



Smart Fitness Scale

FIT 8S

User Manual

Questions or Concerns?
support@fitnale.com • (855) 551-4624

Thank you for purchasing the **Smart Fitness Scale** by Fitnale.

If you have any questions or concerns, please reach out to our helpful Customer Support Team at support@fitnale.com. We hope you enjoy your new scale!

Table of Contents

4	Package Contents
4	Specifications
5	Safety information
7	Function Diagram
8	VeSync App Setup
8	Before First Use
9	Using the Smart Scale
12	Using the App
12	▪ Creating a User
14	▪ Weight Measurement
15	▪ Add or Switch Members
16	▪ More Measurements
17	▪ Data Graphs
19	▪ Device Settings
20	▪ Edit Member
21	Connecting with Other Fitness Apps
21	▪ Fitbit
21	▪ Apple Health®
21	▪ Google Fit™
22	Maintenance
22	▪ Calibrating the Scale
22	▪ Cleaning the Scale
22	▪ Replacing the Batteries
23	Display Messages
24	Troubleshooting
26	Warranty Information
27	Customer Support

Package Contents

- 1 x Smart Fitness Scale
- 3 x 1.5V AAA Batteries (Pre-Installed)
- 1 x Quick Start Guide

Specifications

Weight Capacity	400 lb / 28 st / 180 kg
Increments	0.1 lb / 0.05 kg
Weight Units	lb / st / kg
Platform	Tempered glass
Dimensions	10.2 x 10.2 x 0.8 in / 26 x 26 x 2.1 cm
Battery	3 x 1.5V AAA batteries
Auto-Off	30 seconds

Safety information

Please read and follow all instructions and safety guidelines in this manual.

Medical

- This scale should not be used to diagnose or treat any medical condition.
- Scale data should not be used as a substitute for medical advice from a healthcare professional.
- This scale uses a harmless electrical current to measure body fat. Consult a healthcare professional before using the smart scale if you use medical electronic equipment such as a pacemaker.

General Use

- Check the scale before using. **Do not** use the scale if it is damaged in any way.
- **Do not** strike or hit the scale. **Do not** use the scale if the glass is cracked or broken. Due to the nature of tempered glass, the glass will shatter if there is even a slight crack. If you see a crack, contact **Customer Support** immediately (page 27).
- The glass platform is slippery when wet. **Always** make sure the platform and your feet are dry before stepping on for measurement.
- Place the scale on a hard, flat surface to avoid tipping.
- To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale. **Do not** stand on the edge of the scale or jump on the scale.
- Avoid standing on the scale for a long period of time, or when not weighing yourself.
- **Do not** overload the scale. Maximum weight capacity is 400 lb / 28 st / 180 kg.
- Keep the scale in a cool area with low humidity. Keep the scale away from heat sources, such as ovens or heaters. Avoid temperature fluctuations. Store the scale in a horizontal position, not a vertical position.
- Handle with care.
- Not for commercial use. Household use **only**.

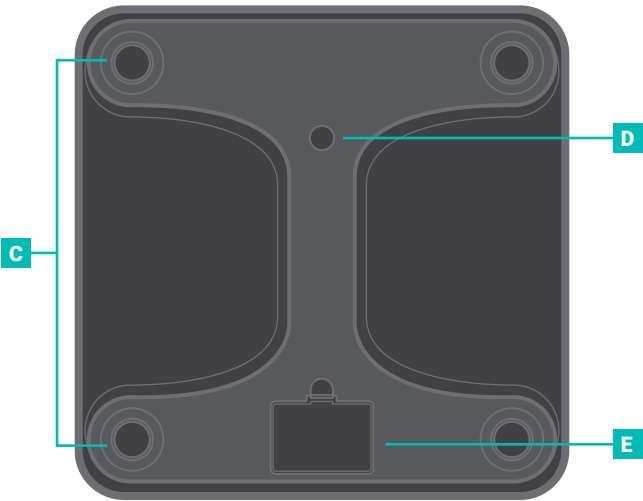
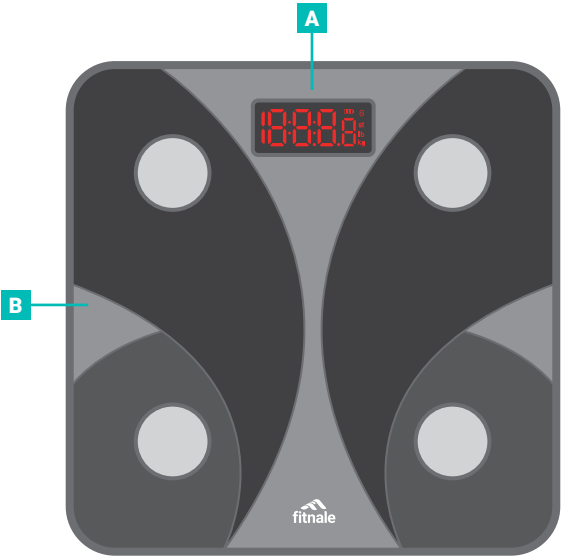
General Use

- **Do not** mix new and old batteries.
- If the low battery indicator “Lo” appears on the display, replace the batteries.
- If the scale is not in use for a long period of time, remove the batteries to extend the lifetime of the scale.

**SAVE THESE
INSTRUCTIONS**

Function Diagram

- A. Display
- B. Weighing Platform
- C. Anti-Skid Padding
- D. Unit Switching Button
- E. Battery Compartment



VeSync App Setup

Note: Due to app updates and improvements, the contents of this manual may change without notice. The VeSync app user interface may appear slightly different.

1. To download the VeSync app, scan the QR code or search “VeSync” in the Apple App Store® or Google Play™ Store.

Note:

- This scale uses the VeSync app, not the VeSyncFit app.
- For Android™ users, you may need to select **Allow** to use VeSync.



2. Open the VeSync app. If you already have an account, tap **Log In**. To create a new account, tap **Sign Up**.

Before First Use

1. Open the battery compartment on the underside of the scale. Remove the included AAA batteries.
2. Remove the plastic insulator strip from the battery compartment.
3. Replace the batteries. Follow the guidelines in the battery compartment to match the **+** and **-** terminals.

Using the Smart Scale

Note:

- To switch between pounds (lb), stone (st), and kilograms (kg), press the unit switching button on the underside of the scale.
- If you are pregnant, scale measurements will not be accurate.

Weighing Without the VeSync App

1. Place the scale on a hard, flat surface. [\[Figure 1.1\]](#)
2. Step onto the scale. The scale will automatically turn on and start measuring your weight.
3. Continue standing on the scale until the digits on the screen flash 3 times, showing your final measurement. [\[Figure 1.2\]](#)

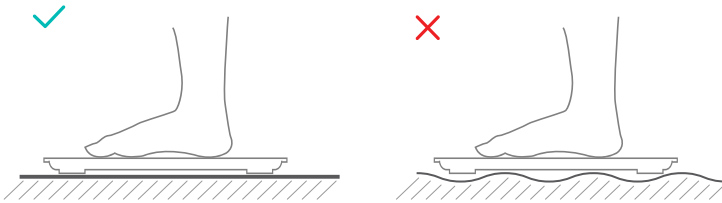


Figure 1.1

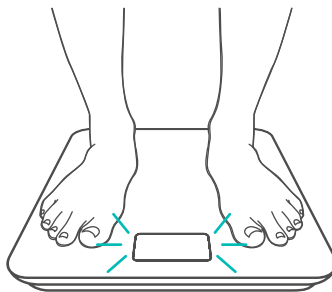


Figure 1.2

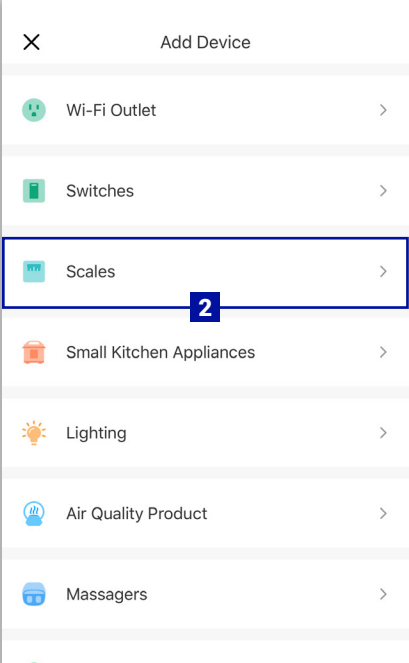
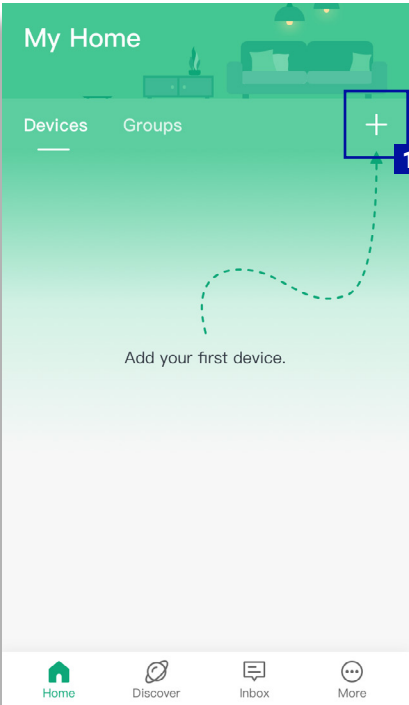
Weighing With the VeSync App

Pairing the Scale with VeSync


- 1. Tap **+** to add your smart scale.

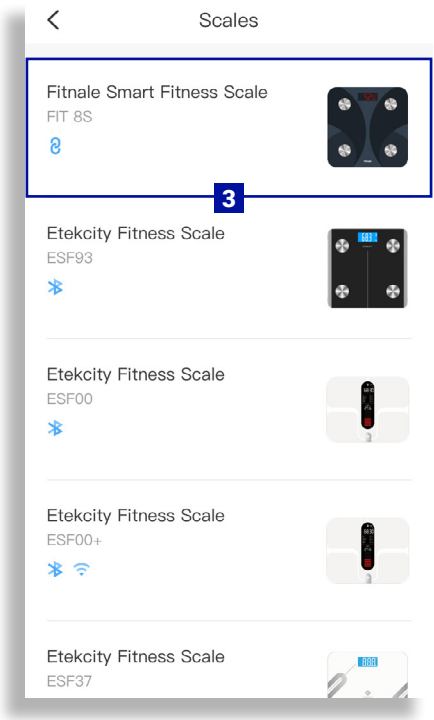
Note: Make sure your phone's Bluetooth® is turned on in your phone settings.

- 2. Tap **Scales**.



- 3. Select **Fitnale Smart Fitness Scale (FIT 8S)**.
- 4. Follow the in-app instructions to add your smart scale.

Note: After setup is complete, you can change the name and icon at any time by going to the smart scale screen and tapping .



Using the App

Creating a User

If you are a new user, you will need to enter physical information before weighing yourself for the first time so the scale can calculate your body metrics.

Note:

- *Entering inaccurate information will make the scale's measurements less accurate.*
- *If you don't identify with the available gender options, or are unsure, pick the choice that you think best physically matches you. This choice is used for physical measurements, such as body fat percentages.*



What's your gender?



This info helps us calculate your body metrics



or



Next



How tall are you?



This info helps us calculate your body metrics

ft/in

cm

5 ft 5 in



Next



When were you born?



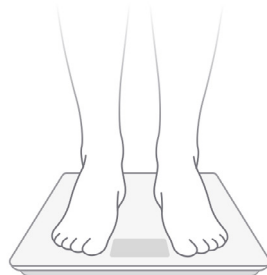
This info helps us calculate your body metrics

Apr	13	2016
May	14	2017
Jun	15	1980
Jul	14	2019
Aug	13	2020

Done

Hi there, It's time to weigh in

Step on the scale with bare feet for an accurate measurement



Skip

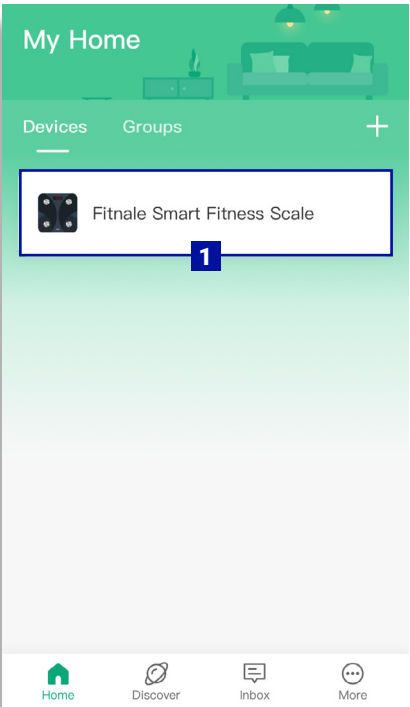
Weight Measurement

- 1. On the "My Home" screen, tap the name of your smart scale.
- 2. Step on the scale with bare feet. Continue standing on the scale for 5–10 seconds. Your measurements will appear in the VeSync app.

Note: *If you see a series of zeroes on the scale display, the scale is measuring your body fat and sending measurements to the VeSync app.*

- 3. For further details, see:
 - A. [Add or Switch Members](#) (page 15)
 - B. [More Measurements](#) (page 16)
 - C. [Data Graphs](#) (page 17)
 - D. [Device Settings](#) (page 19)

Note: *If you're wearing shoes or socks, the scale cannot measure health metrics such as body fat. Step on the scale with bare feet.*



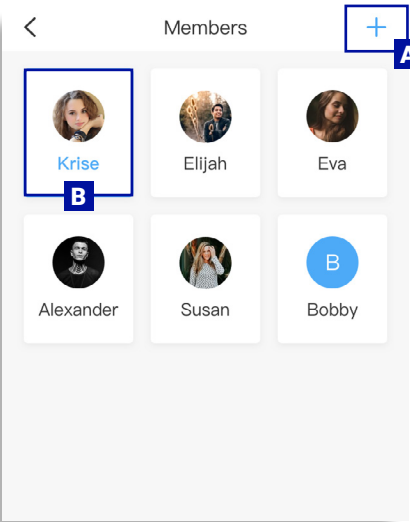
Add or Switch Members

On the "My Home" screen, tap the name of your smart scale, then tap the profile picture.

- A. To add new scale users (referred to as "Members"), tap **+**. Enter the member's information, then tap **Save**.
- B. To select a member, tap the user name.

Note:

- To edit or delete an existing member, see [Edit Member](#), page 20.
- Once a member is deleted, there is no way to retrieve deleted information.

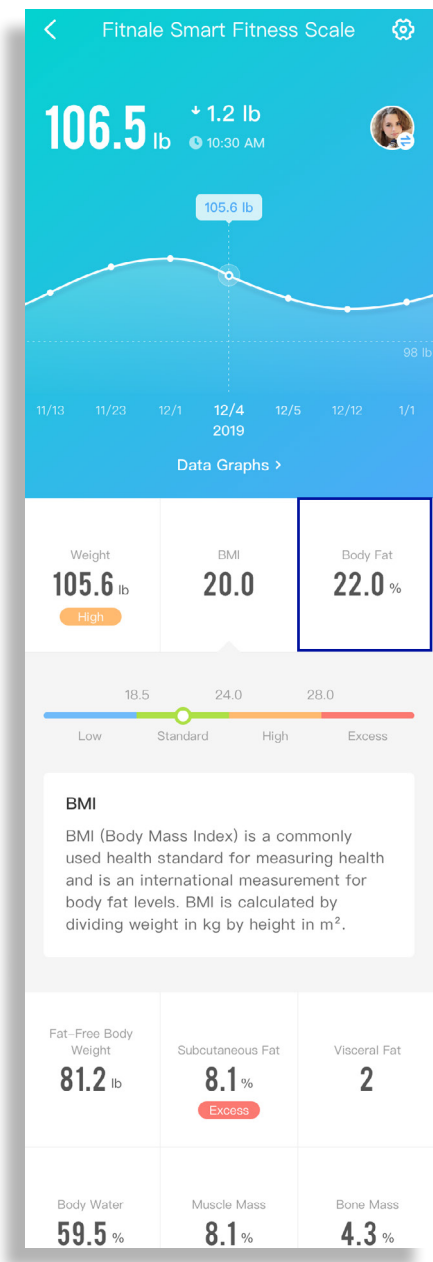


Birthday	July 22, 1989 >
Height	5 ft 6 in >
Weight Goal	Optional >
Body Fat Goal	Optional >


Save A

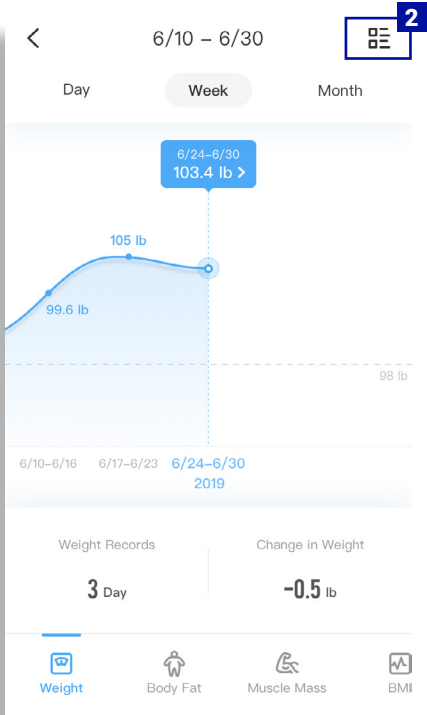
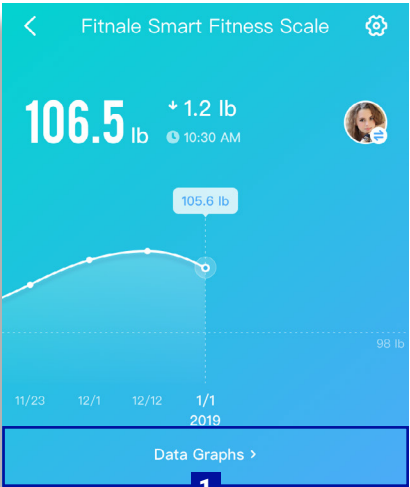
More Measurements

On the "My Home" screen, tap the name of your smart scale, then scroll down for a comprehensive analysis of the 12 health metrics that the scale tracks. Tap any of the health metrics for more information.



Data Graphs

- 1. On the "My Home" screen, tap the name of your smart scale, then tap **Data Graphs**.
- 2. You can view daily, weekly, or monthly progress. Tap  to view your weighing history.



3. Tap any entry to see more information.

Note: To delete, swipe left on an entry.

4. View the 12 health metrics that the scale tracks. Tap any of the health metrics for more information.


History			
3/15/2019			
9:20 PM	Weight 107.8 lb	Body Fat 19.5 %	>
9:20 PM	Weight 107.8 lb	Body Fat 19.5 %	>
9:20 PM	Weight 107.8 lb	Body Fat 19.5 %	>
3/14/2019			
9:20 PM	Weight 107.8 lb	Body Fat 19.5 %	>

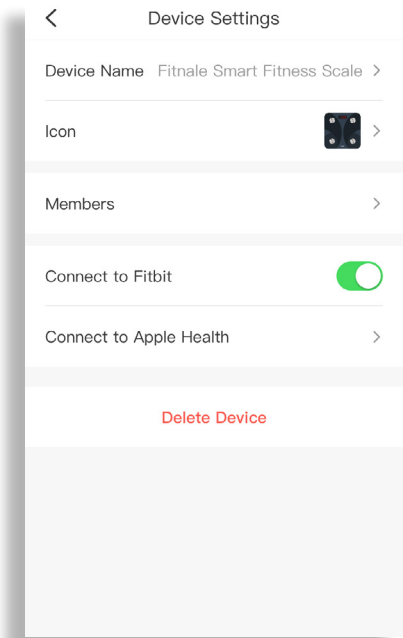
3

Measurements			
Weight 105.6 lb High	BMI 9.0	Body Fat 22.0 %	
Fat-Free Body Weight 81.2 lb	Subcutaneous Fat 8.1 % Excess	Visceral Fat 2	
Body Water 59.5 % Low	Muscle Mass 8.1 %	Bone Mass 4.3 % Low	
Protein 19.0 %	BMR 9.0 kcal	Metabolic Age 26	

4

Device Settings

On the "My Home" screen, tap the name of your smart scale, then tap  in the upper right corner to see Device Settings.





In Device Settings, you can customize the following scale settings:

- Device Name
- Icon
- Members (see page 15)
- Connect to Fitbit (see page 21)
- Connect to Apple Health or Google Fit (see page 21)
- Delete Device

Note: Tap any setting to change it.


Edit Member

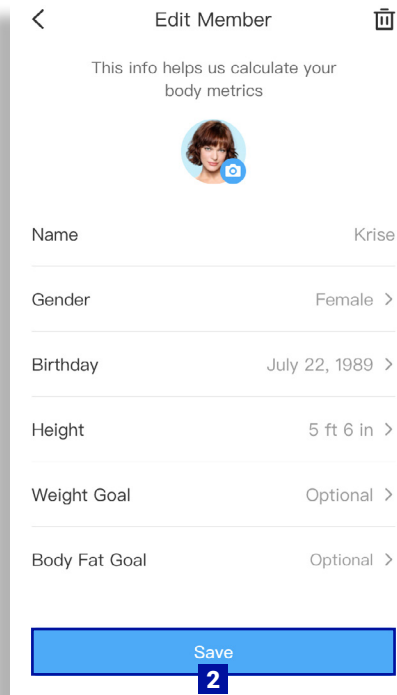
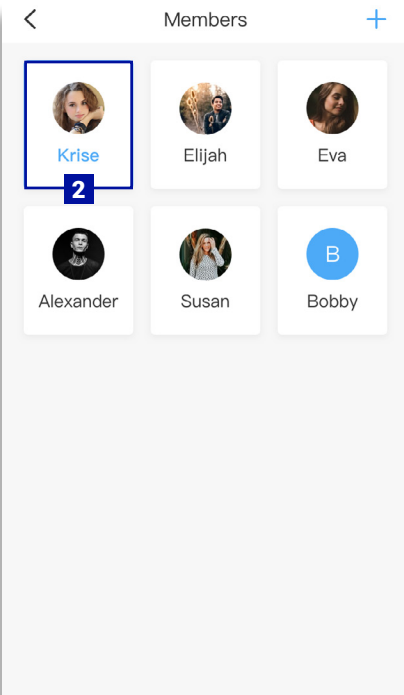
1. On the "My Home" screen, tap the name of your smart scale, then tap  in the upper right corner to see Device Settings. Tap **Members**.

Note: You can tap  to add a new member.

2. Tap the member's picture and select the information you want to edit. Tap **Save** when you're finished.


Note:

- To delete a user, tap  in the upper right corner while editing a member.
- There is no way to retrieve deleted information after a user is deleted.




Connecting with Other Fitness Apps

Fitbit

1. On the "My Home" screen, tap the name of your smart scale.
2. Tap  in the upper right corner to see Device Settings. Tap **Connect to Fitbit**.
3. Turn on Fitbit, then sign in to your Fitbit account.
4. Allow VeSync to share your data with Fitbit.


Note: *Sharing data is necessary for VeSync to connect with Fitbit.*

Apple Health®

1. Make sure your Bluetooth is on. On the "My Home" screen, tap the name of your smart scale.
2. Tap  in the upper right corner to see Device Settings. Tap **Connect to Apple Health**.
3. The Health app should open automatically. If not, open the Health app and tap **Sources** at the bottom of the screen, then select **VeSync**.
4. Turn all categories on to allow the VeSync app to access and update health data. Then, tap **Allow** at the top of the screen.

Note: *If you tap **Don't Allow**, the Health app will not work with VeSync until you reopen the Health app, turn all categories on, and tap **Allow**.*

Google Fit™

1. On the "My Home" screen, tap the name of your smart scale.
2. Tap  in the upper right corner to see Device Settings. Tap **Connect to Google Fit**.
3. The Google Fit app should open automatically. Select your account and allow VeSync to sync. Once the toggle is green, you have successfully paired Google Fit with VeSync.

Note: *Sharing data is necessary for VeSync to connect with Google Fit.*

Maintenance

Calibrating the Scale

If the scale has been moved or flipped upside down, it must be calibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.
2. Step on the scale with 1 foot until digits appear on the display [Figure 2.1]. Then, step off.
3. The scale will show "C" while calibrating, then "000" when complete [Figure 2.2].

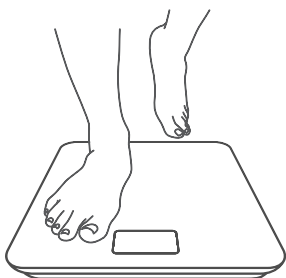


Figure 2.1



Figure 2.2

Cleaning the Scale

- Use a slightly damp cloth to clean the surface of the scale, followed by a soft, dry cloth to wipe away any remaining moisture.
- Do not use chemical or abrasive cleaning agents to clean the scale.

Replacing the Batteries

The display will show "Lo" when the batteries need to be replaced.

1. Open the battery compartment on the underside of the scale.
2. Remove the old batteries and dispose of them properly.
3. Install 3 new 1.5V AAA batteries. Follow the guidelines in the battery compartment to match the + and - terminals.
4. After closing the battery compartment, calibrate the scale (see [Calibrating the Scale](#), page 23).

Display Messages



Wireless Connection



Change Battery



Calibrating



Overload

Troubleshooting

The scale doesn't turn on.

- Check if the batteries are properly installed. If using the scale for the first time, remove the plastic insulator strip from the battery compartment.

Information flashes on the screen and then disappears.

- The batteries are low and may need to be replaced.

The scale doesn't connect with the VeSync app.

- Make sure your phone's operating system is running iOS™ 9.0+ or Android™ 4.3+.
- Close and relaunch the VeSync app. Make sure you're using the latest version.
- Turn on Bluetooth on your phone (for Android users, make sure Location is turned on as well).
- Make sure your scale and phone are within 30 ft / 10 m of each other.
- Make sure the scale is not currently connected to any other phone or app.

My scale only measures my weight, not my body fat or other metrics.

- Set up your smart scale in the VeSync app. Your weight will show on the scale display, and more results will show on the app.
- Make sure Bluetooth is turned on.
- If you're wearing shoes or socks, the scale cannot measure health metrics such as body fat. Step on the scale with bare feet. [\[Figure 3.1\]](#)

Note: *If the scale has errors on the display, will not turn off automatically, or has a problem not listed here, try removing the batteries for 3 seconds, then replacing them.*

If you still need help, please contact [Customer Support](#) (page 28).

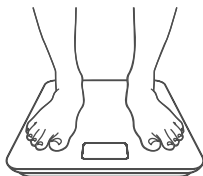


Figure 3.1

FCC Statement

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.

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

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 of the following measures:

- Reorient or relocate the receiving antenna.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure statement.
The device can be used in portable exposure condition without restriction

Warranty Information

Product	Smart Fitness Scale
Model	FIT 8S
Default Warranty Period	1 year

For your own reference, we strongly recommend that you record your order ID and date of purchase.

Terms & Policy

Fitnale warrants all products to be of the highest quality in material, craftsmanship, and service, effective from the date of purchase to the end of the warranty period.

Fitnale will replace any product found to be defective due to manufacturer flaws based on eligibility. Refunds are available within the first 30 days of purchase. Refunds are only available to the original purchaser of the product. This warranty extends only to personal use and does not extend to any product that has been used for commercial, rental, or any other use for which the product is not intended. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferrable. Fitnale is not responsible in any way for any damages, losses, or inconveniences caused by equipment failure or by user negligence, abuse, or use noncompliant with the user manual or any additional safety or use warnings included in the product packaging and manual.

This warranty does not apply to the following:

- Damage due to abuse, accident, alteration, misuse, tampering, or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years of age.

Fitnale and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

ALL EXPRESSED AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.

Extend Your Warranty by 1 Year

Email warranty@fitnale.com with your order ID to extend your warranty by an additional year.

Defective Products & Returns

If you discover your product is defective within the specified warranty period, please contact Customer Support via support@fitnale.com with a copy of your invoice and order ID. **DO NOT** dispose of your product before contacting us. Once our Customer Support Team has approved your request, please return the product with a copy of the invoice and order ID.

Customer Support

If you encounter any issues or have any questions about your new product, please contact our helpful Customer Support Team.

1202 N. Miller St., Suite A
Anaheim, CA 92806

Support Hours

Mon–Fri, 9:00 am–5:00 pm PST/PDT

Email: support@fitnale.com

Toll-Free: (855) 551-4624

*Please have your invoice and order ID ready before contacting Customer Support.



@fitnalefitness

