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› [NUTRI FIT Smart Digital Bathroom Scale IF1131D User Manual](#)

## NUTRI FIT IF1131D

# NUTRI FIT Smart Digital Bathroom Scale IF1131D User Manual

Model: IF1131D

## 1. INTRODUCTION

The NUTRI FIT Smart Digital Bathroom Scale IF1131D is designed to provide comprehensive body composition analysis. This smart scale measures 17 essential body metrics including weight, body fat, body water, muscle mass, protein, bone mass, BMI, BMR, somatotype, lean body mass, AMR, subcutaneous fat, skeletal muscle, visceral fat index, and body age. It connects via Bluetooth to the iMoni Health app, allowing you to track your fitness trends and progress over time.

## 2. SETUP

### 2.1 App Download and Account Creation

To begin using your NUTRI FIT Smart Scale, download the iMoni Health app. Search for "iMoni Health" on the App Store (for iOS devices) or Google Play (for Android devices), or scan the QR code provided in the product packaging or below.



After downloading, open the app and create a user account. You can sign up for a cloud account associated with your email to ensure data is stored remotely, or create a customer account by filling in your information for accurate results. Ensure all personal details like gender, date of birth, and height are entered correctly.

### 2.2 Connecting the Scale to the App

1. Ensure batteries are installed in the scale. The scale requires 3 AAA batteries (included).
2. Place the scale on a hard, flat surface.
3. Turn on Bluetooth on your mobile phone.
4. Open the iMoni Health app and follow the on-screen guidelines to bind the device. Select the "Body Fat Scale" option and search for the device. Click on the name of the scale when it appears.

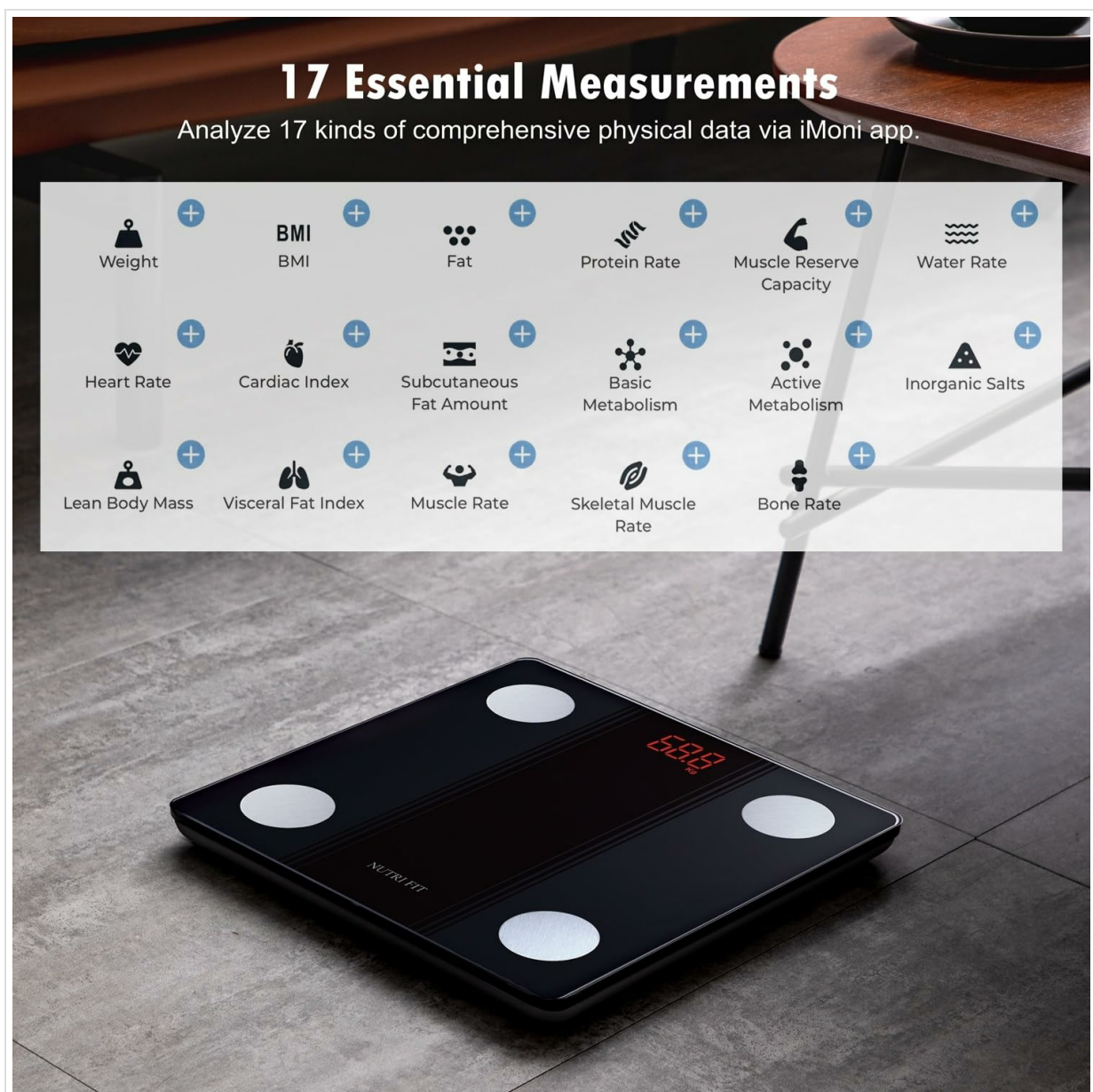
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*Video Description: This video demonstrates how to download the MovingLife app, create a user account, and connect the NUTRI FIT scale to the app via Bluetooth. It shows the steps for entering personal information and initiating the first measurement.*

### 3. OPERATING INSTRUCTIONS

#### 3.1 Taking Measurements

1. Ensure the scale is placed on a hard, flat surface for accurate readings.
2. Open the iMoni Health app on your mobile device and ensure Bluetooth is enabled.
3. Step onto the scale barefoot. Stand still and keep your balance. The scale will automatically turn on and display your weight.
4. The app will receive and display your weight and 16 other body composition metrics. Review your health report in the app.



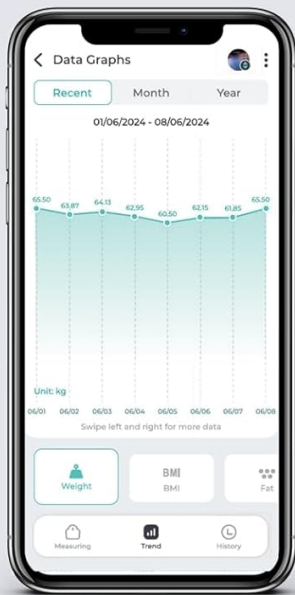
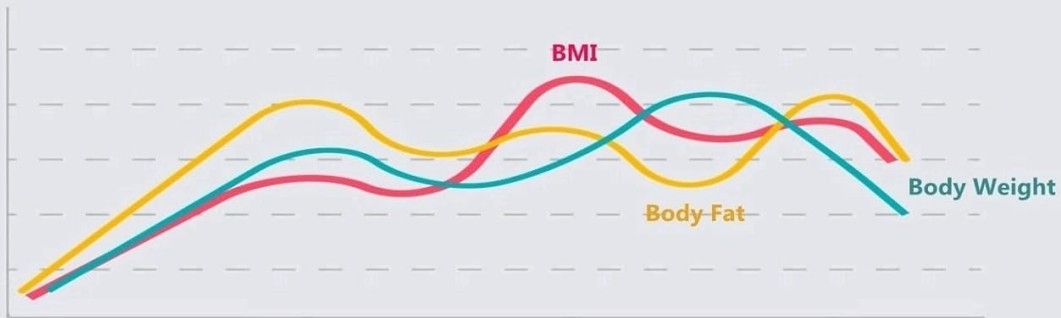
*Image Description: A visual representation of the NUTRI FIT Smart Scale and the iMoni app interface, highlighting the 17 essential body composition measurements it analyzes.*

#### 3.2 Tracking Progress

The iMoni Health app automatically saves your data, allowing you to monitor fitness trends with automatic charts. You can view daily or monthly changes in metrics like BMI, body fat, and body weight, and set goals to manage your fitness plan effectively.

# Track Your Progress

You can know all the data changes from the app on a daily or monthly, and set goals to further manage your fitness plan.



★ **Our Scale**  
(Data are measured by contacting the bioelectrode with your foot.)



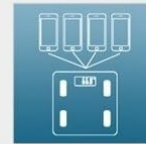
**Others**  
(Only the weight can be measured, other data are obtained by the algorithm.)

*Image Description: The iMoni Health app interface showing graphical representations of body data trends, emphasizing the scale's ability to track progress over time.*

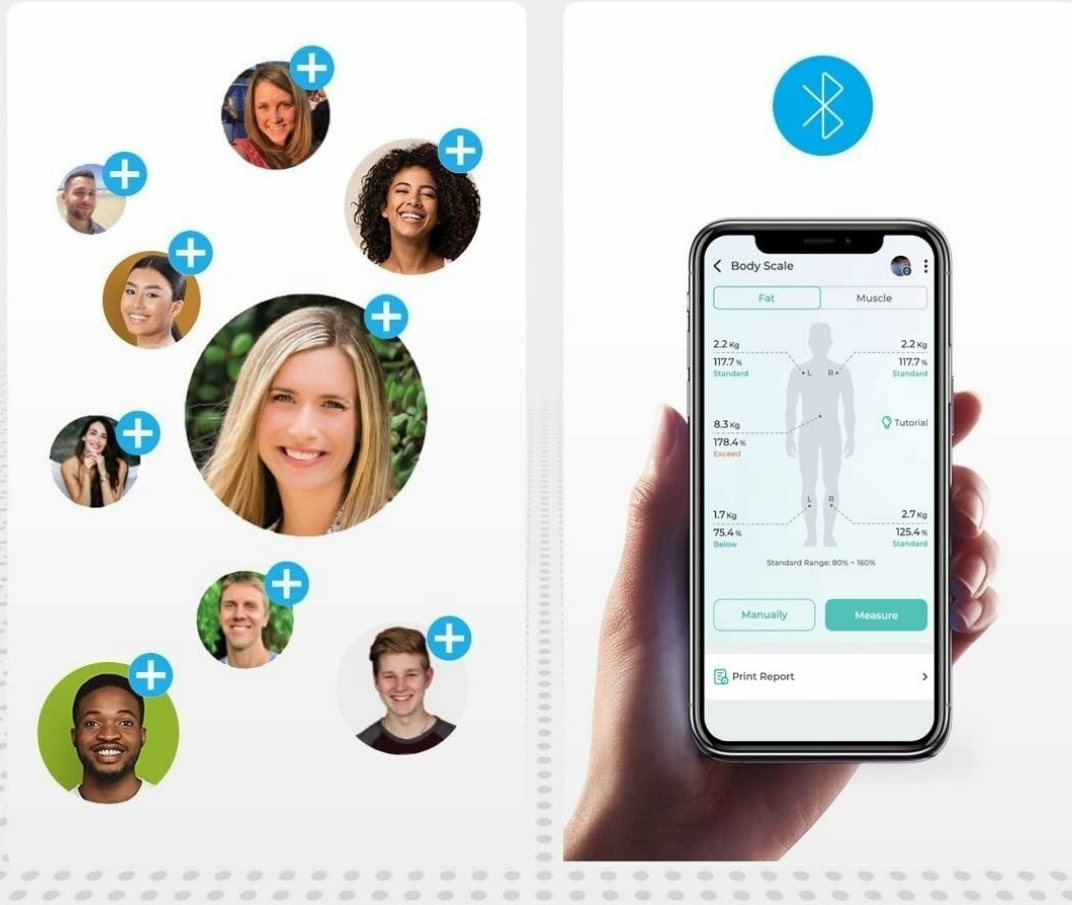
## 3.3 Multiple User Support

The scale supports multiple users. Your family or friends can share the same scale, with each user's data stored securely and privately on their own mobile device within the app. To add new users, go to the "Me" page in the app, then "User Management," and select "Add new users."

# Unlimited Users, Auto Recognition, High Privacy



Your companions can use the same scale with their accounts but no one can see each other's datas.



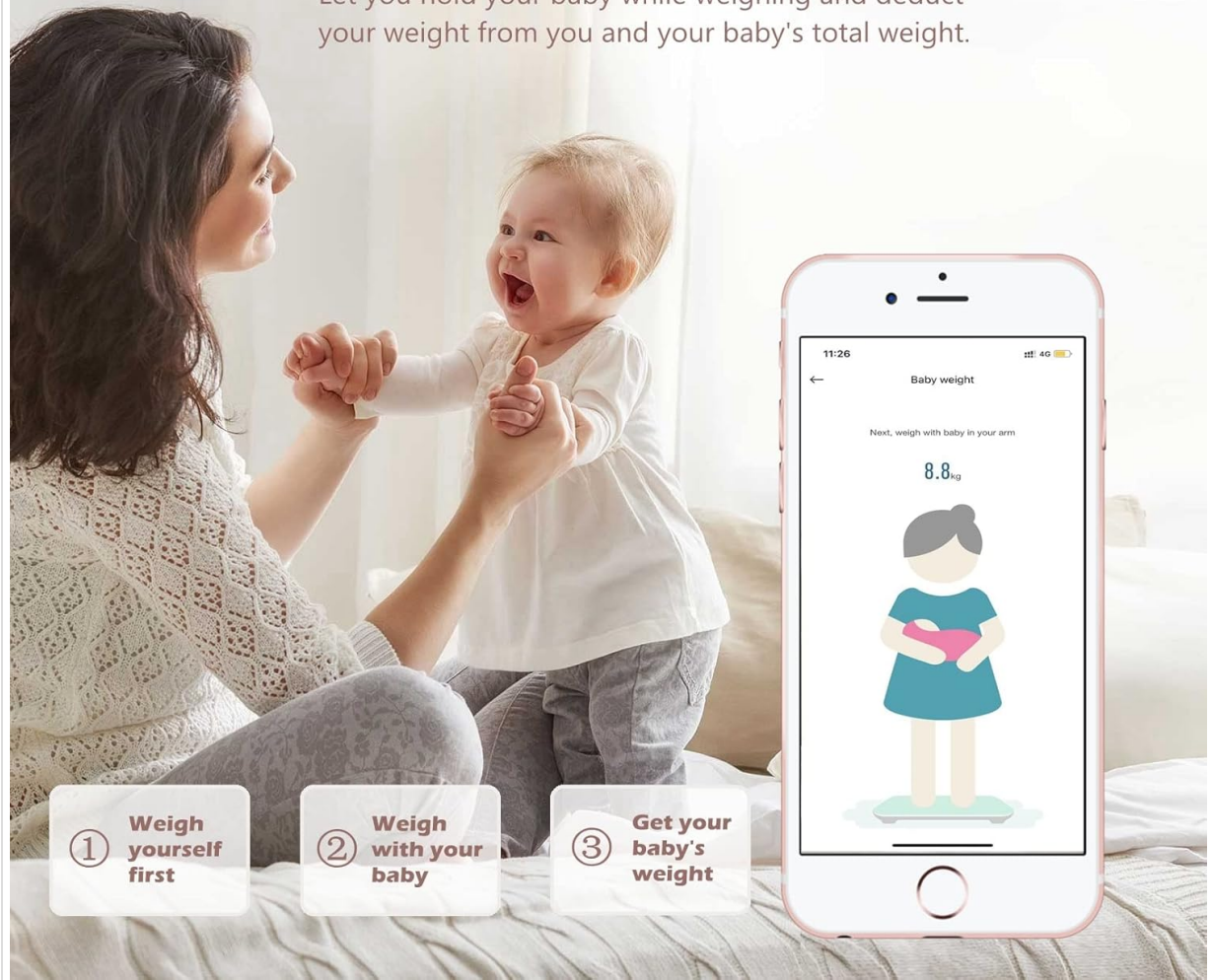
*Image Description: A visual demonstrating how multiple users can utilize the same scale, with individual data securely managed within the iMoni Health app.*

## 3.4 Baby Mode

The app includes a "Baby Mode" feature. This allows you to weigh yourself first, then weigh yourself while holding your baby. The app will automatically calculate and display your baby's weight by deducting your weight from the combined total.

# BABY MODE

Let you hold your baby while weighing and deduct your weight from you and your baby's total weight.



*Image Description: A visual guide to using the "Baby Mode" feature in the iMoni Health app, detailing the steps to weigh a baby accurately.*

## 4. FEATURES

### 4.1 High Precision Measurements

The NUTRI FIT scale is equipped with 4 highly accurate sensors, providing reliable results in increments of 0.2 lb / 0.1 kg. It has a maximum capacity of 330 lb / 150 kg. The self-developed chip ensures sensitive response and accurate measurements.

# High Accuracy

The self-developed chip is used to ensure sensitive response and accurate results. Step on it and it will automatically measure.



*Image Description: A detailed view of the scale's internal high-accuracy sensor, emphasizing its role in providing precise measurements.*

## 4.2 Slim and Durable Design

The scale features an ultra-slim tempered glass platform, measuring 10"x10"x1", making it compact and easy to store. Its rounded corner design helps prevent accidental bumps and collisions, while anti-slip feet ensure stability during use.

# Ultra Slim

Weighing Platform



★ NUTRI FIT Body Scale

VS

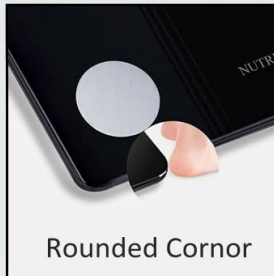


10.2" tablet

*Image Description: The slim profile of the NUTRI FIT scale, highlighting its compact size for easy storage and portability.*

# Built with Safety

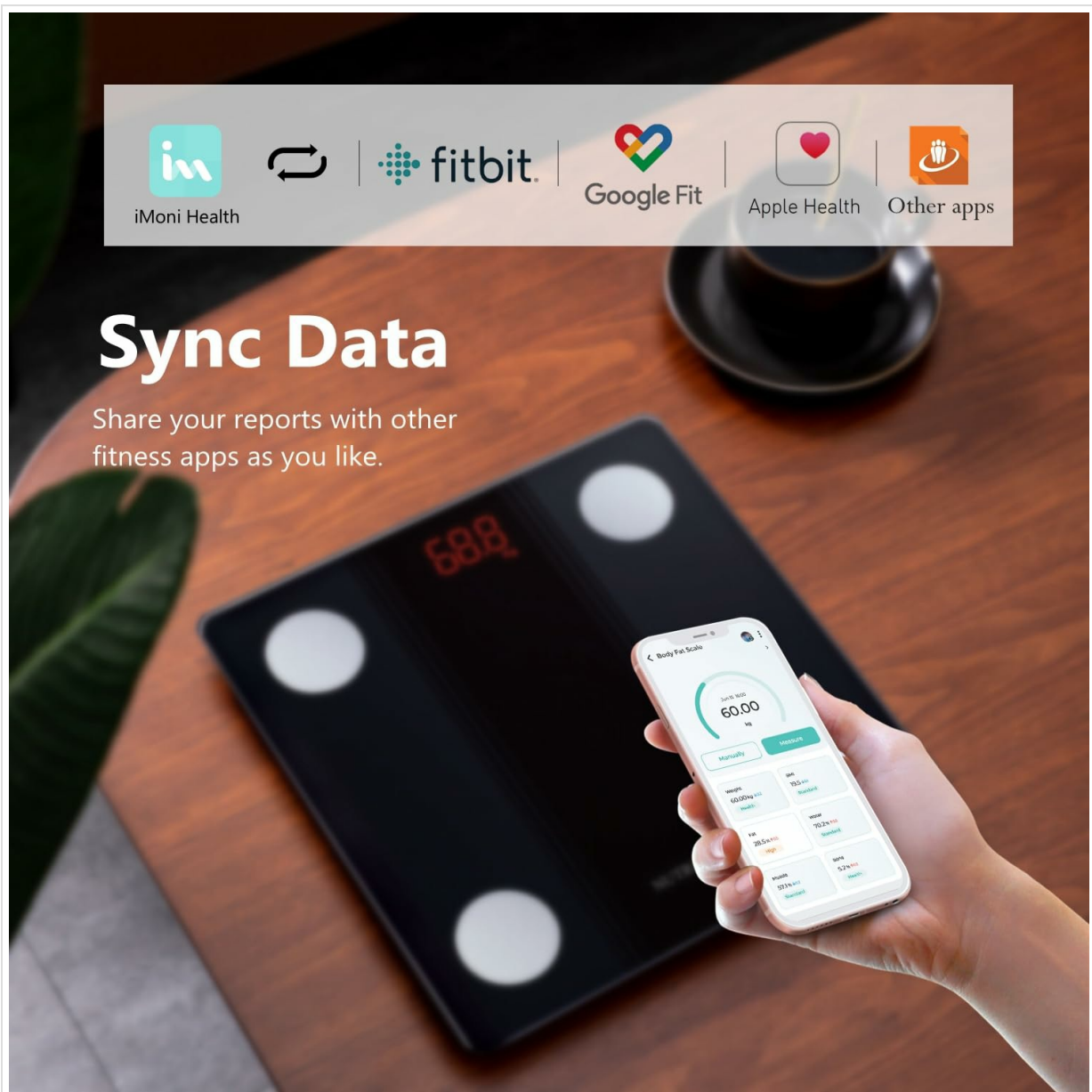
Rounded corner design to avoid foot bumps and collisions.  
Anti-slip feet to prevent slippage and avoid rollover.



*Image Description: Close-ups of the scale's rounded corners, anti-slip feet, and clear LED display, emphasizing its safety and user-friendly design.*

## 4.3 App Synchronization

The iMoni Health app supports synchronization with popular fitness applications such as Apple Health, Google Fit, and Fitbit. This allows you to consolidate your health data and view trends across different platforms.



*Image Description: A visual representation of the scale's ability to sync data with various fitness apps, including Apple Health, Google Fit, and Fitbit.*

## 5. MAINTENANCE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Avoid abrasive cleaners or submerging the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace the 3 AAA batteries when the low battery indicator appears on the display.
- **Calibration:** If the scale shows an error or inconsistent readings, recalibrate it by stepping on it briefly to turn it on, then stepping off and waiting for it to return to zero before taking a measurement.

## 6. TROUBLESHOOTING

- **Scale not turning on:** Check if the batteries are correctly installed and not depleted. Replace if necessary.
- **Inconsistent readings:** Ensure the scale is on a hard, flat surface. Avoid using it on carpet. Step on the scale barefoot and stand still. Recalibrate the scale if needed.
- **App not connecting:** Ensure Bluetooth is enabled on your mobile device and the scale is within range. Restart both the app and the scale.
- **No body composition data in app:** Ensure you are stepping on the scale barefoot, as the bioelectrical

impedance analysis (BIA) requires direct skin contact with the sensors.

- **Error messages (e.g., "Err", "Lo"):** "Err" typically indicates an overload (weight exceeds maximum capacity). "Lo" indicates low battery.

## 7. SPECIFICATIONS

Specification	Detail
Brand	NUTRI FIT
Model	IF1131D
Color	Black
Display Type	LED
Weight Limit	330 Pounds / 150 kg
Readout Accuracy	0.2 Pounds / 0.1 kg
Material	Tempered Glass
Item Weight	3 Pounds
Product Dimensions	0.39 x 0.39 x 0.04 inches (approx. 10x10x1 inches)
Batteries	3 AAA batteries required (included)
Connectivity	Bluetooth 4.0
App Compatibility	Android 4.3 & iOS 8.0 or above

## 8. WARRANTY AND SUPPORT

For any product inquiries, technical support, or warranty claims, please contact NUTRI FIT customer service. The standard return policy allows for returns within 30 days of purchase. For specific warranty details, refer to the product packaging or contact the manufacturer directly.

Manufacturer: NUTRI FIT

Email: [nutrifitink@hotmail.com](mailto:nutrifitink@hotmail.com)