
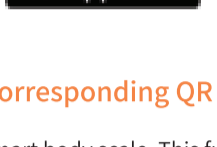



FG2019LB-A

## Body Fat Scale Instruction Manual

**Scan the corresponding QR Code to download APP**

Thanks for choosing smart body scale. This fully body composition scale can help you conveniently measure body weight, heart rate, BMI, body fat rate, Fat-free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, BMR, body age and etc.

**IMPORTANT**

Please read these instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

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### Fitdays App functions

Weight	Heart rate	BMI	Visceral fat
Body fat rate	Fat-free body weight	Subcutaneous fat	Bone mass
Body water	Skeletal muscle rate	Muscle mass	Height record
Protein	BMR	Body age	

### Indication Symbols

LD	Low battery (Pls recharge the scale)
Err	Over load (Weight above 180kg/400lb)
C	An error has occurred 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.400lb)
- 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 plans 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.

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### Specification

VA display	62x108mm
Weight unit	kg/lb
Weight limit	6kg-180kg
Power Supply	300mAh Rechargeable lithium battery
Account number	No limitation (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 18 years old
Operating temperature	10-40°C
Operation humidity	20%-90%

### Support Devices

iOS 8.0 or higher  
Android 5.0 or higher

### Install Fitdays App

- Search "Fitdays" in Apple Store or Google Play or scan the QR Code below.
- Download and install the App on your device.
- The App icon will appear on your phone or tablet after the installation is completed.

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### Special Feature (Off Line Use)

This model is designed with big VA screen, support heart rate checking function, also support off line use function.

After first time connecting to APP to analyzing the body fat and other parameter body data, the scale allows you to test body fat, water, muscle, bone, BMR, heart rate and BMI which showed on LCD without using the APP. And test data with storage function, data will be updated to your App during next connection between scale & App.

Scale will be with memory function, to auto identify user's personal info, for body parameter data testing.

### How to Use Fitdays App

- Place the scale on a hard, flat ground.
- Turn on Bluetooth on your smart phone or tablet.
- Register your own ID by email or social media account.

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4. Add personal data and click Confirm; Input 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 start measuring.

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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. The number on display is flashing when the scale is weighing and analyzing. When it shows your left weight & right weight, you will have about 5-10S to adjust your body. Please try to get equal left & right weight.
9. 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.
10. Stay on the scale until the circle shows "Finished", all data sync on scale and phone.
11. Click Details to find details for Body Weight, BMI, BMR, Muscle, Bone Mass etc. And check data difference on Chart by week, month and year in vertical or horizon version with icon up/down.

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12. 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.
13. 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

- First time use, need to connect with App, otherwise, scale only show weight, and BMI info;
- Need to take off shoes and socks during measurement, otherwise only weight, balance, and BMI info;
- 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.
- 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, balance, and BMI info;

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### Trouble Shooting Guide

- 1. Bluetooth failed to connection**  
Make sure the scale and the Bluetooth on your phone are on.  
Check the OS 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 Account => Device to find the scale ID.
- 2. No body fat data after weighing**  
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 change with new 4AAA batteries if needed.
- 7. How to exchange the unit**  
Click Account=>Settings => Switch unit to change the unit on your phone.

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### 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 the suitable collection area. More information, please focus on the relevant statutory regulations governing the disposal of battery.

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