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> Inkbird Rechargeable Smart Bluetooth Body Fat Scale BMI Highly Accurate Digital Bathroom Body Composition Analyzer with Wireless APP Trend Body Fat Weight Scale with Large Display (Body Scale)

Inkbird Food Scale

Inkbird Smart Bluetooth Body Fat Scale User Manual

Model: Food Scale
Brand: Inkbird

INTRODUCTION

This manual provides comprehensive instructions for the Inkbird Smart Bluetooth Body Fat Scale. This advanced digital bathroom scale is designed to accurately measure various body composition metrics, helping you monitor your health and fitness progress. Utilizing high-precision sensors and Bio-Impedance Analysis (BIA) technology, the scale offers detailed insights into your body data.

KEY FEATURES

- **High Accuracy:** Equipped with 4 high-precision G-shape sensors and 4 high-sensitive electrodes for accurate readings with a division of 0.2lb/100g, up to 400lb/180kg capacity.
- **Rechargeable Design:** Built-in 300 mAh battery, supporting up to 90 days of use on a full charge.
- **Smart App Integration:** Seamlessly syncs with the INKBIRD app, which can connect to Apple Health, Google Fit, Samsung Health, and Fitbit.
- **Comprehensive Body Data:** Measures weight, BMI, body fat, subcutaneous fat, body water, protein, BMR, body age, and more using BIA technology.
- **Data Tracking:** The INKBIRD app provides detailed charts and historical data to track body composition changes over time. Includes an Athlete Mode for precise analysis.
- **Heart Rate & Body Shape Index:** Features a BIA smart chip to measure heart rate and body shape index, offering a holistic view of body status.
- **Large Display:** Features an extra-large LED display for clear readings, with low power and overload indications.
- **Multi-User Recognition:** Can record data for up to 8 users and automatically identify them based on weight differences.

SETUP GUIDE

1. Initial Charging

Before first use, ensure the scale is fully charged. Use the provided USB Type-C cable and a 5V 1A charger. Do not use a fast charger.



Image: The Inkbird Smart Scale showing its USB-C charging port. The image highlights the "USB Rechargeable Design" and specifies using a "5V 1A" charger with the original Type-C data cable.

2. App Installation

Download the official INKBIRD app from the App Store (for iOS devices) or Google Play Store (for Android devices). Search for "INKBIRD" to find the correct application.

3. Pairing with the App

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the INKBIRD app and create your user profile.
3. Step onto the scale to activate it. The scale will automatically attempt to connect to the app via Bluetooth.
4. Follow the on-screen prompts in the app to complete the pairing process.



Image: The Inkbird Smart Scale displayed next to a smartphone showing the INKBIRD app interface. The scale's display shows "110.0 lb" and various body composition metrics, while the app mirrors this data and provides a user management screen.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors.
2. Step onto the scale barefoot. Ensure your feet are placed on the electrodes (the metallic pads) for accurate body composition analysis.
3. Stand still until your weight reading stabilizes on the scale's display.
4. If connected to the app, your data will automatically sync and be recorded in your profile.

Multi-User Functionality

The scale can store data for up to 8 users. Once profiles are set up in the app, the scale can automatically identify users based on their weight (with a differential value of 2 kg). Ensure each user has their own profile in the INKBIRD app.

A Scale for the Whole Family

The scale can record the body data of **8** users and automatically identify them according to their weight, with a differential value of 2 kg.

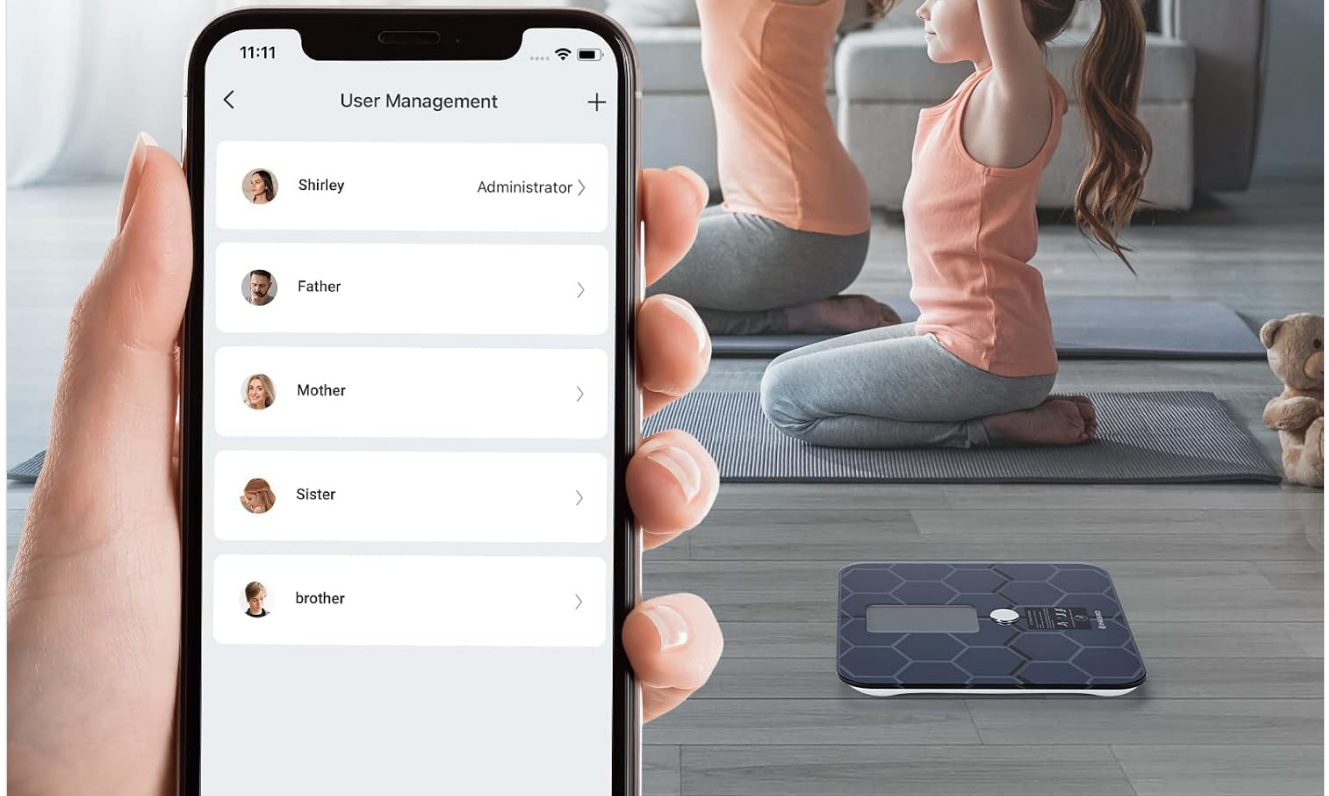


Image: A visual representation of the Inkbird Smart Scale being used by multiple family members. The image shows a woman and a child, with text indicating "A Scale for the Whole Family" and that it can record data for up to 8 users.

UNDERSTANDING YOUR DATA

The Inkbird Smart Scale provides 19 physical parameters to help you better understand your body. These include:

- Heart Rate
- Weight
- Body Type
- Score
- BMI (Body Mass Index)
- Body Fat Rate
- Muscle Mass
- Fat Mass
- Body Fat Index

- Obesity Level
- Ideal Weight
- Weight Control
- Visceral Fat
- Weight without Fat
- Body Water
- Bone Mass
- Protein Rate
- BMR (Basal Metabolic Rate)
- Metabolic Age

Get 19 Physical Parameters, Understand Our Body Better

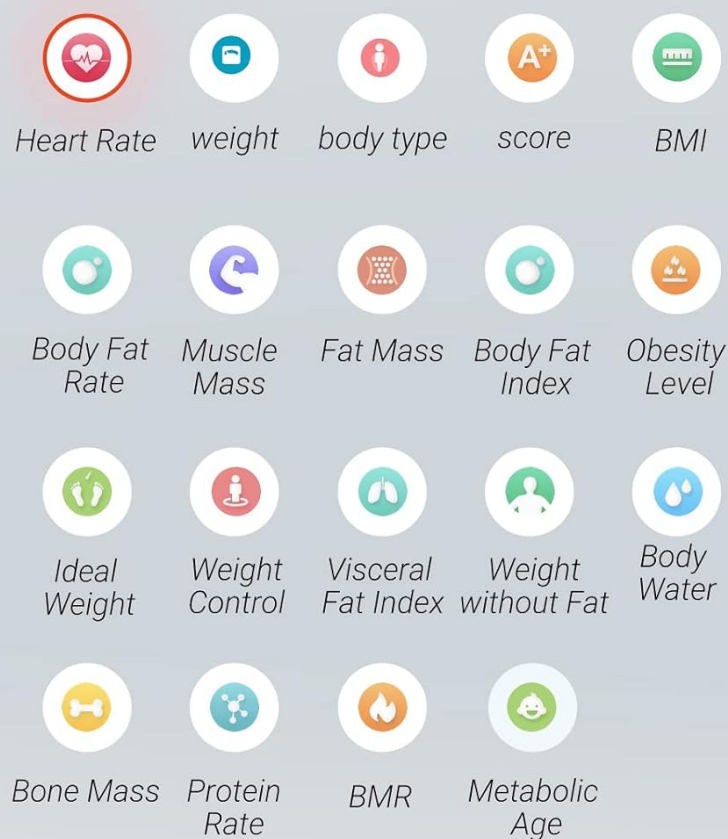


Image: An infographic titled "Get 19 Physical Parameters, Understand Our Body Better" illustrating the various body composition metrics measured by the Inkbird scale, including Heart Rate, Weight, BMI, Body Fat Rate, Muscle Mass, and more.

Display Information

The scale's LED display provides key information at a glance:

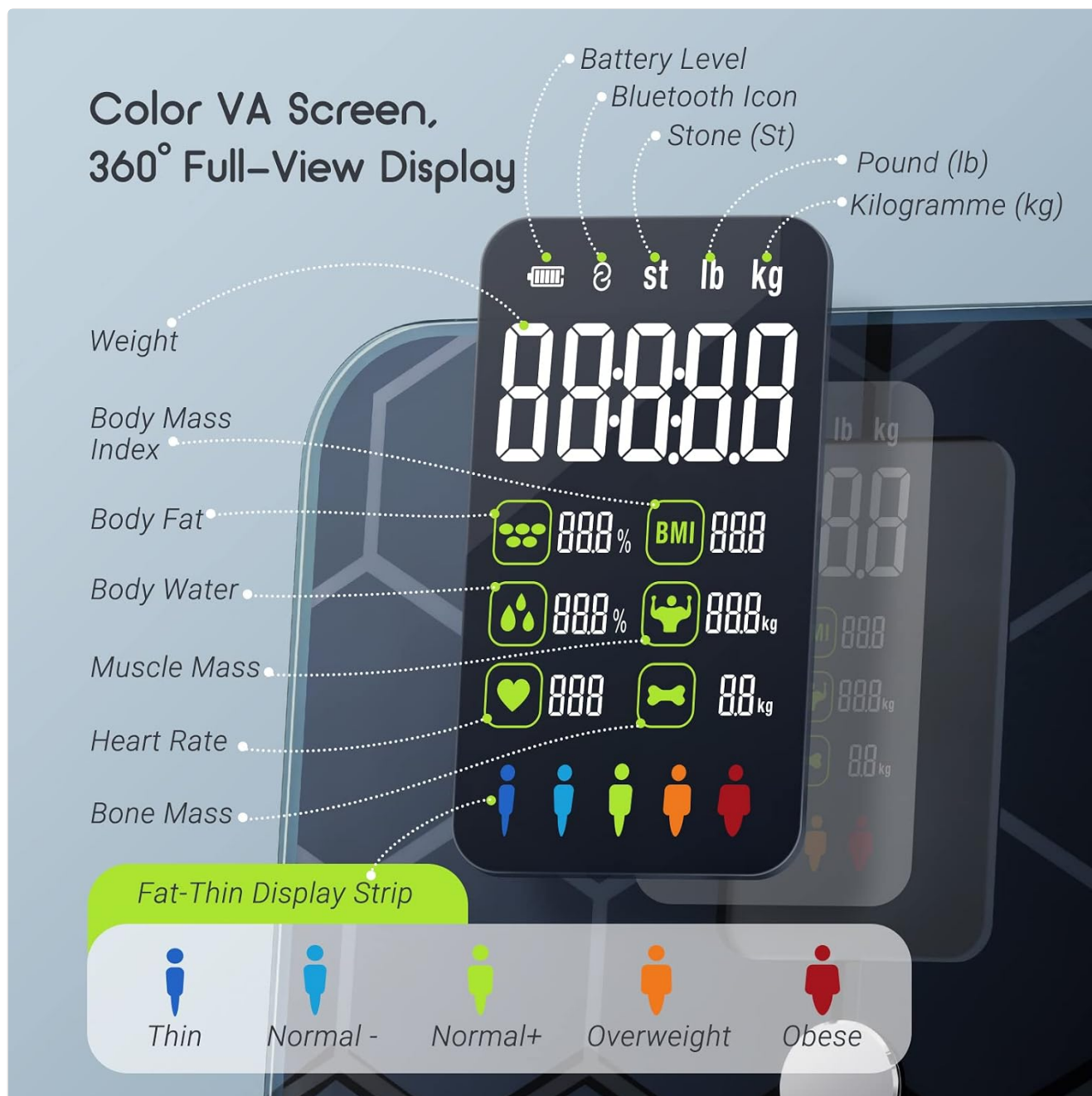


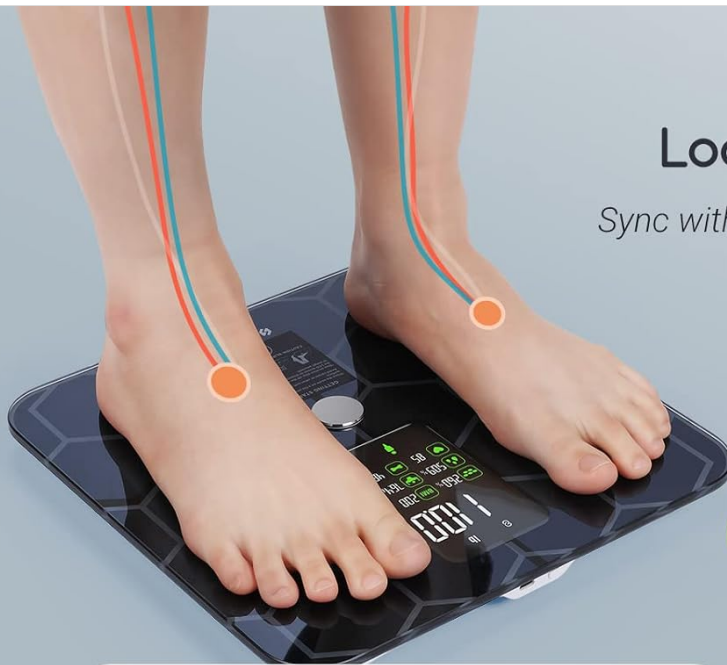
Image: A detailed breakdown of the Inkbird Smart Scale's Color VA Screen, 360° Full-View Display. It labels various indicators such as Battery Level, Bluetooth Icon, Stone (St), Pound (lb), Kilogramme (kg), Weight, BMI, Body Fat, Body Water, Muscle Mass, Heart Rate, and Bone Mass, along with a Fat-Thin Display Strip.

Tracking Progress with the App

The INKBIRD app allows you to view trends and historical data for all parameters. This helps you track your body changes daily, weekly, monthly, or yearly.

100 Sets of Local Data Storage

Sync with the app via Bluetooth connection



See data trends of all parameters and follow daily/weekly/monthly body changes on the app

There was a weight measurement of 160.5 lb 0 days ago. Was it yours or your family?

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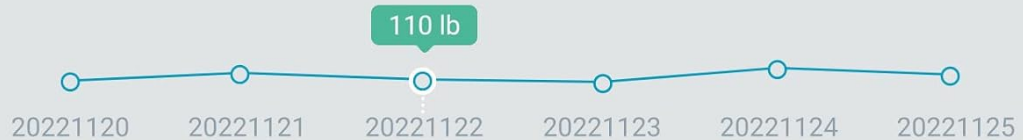
Body Mass Index

Weight in 1 day

Weight 10/26 11:09 110 lb

Resting heart rate 10/26 11:09 86

Weight



BMI



Body Fat Rate



Image: The Inkbird app interface displaying data trends for Weight, BMI, and Body Fat Rate over several days, illustrating the "100 Sets of Local Data Storage" and Bluetooth sync capability.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Battery:** Recharge the scale when the low power indicator appears on the display.
- **Placement:** Always use the scale on a hard, flat surface to ensure accurate readings.

TROUBLESHOOTING

Scale not turning on:

Ensure the scale is fully charged. Connect it to a 5V 1A USB power source.

Inaccurate readings:

- Ensure the scale is placed on a hard, flat surface.
- Step onto the scale barefoot and stand still.
- Calibrate the scale by stepping on it briefly, stepping off, and then stepping on again for measurement.

App not connecting or syncing data:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the INKBIRD app has Bluetooth permissions enabled in your phone's settings.
- Restart both the scale (by stepping off and on) and the INKBIRD app.
- Ensure your phone's operating system is up to date.
- If issues persist, try reinstalling the INKBIRD app.

Body composition data (BMI, fat, etc.) not showing:

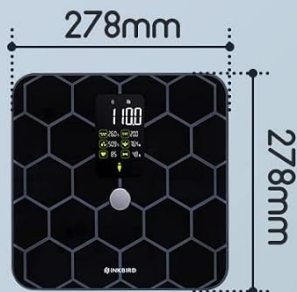
- Ensure you are stepping onto the scale barefoot, with your feet making full contact with the metallic electrodes.
- Verify that your user profile in the app is complete with all necessary personal information (age, height, gender).

SPECIFICATIONS

Feature	Detail
Brand	Inkbird
Model Number	Food Scale
Product Dimensions	27.94 x 27.94 x 2.54 cm
Item Weight	1.82 kg
Colour	Black
Recommended Use	Adults
Special Features	Smart, Bluetooth Connectivity, Rechargeable
Display Type	LED
Weight Capacity	Up to 180 kg / 400 lb
Accuracy	0.1 kg / 0.2 lb
Battery	Built-in 300 mAh (Rechargeable)

Accurate to 0.2lb/0.1kg

*Supports the weight range
of **5kg-180kg***



Larger contact area for easier use



vs

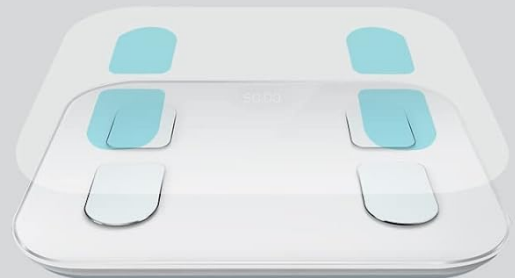


Image: The Inkbird Smart Scale with overlaid dimensions (278mm x 278mm) and text indicating "Accurate to 0.2lb/0.1kg" and support for "5kg-180kg" weight range. It also compares the larger contact area of this scale versus a generic one.

Superior Structure For Excellent Performance

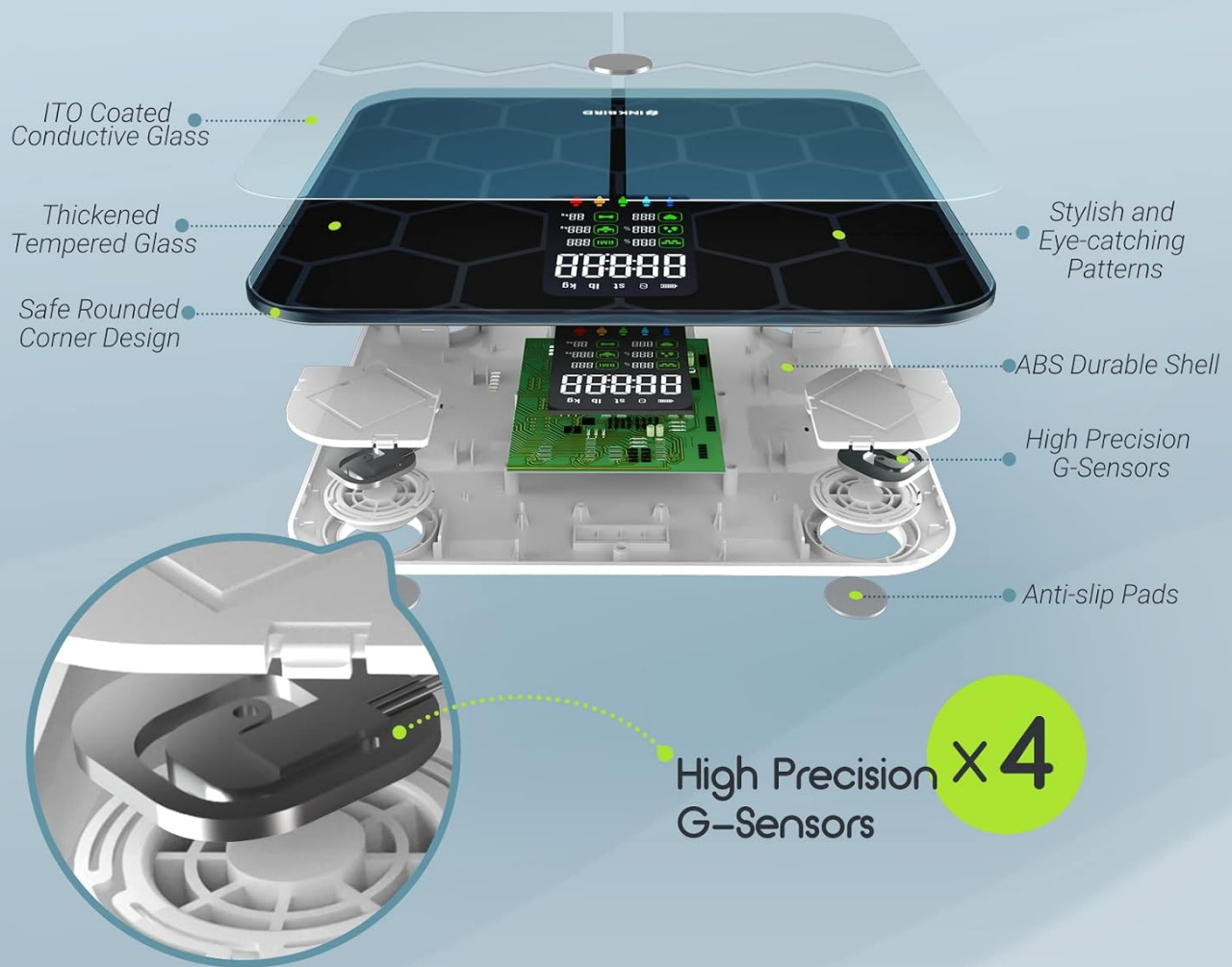


Image: A diagram illustrating the "Superior Structure For Excellent Performance" of the Inkbird Smart Scale. It highlights components such as ITO Coated Conductive Glass, Thickened Tempered Glass, Safe Rounded Corner Design, ABS Durable Shell, High Precision G-Sensors (x4), and Anti-slip Pads.

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official Inkbird website or contact Inkbird customer service directly. Details regarding extended warranty plans may be available from your retailer at the time of purchase.

For further assistance, you may visit the [Inkbird Store on Amazon](#).

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Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B0BPGGF4M6>

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