

Smart Body Fat Scale



User manual

THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.

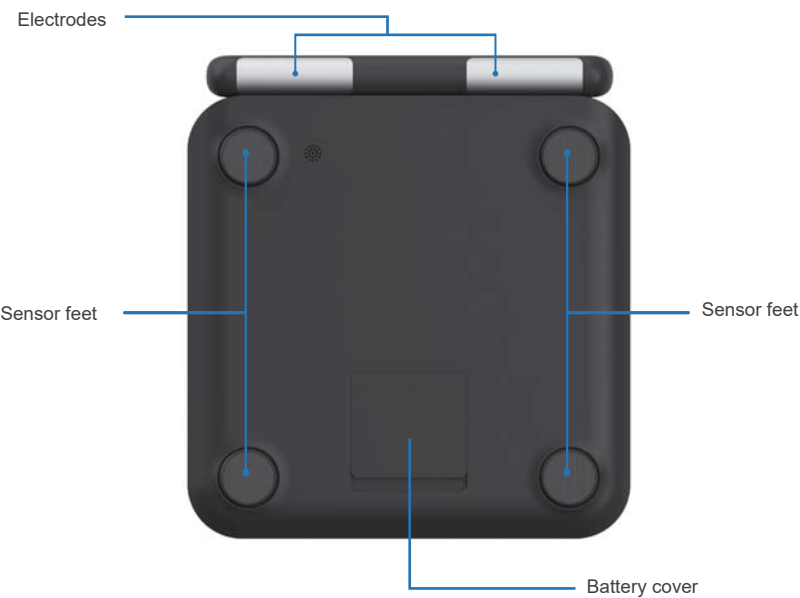
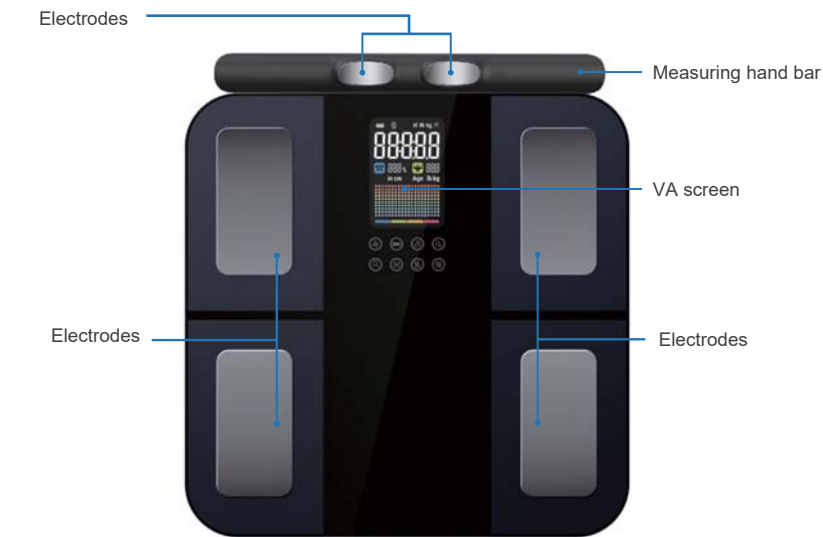
WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

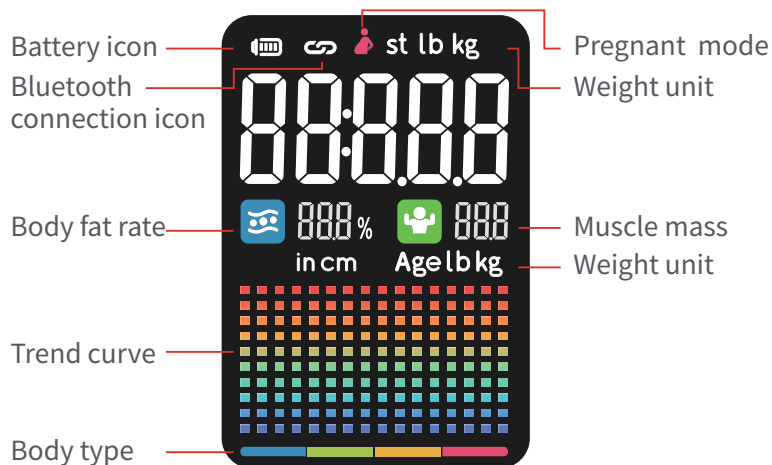
PRODUCT SPECIFICATIONS

Product size:	334x305x31mm
TFT screen size:	75×51mm
Weight unit:	kg/lb/st
Weight limit:	5kg-180kg /11lb-396lb
Weight division:	0.05kg/0.1lb
Power Supply:	4× AA
Operating temperature:	10-40°C
Operation humidity:	20%-90% RH

PRODUCT OVERVIEW



DISPLAY SCREEN



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

BMI TABLE

BMI					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

Body Mass Index (BMI) = Weight (kg) ÷ Height² (m)

For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight

Note: The BMI index is a commonly used standard to measure body weight and health status.

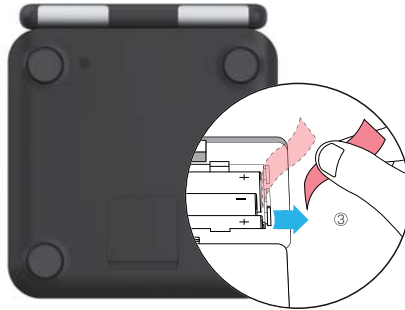
TROUBLESHOOTING

LO	Low battery - Please change new batteries.
Err	Overload (Scale will show Err)
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

POWER ON

For first use

1. Press the battery cover with your thumb and push it up to remove the battery cover .
2. Insert the batteries. Be sure the polarity of the batteries is placed correctly. (If there are batteries in the the scale, please remove the insulating strip.)
3. Put the battery cover back and push it down to the bottom.



For subsequent use

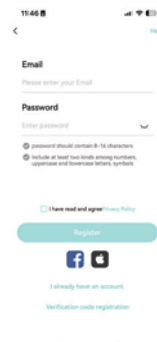
Press to wake the body composition scale. The pressure should be bigger than the minimum range of the scale (5 kg).

Download and Install the App

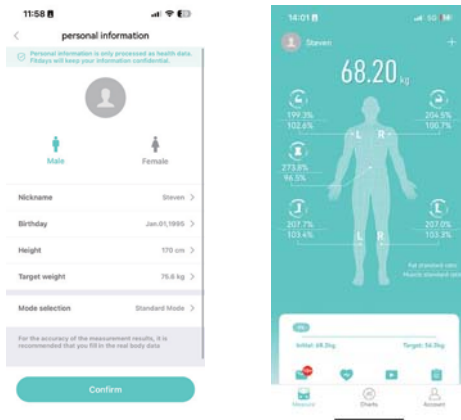
- 1 Search Fitdays in the App Store or Google Play, or scan the QR code below to download and install the Fitdays App.



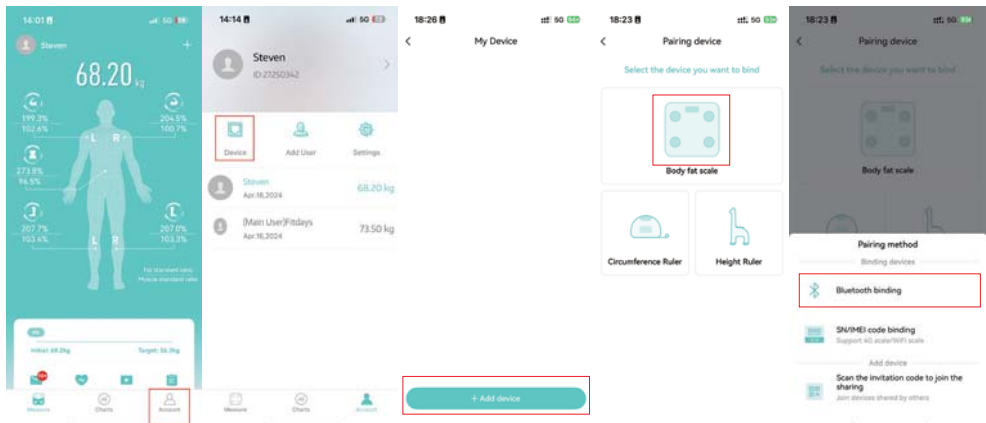
- 2 Register your own ID by email or social media account for Fitdays App.



- Enter personal information, including the gender, user name, birth date, height, and target weight. Tap [Confirm] to save.



- Pair the scale through Bluetooth.
Method 1: Click Account --> Device --> + Add device --> Body fat scale --> Bluetooth binding for pairing to find the scale (Keep scale on) and now your phone is connected with the scale.



Start the Measurement

- 1 Place the scale on a solid flat surface. Carpeted or uneven floors may affect the accuracy of the weight measurement .

Calibration: Gently step on the scale to wake it up and wait until the scale displays "0.00", which indicates that the calibration is completed (Remember to re-calibrate the scale if it has been moved).

- 2 Connecting to the App: Turn on the Bluetooth of the mobile phone and open the app ,please see details in page 5

- 3 Correct posture for measurement

- ✓ Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four metal electrodes and there is no contact between the left and right lower limbs (including thighs, calves and feet).



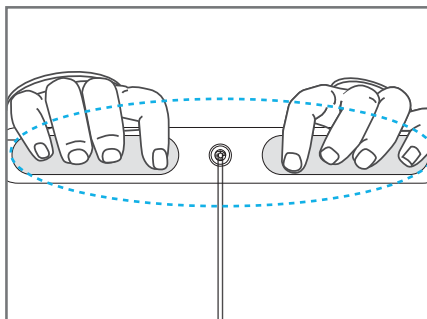
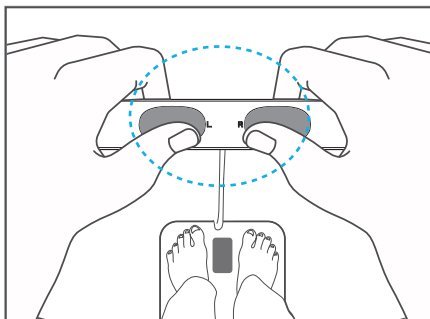
Your feet should not touch each other.



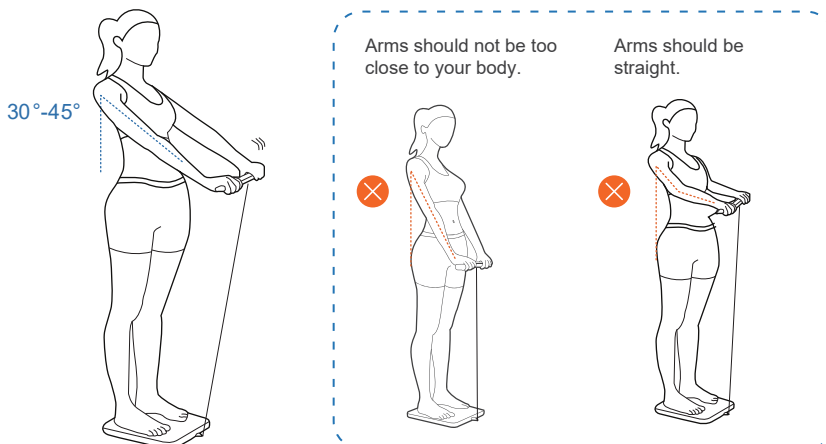
Your feet should be in full contact with the electrodes



- ✓ Hold the handle with both hands. Ensure that the fingers evenly cover the four electrodes on the handle with no contact between the hands.



- ✓ Keep your arms straight at a 30-45 degree angle



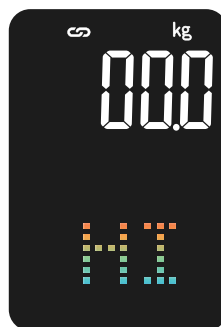
Note: Please take off your shoes and socks, otherwise the scale can only measure your weight.

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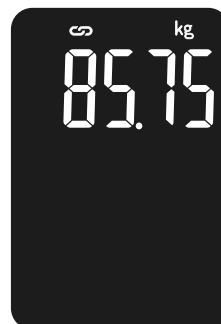
Keep the above measurement posture until all the data is displayed on the screen of the scale or the App prompts that the measurement is complete before getting off the scale.

Note: Do not step off the scale until the measurement is complete.

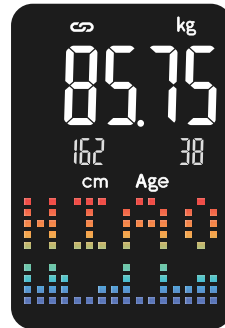
1.Show “Hi”on the screen



2.Show body weight



3.Show body fat rate /muscle mass / trend curve /body type

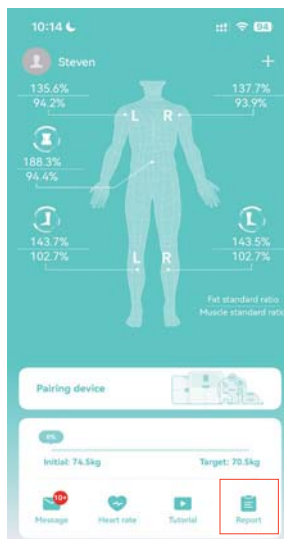
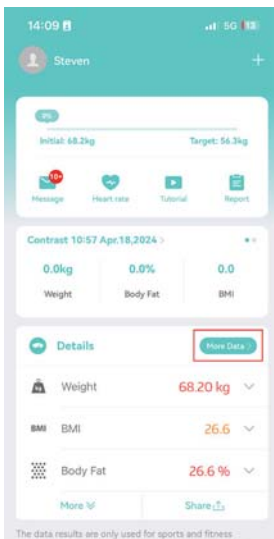


View Detailed Data of Body Composition

When the measurement is complete, the measured weight value, body fat rate , BMI ,body water rate ,muscle mass ,bone mass and visceral fat will be displayed.

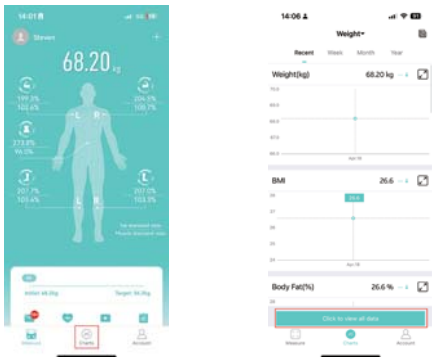
Swipe down to view the measured values of all body composition items.

Tap [Report] to view and share body composition analysis report.



View the Trend Chart

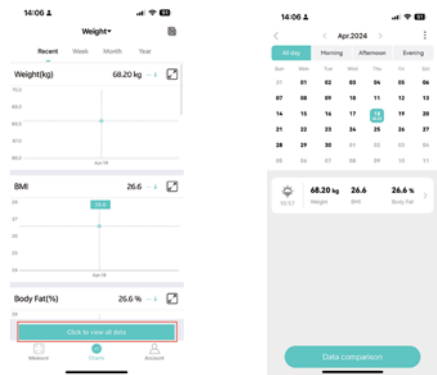
Enter [Chart] page to view the weekly/monthly/yearly trend chart of physical indicators.



View Historical Measurement Data

Enter [Click to view all data] , all the measurement history will be presented.

Tap any measurement data to view the specific body composition value.



Data Synchronization to Third-party APPs

Fitdays supports data synchronization across two Apps -- Apple Health, Fitbit and Google Fit. The synced data items are as follows:

	Weight	BMI	Body fat	Lean body mass
Apple Helath	Y	Y	Y	Y
Fitbit	Y	Y	Y	N
Google Fit	Y	N	Y	N

FCC Compliance:

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.

● 15.105 Information to the user.

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.

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

FCC RF Exposure Warning Statement: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be used in portable exposure conditions.

FCC ID: 2AP3Q-FG2421LB