

EatSmart

Precision SMARTSCALE

Bluetooth® Body Analyzer with Fitness App

ESBS-58

EatSmart Products
Las Cruces, NM 88001
866-843-3905

Introduction

Thank you for purchasing the Conmo SMARTSCALE Bathroom Scale. This body fat scale is designed and manufactured in a facility certified ISO 9001 Quality, BSCI Certification and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water, bone mass, and muscle mass percentage. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water, percentage of muscle mass, percentage of bone mass and percentage body fat. The body fat scale also calculates body mass index (BMI) and estimates basal metabolic rate (BMR), which the scale displays as “Kcal”. The body fat scale is also equipped with an “Athlete Mode” for athletes whose body build is different from non-athletes.

Your SMARTSCALE Bathroom Scale comes with the following:

- SMARTSCALE Digital Body Fat Scale
- Instruction Manual
- 3 AAA Batteries
- 2 Year EatSmart Guarantee

Please read this instruction manual carefully before use.

If you have any questions regarding the operation of your SMARTSCALE Bathroom Scale, please call 866-843-3905 from 8:00 AM to 5:00 PM, Monday through Friday, Mountain Standard Time.

Please fill out your purchase information for future reference:

Date Purchased:.....




Place Purchased:.....

Order ID (if any).....

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicates the right conditions to use the product and to prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicates important notices users should read before using the product.
 CARE AND MAINTENANCE	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat, muscle mass, bone mass and body water using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

PRECAUTION NOTICE

- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

IMPORTANT NOTICE TO USERS

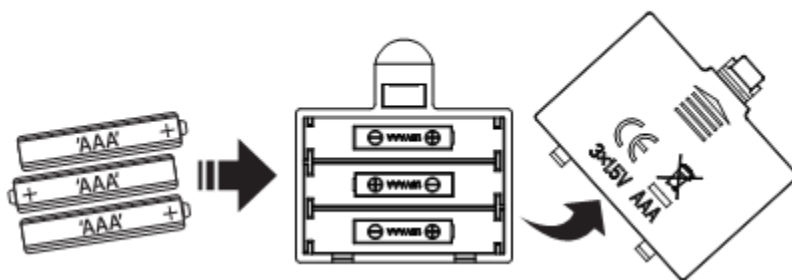
- This product is intended for adults and children (ages 18 to 80).
- Make sure to use only the type of battery stated (see Section “PREPARATION BEFORE USE”).
- The “Athlete” mode is applicable only to people 18-80 years of age.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, always estimate in bare feet.

PREPARATION BEFORE USE

1. Insert the Battery

This scale operates on 3 'AAA' batteries (included). Remove any plastic wrap from the batteries before installation. Remove any screws and open the battery cover on the back of the scale unit. Place the batteries into the battery compartment according to the “+” and “-” polarity symbols at the bottom of the compartment. Replace the battery compartment cover and screw(s). If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

Direction of the 3 AAA batteries



NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

2. Set units of measurements

Your scale is set at the factory to weigh in pounds (lb). To switch to kilogram (kg) or stone (st) units of measurement (1 stone = 14 pounds), press the button on the bottom of the scale while the scale is on. (Press firmly on the platform to turn the scale on.)

3. Some models have a static cling label on the LCD lens to prevent scratching. Remove before use.

4. Set the scale in the right position

Always use the scale on a flat and hard floor surface. Do not use on carpets. Carpeted or uneven flooring may affect accuracy.

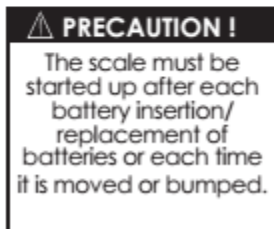


5. Start-up the Scale

Press firmly on the scale platform to start-up the scale. The display shows “0.0” and then turns off. The scale is ready for use.



Artwork is FPO



SETTING UP YOUR SMART SCALE USING BLUETOOTH® 4.0 TECHNOLOGY

The SMARTSCALE can estimate body fat, body water, muscle mass and bone mass percentages, daily calorie estimates, BMI and weight difference compared to goal weight and real weight, and then it transmits your results to an app on a mobile device using Bluetooth® 4.0 technology. You can use your SMARTSCALE with or without Bluetooth 4.0 transmitting data. Below are the directions for setting up the scale using Bluetooth 4.0.

SMART SCALE REQUIREMENTS

The Smart Scale is designed to be used with the following mobile devices:

- **iOS**
iPhone, iPad and iPod Touch, iPod mini
- using IOS 8.1 and newer
- **Android**
4.3 (API 18) and newer
- Compatible with devices running Bluetooth® 4.0 technology and above

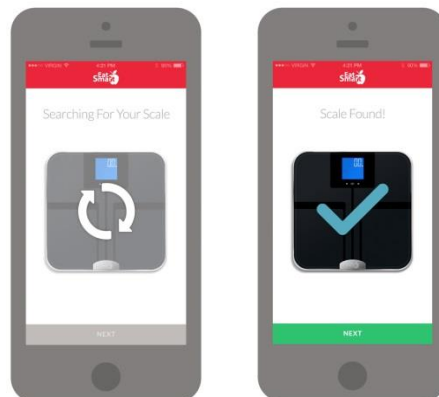
Download the free **EatSmart** app from the Apple store (for IOS devices) or Google play (for Android devices).

To add new user profile:

1. Your SMARTSCALE will scan the mobile device automatically, please make sure the Bluetooth setting is “ON” and your device is within 3-30 ft. of the scale.
2. Edit the user profile to set up your personal data, including activity levels and goal weight.
3. Proceed to the next step to store your user profile.
4. If you would like to change personal data, including activity levels and goal weight, simply edit the user profile again and be sure to save the changes.
5. Step directly on to the platform with bare feet to turn the scale on. Your measurements will appear on the app and scale.
6. To delete the selected user profile, double click the user profile and then press “Delete”. Tap the “Confirm” button to approve deletion.

Setting Up Your Profile with the **EatSmart App**

1. Open the app and it will search to connect with your SMARTSCALE. Tap “NEXT” to enter your personal information.



Note: If it cannot locate your SMARTSCALE you may press “Search Again” or you may select “Shop EatSmart Scale” to purchase a SMARTSCALE through Amazon.



2. Enter Your Height

Use the ruler on the side to increase or decrease your height. Tap “NEXT” to continue or “BACK” to return to the previous screen.



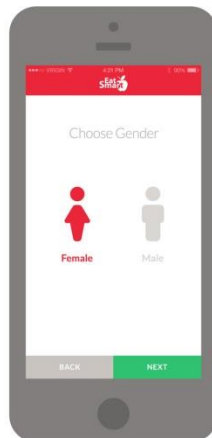
3. Enter Your Date of Birth

Scroll through the Month, Date and Year to select your birthdate. Tap “NEXT” to continue or “BACK” to return to the previous screen.



4. Select Your Gender

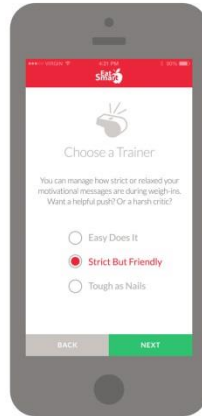
Select either the Male or Female icon to choose your gender. Tap “NEXT” to continue or “BACK” to return to the previous screen.



Bob: on “Gender” which shall have icon to choose: Male, Male athlete, Female and female athlete

5. Choose a Trainer

You may select among 3 different types of Trainers (Easy Does It, Strict But Friendly, or Tough As Nails) to keep you on track and motivated during your fitness journey. Depending on your choice, these Trainers will send you relaxed, moderate, or strict motivational messages during your weigh-ins. Tap “NEXT” to continue or “BACK” to return to the previous screen.



Note: A Trainer must be selected to continue the set up process.

6. Choose an Activity Level

Select your current activity level. This will allow the app to better read vital data and provide guidelines. Tap “NEXT” to continue or “BACK” to return to the previous screen.

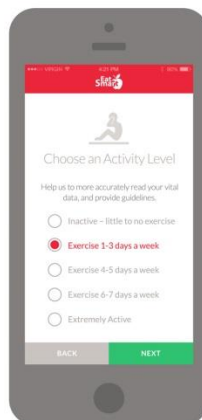
Inactive: little or no exercise

Limited Activity: exercise 1-3 days a week

Moderate Activity: exercise 4-5 days a week

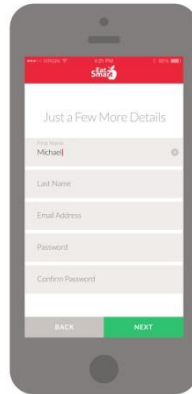
Very Active: exercises 6-7 days a week

Extremely Active: physically demanding exercise or athletic training



7. Add Your Name, Email Address and Password

Once your password is confirmed, tap “NEXT” to continue or “BACK” to return to the previous screen.



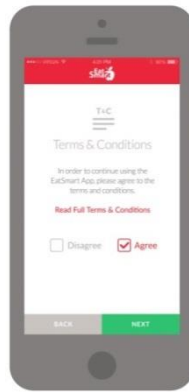
8. Add a Profile Picture (Optional)

You may personalize your profile with a picture. This is optional and not required to complete setting up your profile. Tap “NEXT” to continue or “BACK” to return to the previous screen



9. Terms & Conditions

In order to continue using the EatSmart app you will need to agree to the Terms & Conditions. You may read the full Terms & Conditions by clicking on the link. Please select “Agree” or “Disagree”. Tap “NEXT” to continue or “BACK” to return to the previous screen.



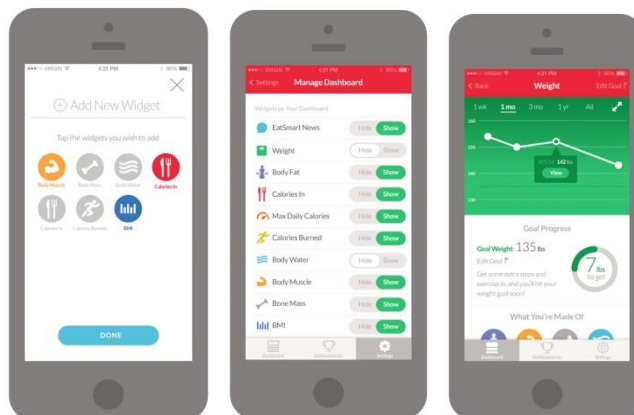
NOTE:

1. In the event you are sharing the scale with another user and they enter a personal profile through the scale manually, if you select their user number your app profile will override their profile information entered on the scale.
2. Data will only be transmitted if attached to a specific memory number. If a personal profile has not been assigned to a memory number, the results will appear once on the scale display only and will not be transmitted or saved.
3. If you prefer to use the scale without the app, please refer to

EatSmart App Features

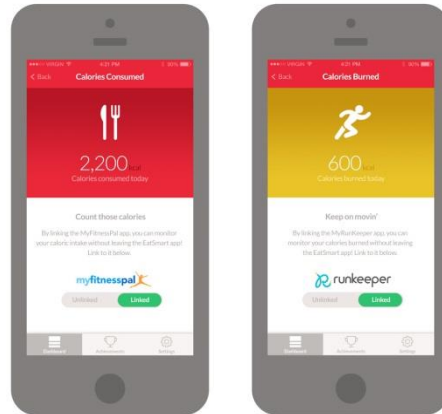
Widgets

The EatSmart app has several features to help you with your fitness goals. You can easily see your weight, body fat, muscle mass, bone mass, body water, caloric intake (kCal), and BMI through your dashboard. To select which Widgets you would like to see, simply go to Settings > Manage Dashboard.



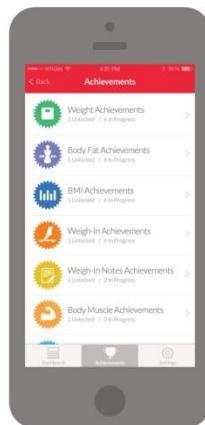
Link your **EatSmart App** to MyFitnessPal and RunKeeper

Maximize your fitness goals by linking up with MyFitnessPal and RunKeeper and add their widgets to your dashboard. You can track caloric intake (kCal) and calories burned without ever having to leave the **EatSmart app**!



Achievements

Stay motivated by unlocking achievements during your fitness journey. Achievements help you reach and maintain weight, body fat, BMI, body water, muscle mass targets and keep you accountable for weigh-ins. You can also add notes to help you document your progress along the way.



Vacation Mode

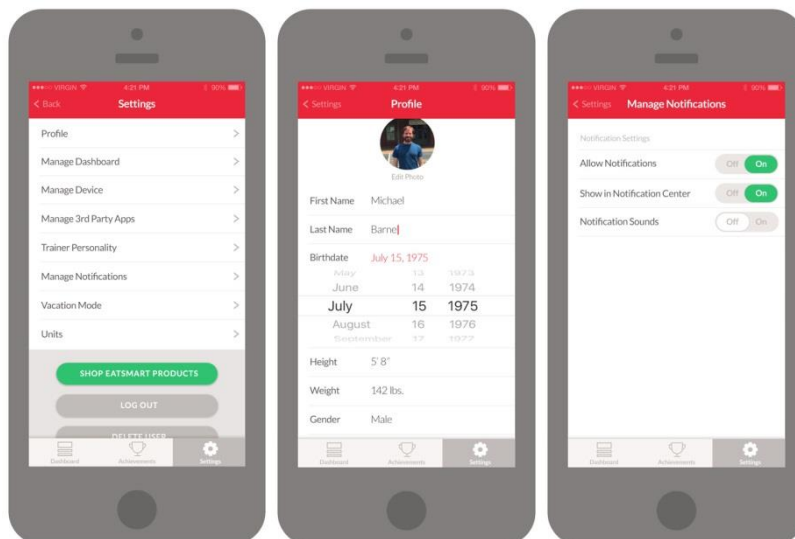
You are able to pause all data and silence notifications by turning “On” Vacation Mode found under the “Settings” tab. Once Vacation Mode is turned off you will resume right where you left off without skipping a beat.



Note: You can turn off notifications under Settings > Manage Notifications however your data will not be paused.

Manage **EatSmart App** Settings

Tap the “Settings” tab at the bottom of the screen to easily edit your profile and manage settings such as notifications, trainer personality, dashboard preferences, etc.




DATA TRANSMISSION FROM SMARTSCALE TO MOBILE DEVICE

When your SMARTSCALE has been paired up with your phone or other mobile device, your data

results will be transmitted to the device via Bluetooth. An onscreen “” icon indicates a successful Bluetooth® connection.

A “” icon appears while data is transmitted, then disappears when transmission is complete. You may review your data on your mobile device.

If the “” icon remains on the screen, the transmission has failed. The scale will temporarily store the pending data, and it will be transmitted after the next measurement is complete.

CONNECTION TROUBLESHOOTING

If the transmission fails, repeat the above steps. To improve the transmission connection, follow these guidelines:

- a) Place the scale and Bluetooth® device reasonably close together, between 3 and 30 feet.
- b) Check for any obstacles between the scale and the Bluetooth. Obstacles may cause interference.
- c) Other electronic devices may cause interference (particularly those with Bluetooth); keep them at least 3 feet away from the scale.

NOTE: If the batteries are removed from the scale, you will not have to reconnect the scale to the app because it will still recognize the device when you replace the batteries.

WEIGHT ONLY MEASUREMENT WITHOUT USING BLUETOOTH®

Your EatSmart SMARTSCALE Bathroom Scale can operate as a basic weight-reading scale. No special programming is required.

1. Your scale has been set at the factory to measure in pounds and inches (lb/in). On the bottom of the scale, there is a button that can change the measurement units to kg / st:lb . If you wish to change the measurement units, press the button to (kg / st:lb).
2. Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
3. Step onto the scale platform and remain still. Your weight will display.
4. The scale will power off automatically.

SETTING UP AND USING YOUR SMART SCALE WITHOUT USING BLUETOOTH®

This scale has 8 personal memory numbers (P1-P8). Before estimating body fat and body water, you must first save your height, age, gender, normal/athlete mode option and an activity level selection into a memory number. The scale will then use these factors to estimate your results. Once you have saved your personal data into memory, it will only need to be reentered if there is a change to the data

The accuracy of the results depends on how you stand on the scale. Position your feet with maximum contact on the invisible electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.

PROGRAMMING PERSONAL DATA





The SMARTSCALE can store personal user profiles for up to 8 users. Before doing a body composition analysis you must first set up a user profile.

1. Press “SET” to turn on the scale.

2. Set Profile Number

The profile number (P1-P8) will flash. Press ▲ or ▼ to choose a profile number. Press “SET” to confirm.
(insert line art)

3. Select Gender

Press ▲ or ▼ to choose male  / male athlete  / female  / female athlete . Press “SET” to confirm.
(insert line art)

Definition of an Athlete:

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

4. Select an Activity Level

Press ▲ or ▼ to choose an activity level. Press “SET” to confirm. The height digits flash.

Select your Activity Level according to the following guidelines:

Level-1 Sedentary / Very Inactive: little or no exercise

Level-2 Limited Activity: exercise/sports 1-3 days a week

Level-3 Moderate Activity: exercise/sports 4-5 days a week

Level-4 Very Active: exercise/sports 6-7 days a week

Level-5 Extremely Active: physically demanding exercise/sports or athletic training

(insert line art)

5. Enter Your Height

Press ▲ or ▼ to increase/decrease height digits. Press “SET” to confirm. The age digits flash.
(insert line art)

6. Enter Your Age

Press ▲ or ▼ to increase/decrease the age digits. Press "SET" to confirm.

(insert line art)

7. Enter Goal Weight

Press ▲ or ▼ to choose the goal weight. Press "SET" to confirm.

(insert line art)

8. When the display reads 0.0, step on the scale with bare feet to measure your weight otherwise the scale will automatically shut off. Your data has been saved.

Body Fat, Body Water, Muscle Mass, Bone Mass, BMI, Calorie and Weight Estimating Operation

You must have bare feet for estimation results, please remove your shoes and socks now before proceeding. Clean, slightly moist feet will provide the best results.

1. Press down on the scale platform with your foot. The scale will turn on and a memory number (P1-P8) will display.

Bob: Press "SET" to power on scale, a memory number will blink

2. Remove your foot when your memory number appears.

Bob: Press the ▲ or ▼ buttons until your memory number appears. Wait for the screen to show "0.0".

3. When the scale shows "0.0", step on the scale with bare feet and stand still. The display will show your weight. Continue to stand still on the scale.

4. The display will show a moving zeroes pattern ("0000") while computing your other results.

5. After a few seconds, BMI, the body fat %, body water %, muscle mass %, bone mass %, calorie, weight difference compared to goal weight and weight results will appear twice in sequence.

6. The scale will turn off automatically.

7. If two or more users are in a similar weight range (within +/- 6.6 lbs / 3 kgs), the scale will notify you to choose between, for example, P1 and P2. Press ▲ or ▼ to get to the correct profile number and select by pressing 'SET'. If the scale cannot identify the user's profile number, it will only display the weight.

Bob: If you want to delete the user profile, press the "SET" button for 3 seconds and the display will show "dEL", then the select the user profile will be deleted.

PROBLEM SOLVING AND QUESTIONS

1. No weight displayed?

Check to see if the scale is powered up and started up. If not, please refer to the Section "Preparation Before Use".

2. Why does the display read "Lo"?

Battery is running low. Replace the battery.

3. You must have bare feet to make this measurement.

To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale.

4. If the scale displays all icon for more than 6 seconds?

Calibration error. Step off the scale and wait until the scale automatically turns off. Start the scale again by pressing firmly on the scale platform to re-calibrate the scale. The display shows "0.0" and then turns off. The scale is ready for use again.

5. The message displays "Err "?

Overload Warning. The maximum weight capacity of the scale (440 lbs / 200 kgs) has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale will occur.

6. The message displays "Err1"?

Contact error. Clean bottom of feet with a damp cloth, leave slightly damp, and repeat measurement again, maintaining maximum contact between your feet and the metal sensors.

7. The scale displays "Err L" when estimating body fat, body water, muscle mass and bone mass values?

Estimated values are lower than the minimum values the scale can estimate. Moistening your feet may help to improve the electrical contact.

8. The scale displays "Err H" when estimating body fat, body water, muscle mass and bone mass values?

Estimated values are higher than the maximum values the scale can estimate. Moistening your feet may help to improve the electrical contact.

CARE AND MAINTENANCE

1.**OVERLOAD WARNING:** the maximum weight capacity of this scale is 440 lbs / 200 kgs. Remove the weight immediately when the scale displays " Err "; otherwise, permanent damage to the scale will occur.

2.The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.

3.Do not disassemble the product. Other than replacing the batteries, it contains no user serviceable parts.

4.Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water.

5.Your scale contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.

6. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.

7. This scale is a sensitive weighing device. To prevent run down of the battery, do not store anything on the scale.

8. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

Specifications

- Weight Capacity: 440Lb or 200Kg
- Weight Graduation: 0.2Lb or 0.1Kg
- Body Fat Graduation: 0.1% (in the range from 4% - 60%)
- Body Water Graduation: 0.1% (in the range from 27.5% - 66%)
- Body Muscle Graduation: 0.1% (in the range from 20% - 56%)
- Body Bone Graduation: 0.1% (in the range from 2% - 20%)
- Height Range: 3' 3" – 7'2.5" (100.0 – 220.0cm)
- Age Range: 18-80 years
- Measures weight, BMI, body fat, body water, muscle mass and bone mass
- Weight-only feature with automatic step on
- 8 user profiles
- Athlete or normal mode
- User selectable units of measure (lb / in), (st / in) or (kg / cm)
- Low battery indicator
- Operates on 3 AAA batteries

EDUCATION INFORMATION

Before using the scale, you should know ...

1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows

through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated.

‘Please note that the percentage of body fat and body water will not add up to 100%.’

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.

3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body’s weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions.

Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one’s health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA. The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.

The optimal %BF and TBW% of an individual varies according to age and gender.

The table as follows may be used as a guide.

Age	Fat(F)	Hydration(F)	Fat(M)	Hydration(M)	Status
≤ 30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too lean
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Fat
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too fat

> 30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too lean
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	Fat
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too fat

4. When should I use the scale’s body fat and total body water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of %BF and %TBW and tracking their changes is better than merely comparing your %BF and %TBW value to the population's "normal" value. The estimates provided are not substitutes for physician assessments. Consult your physician to determine what body fat percentage, total body water percentage and daily calorie intake are most ideal for you.

5. What is Muscle Mass?

Our Body Fat Scale estimates the weight of Skeletal Muscle Mass in your body. You have around 650 muscles in your body, and they make up roughly half of your body weight. These muscles can be divided into three different groups: skeletal, smooth and cardiac. All of these muscles can stretch and contract, but they perform very different functions.

Skeletal muscle: Produces movement, maintains posture, stabilizes joints and generates heat

Smooth muscle: Found in the walls of hollow organs

Cardiac muscle: Exists only in your heart

Skeletal muscle (SM)

The tissue most commonly thought of as muscle is skeletal muscle. Skeletal muscles cover your skeleton, giving your body its shape. They are attached to your skeleton by strong, springy tendons or are directly connected to rough patches of bone. Skeletal muscles are under voluntary control, which means you consciously control what they do.

Just about all body movement, from walking to nodding your head, is caused by skeletal muscle contraction. Your skeletal muscles function almost continuously to maintain your posture, making one tiny adjustment after another to keep your body upright. Skeletal muscle is also important for holding your bones in the correct position and prevents your joints from dislocating. Some skeletal muscles in your face are directly attached to your skin. The slightest contraction of one of these muscles changes your facial expression.

Skeletal muscle generates heat as a by-product of muscle activity. This heat is vital for maintaining your normal body temperature.

Skeletal muscle represents approximately 30% of body weight of a healthy 127.8 lb woman or 40% of a 154.3 lb man. (International Commission on Radiological Protection, 1975).

6. What is the Cal-Pal™ daily calorie intake estimator?

The Cal-Pal™ function estimates the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting calorie goals during weight loss and exercise programs. This estimate shows on the LCD as Kcal (Basal Metabolic Rate).

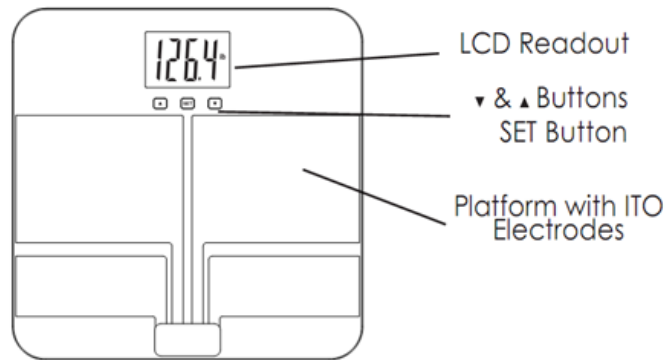
7. Why is the Athlete Mode necessary in a Body Fat Analyzer?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for people 18-80 years old.

8. Definition of an 'Athlete'

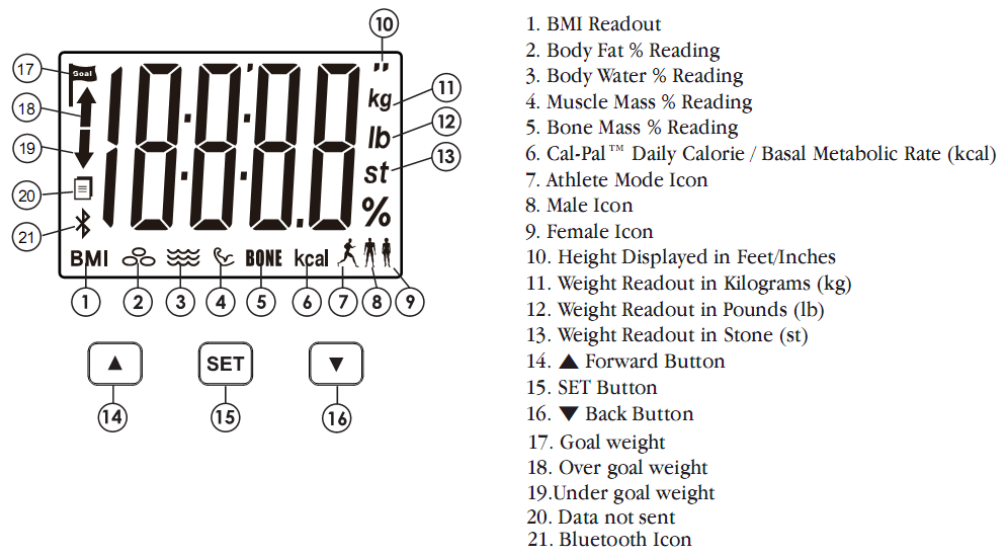
The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

PRODUCT DESCRIPTION



*"ITO" changes to "Invisible"

LCD READOUT



Button Functions

SET

- Turns scale on.
- Confirmation button selection

▲ / ▼ (Up/Down)

- Changes value of height, age, activity level and goal weight, toggle between Male / Male athlete and Female / Female athlete in Body Fat function
- Select memory P1 – P8 in Memory mode & Recall mode
- Recall settings of memory locations

Connect with EatSmart



EatSmart Products



EatSmartScales



EatSmart Products



EatSmartScales

www.eatsmartproducts.com

FCC REGULATIONS

FCC User Guide Information

Radio Frequency Interface Requirements - FCC

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

Note: 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. 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.

“The device must not be co-located or operating in conjunction with any other antenna or transmitter.”

“This device complies with FCC’s radiation exposure limits set forth for an uncontrolled environment”

WARRANTY

The warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our option) while under warranty, please contact for return authorization and troubleshooting.

(866) 843-3905 (8 to 5 MST)

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state.

NOT LEGAL FOR TRADE.

Made in China.