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## EatSmart ESBS-06

# Eat Smart Digital Body Fat Scale User Manual

Model: ESBS-06

## INTRODUCTION

The Eat Smart Precision Get Fit Digital Body Fat Scale is designed to provide comprehensive health metrics beyond just weight. Utilizing Bio-electrical Impedance Analysis (BIA) technology, it measures weight, body fat, body water, body muscle, and bone mass. This manual provides instructions for setting up, operating, and maintaining your scale to ensure accurate and consistent readings.



*Image: The Eat Smart Digital Body Fat Scale in black, showcasing its sleek design and large display.*

## SETUP

## 1. Battery Installation:

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

## 2. Initial Placement:

Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.

## 3. Setting Up User Profiles:

The scale can store up to 8 user profiles. To set up a profile:

- Press the "SET" button to enter setup mode.
- Use the arrow buttons to select a user profile (P1-P8).
- Press "SET" to confirm.
- Enter your gender, height, age, and activity level using the arrow buttons and "SET" to confirm each entry.
- Once all information is entered, the scale will return to 0.0.



*Image: A close-up view of the scale's LCD display and the touch-sensitive buttons, showing a foot on the scale.*

## OPERATING INSTRUCTIONS

### 1. Taking a Measurement:

Step onto the scale barefoot. Ensure your feet are positioned on the electrode areas for accurate body composition analysis. The scale will automatically identify your profile based on your previous weight and display your measurements.

## 2. Understanding Readings:

The scale will display your weight first, followed by body fat percentage, body water percentage, muscle mass, and bone mass. These readings will cycle through the display.

## 3. Auto-Recognition Technology:

After initial setup, the scale will recognize users based on their weight. If two users have very similar weights, the scale may prompt you to select the correct profile using the arrow buttons.

## MAINTENANCE

### • Cleaning:

Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.

### • Storage:

Store the scale in a dry place at room temperature. Avoid extreme temperatures or direct sunlight.

### • Battery Replacement:

Replace batteries when the low battery indicator appears on the display. Always replace all 4 AAA batteries at the same time.

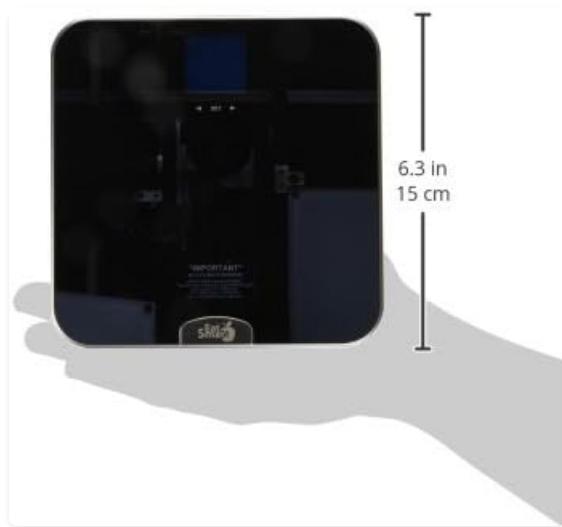
## TROUBLESHOOTING

Problem	Solution
"Lo" displayed	Low battery. Replace all 4 AAA batteries.
Inaccurate readings	Ensure the scale is on a hard, flat surface. Step on the scale barefoot and stand still. Weight and body composition can fluctuate throughout the day; weigh yourself at the same time each day in similar clothing for consistency.
Scale does not turn on	Check battery installation and ensure batteries are new. If issues persist, contact customer support.
"Err" displayed	Overload error. The scale's maximum capacity is 400 lbs. Step off the scale immediately.

## SPECIFICATIONS

- Model Number:** ESBS-06
- Dimensions:** 12.5 x 12.5 x 1 inches
- Weight:** 4.3 Pounds
- Power Source:** 4 AAA batteries (included)
- Weight Capacity:** Up to 400 lbs (180 kg)
- Accuracy:** 0.2 lbs (0.1 kg) increments

- **Display Type:** Backlit LCD
- **Features:** Body Fat, Body Water, Muscle Mass, Bone Mass measurement, Auto-Recognition Technology (up to 8 users)



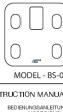
*Image: The scale viewed from above, illustrating its compact dimensions.*

## WARRANTY AND SUPPORT

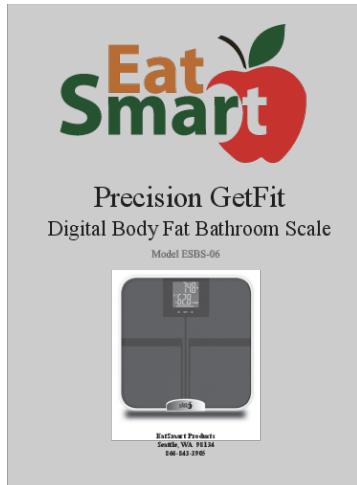
EatSmart products are designed for durability and accuracy. For any assistance, troubleshooting, or inquiries regarding your Eat Smart Digital Body Fat Scale, please contact EatSmart customer support. While specific warranty details are not provided in this manual, EatSmart is committed to customer satisfaction. For detailed warranty information or to access the official User Manual PDF, please visit the [official user manual link](#) or contact EatSmart directly.

### Related Documents - ESBS-06

<p><b>EatSmart Precision GetFit Digital Body Fat Bathroom Scale Model ESBS-06</b></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 Precision GetFit Digital Body Fat Bathroom Scale (ESBS-06) User Manual</b></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>ACTIVE ERA SMART SCALES MODEL: BS-06 INSTRUCTION MANUAL REINIGUNGSANLEITUNG MODELS-06 MANUAL DE INSTRUCCIONES MODELO BS-06 MANUAL DE INSTRUÇÕES PARA O MODELO BS-06 HANDLEIDING BS-06</p>	<p><a href="#"><u>Active Era Smart Scales BS-06 Instruction Manual</u></a> Comprehensive instruction manual for the Active Era Smart Scales Model BS-06, covering setup, usage, features, and troubleshooting for accurate body composition analysis.</p>
 <p>SR-06/SR-07 Speech Recognition Kit Construction Manual &amp; User Guide Image 3 Inc. 109 Woods of Alden Road Staten Island NY 10312 718 965 3955 ext. 718 965 3695 fax http://www.m-audio.com</p>	<p><a href="#"><u>SR-06/SR-07 Speech Recognition Kit Construction Manual &amp; User Guide</u></a> Comprehensive guide for building and using the SR-06/SR-07 Speech Recognition Kit, featuring the HM2007 chip. Includes detailed instructions for circuit construction, component installation, programming, voice training, and interfacing with external devices.</p>
 <p>EatSmart Digital Glass Bathroom Scale ESBS-64</p>	<p><a href="#"><u>EatSmart ESBS-64 Digital Glass Bathroom Scale: User Manual and Specifications</u></a> Comprehensive user manual for the EatSmart ESBS-64 Digital Glass Bathroom Scale, covering setup, operation, weighing, troubleshooting, care, specifications, and warranty information.</p>
 <p>Real Relax FAVOR-06 MASSAGE CHAIR USER MANUAL</p>	<p><a href="#"><u>Real Relax FAVOR-06 Massage Chair User Manual - Setup, Features, and Safety</u></a> Comprehensive user manual for the Real Relax FAVOR-06 massage chair. Learn about setup, features like body scan, auto programs, manual controls, safety precautions, and troubleshooting.</p>

## Documents - EatSmart – ESBS-06



### [EatSmart Precision GetFit Digital Body Fat Bathroom Scale \(ESBS-06\) User Manual](#)

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.

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Precision GetFit  
Digital Body Fat Bathroom Scale  
Model ESBS-06



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[EatSmart Precision GetFit Digital Body Fat Bathroom Scale ESBS-06 User Manual](#)

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.

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