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› Taylor Scales 5568F Body Fat -Body Water Scale In Silver and Stainless Steel

Taylor 5568F

Taylor 5568F Body Fat and Body Water Scale User Manual

Comprehensive instructions for setup, operation, and maintenance of your Taylor 5568F scale.

INTRODUCTION

The Taylor 5568F Body Fat and Body Water Scale is designed to provide comprehensive body composition analysis in addition to accurate weight measurements. This scale features a silver ABS and stainless steel platform, a 1.9-inch LCD dual-line readout, and a 12-user memory. It measures body fat, body water, muscle mass, and bone mass percentages to 0.1% graduation, alongside your weight.

Key features include a daily caloric reference (Cal-Max) to help maintain or adjust weight, and an athlete mode for individuals with specific training regimens. The scale supports weight readings in pounds or kilograms and has a maximum capacity of 350 pounds (160 kg).



Image of the Taylor 5568F Body Fat and Body Water Scale, featuring a silver ABS and stainless steel platform with a central LCD display.

SETUP AND INITIAL USE

1. Battery Installation

Your Taylor 5568F scale comes with one brand name battery provided. Locate the battery compartment on the underside of the scale. Open the compartment cover, insert the battery according to the polarity indicators (+/-), and close the cover securely.

2. Placement

Place the scale on a hard, flat, and stable surface. Uneven or soft surfaces (like carpet) can affect accuracy. Avoid placing it near

heat sources or in direct sunlight.

3. Unit Selection

Most scales have a switch on the back or underside to select between pounds (lb) and kilograms (kg). Set your preferred unit before first use.

4. Initial Calibration (Zeroing)

After placing the scale and installing batteries, gently tap the platform with your foot to activate it. Wait for the display to show "0.0" or "0.00" before stepping on. This ensures the scale is properly calibrated for an accurate reading.

OPERATING INSTRUCTIONS

1. Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare feet, standing still and centered.
3. Your weight will be displayed on the LCD. The scale also features a "weight only" mode for quick readings without body composition analysis.

2. Body Composition Analysis (Body Fat, Body Water, Muscle Mass, Bone Mass)

For body composition readings, you must first set up your personal profile in the scale's memory. The 5568F has a 12-user memory.

Setting Up User Profiles:

- Press the "SET" or "MODE" button to enter user setup.
- Use the arrow buttons to select a user number (P1-P12).
- Enter your personal data: age, gender, height. Confirm each entry.
- Once your profile is saved, select your user number before stepping on the scale for a full analysis.

Taking a Body Composition Reading:

1. Select your user profile.
2. Step onto the scale with bare feet, ensuring your feet are in contact with the metal electrodes.
3. Remain still until all measurements (weight, body fat, body water, muscle mass, bone mass) are displayed sequentially on the LCD.

3. Cal-Max Feature (Daily Caloric Reference)

The Cal-Max feature calculates the approximate number of calories you should consume daily to maintain your current weight. This value is based on your personal profile data. To lower your weight, consume fewer calories than the displayed Cal-Max value.

4. Athlete Mode

The athlete mode is designed for individuals who consistently train at least three times a week, for two hours each time. Activating this mode adjusts the body composition algorithm to provide more accurate readings for highly active individuals. Refer to your scale's specific instructions on how to enable or disable athlete mode within your user profile.

MAINTENANCE

1. Cleaning

Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water. Ensure the surface is dry before storage or next use.

2. Battery Replacement

When the display shows a low battery indicator (e.g., "Lo"), replace the battery promptly. Follow the battery installation steps outlined in the Setup section.

3. Storage

Store the scale in a cool, dry place, away from extreme temperatures and humidity. Avoid placing heavy objects on the scale when not in use.

TROUBLESHOOTING

- **Inaccurate Weight Readings:**
 - Ensure the scale is on a hard, flat, and stable surface.
 - Perform initial calibration (zeroing) by tapping the scale and waiting for "0.0" before stepping on.
 - Ensure you are standing still and centered on the scale.
- **No Body Composition Readings (Body Fat, Water, etc.):**
 - Ensure you are stepping on the scale with bare feet, making good contact with the metal electrodes.
 - Verify that your personal profile (age, gender, height) is correctly entered and selected.
 - Certain body compositions or conditions may affect the ability to obtain readings for body fat, body water, muscle mass, and bone mass. Consult the full product manual for specific limitations or conditions that may prevent readings.
- **Display Shows "Lo" or No Display:**
 - The battery is low. Replace the battery as described in the Maintenance section.
- **Error Messages (e.g., "Err"):**
 - Refer to the specific error codes in the comprehensive user manual for detailed explanations and solutions. Common causes include exceeding weight capacity or improper use.

SPECIFICATIONS

Brand	Taylor
Model Number	5568F
Weight Capacity	350 Pounds / 160 kg
Measurement Increments	0.2 Pounds / 0.1 kg
Body Composition Graduation	0.1%
Display	1.9 inch LCD dual line readout
User Memory	12 users
Platform Material	Silver ABS and Stainless Steel

Color	Silver
Product Dimensions	4.45 x 33.02 x 33.02 cm (1.75 x 13 x 13 inches)
Item Weight	1.45 kg (3.2 Pounds)
Power Source	1 x Brand Name Battery (provided)
Special Features	Body Fat, Body Water, Muscle Mass, Bone Mass, Cal-Max (Daily Caloric Reference), Athlete Mode, Weight Only Mode
UPC	077784002896

WARRANTY AND SUPPORT

The Taylor 5568F Body Fat and Body Water Scale comes with a **5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or further assistance, please refer to the contact information provided in your product packaging or visit the official Taylor Scales website. Please have your model number (5568F) and proof of purchase ready when contacting support.

