

## EatSmart ESBS-01

# EatSmart ESBS-01 Digital Bathroom Scale User Manual

Model: ESBS-01

## INTRODUCTION

Thank you for choosing the EatSmart ESBS-01 Digital Bathroom Scale. This manual provides essential information for the safe and effective use of your new scale. Designed with updated auto-on technology and high sensor accuracy, this scale offers a reliable way to track your weight. It features a spacious tempered glass platform, a large backlit LCD display for easy reading, and a 400-pound capacity.

## SETUP

### 1. Battery Installation

Your EatSmart ESBS-01 scale requires 4 AAA batteries (included). To install or replace batteries:

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 4 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

### 2. Initial Calibration & Placement

For accurate readings, proper initial calibration and placement are crucial:

- Place the scale on a hard, flat, non-carpeted floor. Uneven surfaces can affect accuracy.
- After inserting batteries, gently press the scale to turn it on. Allow it to display '0.0' and then turn off automatically. This completes the initial calibration.
- Repeat this calibration step whenever the scale has been moved to a new location.



Image: The EatSmart ESBS-01 Digital Bathroom Scale placed on a hard, flat floor, ready for use.

### 3. Unit Selection

The scale supports multiple units of measurement (pounds, kilograms, stone). To change the unit:

- Locate the unit switch on the underside of the scale, usually near the battery compartment.
- Slide the switch to select your preferred unit: 'lb' for pounds, 'kg' for kilograms, or 'st' for stone.



Image: The scale displaying a weight in kilograms, illustrating the unit selection feature.

## OPERATING INSTRUCTIONS

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### 1. Taking a Weight Measurement

To obtain an accurate weight reading:

1. Ensure the scale is on a flat, stable surface and has been calibrated if moved.
2. Step onto the scale with bare feet, standing still and centered on the platform. The scale will automatically turn on.
3. Your weight will be displayed on the extra-large, backlit LCD screen. The reading will flash to indicate it has locked in.
4. Step off the scale. It will automatically turn off after a few seconds to conserve battery life.





Image: A person standing on the EatSmart ESBS-01 Digital Bathroom Scale, demonstrating how to take a weight measurement.

## 2. Display Features

- **Extra Large LCD:** The 3.5" x 1.5" display ensures your weight is easy to read.
- **Bright Blue Backlight:** Provides clear visibility of readings even in low-light conditions.

Video: Official product video demonstrating the features and operation of the EatSmart Precision Digital Bathroom Scale, including the backlit display and step-on functionality.

## MAINTENANCE

### 1. Cleaning

To keep your scale in optimal condition:

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.

### 2. Battery Care

- Replace batteries when the low battery indicator appears on the display.

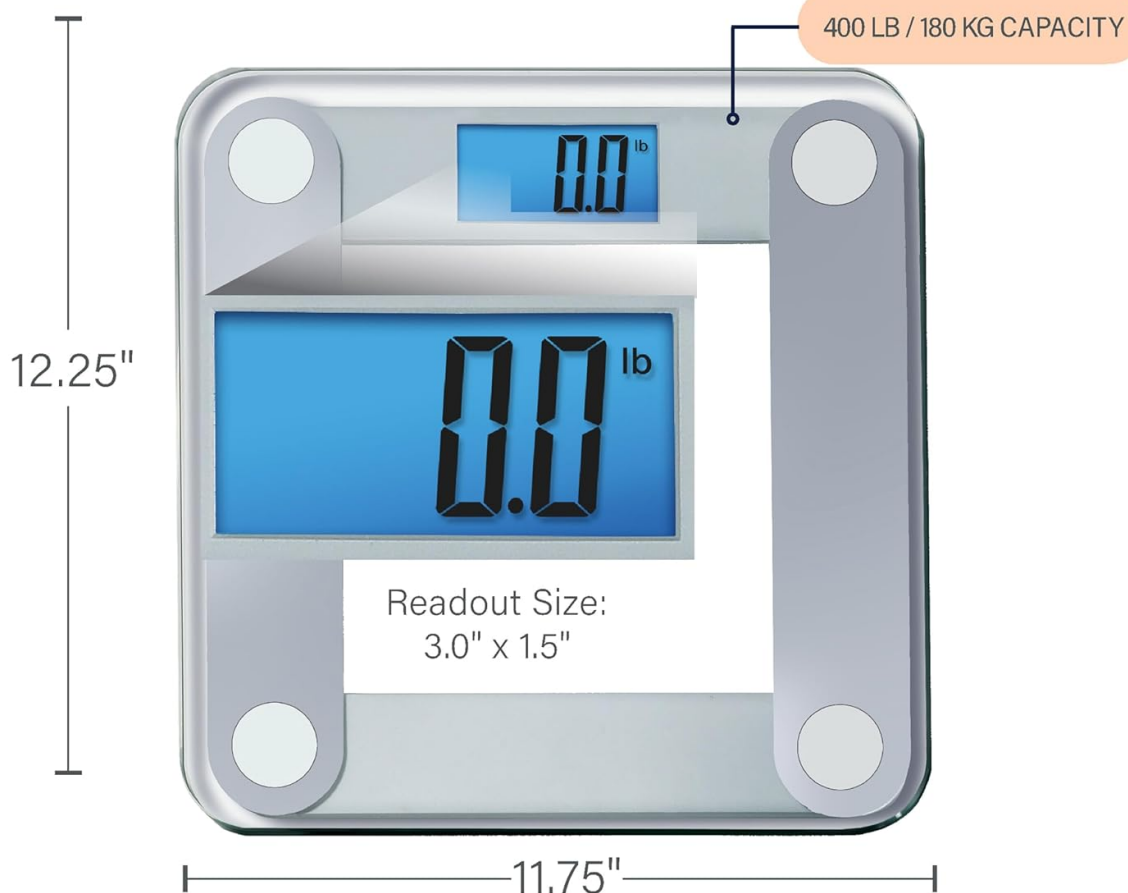
- Remove batteries if the scale will not be used for an extended period to prevent leakage.

## TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Re-calibrate by stepping on it briefly until '0.0' appears, then step off and allow it to turn off before weighing yourself.
- **'Lo' or 'Err' Display:** 'Lo' indicates low battery; replace the batteries. 'Err' may indicate an overload (exceeding 400 lbs) or an unstable reading; step off and re-attempt measurement.

## SPECIFICATIONS

Feature	Detail
Brand	EatSmart
Model Number	ESBS-01
Weight Capacity	400 lbs (180 kg)
Readout Accuracy	0.2 lbs (0.1 kg)
Display Type	Extra Large Backlit LCD (3.5" x 1.5")
Platform Material	Tempered Glass
Platform Dimensions	12.25" x 11.75"
Power Source	4 x AAA Batteries (included)
Special Features	Auto-On Technology, Auto-Off, Low Battery Indicator, Overload Indicator



## DIMENSIONS

Image: Detailed view of the EatSmart ESBS-01 Digital Bathroom Scale with key dimensions and capacity information.

## WARRANTY & SUPPORT

For customer service or support, please contact EatSmart at:

- **Phone:** (866) 843-3905
- **Hours:** Monday to Friday, 9 AM - 5 PM MST




A body measurement tape is included with your scale to assist in tracking body changes.

## Related Documents - ESBS-01



### [EatSmart CalPal™ Digital Bathroom Scale ESBS-52 User Manual and Guide](#)

Comprehensive user manual for the EatSmart CalPal™ Digital Bathroom Scale (Model ESBS-52). Includes setup, operation, calibration, BMI calculation, calorie estimation (CalPal™), troubleshooting, care, specifications, and warranty information.

 <p><b>EatSmart</b> Precision GetFit Digital Body Fat Bathroom Scale Model ESBS-06</p>	<p><a href="#">EatSmart Precision GetFit Digital Body Fat Bathroom Scale ESBS-06 User Manual</a></p> <p>Comprehensive user manual for the EatSmart Precision GetFit Digital Body Fat Bathroom Scale (Model ESBS-06). Learn how to set up, operate, and understand your body composition metrics. Includes troubleshooting tips and accuracy guidelines.</p>
 <p><b>EatSmart</b> Precision GetFit Digital Body Fat Bathroom Scale Model ESBS-06</p>	<p><a href="#">EatSmart Precision GetFit Digital Body Fat Bathroom Scale (ESBS-06) User Manual</a></p> <p>Comprehensive user manual for the EatSmart Precision GetFit Digital Body Fat Bathroom Scale (Model ESBS-06), covering setup, operation, understanding body metrics, troubleshooting, and care.</p>
 <p><b>EatSmart</b> Digital Glass Bathroom Scale Model ESBS-64</p>	<p><a href="#">EatSmart ESBS-64 Digital Glass Bathroom Scale: User Manual and Specifications</a></p> <p>Comprehensive user manual for the EatSmart ESBS-64 Digital Glass Bathroom Scale, covering setup, operation, weighing, troubleshooting, care, specifications, and warranty information.</p>