

CHWARES ch310W-001

CHWARES Smart Body Fat Scale User Manual

Model: CH310W-001

Brand: CHWARES

1. INTRODUCTION

Thank you for choosing the CHWARES Smart Body Fat Scale. This digital scale is designed to provide a comprehensive analysis of your body composition, helping you track your health and fitness journey. Equipped with an extra-large VA LCD screen and advanced features, it offers precise measurements and seamless integration with the Fitdays application on your smartphone.

This manual will guide you through the setup, operation, and maintenance of your new scale, ensuring you get the most out of its capabilities.



Image: The CHWARES Smart Body Fat Scale, showing its sleek white design and the digital display, along with smartphone and smartwatch interfaces displaying app data.

2. SAFETY INFORMATION

- Do not use this device if you are pregnant, have a pacemaker, or any other internal medical device.
- The scale is intended for household use only. It is not a medical device and should not be used for medical diagnosis or treatment.
- Place the scale on a hard, flat surface. Avoid carpets or uneven floors, as this may affect accuracy.
- Keep the scale dry. Do not immerse it in water or use it in extremely humid environments.
- The glass surface can be slippery when wet. Ensure the scale surface is dry before stepping on it.
- Do not jump on the scale or drop heavy objects on it.
- Keep out of reach of children.

3. PACKAGE CONTENTS

Please check the package to ensure all items are present:

- CHWARES Smart Body Fat Scale (Model: CH310W-001)
- USB Charging Cable
- User Manual

4. SETUP GUIDE

4.1 Charging the Scale

The CHWARES Smart Body Fat Scale is USB rechargeable. Before first use, or when the battery indicator shows low power, connect the scale to a USB power source (e.g., computer, wall adapter) using the provided USB charging cable.



Image: Close-up of the USB charging port on the side of the scale, indicating its rechargeable nature.

4.2 Installing the Fitdays App

To unlock the full potential of your smart scale, download the "Fitdays" app on your smartphone. The app is available for both iOS and Android devices.

1. Scan the QR code provided in the quick start guide (if applicable) or search for "Fitdays" in the Apple App Store or Google Play Store.
2. Download and install the app.
3. Register an account and create your personal profile within the app. Ensure you enter accurate personal information (gender, age, height) for precise body composition analysis.



Image: Screenshot showing the Fitdays app logo and its compatibility with Apple Health, Google Fit, Samsung Health, and Fitbit, emphasizing its role as a health manager.

4.3 Pairing with Bluetooth

Ensure Bluetooth is enabled on your smartphone and the Fitdays app is open. The scale will automatically connect when you step on it.

1. Open the Fitdays app on your smartphone.
2. Step onto the scale with bare feet. The scale will automatically turn on and display your weight.
3. The app will detect the scale via Bluetooth and synchronize your measurements. If prompted, confirm the pairing.
4. Your body composition data will appear in the app.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

To take a measurement:

1. Place the scale on a hard, flat surface.
2. Step onto the scale with bare, dry feet. Ensure your feet are positioned on the ITO conductive areas for accurate body composition readings.
3. Stand still until the display shows a stable weight reading. The scale will then proceed to measure other body composition metrics.
4. Wait approximately 15-20 seconds for all available information to cycle through on the scale's large VA display.
5. If the app is open and connected, all data will automatically sync to your Fitdays profile.



Image: A woman standing on the CHWARES scale, highlighting the large LCD color display that shows 8 essential body metrics directly, including weight, body fat rate, body water rate, heart rate, BMI, muscle mass, bone mass, and body type.

5.2 Understanding Displayed Metrics

The extra-large VA LCD screen directly displays key metrics. With the Fitdays app, you can access 15 vital body composition analyses:

- **Weight:** Your current body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Rate:** Percentage of fat in your body.
- **Body Water Rate:** Percentage of water in your body.
- **Heart Rate:** Your pulse beat.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Visceral Fat:** Fat stored around organs.
- **BMR (Basal Metabolic Rate):** The number of calories required to keep your body functioning at rest.
- **Body Age:** Your body's biological age based on your metrics.
- **Protein:** Percentage of protein in your body.
- **Skeletal Muscle Rate:** Percentage of skeletal muscle.

- **Body Balance:** An indicator of your body's balance.
- **Body-free Weight:** Your weight excluding fat.



Image: A man running, surrounded by icons representing the 15 vital body composition analyses provided by the scale and app, such as Heart Rate, Body Fat, Muscle Mass, and BMI.

5.3 Using the Fitdays App

The Fitdays app is your personal health manager. It allows you to:

- **Track Progress:** View detailed trend graphs of your body composition over days, weeks, months, or even years.
- **Set Goals:** Define your health and fitness goals and monitor your progress towards them.
- **Multi-User Support:** The app supports up to 24 users, making it ideal for families and friends. Each user can have their own profile and track their data independently.
- **Data Synchronization:** Automatically syncs data with Apple Health, Google Fit, and Samsung Health for a holistic view of your health.
- **Baby Weight Measurement:** A special mode allows you to weigh a baby by first weighing yourself, then stepping on the scale holding the baby.



Image: A woman performing a yoga stretch, with an overlay showing the Fitdays app interface displaying detailed charts for weight, body fat, and BMI over time, illustrating progress tracking.



Image: A family (parents, children, and a dog) gathered around the scale, with a smartphone displaying multiple user profiles in the Fitdays app, demonstrating the multi-user feature.

6. 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 cool, dry place. Avoid direct sunlight or extreme temperatures.
- **Battery:** Recharge the scale when the low battery indicator appears. Regular charging helps maintain battery health.

7. TROUBLESHOOTING

| Problem | Possible Cause / Solution |
|-------------------------|--|
| Scale does not turn on. | Battery may be depleted. Recharge the scale using the USB cable. |

| Problem | Possible Cause / Solution |
|---|--|
| Inaccurate readings. | <p>Ensure the scale is on a hard, flat surface (not carpet).</p> <p>Make sure your feet are bare and dry, and positioned correctly on the ITO sensors.</p> <p>Calibrate the scale by stepping on it briefly, then stepping off, and waiting for it to show "0.0" before stepping on again for measurement.</p> |
| Bluetooth connection issues. | <p>Ensure Bluetooth is enabled on your smartphone.</p> <p>Make sure the Fitdays app is open and running in the foreground.</p> <p>Restart your phone's Bluetooth or the Fitdays app.</p> <p>Ensure the scale is charged.</p> <p>If previously paired with another device, ensure it's disconnected from that device.</p> |
| Body composition data not appearing in app. | <p>Ensure you are stepping on the scale with bare feet.</p> <p>Verify that your profile information (height, age, gender) is correctly entered in the Fitdays app.</p> <p>Confirm successful Bluetooth connection.</p> |
| Battery drains quickly. | <p>Ensure the scale is fully charged. If the issue persists, contact customer support.</p> |

8. SPECIFICATIONS

| Feature | Detail |
|-------------------------|--|
| Model Number | CH310W-001 |
| Brand | CHWARES |
| Color | White |
| Material | Tempered Glass |
| Display Type | LCD (VA Extra Large Screen) |
| Measurement Accuracy | +/- 0.05 kg (0.1 lb) |
| Maximum Weight Capacity | 180 kg (396 lbs) |
| Power Source | USB Rechargeable (Lithium-ion battery) |
| Connectivity | Bluetooth |
| App Compatibility | Fitdays App (integrates with Apple Health, Google Fit, Samsung Health) |

| Feature | Detail |
|------------------------|--|
| Dimensions (L x W x H) | 27 x 27 x 2.54 cm (10.6 x 10.6 x 1 inches) |
| Weight | 1.92 kg (4.23 lbs) |
| Special Features | Backlit display, Large screen, Intelligent, Precise measurement, Anti-slip platform, ITO Coating Technology, 4 G-sensors |



Image: An exploded view diagram of the scale, highlighting its components such as the extra-large LCD screen, 6mm tempered glass, ITO coating technology, 4 anti-slip pads, memory chip, and precision G-sensors, illustrating its accurate measurement capabilities.

9. WARRANTY AND SUPPORT

CHWARES provides a guarantee on every smart scale. If you have any questions, concerns, or require assistance with your product, please do not hesitate to contact our customer support team. We are committed to providing exceptional products and services to our customers.

Please refer to the contact information provided on the product packaging or the official CHWARES website for support details.