

[Manuals.plus](#) /

› [anyloop](#) /

› anyloop Smart Scale CF568BLE User Manual

## anyloop CF568BLE

# anyloop Smart Scale CF568BLE User Manual

Model: CF568BLE

## 1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your anyloop Smart Scale CF568BLE. Please read this manual thoroughly before using the device and retain it for future reference.

### 1.1 Product Overview

The anyloop Smart Scale CF568BLE is a digital bathroom scale designed to measure body weight and analyze various body composition metrics. It utilizes advanced ITO panel technology for sensitive and accurate measurements and connects via Bluetooth to a smartphone application for comprehensive health tracking.



Image 1.1: The anyloop Smart Scale CF568BLE, showcasing its sleek design and integration with the companion mobile application for detailed health data analysis.

## 1.2 Key Features

- **Measures 14 body composition indicators:** Provides a comprehensive analysis including visceral fat, BMI, bone mass, muscle mass, water weight, and metabolic age.
- **High Accuracy:** Equipped with advanced ITO coating and precise pressure sensors for measurements accurate to 0.1 lb (0.05 kg).
- **Bluetooth Connectivity:** Seamlessly connects to the "Fitdays" app on your smartphone for data synchronization and tracking.
- **Health App Compatibility:** Syncs data with popular health applications like Apple Health and Google Fit.
- **Multi-User Support:** Supports up to 10 user profiles within one app account, including a unique baby mode for tracking infant or pet weight.
- **Modern Design:** Features an easy-to-read LED display and a slim profile for convenient use and storage.

# 24 METRIC

metric more pressional more motivated

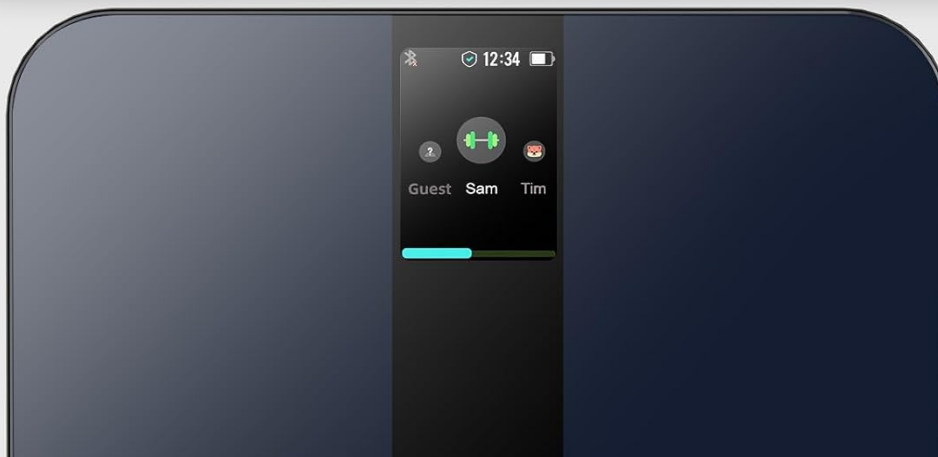
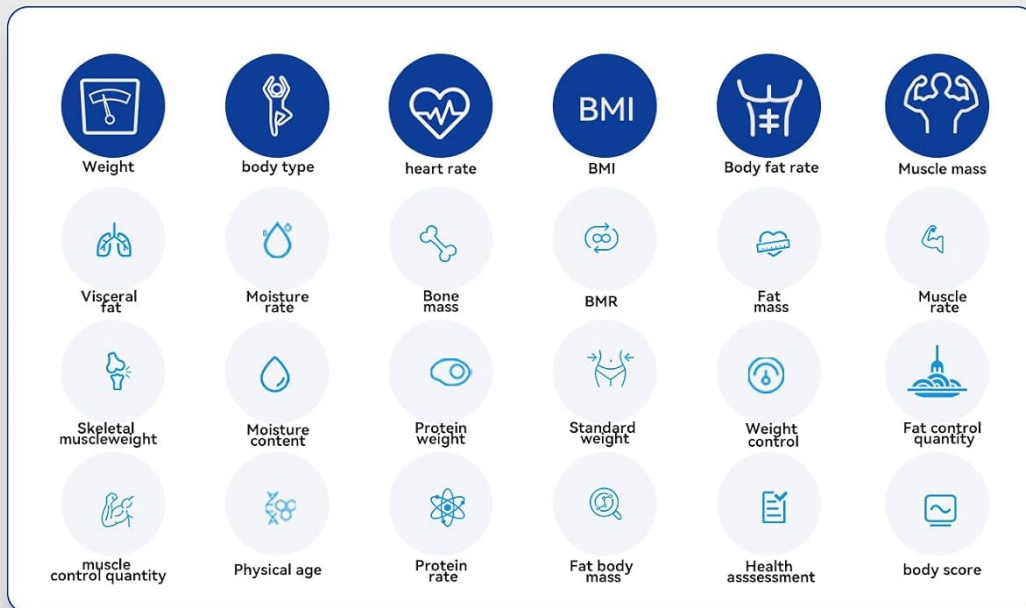


Image 1.2: An illustration detailing various body metrics measured by the anyloop Smart Scale, including weight, body fat rate, muscle mass, and more.

## 2. PACKAGE CONTENTS

Please check the package contents upon unboxing to ensure all items are present and undamaged.

- 1 x anyloop Smart Scale CF568BLE
- 1 x USB Charging Cable
- 1 x User Manual (this document)

## 3. SETUP

### 3.1 Charging the Scale

The anyloop Smart Scale is equipped with a rechargeable battery. Before first use, or if the battery is low, charge the scale using the provided USB cable.

1. Connect the small end of the USB charging cable to the charging port on the side or back of the scale.
2. Connect the larger end of the USB charging cable to a standard USB power adapter (not included) or a computer's USB port.
3. The display will indicate charging status. A full charge can last approximately 9 months with typical usage (measured twice daily).



Image 3.1: The anyloop Smart Scale showing its USB charging port and the included USB charging cable, highlighting its long battery life.

### 3.2 App Download and Installation

The "Fitdays" app is required to access all smart features and track your body composition data.

1. Scan the QR code provided in the quick start guide (if available) or search for "Fitdays" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the "Fitdays" app on your smartphone.
3. Open the app and follow the on-screen instructions to create a user account and set up your personal profile.

### 3.3 Bluetooth Connection

Ensure Bluetooth is enabled on your smartphone before attempting to connect the scale.

1. Place the scale on a hard, flat surface.
2. Open the "Fitdays" app on your smartphone.
3. Step onto the scale barefoot. The scale will automatically turn on and attempt to pair with the app via Bluetooth.
4. Confirm the connection within the app if prompted. Once connected, your measurements will synchronize automatically.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Taking a Measurement

For accurate body composition analysis, always use the scale barefoot and ensure your feet are clean and dry.

1. Place the scale on a hard, flat, and stable surface. Avoid carpets or uneven floors.
2. Open the "Fitdays" app on your smartphone and ensure Bluetooth is active.
3. Step onto the scale barefoot, standing still with your feet evenly distributed on the ITO sensor areas.
4. The scale display will show your weight first, then cycle through other metrics. The app will simultaneously display and record all available body composition data.
5. Step off the scale once all measurements are complete and synchronized with the app.

### 4.2 Using the "Fitdays" App

The "Fitdays" app provides a comprehensive interface for viewing, tracking, and managing your health data.

- **Data Display:** View your current weight, BMI, body fat percentage, muscle mass, and other metrics on the main dashboard.
- **Trend Tracking:** The app automatically generates detailed trend charts for all measured data over days, weeks, months, or years, allowing you to monitor your progress.
- **Goal Setting:** Set personal health and fitness goals within the app and track your progress towards them.
- **Health Insights:** Receive personalized insights based on your body composition data.
- **Data Synchronization:** Easily sync your health data with other popular fitness apps such as Apple Health and Google Fit.



Image 4.1: The "Fitdays" app interface on a smartphone, demonstrating its intuitive data presentation for various body metrics.

# See Your Progress

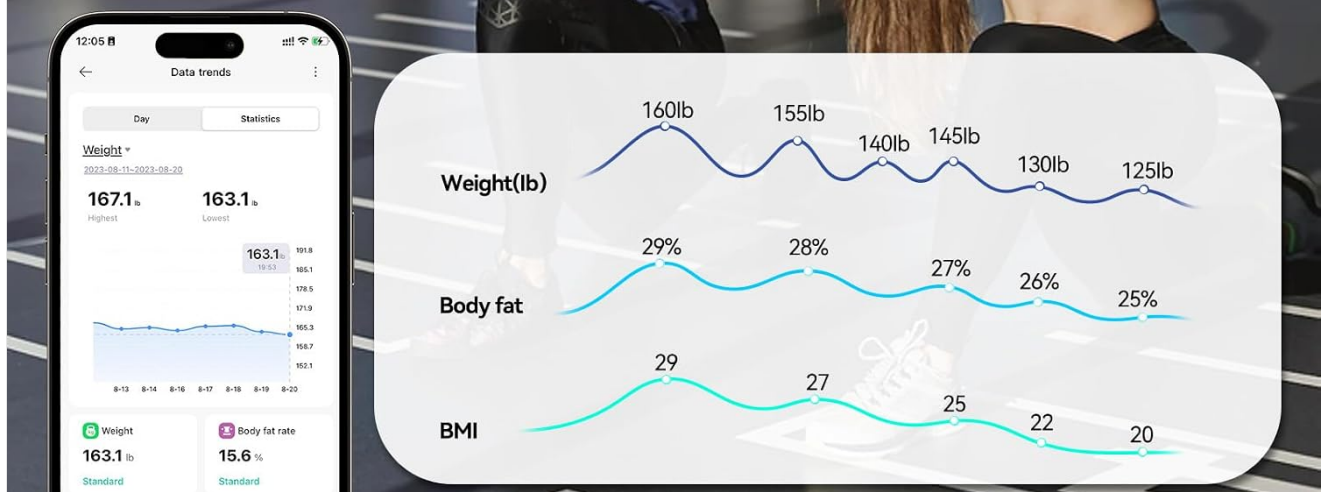


Image 4.2: The "Fitdays" app displaying historical data and progress charts for weight, body fat, and BMI, enabling users to visualize their health trends.

## 4.3 Multi-User Profiles

The "Fitdays" app supports multiple user profiles, allowing different individuals to track their data independently.

1. Within the "Fitdays" app, navigate to the user management section (usually found in settings or profile).
2. Add new users by entering their details (name, age, height, gender).
3. When a new user steps on the scale, the app will automatically identify them based on their weight range or prompt you to select the correct user.

## 4.4 Special Modes

The scale and app offer specialized modes for specific user needs:

- **Zero-Current Mode (Pregnancy Mode):** This mode disables the bio-electrical impedance analysis (BIA) function, allowing pregnant users to safely measure only their weight without electrical currents. Activate this mode in the app's profile settings.
- **Infant Mode:** Designed for tracking the weight of babies or small pets. In this mode, you first weigh yourself,

then step off, pick up the baby/pet, and step back on. The app will calculate the baby/pet's weight.

- **Athlete Mode:** This mode adjusts the body composition algorithm for individuals with higher muscle mass and lower body fat, providing more accurate readings for athletes. Activate this mode in the app's profile settings if applicable.

# 3IN1

## Body Fat Scale

### ZREO CURRENT- MODE

Safe 0 Current for pregnant



### INFANT-MODE

Track the growth of babies or pets

### ATHLETE-MODE

Make adjustments based on athletes body data samples more professional

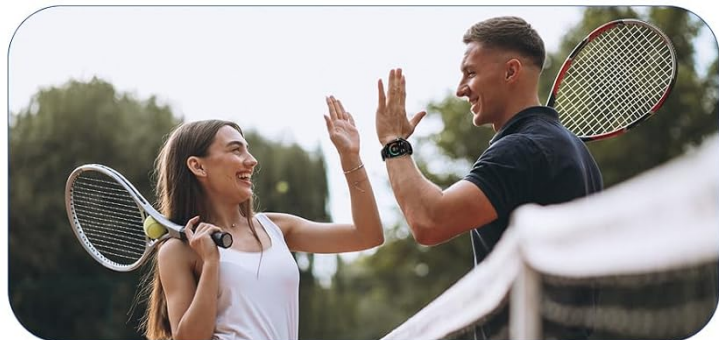


Image 4.3: Visual representation of the three special modes: Zero-Current Mode for pregnant users, Infant Mode for weighing babies or pets, and Athlete Mode for active individuals.

## 5. MAINTENANCE

Proper maintenance ensures the longevity and accuracy of your smart scale.

- **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.
- **Avoid Impact:** Do not drop the scale or subject it to heavy impact, as this may damage the sensors.

## 6. TROUBLESHOOTING

If you encounter issues with your anyloop Smart Scale, refer to the following common problems and solutions:

| Problem                                    | Solution                                                                                                                                                                                                                                                                                      |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scale does not turn on.                    | Ensure the scale is charged. Connect it to a USB power source using the provided cable.                                                                                                                                                                                                       |
| No body composition data displayed/synced. | <ul style="list-style-type: none"><li>◦ Ensure you are stepping on the scale barefoot with clean, dry feet.</li><li>◦ Verify Bluetooth is enabled on your smartphone and the "Fitdays" app is open.</li><li>◦ Check if the scale is successfully paired with the app.</li></ul>               |
| Inaccurate weight readings.                | <ul style="list-style-type: none"><li>◦ Place the scale on a hard, flat, and stable surface. Avoid carpets.</li><li>◦ Ensure the scale is calibrated (step on, let it display "0.0", then step off).</li><li>◦ Avoid moving the scale frequently.</li></ul>                                   |
| App cannot connect to the scale.           | <ul style="list-style-type: none"><li>◦ Restart your smartphone's Bluetooth.</li><li>◦ Restart the "Fitdays" app.</li><li>◦ Ensure the scale is within Bluetooth range of your phone.</li><li>◦ Try restarting both the scale (by charging or letting it power off) and your phone.</li></ul> |

## 7. SPECIFICATIONS

| Feature               | Detail                                                                                                                     |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------|
| Model Number          | CF568BLE                                                                                                                   |
| Brand                 | anyloop                                                                                                                    |
| Product Dimensions    | 32 x 31.7 x 4.09 cm (12.6 x 12.5 x 1.6 inches)                                                                             |
| Product Weight        | 1.59 kg (3.5 lbs)                                                                                                          |
| Weight Capacity       | Up to 183 kg (400 lbs)                                                                                                     |
| Measurement Accuracy  | 0.05 kg (0.1 lb)                                                                                                           |
| Connectivity          | Bluetooth                                                                                                                  |
| App Compatibility     | "Fitdays" app (iOS & Android), Apple Health, Google Fit                                                                    |
| Power Source          | Rechargeable battery (USB charging)                                                                                        |
| Display Type          | TFT LED Display                                                                                                            |
| Body Metrics Measured | 14 indicators including Weight, BMI, Body Fat, Muscle Mass, Bone Mass, Water Percentage, Visceral Fat, Metabolic Age, etc. |

## 8. SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant, unless using the Zero-Current Mode for weight-only measurement.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on.
- Keep the scale out of reach of children and pets.
- Do not attempt to disassemble or repair the scale yourself. Contact customer support for assistance.
- The data provided by this scale is for reference only and should not be used as a substitute for professional medical advice.

## 9. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your anyloop Smart Scale CF568BLE, please refer to the contact information provided with your purchase or visit the official anyloop website.

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### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

#### Name

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