

PRTSER

Carpet Feet Smart Body Fat Scale



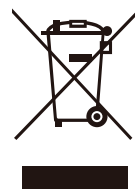
User Manual

Made in China

FC

CE

RoHS



UK
CA

Bluetooth Scale User Manual

Thank you for choosing Carpet Feet Smart Body Scale! This scale is your personal health assistant. It uses bio-electrical impedance analysis (BIA) technology to offer you the data you need to keep track of your personal health metrics: BMI(Body Mass Index), Body Fat %, Body Water, Muscle Mass, Bone Mass, Protein, and much more! We sincerely hope that you enjoy using your new product.

Caution

Safety precautions:

When using digital scale, certain basic safety precautions must be followed, including the following:

1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not over rely on the data provided by this product. All data is for reference and is not a substitute for advice from a licensed health care professional.
3. If the scale malfunctions, first check the batteries and replace if needed.
4. Check the device before each use. Do not use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.

Note:

1. Scale is a high-precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid breakage.
2. Place the scale on a flat surface.
3. To ensure weighing accuracy, please gently step on the scale to wake it up and wait at least 10 seconds before weighing on the scale. You must also wake up the scale if it has been moved. Take your measurements at the same time each day to ensure the most accurate results.

4. When not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.
5. Before using the scale, make sure you have entered all your personal data through the Fitdays app.
6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.
7. Make sure your feet are dry before weighing yourself.
8. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals.
9. As there is distance for measuring space between inside sensors and bottom glass feet, it is normal that scale shaking causes the slight sound.

Specifications

Size: 10.9x10.9x1.0 in

Weight: 5.84lb

Batteries: Rechargeable battery

Capacity: 11-396 lb / 5-180 kg

Division: 0.1 lb/0.05kg

Unit: lb / kg / st

Accuracy Range

50kg:±0.3kg	100kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

Display Functions



- 1.Battery volume
- 2.Connected
- 3.Weight units
- 4.Body fat rate
- 5.Body type assessment
- 6.Body weight
- 7.BMI
- 8.Body Heart rate



Functioning normally

Measuring failure



Battery Low



Overload



Calibrating

For body weight: Place the scale on an even surface and wait at least 10seconds before stepping on the scale. The reading should display 0.0 kg before stepping on.

During body fat testing process, the display shows different colors bars in sequence, which means weight status bars. After measured, the display shows the body fat rate and determinate color bar.

The correspondence between colors and weight status:

deep blue=thin

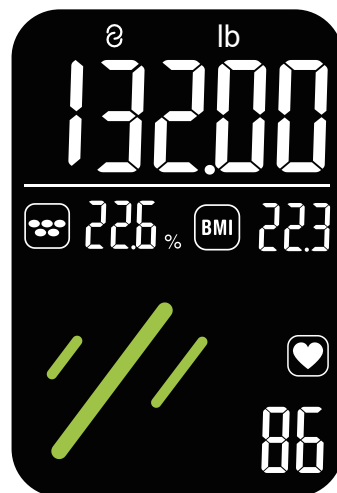
light blue=normal-

green=normal+

orange=fat

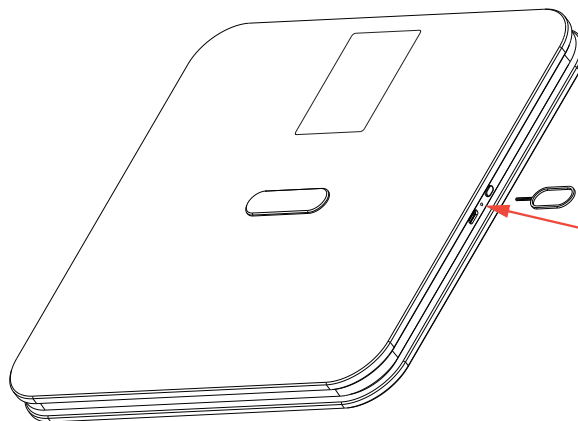
red=obese

For example: The below display shows the weight ⑤ status is normal.



Operating Instructions

When you start this scale at first time, please stick the little needle into the hole on the scale side. Then display will light up.

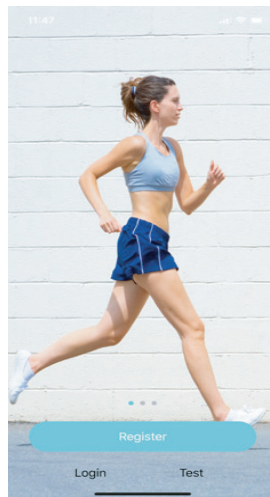


Download App and install the batteries

The Bluetooth Scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the 'Fitdays' app free from the App Store or Google Play.



Download " Fitdays " via App Store or Google Play.

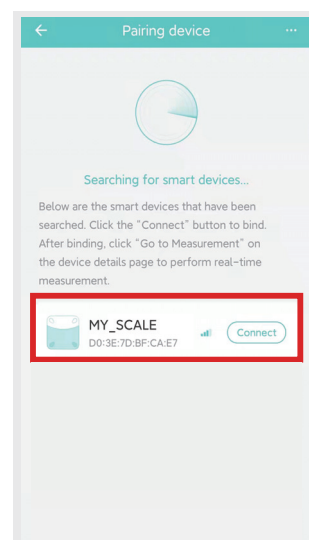
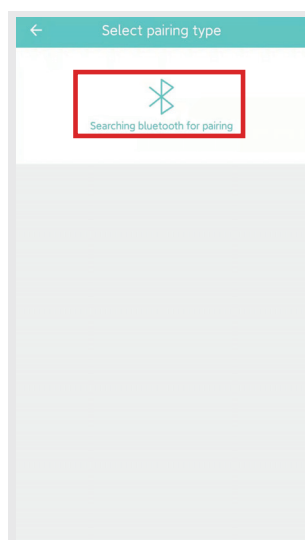
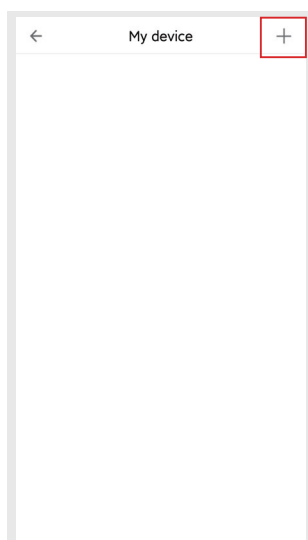
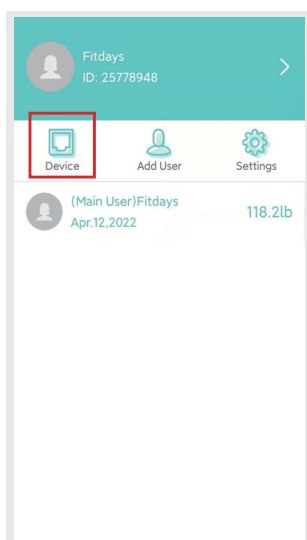


Register your own ID, then add personal data and confirm OK.

Pairing the scale with your smartphone

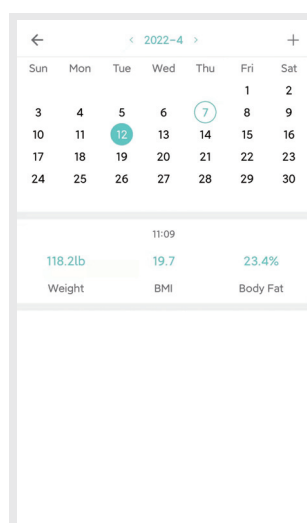
Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.

Tap [Account]→[Devices]→[+] in the APP, and also step scale on at the same time. Search the device [My_SCALE] and connect it.



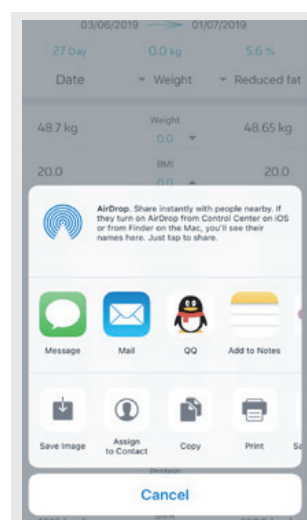
View reports, deleted data, set reference data, share progress by recently, weekly, month and year.

Click " Chart " to view your progress history. Enter it into the calendar to form a list and select a dataset or all data you want to delete. You can also select different date datas to contrast and share to friend via facebook,instagram, or SMS by click button

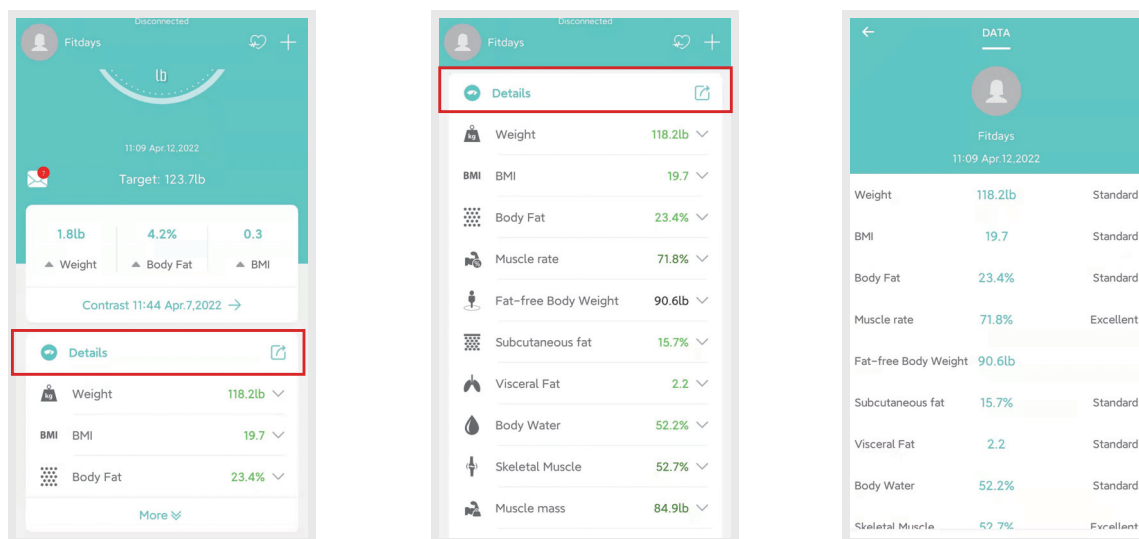


The screenshot shows the 'Details' report interface. It lists various health metrics with their current values and a small change indicator. The metrics are: Weight (118.2lb), BMI (19.7), Body Fat (23.4%), Muscle rate (71.8%), Fat-free Body Weight (90.6lb), Subcutaneous fat (15.7%), Visceral Fat (2.2), Body Water (52.2%), Skeletal Muscle (52.7%), Muscle mass (84.9lb), Bone Mass (5.5lb), and Protein (19.7%).

Metric	Value	Change
Weight	118.2lb	✓
BMI	19.7	✓
Body Fat	23.4%	✓
Muscle rate	71.8%	✓
Fat-free Body Weight	90.6lb	✓
Subcutaneous fat	15.7%	✓
Visceral Fat	2.2	✓
Body Water	52.2%	✓
Skeletal Muscle	52.7%	✓
Muscle mass	84.9lb	✓
Bone Mass	5.5lb	✓
Protein	19.7%	✓



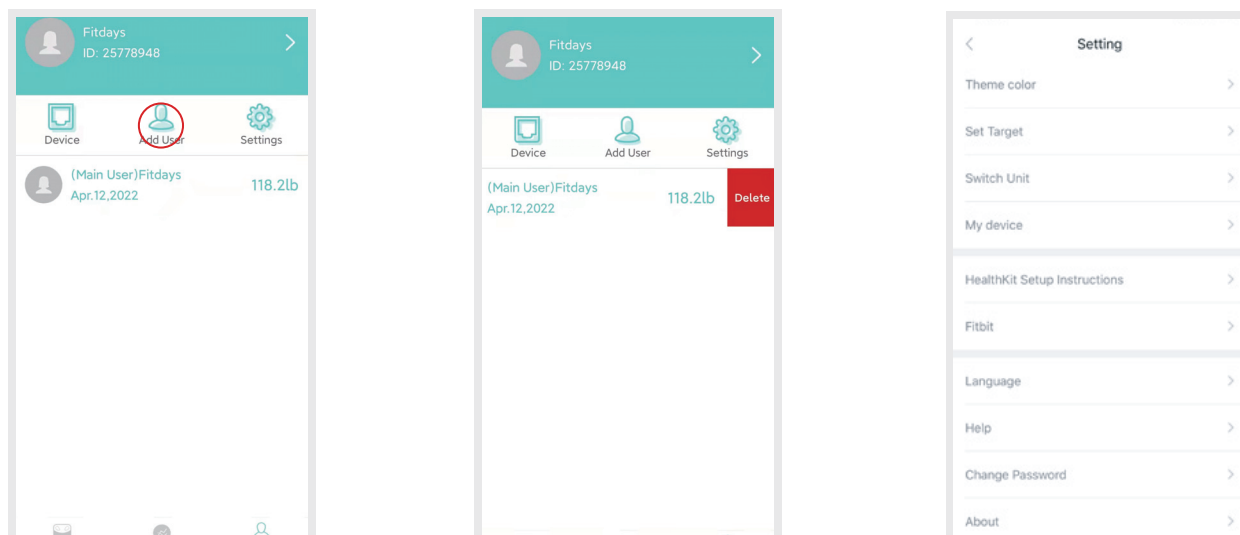
At the bottom, you will find a bar where you can select different types of data to display. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button [share] and Share on the Measuring page.



Add/Delete Users & Basic Settings

Under "Account" you can add user(s) "👤". To delete an account, swipe the account to the left and select "Delete".

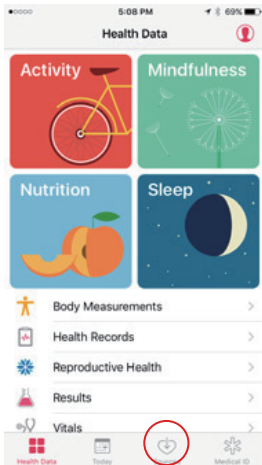
Themes, Set goals, Weight units, Weighing done sounds, Languages, Passwords can all be set under the Setting "⚙️" page. Please note that you can change the weighing unit under Press the Unit button, then it will control the unit of App.



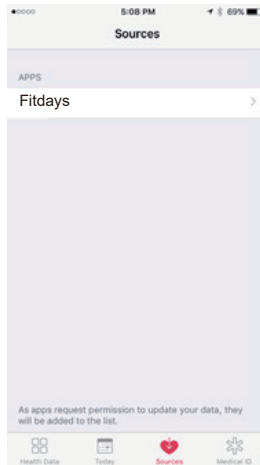
Sync to fitness app

♥ Apple Health

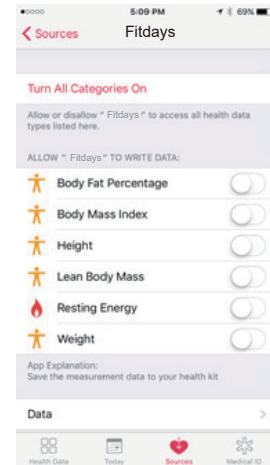
- 1) Open the " Health " app on your iPhone, select 'Data Sources.
- 2) Select " Fitdays " from the sources list.
- 3) Turn on all categories to allow the Fitdays app to work.



1



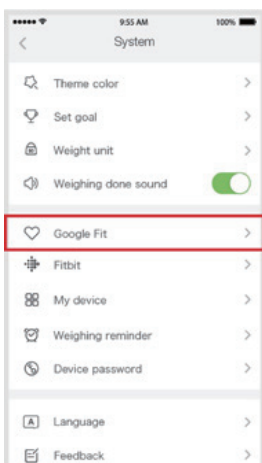
2



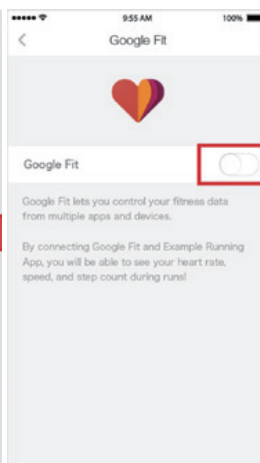
3

♥ Google Fit

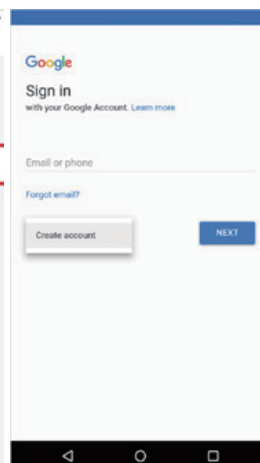
- 1) Enter Setting " ⚙️ " page, select " Google Fit "
- 2) Turn on " Google Fit " button, login to your Google account.
- 3) It will now automatically redirect you to the " Google Fit " page.
- 4) After the connection has been established, the data " Weight " will sync to Google Fit.



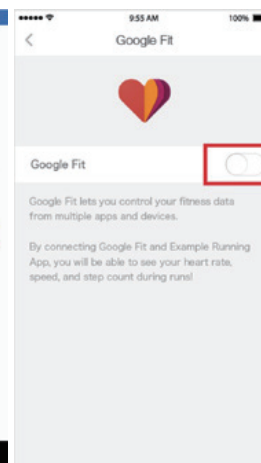
1



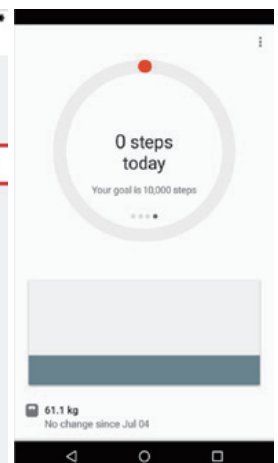
2-1



2-2



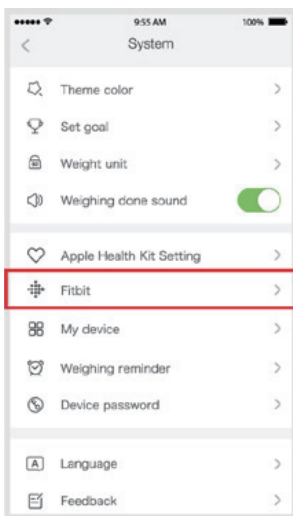
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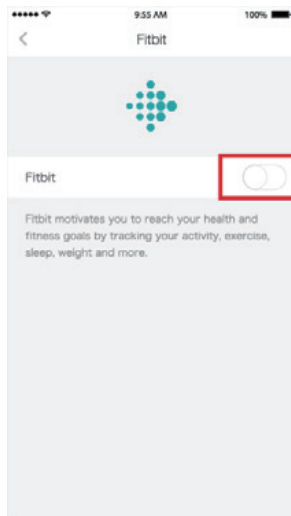
4

Fitbit App

- 1) Enter Setting "⚙️" page, select Fitbit
- 2) Turn on Fitbit button, login to your Fitbit account.
- 3) Select "Allow" to access Fitbit App.
- 4) After connection, the data (Weight, Body Fat%, BMI) will sync to Fitbit app. You can view both on app and web.



1



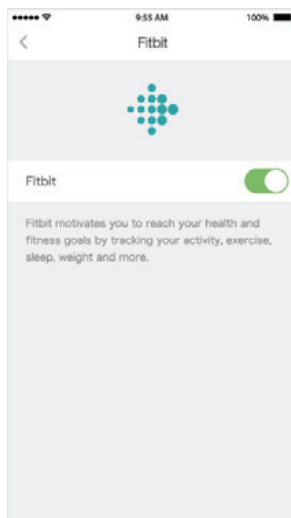
2-1



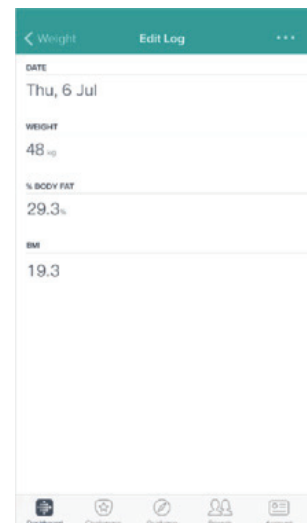
2-2



3



4-1



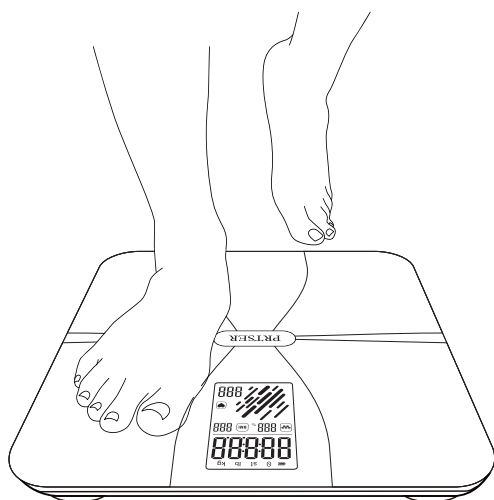
4-2

Maintenance

Recalibrating the scale

If the scale has been moved or flipped up side down, It must be recalibrated to ensure accurate results.

1. Place the scale on a flat surface.
2. Step on the scale with one foot until the digits appear on the display, then, step off.
3. The scale will show “0.00”, indicating that the calibration process is complete.



Frequently Asked Questions&Answers

1.Why doesn't the scale work? Why does the data on screen disappear in a flash?

- Please check if power is enough properly, charge the scale batteries if necessary.

2. The scale cannot connect with App.

- Check that the phone's software is iOS 8.0 or higher or Android6.0 or higher.
- Download and open the newest version of the Fitdays App.
- Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

3.No body fat measured when weighing.

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered.

Warning Note

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

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.

