

Kitchen Scale



Product Overview

The smart kitchen scale combines precise weighing capabilities with smart nutrition tracking. Designed for modern kitchens, this digital scale integrates with a mobile app to monitor macronutrients like fats, carbs, and proteins.

Product Specifications

Max Capacity: 5kg/11lb

Min Weight: 2g

Division: 1g/0.1oz

Units: g, ml(water), ml(milk), oz, lb:oz

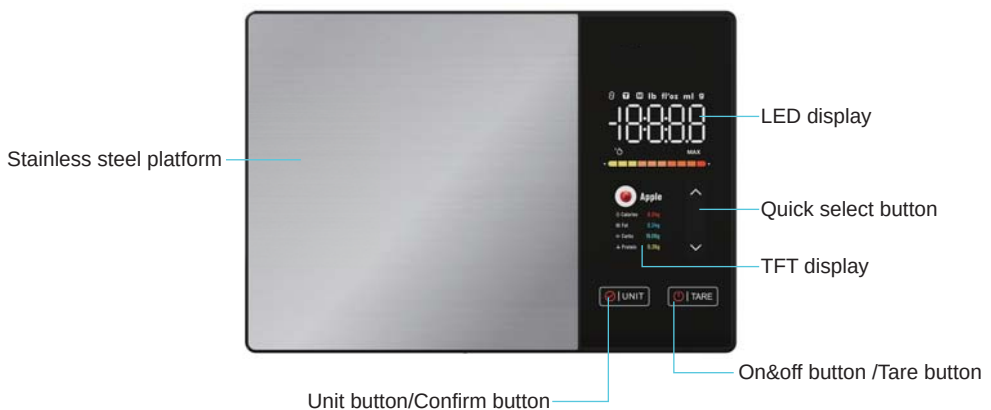
Power: 4×AAA batteries

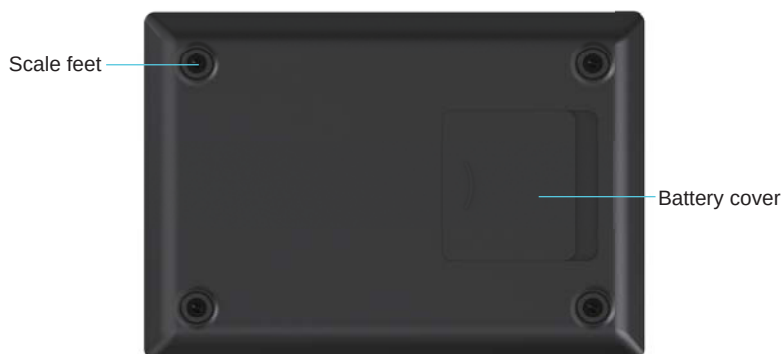
Weighing Platform: Stainless steel

Display: LED 48×38mm TFT 2.0-inch

Bluetooth connectivity

Product Diagram





Getting Started

POWER ON :

- Insert 4xAAA batteries into the battery compartment.
- Short press TARE to power on

TURN OFF:

- Long press TARE.
- Auto-off:Scale powers down after 120s .

Weighing & Unit Conversion

Default unit : g

Press UNIT to toggle between :

- g
- ml(water)
- ml(milk)
- oz
- lb:oz

How to Operate

1.Download Fitdays+ APP

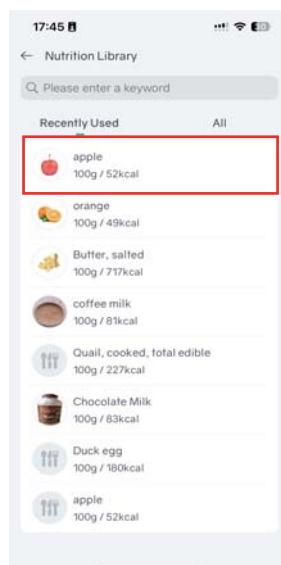
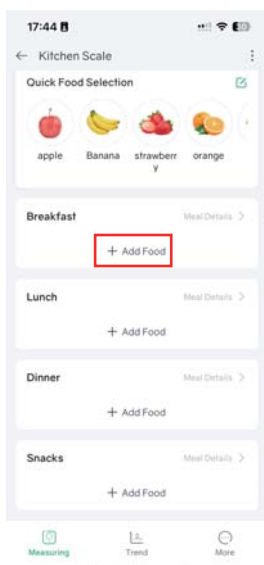


2.Pairing Instructions

- (1) Turn on the kitchen scale
- (2) Open the app and enable Bluetooth
- (3) Select device "MY_SCALE".

3.Choose food type

Option1: Select the corresponding food intake time and type on the app

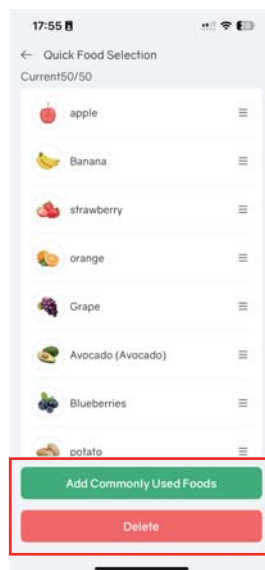
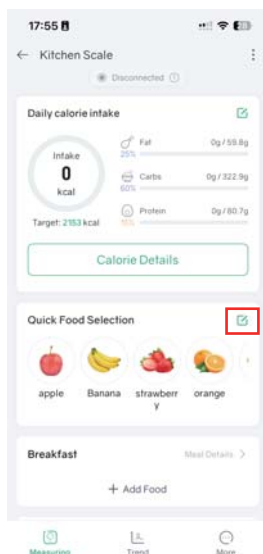


Option2: The scale can store 50 different foods, and you can quickly select the corresponding food by using the up/down selection buttons on the scale.



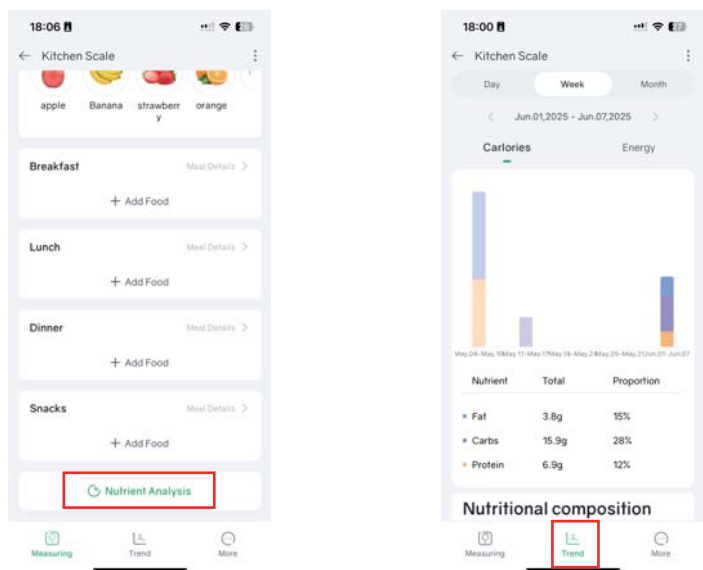
4. Customize frequently used foods

The app supports customizing and resorting 50 frequently used foods.



5.Check Nutrient Analysis and Trend

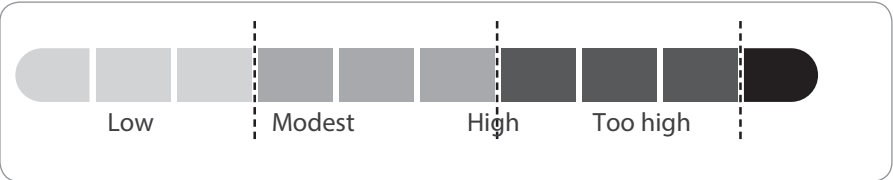
Click Nutrient Analysis to view more detailed nutrient intake analysis and trends.



Daily Calorie Goal Tracking



Set calorie targets and monitor progress directly for weight management support.



Troubleshooting

ISSUE	CAUSE	SOLUTION
"Lo" on display	Low battery	Replace all 4x AAA batteries
"Err" on display	Overweight (>5020g)	Remove excess weight
No Bluetooth	Not paired/ app closed	Reconnect in app settings
Inaccurate weight	Not on flat surface	Use on flat, stable platform

Safety & Maintenance

- Do not immerse in water.
- Clean with damp cloth.
- Store in dry, cool place.
- Keep away from strong electromagnetic sources.

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.

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

Made in China

