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## Slimpal 84114

# Slimpal Smart Body Measuring Tape User Manual

Model: 84114

Brand: Slimpal

## INTRODUCTION

The Slimpal Smart Body Measuring Tape is an advanced device designed to help you accurately track your body measurements and monitor your fitness progress. It connects wirelessly to the Slimpal App, providing detailed insights into body composition, including body fat percentage, waist-to-hip ratio, and body shape analysis. This manual provides essential information for setting up, operating, and maintaining your device.

## SETUP GUIDE

### 1. Install the Battery

The Slimpal Smart Body Measuring Tape requires one CR2032 battery, which is included. To install:

1. Locate the battery cover slot on the back of the device.
2. Use a coin to gently open the battery cover.
3. Insert the CR2032 battery, ensuring the positive (+) side is facing up.
4. Replace the battery cover and secure it with the coin.

## Keep Tracking Of Your Fitness Process



### Waist to Hip Ratio



Published data suggests that a WHR (waist to hips ratio) for women and for men has been shown to correlate strongly with general health.



### Chest to Hip Ratio

0.8

A CHR (chest to hips ratio) of less than 0.8 suggests the possibility of poor exercise habits.



### Waist to Chest Ratio

1.1

A WCR (waist to chest ratio) greater than 1.1 indicates poor exercise habits.



### Shoulder to Waist Ratio

A shoulder-to-waist ratio is considered to correlate with that of the ideal male body.



### Chest to Waist Ratio

One of the studies shows that people prefer a chest-to-waist ratio of 1.4.



This image illustrates the initial setup steps, including battery installation, powering on the device, connecting via the Slimpal App, and performing the first measurement.

## 2. Turn On the Device

Press the power button (**U**) on the device to turn it on. The LCD screen will illuminate.

## 3. Connect to the Slimpal App

The Slimpal App is essential for utilizing the full features of your smart measuring tape. Download the Slimpal App from your device's app store (available for iOS and Android).

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Slimpal App.
3. Follow the in-app instructions to add your device. **Do not attempt to pair the device directly through your phone's Bluetooth settings.** The connection must be initiated within the Slimpal App.

## OPERATING INSTRUCTIONS

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### Taking Measurements

The retractable design with an easy-lock hook allows for convenient self-measurements. The smart chip and large LCD provide precise and clear readings.

1. Turn on the device and ensure it is connected to the Slimpal App.
2. Pull out the tape to the desired length. The easy-lock hook can be used to secure the tape for single-handed measurements around body parts.
3. Wrap the tape around the body part you wish to measure.
4. Read the measurement on the LCD screen.
5. In the Slimpal App, select the body part you are measuring and save the data.

**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

Week Month Year

December 2021

Daily average

26.88 inch

2021/12/13

Monthly average

Neck	Shoulder	Bust
11.93 inch	26.1 inch	34.4 inch
Waist	Abdomen	Hip
27.56 inch	30.67 inch	36.4 inch
Left arm	Right arm	Left leg
10.43 inch	10.45 inch	17.8 inch
Right thigh	Left calf	Right calf
17.83 inch	13.59 inch	13.55 inch

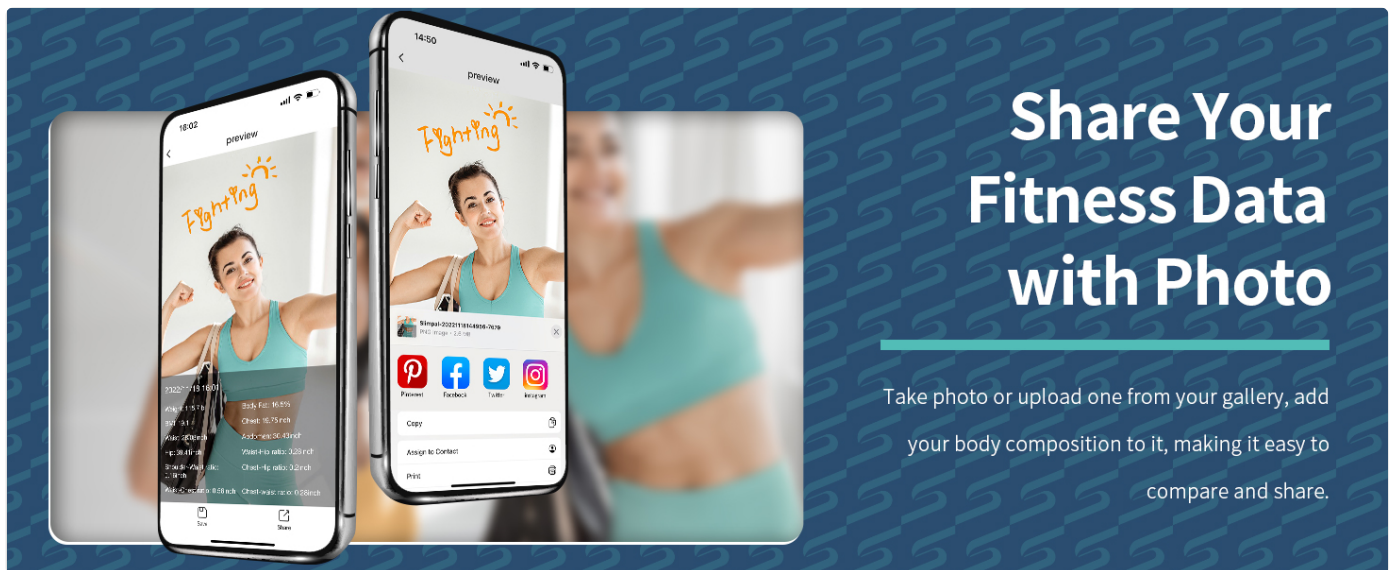
Week Month Year

This image demonstrates how to use the Slimpal Smart Body Measuring Tape to measure the waist, with the accompanying app showing visual progress tracking.

### Using the Smart M Button

The 'M' button on your device has multiple functions:

- **Short Press M Button:** Select 'Body Part' and save data within the Slimpal App.
- **Long Press M Button (2 seconds):** Change measurement units between inches (inch) and centimeters (cm).
- **Press Power and M Button Simultaneously:** Reset and Tare the device, setting the measurement to 0.0.



This diagram details the various functions of the 'M' button on the Slimpal Smart Body Measuring Tape, including saving data, changing units, and resetting the device.

## Smart Body Fat Calculation

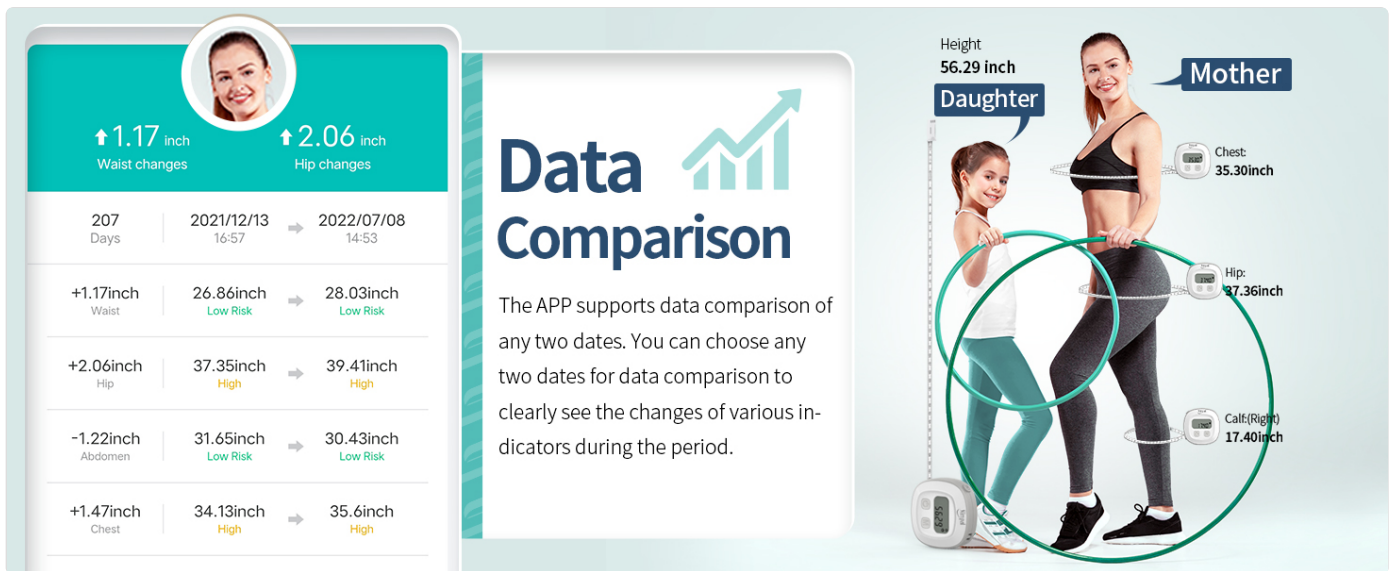
The Slimpal App uses a patent-pending algorithm to calculate your body fat percentage based on your recorded measurements. This provides valuable insights into your body composition beyond just weight.



This image shows the Slimpal Smart Body Measuring Tape alongside the Slimpal App, which displays a calculated body fat percentage, illustrating the device's ability to provide body composition insights.

### Waist-to-Hip Ratio Tracking

The Slimpal App allows you to track and visualize your waist-to-hip ratio over time. This ratio is an important indicator of overall health and body composition changes.



This image illustrates how the Slimpal App monitors waist-to-hip ratio, providing health insights and tracking progress for weight loss, muscle gain, and fitness bodybuilding.

## Body Shape Insights

The Slimpal App can analyze your measurements to help you understand your body shape. This feature can assist in identifying body proportions and tracking how your shape changes with fitness goals.

**Sync with Health Apps**

Bluetooth connection with your favorite fitness apps like Google Fit, APPLE Health and Fitbit, body composition data will sync once your phone is connected, you can share your daily exercise to your social platform.

- Slimpal App Sync with
- Apple Health
- Google Fit
- Fitbit

This image demonstrates the Slimpal App's ability to analyze body measurements and provide insights into body shape, showing examples like hourglass, pear, inverted triangle, apple, and ruler shapes.

## Versatile and Multi-User Tracking

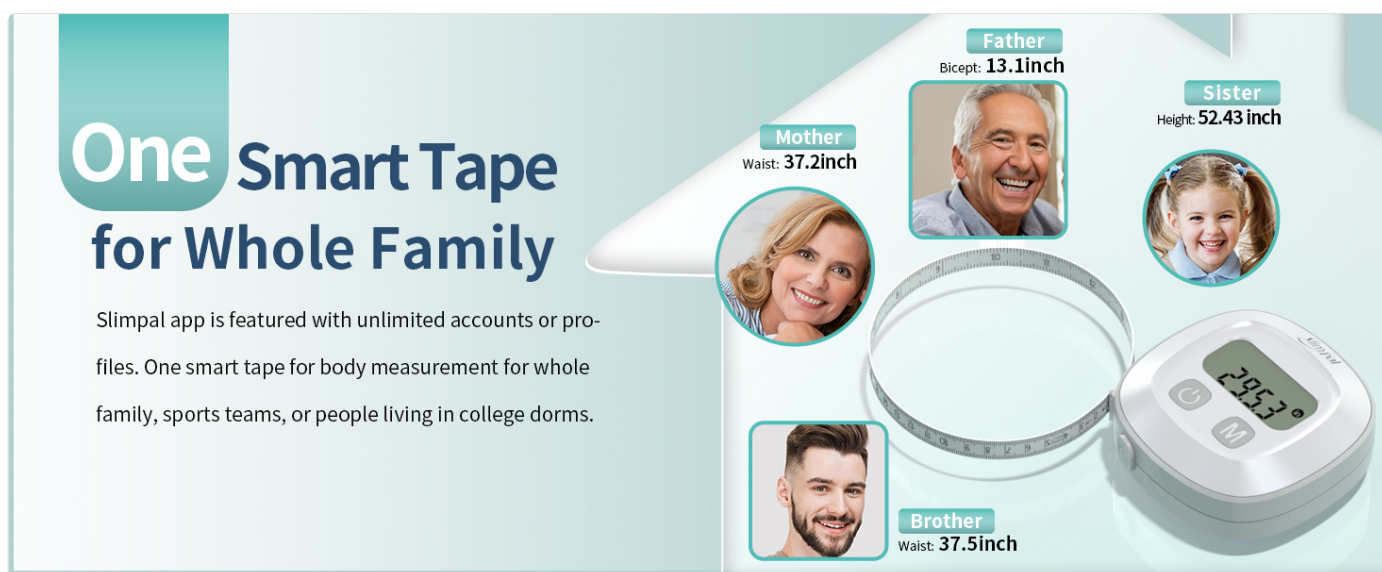
The device monitors changes across 12 standard body parts and 6 custom areas. The Slimpal App supports multiple user profiles, making it suitable for households, fitness teams, or dorm residents to track individual progress with a single device.



This image highlights the multi-user capability of the Slimpal Smart Body Measuring Tape, allowing an entire family to track individual measurements and progress using a single device and the Slimpal App.

## Data Comparison and Baby Mode

The app allows for data comparison between any two dates, providing a clear view of changes in various indicators over time. A dedicated 'Baby Mode' enables recording and tracking of a baby's growth and changes by adding a baby user profile.



This image demonstrates the data comparison feature within the Slimpal App, showing how changes in measurements for different users, such as a mother and daughter, can be tracked and visualized over time.

## Sync with Health Apps and Share Data

The Slimpal App can sync body composition data with popular fitness apps like Google Fit, Apple Health, and Fitbit. You can also share your fitness data, including photos with overlaid statistics, to social platforms.

# Smart M Button

[See More Details on Video](#)



This image illustrates the capability of the Slimpal App to synchronize body composition data with various popular health and fitness applications, including Apple Health, Google Fit, and Fitbit.

## MAINTENANCE

To ensure the longevity and accuracy of your Slimpal Smart Body Measuring Tape:

- Keep the device clean by wiping it with a soft, dry cloth. Avoid using abrasive cleaners or submerging the device in water.
- Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- Handle the retractable tape mechanism gently to prevent damage. Avoid pulling the tape out forcefully or allowing it to retract unsupervised.
- If the device will not be used for an extended period, consider removing the battery to prevent leakage.

## TROUBLESHOOTING

- **Device does not turn on:** Ensure the CR2032 battery is correctly installed with the positive side up and is not depleted. Replace the battery if necessary.
- **Device freezes or becomes unresponsive:** Remove the battery for a few seconds, then reinsert it to perform a hard reset.
- **Cannot connect to the Slimpal App:**
  1. Verify Bluetooth is enabled on your smartphone.
  2. Ensure you are attempting to pair the device through the Slimpal App, not your phone's general Bluetooth settings.
  3. Restart both the measuring tape and your smartphone.
- **Inaccurate measurements or app data:** Ensure the tape is pulled taut and positioned correctly around the body part. Calibrate the device by performing a 'Reset and Tare' (press Power and M buttons simultaneously). Check for app updates.
- **Tape mechanism issues (e.g., stuck, broken tab):** This may indicate physical damage. Handle the tape gently. If the issue persists, contact customer support.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	2.55 x 2.55 x 1.06 inches (6.48 x 6.48 x 2.69 cm)

Feature	Detail
Item Model Number	84114
Batteries	1 CR2032 battery (included)
Manufacturer	Slimpal
Item Weight	0.14 Pounds (63.5 grams)
Measurement Accuracy	0.1 cm / 0.03 inch
Case Material	Plastic or Aluminum

## WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the documentation included with your product packaging or visit the official Slimpal website. If you encounter any issues not covered in this manual, please contact Slimpal customer service for assistance.

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