

Smart Body Fat Scale

User Manual



Smart Body Fat Scale User Manual

Thank you for choosing the PNNIED Smart Body Fat Scale! This scale is your personal health assistant, designed to help you monitor key health metrics with ease. Utilizing advanced tri-color breathing light and Bioelectrical Impedance Analysis (BIA) technology, this scale tracks important indicators such as:

- Body Fat
- Body Water
- Muscle Mass
- Bone Mass
- Protein
- Body Mass Index (BMI)
- And more

Stay on top of your health and fitness goals with precision and convenience.

Caution

Safety precautions

When using the smart body fat scale, follow the safety precautions below:

- The smart body fat scale should not be used to diagnose or treat any medical condition. You should consult a doctor before starting 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 only and is not a substitute for advice from a licensed healthcare professional.
- If the scale malfunctions, first check the batteries and replace them if needed.
- Check the device before each use. Do not use if the device is damaged. Continued use of a damaged device may result in injury or inaccurate results.

Note:

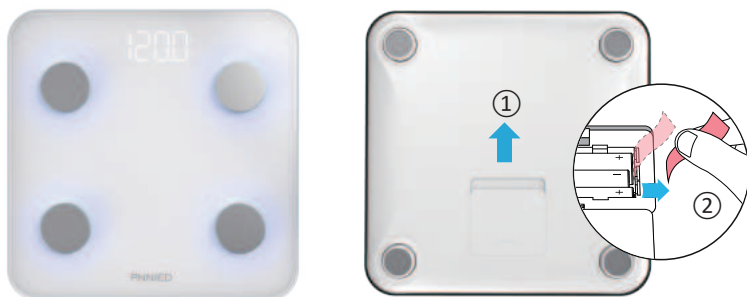
- The scale is a high-precision measuring device. Do not jump on or stamp the scale. Do not disassemble it. Handle the scale carefully to avoid damage.
- Place the scale on a hard, flat surface during use. Using it on a soft surface like carpet or linoleum may affect the accuracy of the readings.
- To ensure accurate measurements, gently step on the scale to wake it up and wait until it displays '0.00' before weighing yourself. If the scale has been moved, it must be woken up again. For the most consistent results, take your measurements at the same time each day.

- When the scale is not in use for an extended period, please remove the batteries and store the device in a dry place. Protect it from extreme moisture, heat, lint, dust, and direct sunlight. Avoid placing any heavy objects on the device.
- Before using the scale, ensure that you have entered all your personal data into the app.
- Use the scale with bare feet only. The scale can measure body weight accurately only when you're not wearing shoes or socks.
- Ensure your feet are dry before measuring. Excessively dry feet might affect the measurement. If you notice inaccuracies, wash and dry your feet or apply some body lotion, then try again.
- This scale is not waterproof. Avoid immersing it in water.
- To clean the surface, use a damp cloth or glass cleaner. Avoid soap or other chemicals.

Specifications

Product Size	10.94 x 10.94 x 0.98 in
LED Screen Size	2.44 x 1.02 in
Weight Unit	lb/kg/st
Weight Limit	11 lb - 396 lb / 5 kg - 180 kg
Weight Division	0.1 lb / 0.05 kg
Power Supply	4 AAA Batteries
Operating Temperature	41-95°F
Operation Humidity	40%-80% RH

Overview

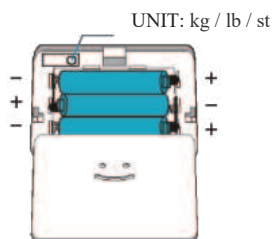


Install batteries

- ① Press down on the battery cover with your thumb and slide it upward to remove it.
- ② Insert the batteries, making sure they are oriented correctly. (If the scale already has batteries, remove the insulating strip first.)
- ③ Reattach the battery cover by sliding it back into place until it clicks securely.

Set the unit of measurement

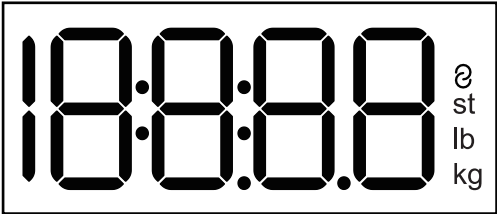
- When using the body fat scale without the app, you can switch units by pressing the “UNIT” button inside the battery compartment.
- When connected to the app, the scale’s unit will synchronize with the unit set in the app.
To change the unit, go to [Account] > [Settings] > [Switch Units] in the app.



Accuracy range

50kg: $\pm 0.3\text{kg}$	100kg: $\pm 0.4\text{kg}$	180kg: $\pm 0.5\text{kg}$
110lb: $\pm 0.66\text{lb}$	220lb: $\pm 0.88\text{lb}$	396lb: $\pm 1.1\text{lb}$

Display Screen



No display

Change battery



Low battery



Overload



Calibrating

Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

Body Mass Index (BMI) Table

BMI				
Age	Underweight	Normal Weight	Overweight	Obesity
18+	< 18.5	18.5 - 24.9	25 - 29.9	≥ 30

Body Mass Index(BMI) =
$$\frac{\text{weight (lb)} \times 703}{\text{height (in)}^2}$$

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.



Please make sure that your device meets the following requirements:

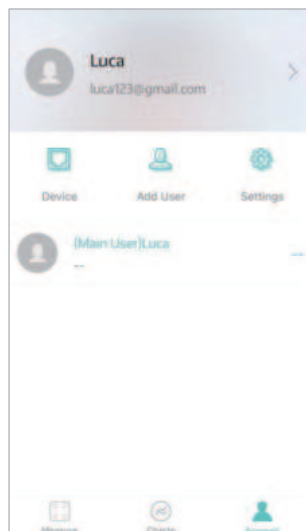
iPhone/iPad need IOS 12.0 and above

Android system need 7.0 and above

After downloading the app, open it to log in or register, and then properly set up the device for the current user before initial use.

Each user needs to tap [Account] - [Add user] to complete a personal profile.

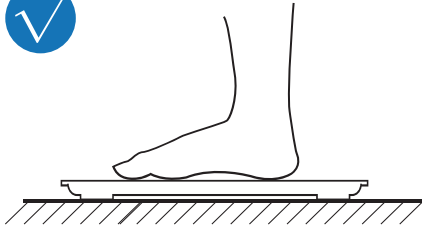
Note: Please complete your personal profile (such as gender, birthday, height) to enable the body fat scale to provide the most accurate information. Your privacy is very important to us, and we promise to use this data solely to enhance our services, with no other use or disclosure to third parties.



Preparation before Measuring

1. Install the batteries.

2. Place the scale on a solid flat surface. Carpeted or uneven floors may affect accuracy.

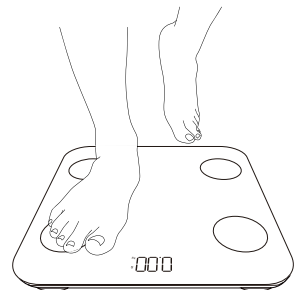


3. Gently step on the scale to wake it up, then step on the scale again to start measuring once the screen shows “0.00”.

Note: Please be sure to calibrate the scale before use; otherwise, you will get inconsistent readings each time you step on it.

Calibrating the scale

- ① Place the scale on a hard, flat surface.
- ② Step on the scale with one foot until the readings appear on the screen.
- ③ Step off the scale. It will show “0.00”, indicating that the calibration process is complete.



Get Started

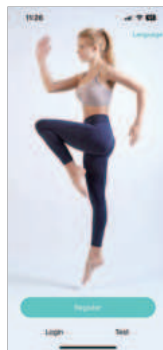
1

Scan the QR Code or search for "Fitdays" in the App Store or Google Play to download and install the App.



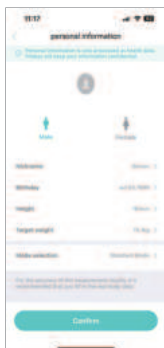
2

Turn on Bluetooth and open the Fitdays App on your phone.



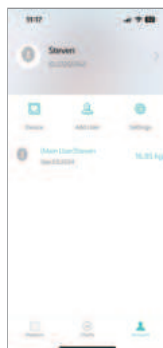
3

Register your account and log in, enter your user information.



4

Enter [Account] page and tap [Device].



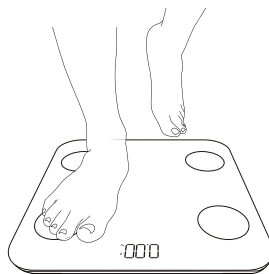
5

Tap [+ Add device].



6

Step on the scale to wake it up.



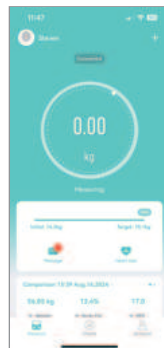
7

Tap the scale icon, and the scale will connect successfully.



8

After confirming the connection, step on the scale to start measuring.



9

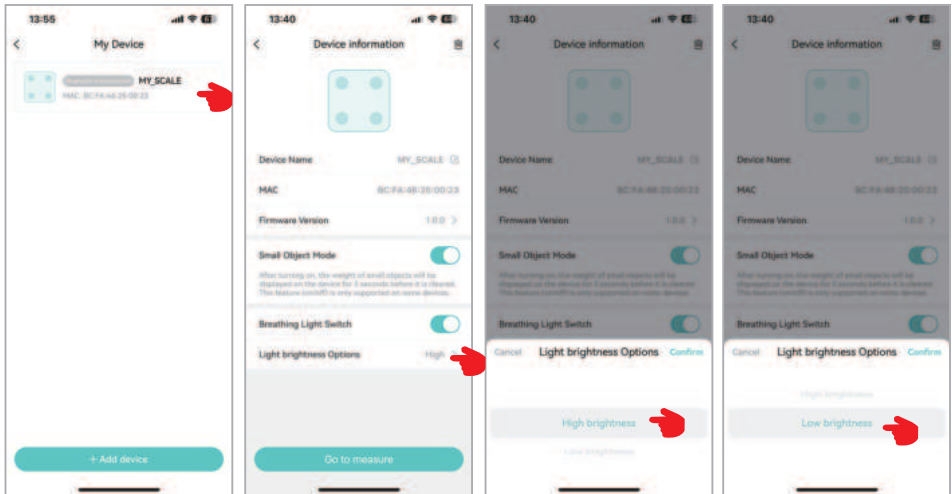
Stand still until the measurement is complete and view the detailed data in the app.



Tri-color Light Function

Gain quick and comprehensive insights at any time with convenient tri-color night light.

- 1 This smart scale supports a breathing light function during the test. You can turn the breathing light function on or off and customize the light brightness in [Device Information].



- 2 When the scale screen shows “0.0”, the blue breathing light will turn on.



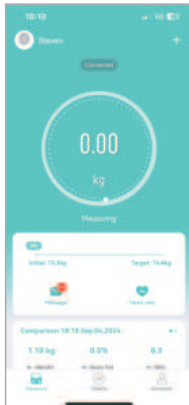
- 3 Step on the scale and start test, the blue light will stop breathing during body composition.

- 4 After finishing the body composition test, the breathing light will change color according to the weight difference from the last time (for the same user).

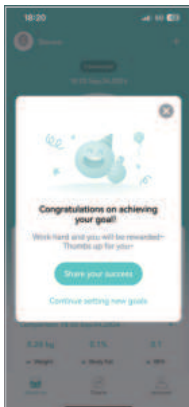


Gain weight(Purple) Lose weight(Green) Remain unchanged(Blue)

- 5 It supports setting a target weight in the app.



- 6 If you reach the target weight, the light will change from Green -> Blue -> Purple in sequence.



Troubleshooting

Problem	Possible Cause	Possible Solution
The display screen shows “Lo”.	Low battery	Replace new batteries.
The display screen shows “Err”.	Overload	Use the scale within its limits.
The display screen shows “C”.	Unstable measuring	Place the scale on a hard, flat surface.
Inaccurate weighing	The scale is not placed on a hard, flat surface.	Place the scale on a hard, flat surface.
	The scale is not calibrated before using.	Step on the scale with one foot to turn it on, and step on it again after it shows “0.00”.
	Standing on the scale unevenly.	Stand in the center of the scale and balance your weight evenly between both feet.
The App cannot connect with scale.	The GPS of the phone is not turned on.	Turn on the GPS.
	The scale is not turned on.	Turn on the scale.
Failed to obtain body fat data.	Not standing on the electrodes.	Stand on the electrodes.
	Wearing shoes or socks.	Take off your shoes and socks
	Step off the scale before the measurement is complete.	Do not step off the scale until all icons on the screen stop flashing or the App prompts that the measurement is complete.

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.