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Slimpal 84114

Slimpal Smart Body Tape Measure Instruction Manual

Model: 84114

INTRODUCTION

The Slimpal Smart Body Tape Measure is a digital measuring device designed to accurately track body circumference measurements and synchronize data with a mobile application. This manual provides essential information for the proper setup, operation, and maintenance of your device.

PRODUCT OVERVIEW

The Slimpal Smart Body Tape Measure features a compact design with a clear digital display, power button, and 'M' (Mode/Memory) button. It includes a retractable tape with both imperial (inches) and metric (centimeters) markings, and a tape buckle for convenient self-measurement.

Calculate

Record

Track Your Body Fat

Determine your body fat percentage and track your progress visually.

33.7%

26.3%

25.1%

29.53%

Body circumference

December 2021

Daily average 26.88 in

2021/12/13

Monthly average

Week	Shoulder	Bust
11.93 in	26.1 in	34.4 in
27.66 in	30.67 in	36.4 in
10.43 in	10.45 in	17.8 in
17.83 in	13.59 in	13.55 in

Week Month Year

Image: The Slimpal Smart Body Tape Measure, showing its digital display and control buttons.

SETUP

1. Battery Installation

1. Locate the battery compartment on the back of the device.
2. Use a coin to open the battery cover.
3. Insert one CR2032 battery, ensuring the positive pole is facing up.
4. Replace the battery cover and secure it.

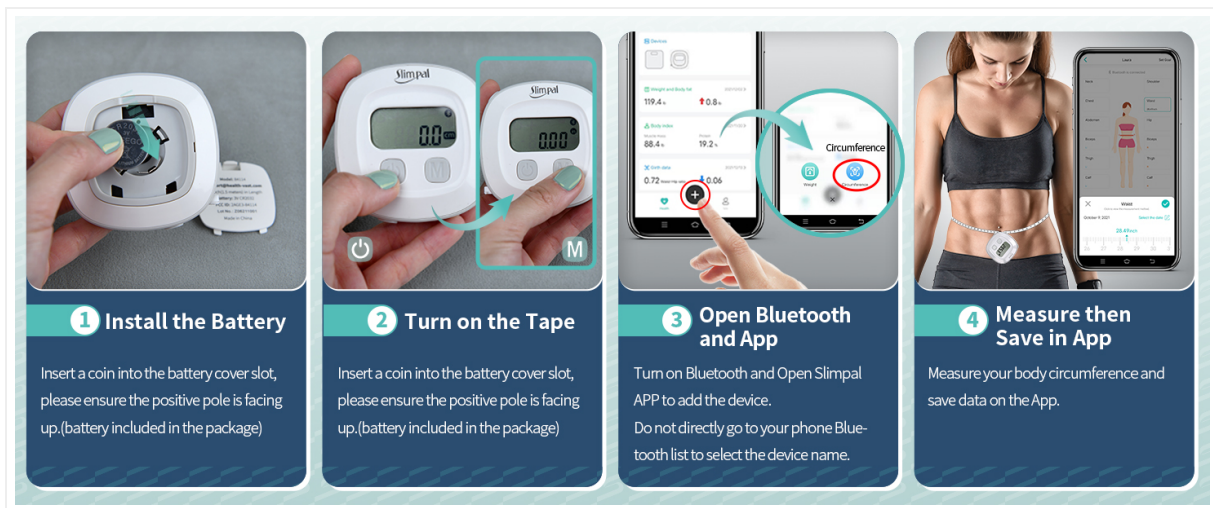


Image: Visual guide demonstrating the installation of the CR2032 battery into the Slimpal Smart Body Tape Measure.

2. App Download and Bluetooth Connection

1. Download the "Sлимпal" app from your device's app store (available for iOS and Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Turn on the Slimpal Smart Body Tape Measure by pressing the power button.
4. Open the Slimpal app and navigate to the "My Device" section.
5. Select "Add Device" and choose "Smart Tape Measure" from the options.
6. The app will automatically search for and connect to your device. Do not attempt to pair via your phone's Bluetooth settings directly.

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Video: Demonstrates how to automatically record measurement data to the Slimpal app via Bluetooth connection.

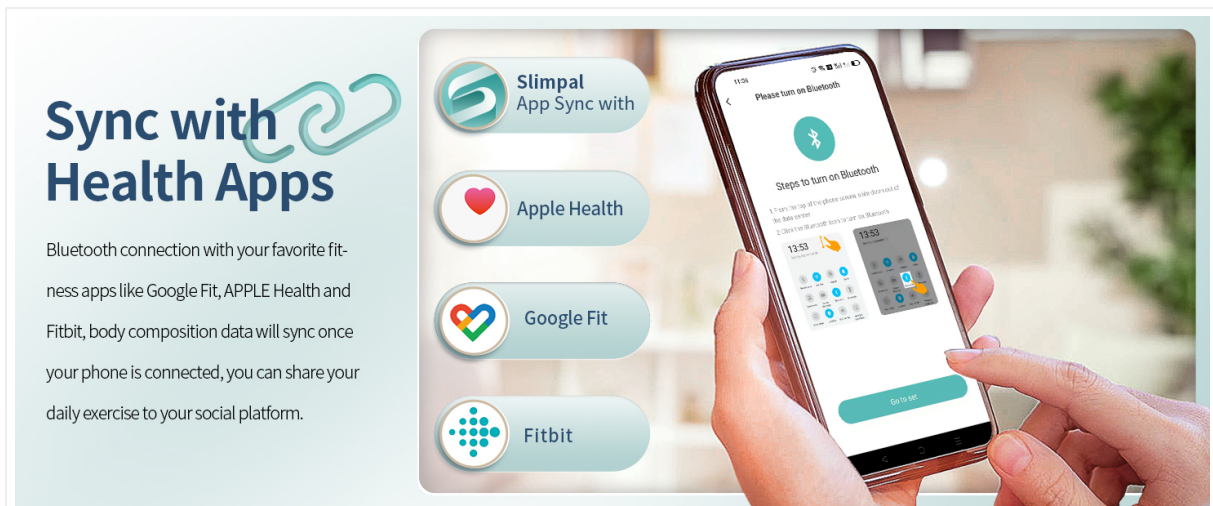


Image: Illustration of the Slimpal app's ability to sync with popular health applications like Google Fit, Apple Health, and Fitbit.

OPERATING INSTRUCTIONS

1. Power On/Off

- To turn on: Short press the power button ().
- To turn off: Short press the power button () again.

2. Zeroing and Unit Conversion

- To zero the measurement (Tare): Press the power button () and the 'M' button simultaneously.
- To change units (inches/centimeters): Long press the 'M' button for 2 seconds.



Image: Diagram illustrating the functions of the 'M' button: short press to select body part and save data, long press to change units, and simultaneous press with power button to reset/tare.

3. Taking Measurements

1. Pull out the tape measure to the desired length.
2. For self-measurement, insert the tape buckle into the slot on the side of the device to secure the tape around the body part.
3. Ensure the tape is snug but not overly tight.
4. Read the measurement displayed on the digital screen.
5. To save the measurement to the app: Short press the 'M' button. The app will prompt you to select the body part (e.g., neck, shoulder, bust, waist, hip, thigh, calf, arm).
6. After saving, you can press the 'M' button again to prepare for measuring the next body part.
7. To retract the tape: Press the retract button on the side of the device.

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Video: A comprehensive guide on how to use the Slimpal Smart Body Tape Measure, including pulling out the tape, securing it, and reading measurements.

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Video: Demonstrates the process of using the Slimpal Smart Tape Measure for fitness tracking, highlighting its ease of use and data recording capabilities.

Using Waist-hip Ratio to Monitor Your Health

Weight Loss

Muscle Gain

Fitness Bodybuilding

Waist-hip Ratio

Waist-Hip ratio
0.86

Published data suggests that a WHR (waist-hip ratio) of 0.8 for women and 0.95 for men have been shown to correlate strongly with general health and fertility. Women within the 0.8 range have lower levels of estrogen and are less susceptible to diseases such as diabetes, cardiovascular disease, and ovarian cancers. Men with WHRs around 0.95, similarly, have been shown to be more healthy and fertile with less prostate and testicular issues.

Excellent Good Average

Trend Body Circumference

Slimpal

29.53 in

Image: A woman using the Slimpal Smart Body Tape Measure to monitor her waist-hip ratio, illustrating how the device aids in tracking health metrics.

APP FEATURES AND DATA TRACKING

The Slimpal app enhances your measurement experience by providing advanced tracking and analysis features:

- **Automatic Data Storage:** All measurements are automatically stored in the app, eliminating the need for manual recording.
- **Body Fat & BMI Calculation:** The app calculates your body fat percentage and BMI based on your recorded measurements.
- **Body Proportions Analysis:** Gain insights into your body composition with calculated ratios such as Waist-to-Hip, Chest-to-Hip, Waist-to-Chest, and Shoulder-to-Waist ratios.



Image: Visual representation of how the Slimpal app helps track various body proportions like Waist to Hip Ratio, Waist to Chest Ratio, Chest to Hip Ratio, and Shoulder to Waist Ratio.

- **Historical Data & Trends:** View your measurement history and visualize trends over time with intuitive graphs and charts.



Image: The Slimpal app displaying a data comparison feature, allowing users to track changes in various body indicators over time.

- **Multi-User Support:** Create unlimited profiles within the app to track measurements for your entire family, sports teams, or groups.

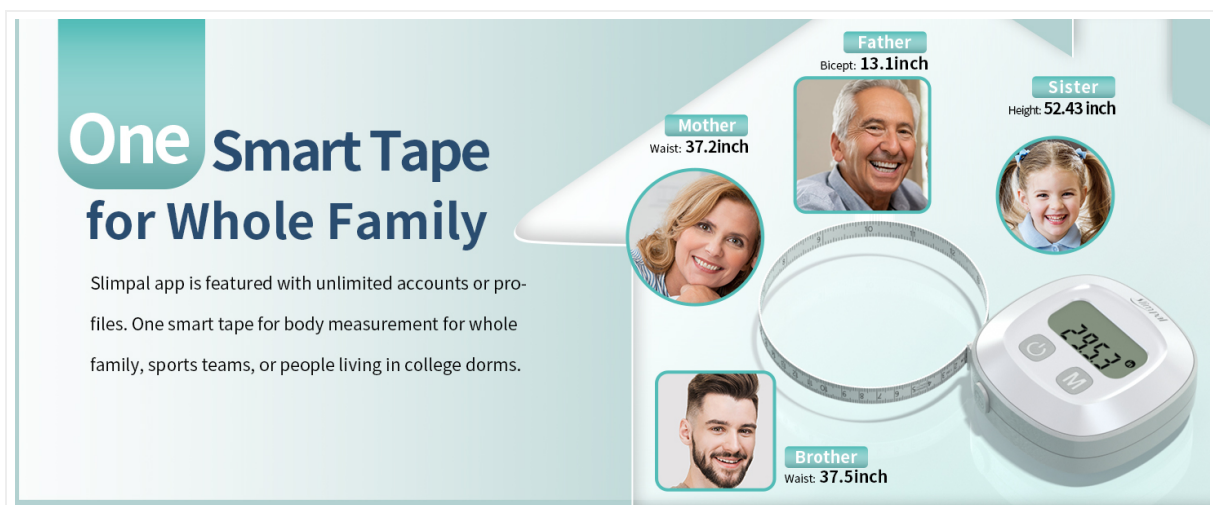


Image: Illustration showing how one Slimpal Smart Body Tape Measure can be used by multiple family members, with individual profiles in the app.

- **Baby Mode:** A dedicated mode to record and track a baby's growth and changes.

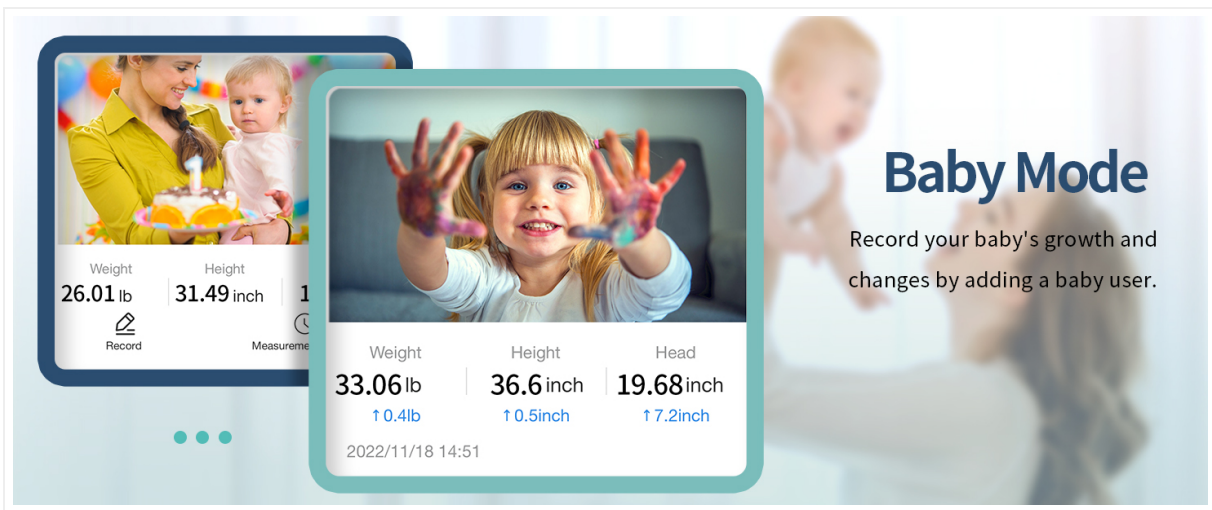


Image: The SlimPal app's "Baby Mode" interface, showing how to record and track a baby's weight, height, and head circumference.

- **Data Sharing:** Easily share your fitness data, including body composition and progress photos, with others.

SHARE YOUR FITNESS DATA WITH PHOTO

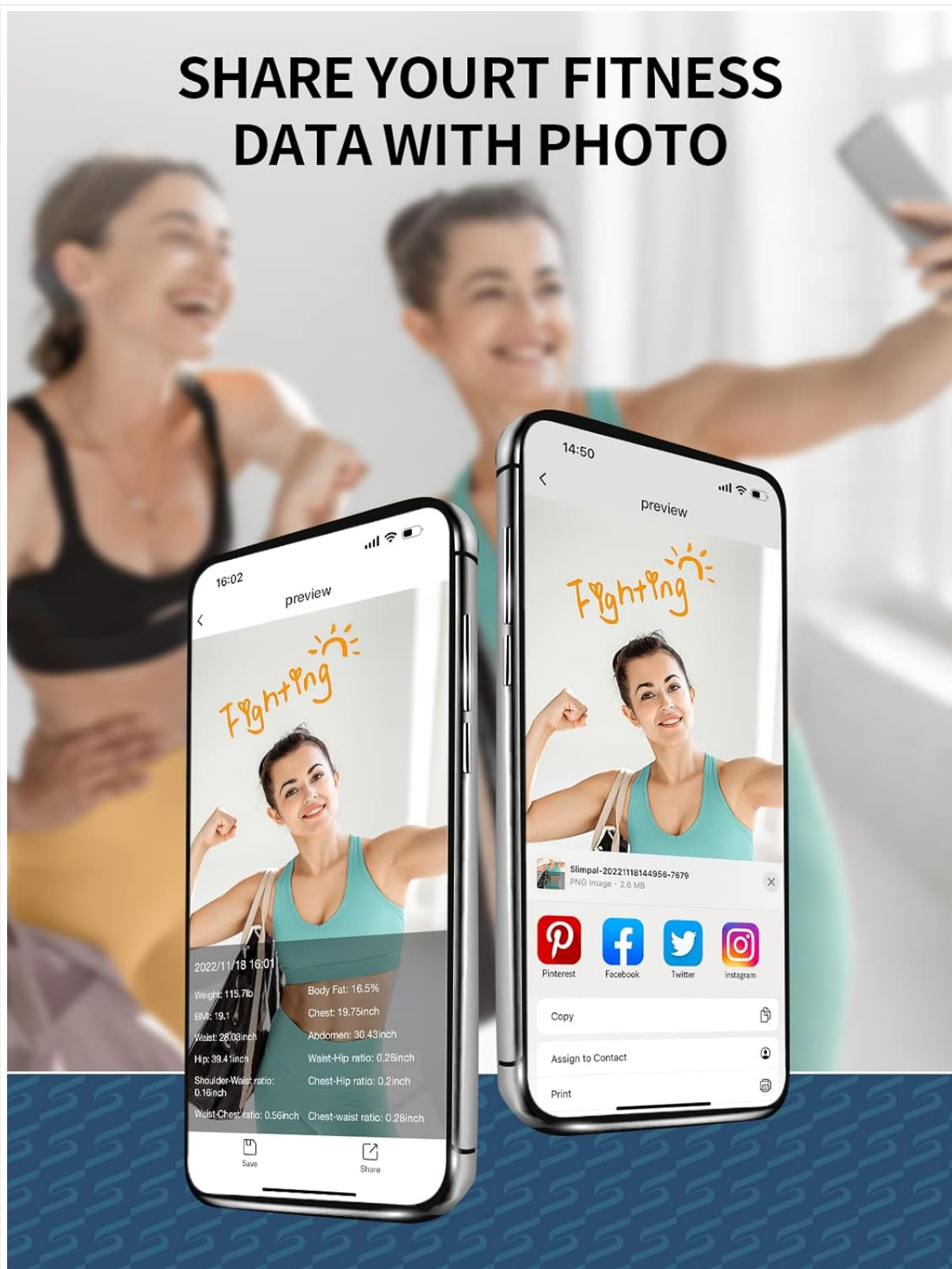


Image: The Slimpal app interface demonstrating options to share fitness data and progress photos on social media platforms.

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Video: An overview of the Slimpal Smart Body Fat Tape Measure, showcasing its features and integration with the mobile app for comprehensive body composition tracking.

MAINTENANCE

- Keep the device clean and dry. Wipe with a soft, dry cloth.
- Avoid exposing the device to extreme temperatures or direct sunlight.

- If the display becomes dim or unresponsive, replace the CR2032 battery as described in the Setup section.

TROUBLESHOOTING

- **Device not turning on:** Check if the battery is correctly installed and has sufficient charge. Replace if necessary.
- **Bluetooth connection issues:** Ensure Bluetooth is enabled on your phone and the device is powered on. Try restarting both the device and the app. Follow the pairing steps in the Setup section carefully.
- **Inaccurate measurements:** Ensure the tape is pulled taut and straight around the body part. Make sure the device is zeroed before taking a new measurement.

SPECIFICATIONS

Feature	Detail
Product Dimensions	2.4 x 2.4 x 0.04 inches
Item Weight	2.24 ounces (0.14 Pounds)
Model Number	84114
Batteries	1 CR2032 battery (included)
Blade Length	60 Inches (1.5 meters)
Measurement Accuracy	±1/16 inch per 10 feet (±0.16%)
Lock Type	Push-Button
Case Material Type	Plastic
Blade Material	Plastic
Color	Clear

WARRANTY AND SUPPORT

For warranty information or technical support, please contact Slimpal customer service.

- **Email:** support@healthpal.com