# Smart Body Fat Scale

# Instruction Manual

Scan the corresponding QR Code to download APP



Thank you for choosing the intelligent body fat scale. This whole-body composition scale can help you conveniently measure weight, heart rate BMI、 Body fat percentage, fat free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle percentage, muscle mass, bone mass, protein BMR、Age, etc;

Important reminder: Before using the device, please carefully read these instructions in this manual. Not following the instructions in this manual or using this scale in ways other than those mentioned in this manual may result in injury or damage to the scale.

⚠️ INDICATION SYMBOLS

| LO | Low battery level, please replace and charge |
|----|----------------------------------------------|
| Err | Overload |
| C | An error has accorded during measurement. Step off the scales and step onto it again to repeat the measuring process. |

**WARNING**

★ DO NOT use with medical implants such as pacemakers.

★ DO NOT stand on the edge of the scale or jump on it;

★ DO NOT overload the scale(Max.180kg)

★ DO NOT drop scale or drop an objects on it as this may damage the sensors.

★ DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.

★ Not recommended for pregnant women.

★ Not recommended for infants, toddlers, and children under 10 years of age.

★ Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.

★ Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.

★ Always place the scale on a hard, dry and flat surface before measurement.

★ Make sure your feet are dry before stepping on the scale.


**SPECIFICATION**

LED display:78x53mm

Weight unit: Kg/lb/st（support to switch unit via APP)

Weight limit: 5kg-180kg

Battery:3xAAA Batteries

Account number: 8 (each account can add 24 persons)

Baby mode: Allow you to scale the weight of baby

Height record: Allow you to record the height info under 16 years old

Operating temperature: 5-35$^0$C

Operation humidity: 40%-85%

**Support Devices:**

iOS 8.0 or higher
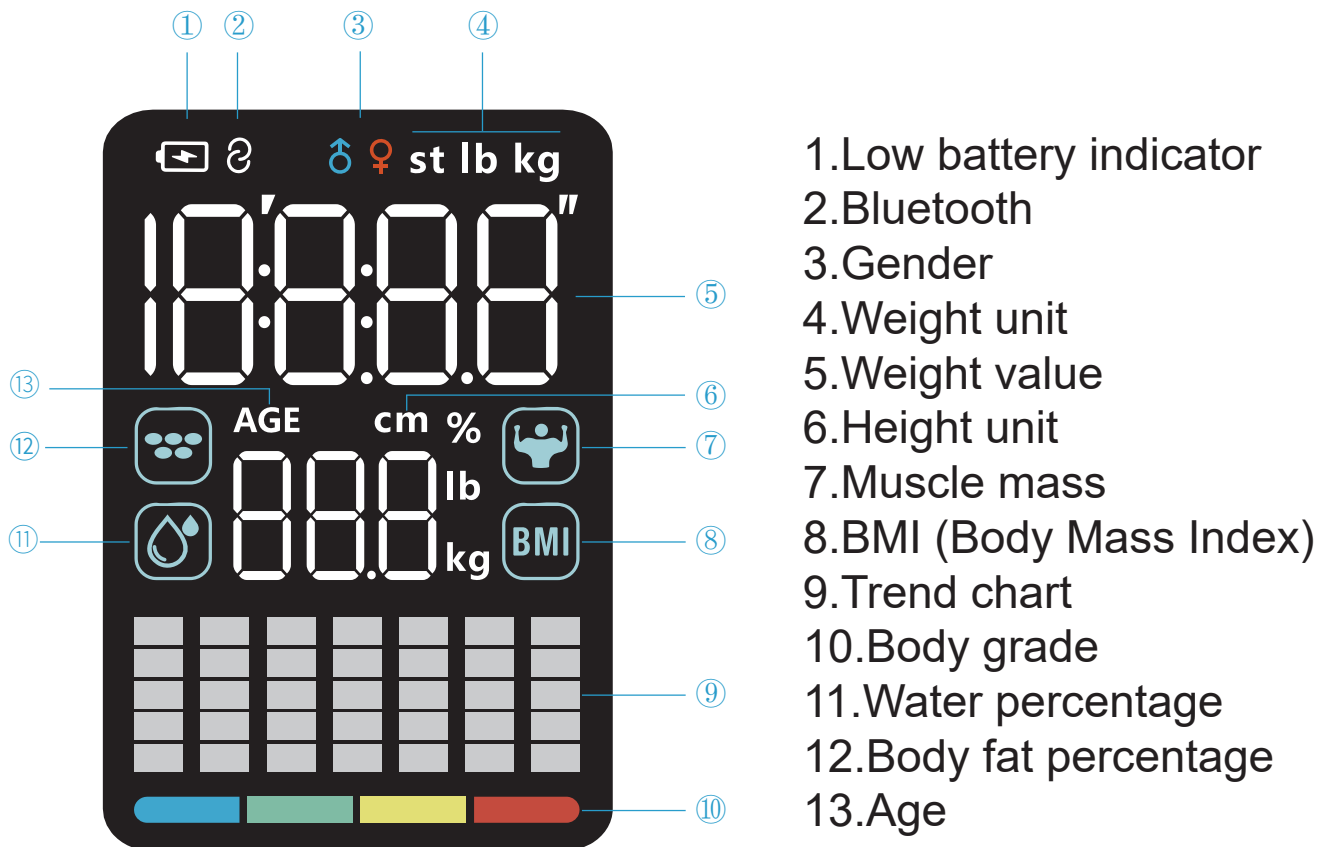
Android 6.0 or higher

**Install Fitdays App**

1. Search "Fitdays" in Apple Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.

3. The App icon will appear on your phone or tablet after the installation is completed.

**Trouble shooting**



1. Low battery indicator
2. Bluetooth
3. Gender
4. Weight unit
5. Weight value
6. Height unit
7. Muscle mass
8. BMI (Body Mass Index)
9. Trend chart
10. Body grade
11. Water percentage
12. Body fat percentage
13. Age

| No display | Lo | Err | C |
|---|---|---|---|
| Change battery | Change battery | Overload | Calibrating |

Remarks:

1. For body weight:Place the scale on even surface and wait at least 10 seconds before stepping on the scale.The reading should display 0.0kg before stepping on.

2. During body fat testing process,the display shows bar in different colors in sequence,which refer to different body types.After measured,the display shows the body fat rate,BMI,heart rate and determinate color bar.
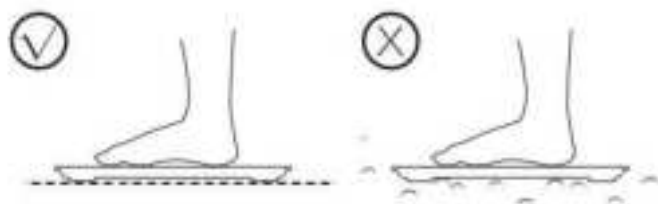
**Special feature : Offline use**

This model features a dual VA display and offers offline functionality. Setting up the scale and connecting it with the app is crucial for the initial use to analyze body fat and other parameters. However, after the initial setup, you can conveniently measure body fat, BMI, and body types without the need to connect with the app every time. The VA display on the scale allows you to view these measurements. It's important to note that offline measurement will not be activated if there is a weight difference greater than 2kg compared to the last measurement.

During offline mode, any successful measurement results will be automatically synchronized with your app during the next connection between the scale and the app. This ensures that your data is seamlessly updated and accessible for further analysis and tracking.

**HOW TO USE FITDAYS APP**

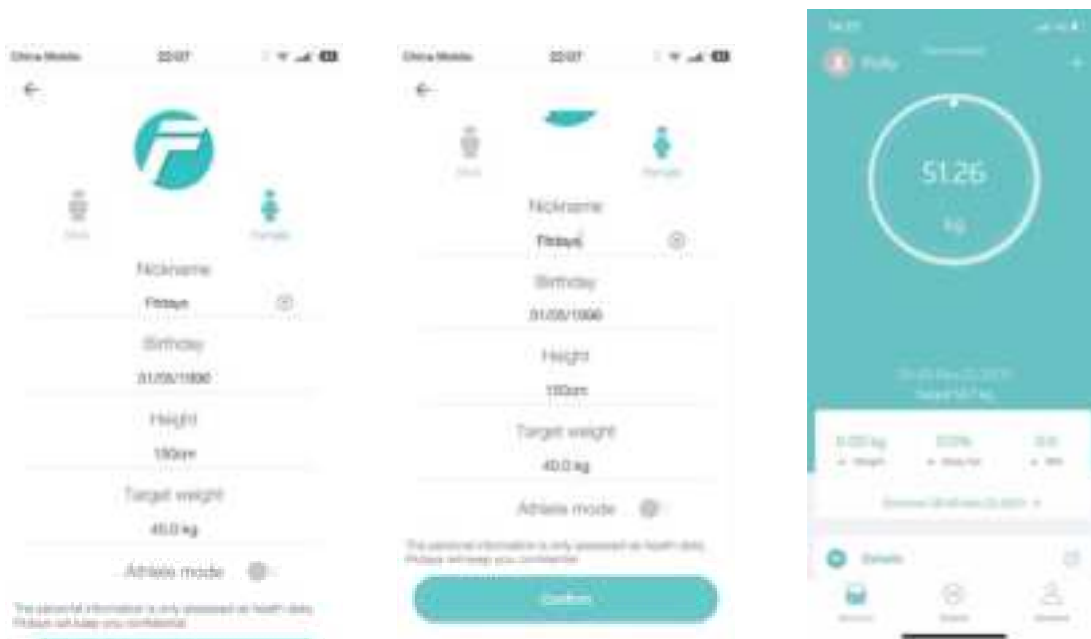1. Place the scale on a hard, flat ground.



2. Turn on Bluetooth on your smart phone or tablet.

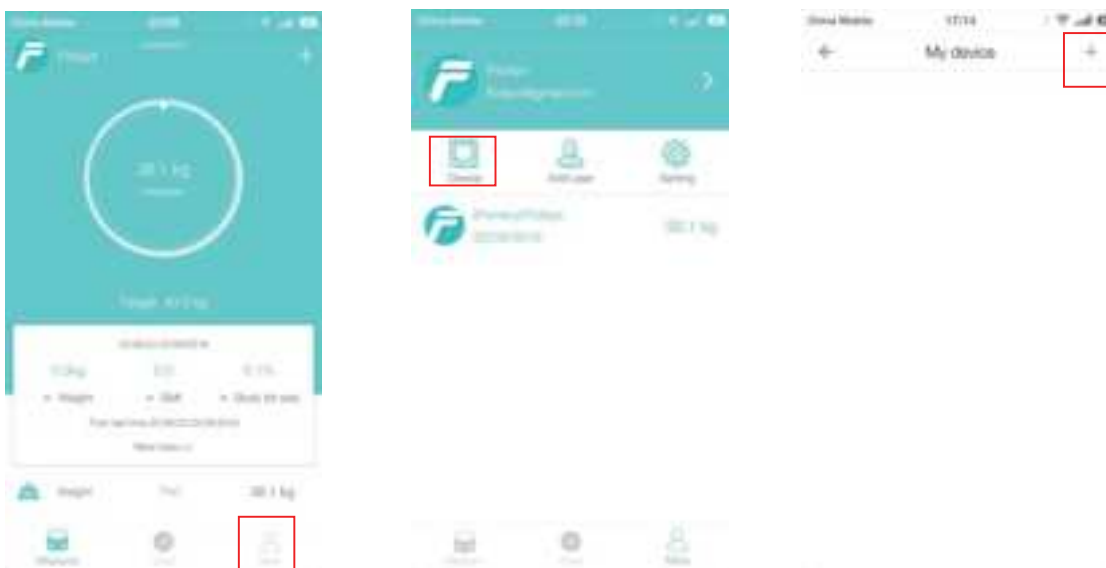3. Register your own ID by email or social media account.

4. Add personal data and click Confirm;

Note: Enter the wrong info like gender, age, height, etc. may result in measurement inaccurate.



5. Pair the scale via Bluetooth. Click Mine ----> Device---> + to find and pair the scale ID.

Note: When successfully connection, a Bluetooth icon will show on scale and the word Connected will show on the circle of homepage.



6. Tap your foot on the scale to activate the display. Wait until the display shows "0.0"kg.

7. Stay Fitdays at the homepage and step on the scale with bare feet to star measuring.

**Note:**

Leave at the homepage, the data cannot sync on phone;

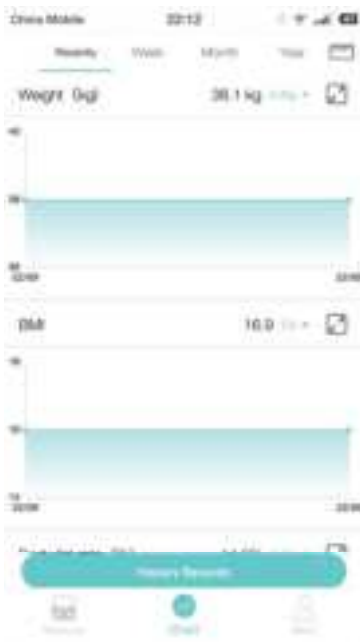Step on the scale with socks, the scale only measures weight and BMI.

8. When heart rate measuring, a heart icon will shine on scale and flash on the app. Please keep silence and peace to get more accurate data.

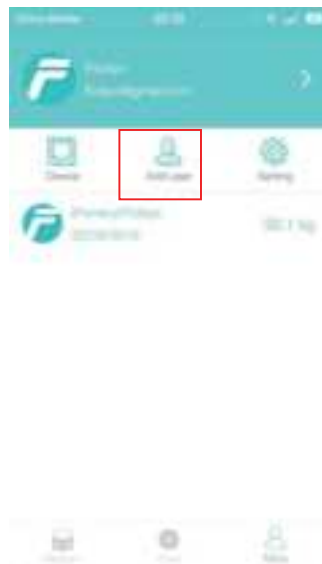9. Stay on the scale until the circle shows 'Finished', all data sync on scale and phone.



10. Click Details to find details for Body Weight, BMI, BMR, Muscle, Bone Mass etc. And check data difference on Chart by week, moth and year in vertical or horizon version with icon up right.

11. Add or switch user: click photo profile on homepage, or Mine--> Add user. The Smart Scale can recognize the user by weight difference and remind to change the correct one. Each account can support 24 users;



12. Baby weight checking: click + --> Baby Mode. Adult steps on scale to weight first; after scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.

**Special caution during use**

1- First time use, need to connect with App, otherwise, scale only show weight info;

2- Need to take of shoes and socks during measurement, otherwise only weight and BMI info.

3- Do not mix on line use mode & off line use mode during measurement.

Need to keep whole measurement off line use mode or

Keep whole measurement on line use mode, otherwise, will easily cause data lost issue.

4- Need to confirm every measuring customer with correct user account in App, and already with first successful measurement if they are using off line use mode. Otherwise, scale only show weight and BMI info;

**Frequently Asked Questions&answer**

**1.Bluetooth failed to connection**

- Make sure the scale and the Bluetooth on your phone are on
- Check the iOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- For successfully connection, there has a Bluetooth icon on the display and the word Connected will show on the circle of the homepage on phone
- If fail to connect via Bluetooth, please click Mine--->Device to find the scale ID.

**2. No body fat data after weighting**

- User must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Step off the scale when measurement does not finish (Please keep standing on the scale around 10 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

**3. Incorrect weight data occurs.**

- Check whether the scale is on a hard, flat surface.
- Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
- Press the button on the edge of scale;

**4. Incorrect fat-muscle ratio shows on App**

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

**5. How do I re-calibrate the scale after remove?**

- Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

**6. The scale does not turn on**

- Check if the battery has run out of power and charge with USB plug if needed.

**7. How to exchange the unit**

- Click Mine--->Setting--->Switch unit to change the unit on your phone.

**Battery Advice**

❖ Place the scale far away from the children in case of falling down or crashing.

❖ Keep the batteries out of reach of children to prevent from swallowing to death.

❖ Do not expose the scale to heat or fire, which will easily cause explosion.

❖ Do not use the scale with leakage battery.

❖ Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

**Disposal**

❖ The packaging material is recyclable. Please dispose it in an environment protective way or take it to a recycling center.

❖ Please dispose the device in an environment protective way or take it to recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.

❖ To protect the environment, the battery cannot be disposed in normal household waste. Please separate the it from the device before dispose or take it to suitable collection area. More information, please focus on the relevant statutory regulations governing the disposal of battery.

# FCC Statement

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

Model No: FG2408WB-B