

210mm

150mm



Multifunctional Scale for Body Weight

CG10F

Quick Start Guide

1.Specification

Dimensions	11.0" x 11.0" x 1.0" / 280 x 280 x 25 mm
Weight Capacity	0.48 - 400 lb / 0.2 kg - 180 kg
Power	3*1.5V AAA battery
Unit	lb/ kg (App -> Me -> Settings -> Unit)

2.What's Included:

Digital Body Weight Scale *1

Quick Start Guide *1

1.5V AAA battery *3

3.Precautions

Read carefully before use:

(1) Do not place the scale on a carpet or a soft surface when you weigh.

(2) Do not use the scale on a wet surface. This could lead to slipping.

(3) Do not jump on the scale. This scale has a weight limit of 400 lb.

(4) Please use 1.5V AAA batteries.

4. Tips

To have accurate, consistent, and comparable measurement results, please follow the recommendations below.

(1) Place the scale on a flat and hard surface and keep your foot dry & bare to take measurements.

(2) Make sure the scale displays 0.00 before stepping on to measure. And standing on the scale until the digital display flashes twice indicates that the weighing is completed.

(3) Weigh yourself under similar conditions and around the same time every day.

5.Let's get started

(1) Before putting your digital scale into operation, please open the battery compartment on the underside of the device and insert the three 1.5 V batteries (type AAA) included.

(2) Place the scale on a hard flat floor surface. Do not place it on carpet or any other soft surfaces.

(3) Turn on the scale by briefly stepping on and off it. Then, wait for the scale to be set to 0.00

(4) **First Weighing:** Step onto the scale barefoot and stand still until the numbers flash twice and stabilize.

(5) **Second Weighing:** Step off, then quickly step back on **before the screen turns off** to complete the second measurement.

(6) **View Results:** The weight difference between the two measurements will be displayed in the **lower right corner** of the screen.
(Single measurement is all you need for routine tracking!)
If you need track your data and get more detailed values, please refer to step (7)
(7) Scan the QR code and download the "Fit Profile" in App Store. For Android, turn on "Location". For iPhone, allow "Fit Profile" to use Bluetooth.
Follow the instructions in the App to sign up and complete your profile.
a) Open the "Fit Profile" app.
b) Tap "+" Pair the Device".
c) Turn on the scale by briefly stepping on and off it. On the app, tap the digital scale icon, then select "CG10F" and click "Connect."
Your scale has now been successfully paired with your smartphone and is ready to show more data.



6. Warranty

This product is warranted by the manufacturer against defects in materials and workmanship for 1 year, not cover accidental damage, mistreatment, or unauthorized repair.
Please check the detailed warranty policy: www.fit-profile.com/warranty



7.Customer Support

Email: cs@fit-profile.com
Phone Call: 1-866-786-5888 (Mon to Fri, 9:00 am – 5:00 pm)
To explore more instructions: <https://fit-profile.com/pages/get-support-about-qe-cg10f>



FCC Compliance Statements

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, under 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 the 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.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

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

FCC ID:2NDR-CG10F

ISED Compliance Statements

This device contains **Interference-Susceptible** (Interference-Susceptible) components that comply with Innovation, Science, and Economic Development Canada's **Interference-Susceptible** (Interference-Susceptible) requirements. Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with IC RSS-502 radiation exposure limits and has been tested for an uncontrolled environment.

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