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Greater Goods 0391

Greater Goods Body Fat Scale Model 0391 User Manual

Comprehensive instructions for setup, operation, and maintenance.

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Greater Goods Body Fat Scale, Model 0391. Please read this manual thoroughly before first use and retain it for future reference.

The Greater Goods Body Fat Scale is designed to measure body weight and estimate body composition metrics including BMI, body fat percentage, lean mass, water weight, and bone mass. It features a glass top and a large backlit display for clear readings.

IMPORTANT SAFETY INFORMATION

- Do not use if you have a pacemaker or other internal medical device.
- Do not use if you are pregnant.
- Always place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven flooring.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on.
- Do not jump on the scale.
- Keep out of reach of children.
- This scale is intended for household use only.

SETUP AND FIRST USE

1. **Unpack the Scale:** Carefully remove the scale from its packaging.



Image: The Greater Goods Body Fat Scale, Model 0391, shown with included AAA batteries and a warranty card. The scale has a silver glass top and four metal electrode pads.

2. **Install Batteries:** Open the battery compartment on the underside of the scale. Insert the 4 AAA batteries (included), ensuring correct polarity.



Simple Setup

Just remove the pull tab to get started. Batteries are included.

Image: A side profile view of the Greater Goods Body Fat Scale, Model 0391, resting on a tiled floor. This image highlights the slim design of the scale. The text "Simple Setup" is visible, indicating ease of initial use.

3. **Initial Calibration:** Place the scale on a hard, flat surface. Step on the scale briefly, then step off. The display will show "0.0" or a similar reading, indicating it is ready for use.
4. **Set Units:** On the underside of the scale, locate the unit switch (usually labeled "kg/lb"). Select your preferred unit of measurement.

OPERATING INSTRUCTIONS

Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare feet, centering your weight. Stand still.
3. The display will show your weight. It will flash a few times before locking the reading.

Measuring Body Composition

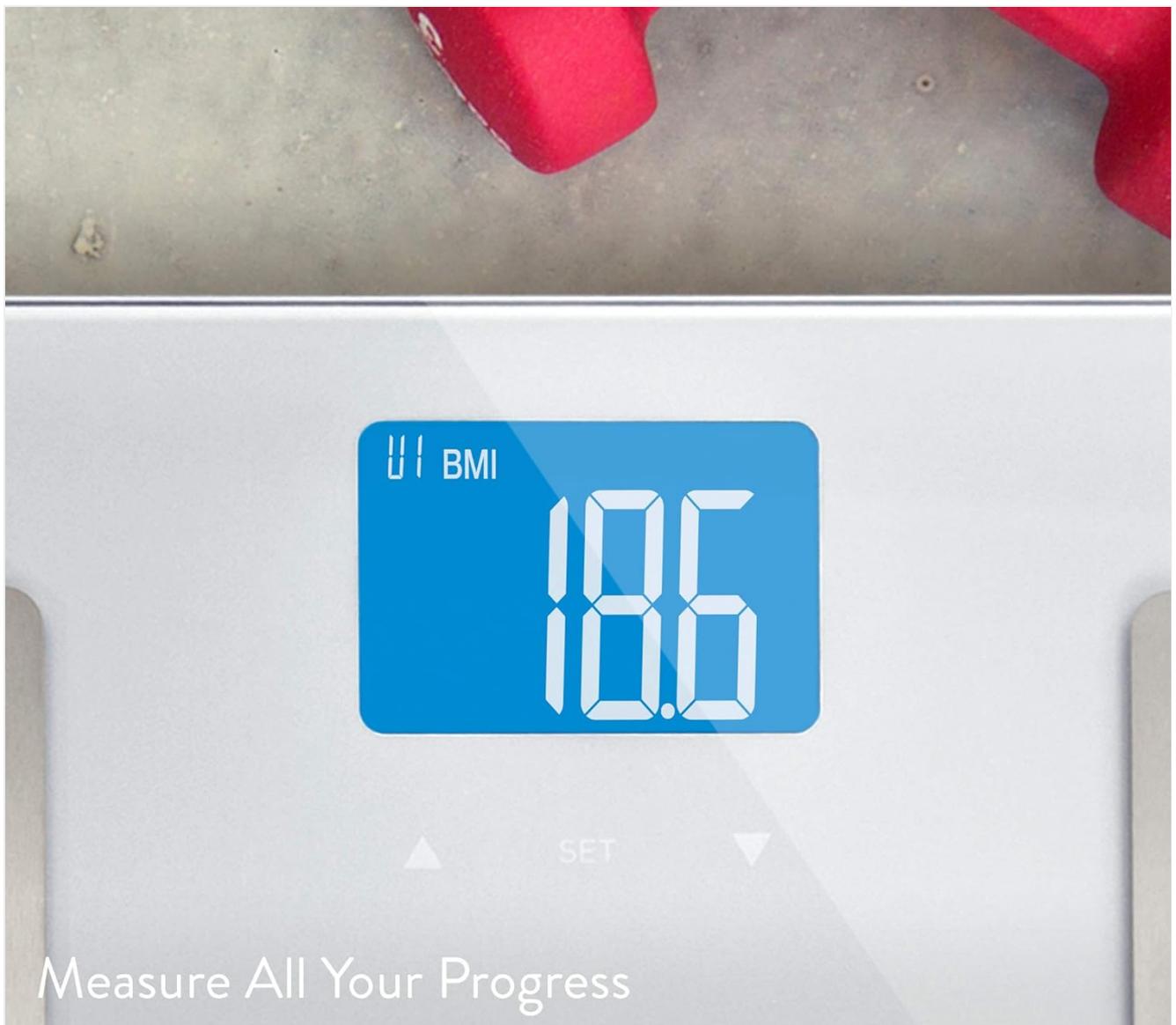
For body composition measurements (BMI, body fat, lean mass, water weight, bone mass), you must create a user profile.

1. Create User Profile:

- Press the "SET" button on the scale.
- Use the up/down arrows to select a user number (P1-P8). Press "SET" to confirm.
- Enter your height, age, and gender using the arrows and "SET" button.
- The scale may ask if you are an "Athlete". Refer to the scale's definition for this setting (typically for individuals with a resting heart rate of 60 bpm or less and intense physical activity of 12+ hours/week).
- Once all data is entered, the profile is saved.

2. Take a Body Composition Measurement:

- Step onto the scale with bare feet, ensuring your feet are in contact with the metal electrode pads.
- The scale will automatically detect your user profile (if your weight is close to the last recorded weight for that profile). If multiple users have similar weights, you may need to manually select your profile using the up/down arrows before stepping on.
- Stand still until all measurements are displayed and scroll across the screen.



Comparing weight plus 5 key health metrics shows you the full impact of your fitness routine.

Image: A close-up of the Greater Goods Body Fat Scale's digital display, showing a BMI reading of 18.6. This illustrates one of the key metrics the scale provides.

Understanding Your Metrics

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat:** The percentage of your total weight that is fat.
- **Lean Mass:** The total weight of your muscles, bones, organs, and water.
- **Water Weight:** The percentage of your total weight that is water.
- **Bone Mass:** The estimated weight of your bones.

Note: Body composition measurements are estimations. For precise medical advice, consult a healthcare professional. Consistency in measurement conditions (time of day, hydration) is key for tracking trends.

CARE AND MAINTENANCE

- Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- Store the scale in a cool, dry place.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- Avoid extreme temperatures and direct sunlight.

TROUBLESHOOTING

Problem	Solution
"Lo" displayed	Batteries are low. Replace with new AAA batteries.
"Err" displayed	Overload or unstable measurement. Step off the scale, wait a few seconds, and try again. Ensure weight does not exceed maximum capacity (400 lbs / 180 kg).
Inaccurate readings	<ul style="list-style-type: none">◦ Ensure the scale is on a hard, flat, level surface.◦ Perform initial calibration by stepping on and off the scale.◦ Ensure bare feet are in full contact with electrode pads for body composition.◦ Check battery level.
No display	Check if batteries are installed correctly and are not depleted.

SPECIFICATIONS

- **Model:** 0391
- **Brand:** Greater Goods
- **Dimensions:** 12.09 x 12.6 x 0.91 inches
- **Weight:** 5 Pounds

- **Power:** 4 x AAA batteries (included)
- **Display Type:** LCD, Backlit
- **Measurement Units:** Pounds (lb), Kilograms (kg)
- **Metrics Measured:** Weight, BMI, Body Fat, Lean Mass, Water Weight, Bone Mass
- **User Profiles:** Up to 8

WARRANTY AND SUPPORT

Greater Goods provides a 5-year warranty for this scale. For warranty claims or technical support, please contact Greater Goods customer service.

Contact information for support is typically found on the product packaging or the official Greater Goods website. Our team is available to assist with any questions or issues you may encounter.

ADDITIONAL RESOURCES

For further information, FAQs, and video tutorials, please visit the official Greater Goods website.

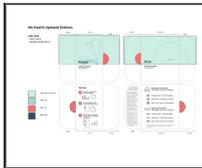
[Visit the Greater Goods Store on Amazon](#)



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Related Documents - 0391

	<p>Greater Goods Balance Body Composition Scale User Manual</p> <p>User manual for the Greater Goods Balance Body Composition Scale. Provides instructions on setup, usage, safety, troubleshooting, and technical specifications for measuring weight, body fat, muscle mass, water weight, and bone density.</p>
	<p>LTE-M Scale Welcome Guide and Quick Start</p> <p>Welcome guide and quick start instructions for the LTE-M Scale, including setup, warnings, and FCC compliance information.</p>
	<p>Omada Health Smart Scale Quick Start Guide</p> <p>Get started with your Omada Health smart scale (model 2ADUL0028), manufactured by Greater Goods, LLC. This guide covers setup, daily weighing habits, safety instructions, FCC compliance, and how to download the Omada mobile app for a connected health experience.</p>
	<p>GG Smart Baby Scale Product Guide and User Manual</p> <p>Comprehensive product guide and user manual for the GG Smart Baby Scale (Model 0220) by Zhongshan Transtek Electronics Co., Ltd. Learn about setup, usage, maintenance, specifications, and troubleshooting.</p>



[Me Health Hub and Power Device Setup Guide](#)

A guide to setting up the Me Health Hub and Power device, including connection instructions and status indicator explanations.