

Smart Body Fat Scale

Instruction Manual



Model No.:FG2540WB

Thank you for choosing Smart Body Scale, your ultimate choice for comprehensive body analysis. This advanced scale provides unparalleled convenience by measuring an extensive range of vital health indicators. With the Smart Body Scale, you can effortlessly monitor your body weight, BMI, body fat rate, Fat-free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein levels, BMR, body age, and much more. Experience a new level of precision and insight into your overall well-being with the Smart Body Scale.

IMPORTANT: Please read this manual carefully before using the scale. Failure to follow these instructions may result in personal injury or damage to the scale

 INDICATION SYMBOLS

LO	Low battery-Please replace new 4*AAA batteries
Err	Overload — remove weight immediately
C	An error has occurred during measurement. Step off the scale and step onto it again to repeat the measuring process.

WARNING

- ★ DO NOT use with medical implants such as pacemakers.
- ★ DO NOT stand on the edge of the scale or jump on it.
- ★ DO NOT overload the scale (Max.396 lb / 180 kg□)
- ★ 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.
- ★ Not recommended for pregnant women.
- ★ Not recommended for infants, toddlers, and children under 10 years of age.
- ★ Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.
- ★ Consult your primary care doctor or physician before making any changes to your diet, exercise plan, or physical activities.

- ★ Always place the scale on a hard, dry, and flat surface before measurement.
- ★ Make sure your feet are dry before stepping on the scale.

Specifications

Size: 13.2x 12 x 1.3in/33.5x30.5x3.2cm

LED display: 86x36mm

Weight unit: lb/kg/st (Support switch unit via APP)

Weight limit: 11lb – 396lb (5kg – 180kg)

Power Supply: 4 x AAA batteries

Baby mode: Weigh a baby in two steps: stand on the scale alone first, then step on again

holding the baby — the scale subtracts your weight automatically

Operating temperature: 50–104 °F (10–40 °C)

Operation humidity: 20%-90%

Support Devices:

iOS 8.0 or higher

Android 6.0 or higher

Install Fitdays App

1. Search “Fitdays” in Apple Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

Product Structure



1. Thumb electrode for handlebar
3. LED display
5. Foot electrode pad
7. Scale feet
9. Battery compartment cover

2. Handlebar
4. Tempered glass
6. Stainless steel handlebar contact
8. Bottom base plastic

Offline Measurement

This model features a LED display and offers offline functionality. Setting up the scale and connecting it with the app is crucial for the initial use to analyze body fat and other parameters. However, after the initial setup, you can conveniently measure body fat, BMI, and body types without the need to connect with the app every time. The LED display on the scale allows you to view these measurements.

Note: Offline measurement won't activate if your weight differs by more than 4.4 lb (2 kg) from your last reading — open the app to ensure correct user identification.

During offline mode, any successful measurement results will be automatically synchronized with your app during the next connection between the scale and the app. This ensures that your data is seamlessly updated and accessible for further analysis and tracking.

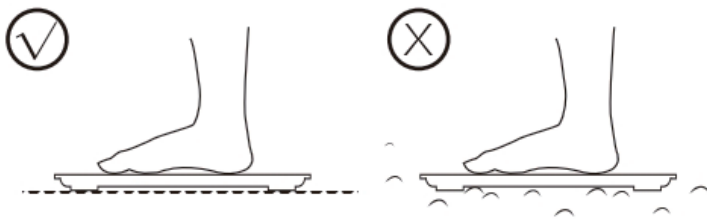
Correct Stance & Grip

For accurate full-body composition analysis:

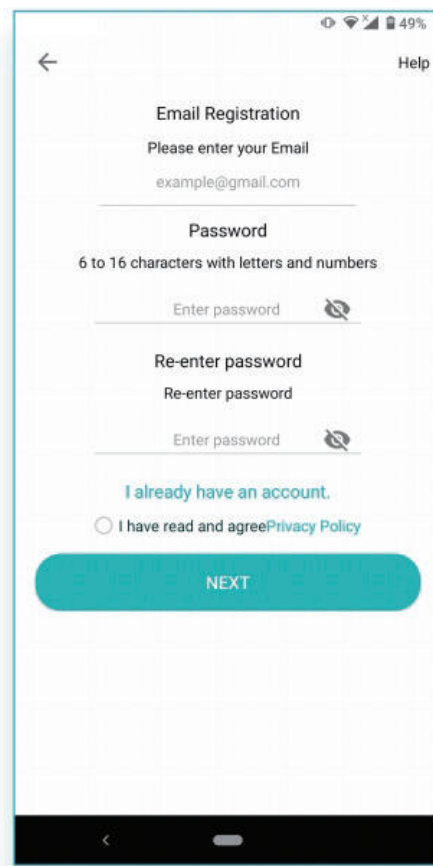
1. Step onto the scale with bare feet
2. Place heels firmly on the rear foot electrodes; balls of feet on the front
3. Lift the handlebar and grip it with both hands
4. Cover the thumb electrodes completely with both thumbs
5. Stand still until the measurement is complete

How to Use the Fitdays App

1. Place the scale on hard, flat ground.



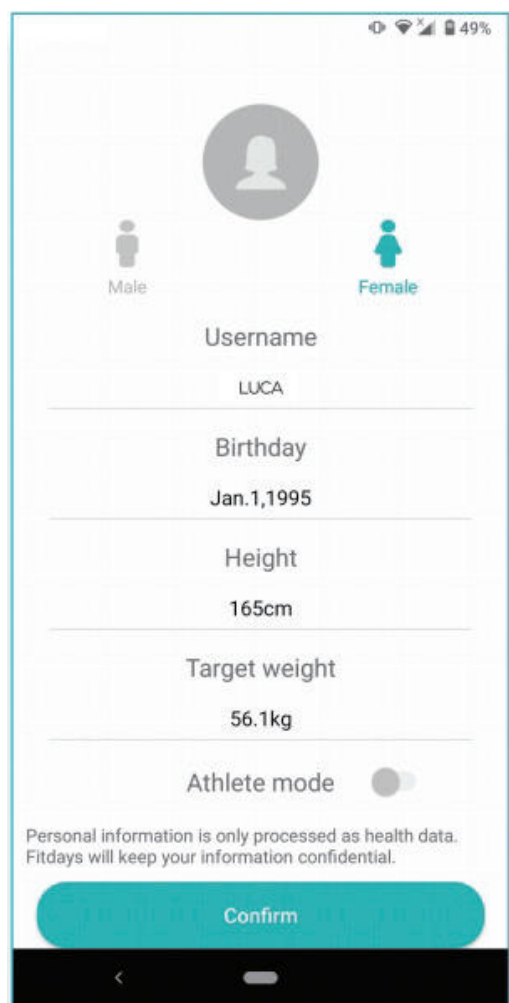
2. Turn on Bluetooth on your smartphone or tablet.
3. Register your own ID using an email or social media account.



4. Input the required personal data and click Confirm.

Note: It is important to ensure accurate input of personal information such as gender, age, height, and other relevant details, as entering incorrect information may lead to inaccurate measurements.

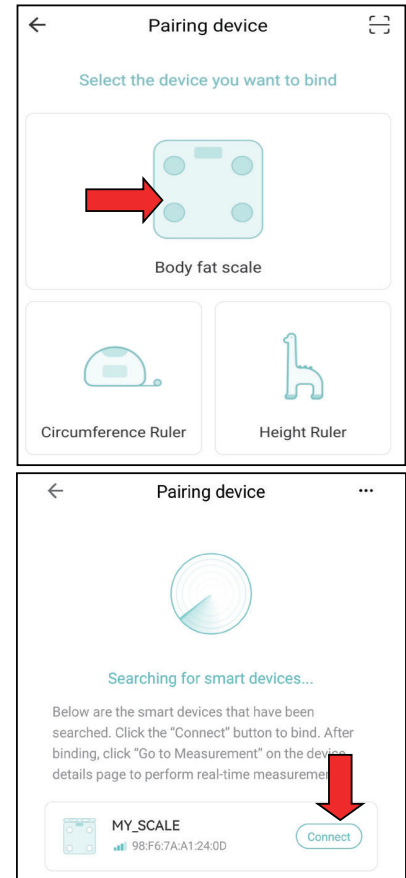
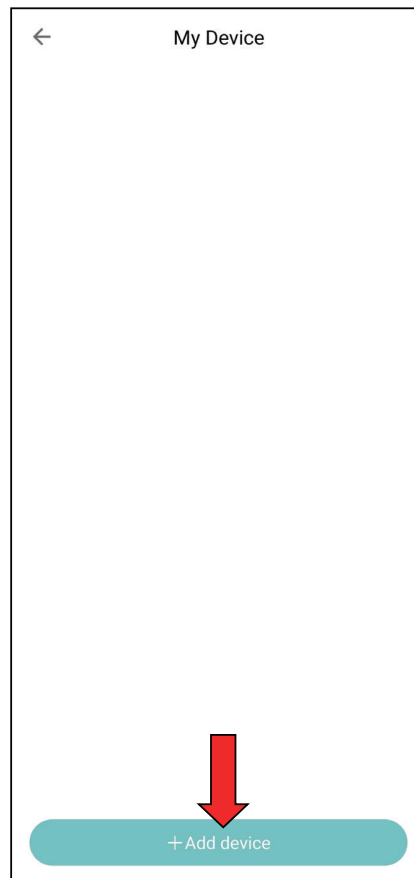
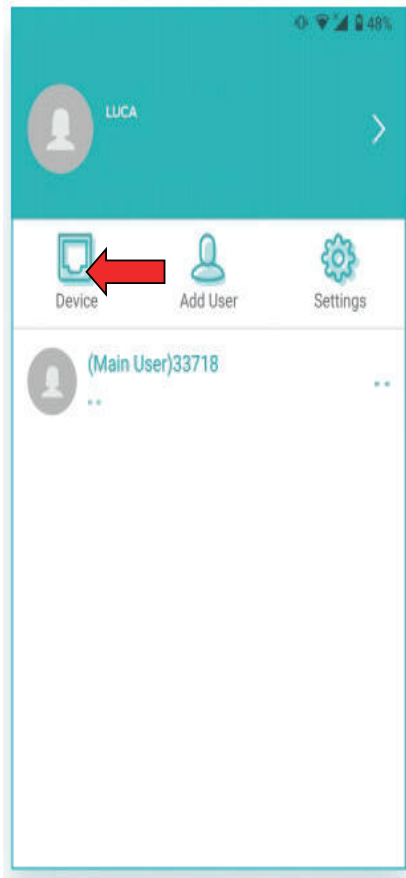
⚠ Your gender, age, and height MUST be entered before the scale can analyze body composition. Without this information, the scale will display weight only.



The screenshot shows a mobile app interface for setting up a user profile. At the top, there's a status bar with a battery level of 49%. Below it is a large grey circle for a profile picture. Underneath the picture are two gender selection icons: a grey male icon labeled 'Male' and a teal female icon labeled 'Female'. The 'Female' option is selected. Below the gender selection are five input fields: 'Username' with the value 'LUCA', 'Birthday' with the value 'Jan.1,1995', 'Height' with the value '165cm', 'Target weight' with the value '56.1kg', and 'Athlete mode' which is a toggle switch currently turned off. At the bottom, there's a teal button labeled 'Confirm'. A small disclaimer at the bottom reads: 'Personal information is only processed as health data. Fitdays will keep your information confidential.'

5. Pair the scale via Bluetooth. Click Device Manager ----> Add Device----> + to find and pair the scale ID. (The Bluetooth Scale ID is: MY_SCALE)

Note: Once successfully connected, you will notice a Bluetooth icon displayed on the scale, indicating a successful connection. Additionally, on the homepage of your app, the word "Connected" will appear within the circle, confirming the established connection between the scale and the app.



6. Tap your foot on the scale to activate the display. Wait until the display shows “0.0” kg.
7. Stay Fitdays App at the homepage and step on the scale with bare feet to start measuring.

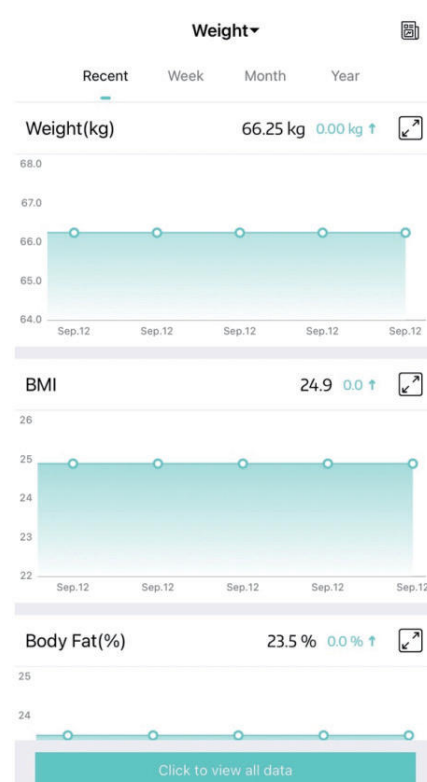
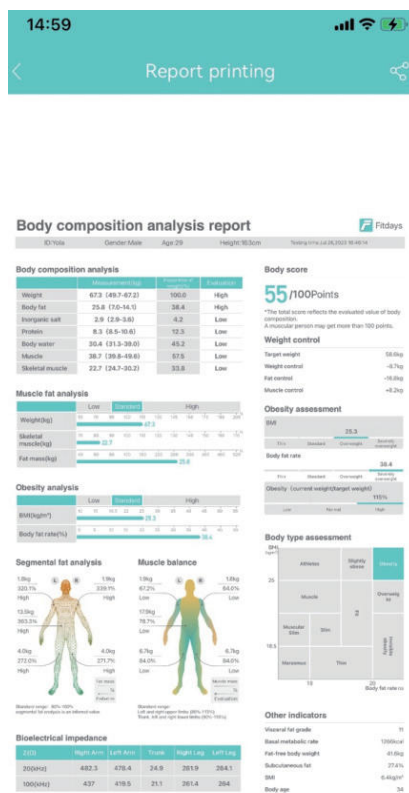
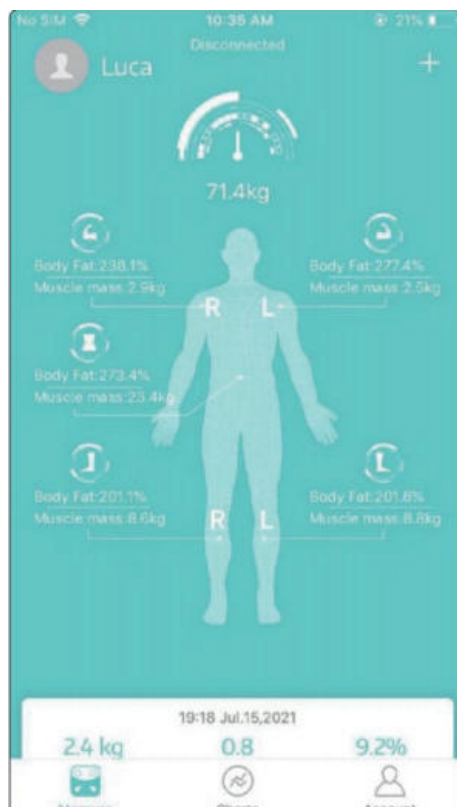
Note:

- To ensure successful data synchronization, please avoid leaving the homepage of your phone's app. Leaving the app's homepage may prevent the data from syncing to your phone.
- When stepping on the scale with socks, it will only measure weight and BMI. For a complete analysis of body metrics, it is necessary to step on the scale bare foot. Grip the handlebar firmly with both thumbs covering the electrodes for arm/upper-body data.

8. Once you have obtained all the measurement data, the weighing process is now finished.

9. After measurement completes, view your comprehensive analysis report:

- Body weight, BMI, body fat rate
- Muscle mass, bone mass, body water
- Segmental analysis (left arm, right arm, trunk, left leg, right leg)
- Visceral fat, BMR, protein, body age
- Historical trends (daily / weekly / monthly / yearly)



10. To Add and switch users just Tap >  , or click Mine--> User Management, then add personal data. The scale auto-recognizes users based on weight; manually confirm if your weight has changed significantly

Important Notes:

1. For the initial use, it is necessary to connect the scale with the app to access all the features and measurements. Without connecting to the app,(gender, age, height) the scale will only display weight information.
2. To obtain accurate measurements, it is important for the user to remove shoes and socks during the measurement process. Failure to do so will result in the scale displaying only weight and BMI information.
3. It is crucial to avoid mixing online use mode and offline use mode during the measurement process. To prevent any potential data loss issues, it is recommended to either keep the entire measurement in offline use mode or maintain the entire measurement in online use mode. Mixing the two modes can lead to complications and the loss of data.
4. When using the scale with multiple users, it is important to select the appropriate user account profile within the app. Failure to do so may result in the scale displaying only

For multi-user households, confirm the correct user profile is selected in the app before measuring. The scale identifies users by weight; if your weight has changed significantly, manual selection ensures the measurement is recorded to the right profile.

Frequently Asked Questions

1. Bluetooth failed to connect

- Make sure the scale and the Bluetooth on your phone are on.
- Check the iOS version of your smartphone, it must be iOS 8.0 or higher/Android 6.0 or higher.
- Once successfully connected, you will notice a Bluetooth icon displayed on the scale, indicating a successful connection. Additionally, on the homepage of your app, the word "Connected" will appear within the circle, confirming the established connection between the scale and the app
- To connect manually, on your App, tap device--->Add Device ---> then manually search the scale ID on the list.
- If still failing, restart Bluetooth on your phone and reopen the app

2. No body fat data after weighing.

- The user must step onto the scale with bare feet.
- Hold the handlebar with both thumbs covering the thumb electrodes
- Make sure your feet and the scale are both dry.
- To ensure accurate measurement results, please refrain from stepping off the scale before the measurement is complete. It is important to remain standing on the scale for approximately 10 seconds or until the number on the display stops flashing. This allows sufficient time for the scale to finalize the measurement and provide accurate readings.
- Confirm Bluetooth isn't paired to a different device.

3. Incorrect weight data.

- To ensure accurate measurements, it is essential to place the scale on a hard and flat surface. This provides a stable foundation for the scale and helps maintain measurement precision.
- Before using the scale, please inspect each foot sensor located on the back of the scale. Ensure that there is no debris or obstructions stuck to the bottom of the sensors. It is important to have clean and unobstructed foot sensors for accurate measurements.
- Allow the scale to settle: gently press and release once before stepping on

4. Incorrect fat-muscle ratio on App

- Please review the body parameter settings to ensure that you have entered the accurate gender, height, and age information. Incorrect input of these details may result in inaccurate body parameter readings.

5. The scale will not turn on.

- Please inspect the condition of the batteries and consider inserting new batteries if needed.

6. How to switch the unit

- On your App, Select Mine--->Setting--->Switch unit to change the unit on your phone.

FCC Statement

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

RF Exposure Information

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

FCC ID: 2AP3Q-FG2540WB

Model number:FG2540WB

Battery & Disposal

Battery Safety

- Keep the scale away from children to prevent accidents
 - Keep batteries and small parts out of reach of children — accidental ingestion can be fatal
 - Do not expose batteries to heat or fire — this can cause an explosion
 - For your safety, do not use the scale if you suspect or detect battery leakage
-
- Ensure responsible disposal of waste electrical products by refraining from disposing of them with household waste. Instead, please prioritize recycling at designated facilities, where available. For guidance on proper recycling methods, kindly consult your local Authority or retailer for expert advice on recycling procedures. Together, let's contribute to a sustainable future by disposing of electrical products in an environmentally conscious manner.

Disposal

- **Electronic waste:** Do not dispose of this device with household waste. Take it to a designated recycling facility for electrical and electronic devices.
- **Packaging:** The packaging is recyclable. Please dispose of it responsibly or take to a recycling center.
- **Batteries:** Do not dispose of batteries in household waste. Remove them before disposal and take to a designated battery collection point.



RoHS