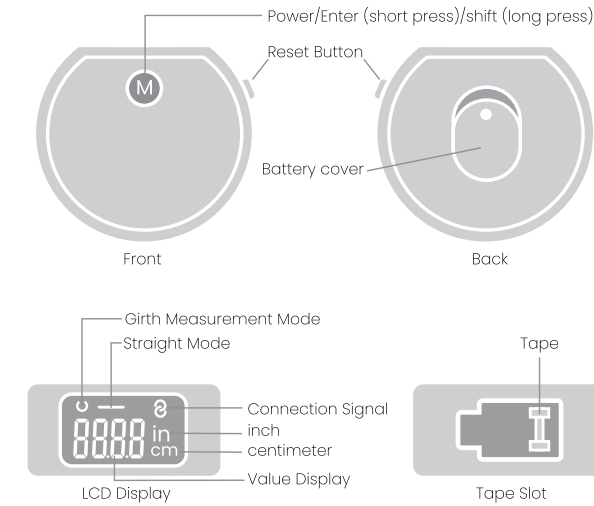


8.5*8.5cm 风琴式折法

Smart Tape Measure User's Manual

Product Structure



Tips: Please install the battery before using Ugramo Smart Device

Before Measuring

- Please pull out the power insulation sheet first. And install the battery (1xCR2032) correctly.
- Please turn on your mobile phone's Bluetooth.
- Download and install the application "Fitdays".



- Open the Fitdays, create an account.
- Go to **"Account"** – **"Device"** – **+** to search for device, and then select your device to pair.
- When icon **8** appears on the screen of the tape measure, that means the device has connected successfully with the App.

Start Measuring

Power on/Power off

Shortly press the **M** or pull out the tape measure to start the device. The device will power off automatically in 10 seconds if no operation is performed.

Unit/Mode Switch

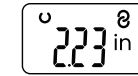
After starting the device, shortly press **M** to switch inch and centimeter.



Girth Measurement Mode is the default setting. Long press **M** to shift to Straight Mode.

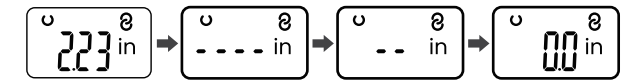


Under measurement, shortly press **M** to confirm the value.



Clear

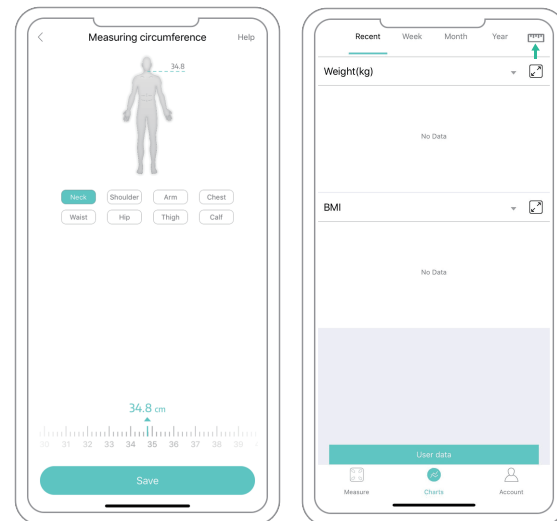
In the power-on status, press and hold on **(M)** for 2s until the screen shows 0.0cm/inch, this means that zeroing is complete.



How to Use Fitdays APP

- Pair the tape measure with the App “Fitdays”.
- Open the app, press “+” – “**Circumference**”, and measure following the instructions.

- The body part measured will be consistent with the App interface. When you press the **(M)** to confirm, in the app it will automatically move to the next body part. Meanwhile, the body part that complete measuring will switch to grey.
- If you want to measure any body part again, just select it on your phone.
- After complete measuring all the body parts, just press the Save button at the bottom to save all the data.
- Then press the Reset button to retract the tape measure and the screen returns to zero.
- If you want to view the previously saved data, click the "Chart" on the home page of the App, then click the ruler icon in the upper right corner to view the previously saved data



Simple Troubleshooting Method:

Issue	Possible causes	Solutions
Display flashing	Low voltage	Change battery
No display, blurred display	The battery is not installed, reversed or low voltage	Reinstall the battery or change battery
Display is unstable or does not move	Internal fault	Remove the battery and reinstall it after 1 minute
Display cannot return to zero after retract the tape measure	Internal fault	Long press  to force zero.

FCC Statement

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.
Warning: 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 may interfere with 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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

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