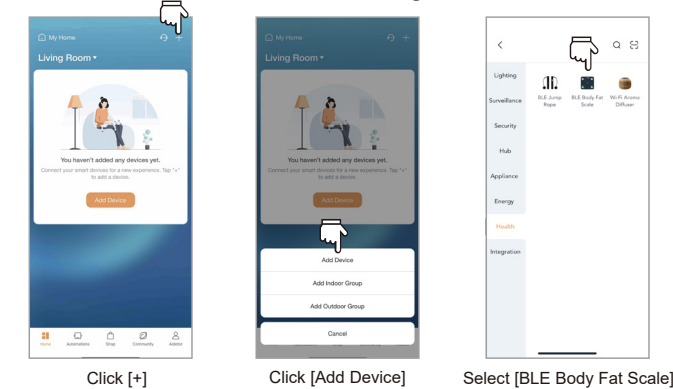
Conductive areas

Download 'AiDot' via App Store or Google Play.

Install the original battery set. Please note the batteries offered are trial version. We recommend replacing them within 3 months and removing the batteries when not using for a long time.

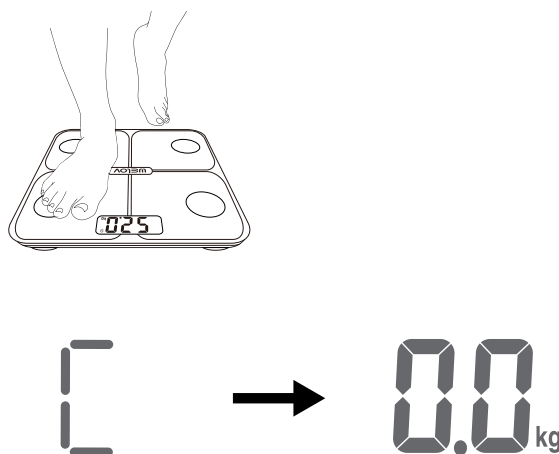
Register your own ID,
then add personal data
and confirm OK.

Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.



Recalibrating the scale
If the scale has been moved or flipped up side down, it must be recalibrated to ensure accurate results.

- 1.Place the scale on a hard, flat surface.
- 2.Step on the scale with one foot until the digits appear on the display, then, step off.
- 3.The scale will show "0.00", indicating that the calibration process is complete.



1. Why doesn't the scale work? Why does the data on screen disappear in a flash?

- Please check the batteries are installed properly, replace batteries if necessary.
- ## 2. The scale cannot connect with App.
- Check that the phone's software is iOS 8.0 or higher or Android 6.0 or higher.
 - Download and open the newest version of the Fitdays App.
 - Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered.

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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