

TEST REPORT FROM RFI GLOBAL SERVICES LTD

Test of: MiLife Coaching Ltd SmartScales

To: FCC Part 15.247: 2006 (Subpart C)
RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Test Report Serial No: RFI/RPTE2/RP49779JD03A

Supersedes Test Report Serial No: RFI/RPTE1/RP49779JD03A

This Test Report Is Issued Under The Authority Of Steve Flooks, Radio Performance Group Service Leader:	5/100-3
Checked By: Steve Flooks	Report Copy No: PDF01
Issue Date: 11 July 2008	Test Dates: 13 May 2008 to 16 May 2008

The *Bluetooth*® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by RFI Global Services Ltd. is under license. Other trademarks and trade names are those of their respective owners.

This report is issued in Adobe Acrobat portable document format (PDF). It is only a valid copy of the report if it is being viewed in PDF format with the following security options not allowed: Changing the document, Selecting text and graphics, Adding or changing notes and form fields. This report may be copied in full. The results in this report apply only to the sample(s) tested.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 2 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

This page has been left intentionally blank.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 3 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Table of Contents

1. Client Information	4
2. Equipment Under Test (EUT)	5
3. Test Specification, Methods and Procedures	8
4. Deviations from the Test Specification	g
5. Operation and Configuration of the EUT during Testing	10
6. Summary of Test Results	11
7. Measurements, Examinations and Derived Results	12
8. Measurement Uncertainty	33
Appendix 1. Test Equipment Used	34
Appendix 2. Test Configuration Drawings	35

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 4 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

1. Client Information

Company Name:	MiLife Coaching Ltd
Address:	Suite 22 Colworth House Annex Colworth Science Park Sharnbrook Bedford MK44 1LQ
Contact Name:	Mr S Jackson

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 5 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

2. Equipment Under Test (EUT)

The following information (with the exception of the date of receipt) has been supplied by the customer:

2.1. Description of EUT

The equipment under test is an online coaching system to help individuals to manage their activity, weight and nutrition.

2.2. Identification of Equipment Under Test (EUT)

Description:	MiLife SmartScales
Brand Name:	MiLife Coaching Ltd
Model Name or Number:	Miss-001A
Serial Number:	001857801F33
FCC ID Number:	WFC000002
Country of Manufacture:	China
Date of Receipt:	06 May 2008

2.3. Modifications Incorporated in the EUT

During the course of testing the EUT was not modified.

2.4. Accessories

No accessories were supplied with the EUT during testing.

2.5. Support Equipment

The following support equipment was used to exercise the EUT during testing:

Description:	Interface cable
Brand Name:	None Stated
Model Name or Number:	None Stated
Serial Number:	None Stated
Cable Length and Type:	2m / RS232C / 9 pin D connector / Multicore
Connected to Port	Serial interface box

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 6 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Support Equipment (Continued)

Description:	Serial interface box
Brand Name:	None Stated
Model Name or Number:	None Stated
Serial Number:	None Stated
Cable Length and Type:	2m / DB9 socket / 3 pole socket / PSU socket
Connected to Port	PC Serial port / EUT serial port

Description:	Interface cable
Brand Name:	None Stated
Model Name or Number:	None Stated
Serial Number:	None Stated
Cable Length and Type:	2 m / multicore
Connected to Port	Scales serial port and serial interface box

Description:	Mains power supply
Brand Name:	Balance Electronics Co. Ltd.
Model Name or Number:	GPS8-0500302
Serial Number:	None Stated
Cable Length and Type:	2 m / multicore
Connected to Port	Serial interface box

Description:	Laptop computer
Brand Name:	Dell
Model Name or Number:	Latitude
Serial Number:	RFI asset No PC370NT
Cable Length and Type:	Not Applicable
Connected to Port	RS232 cable to serial interface box

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 7 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

2.6. Additional Information Related to Testing

Power Supply Requirement:	Internal battery Supp	oly of: 3.7V (Transmit mo	ode)
Intended Operating Environment:	Residential and within Bluetooth coverage		
Equipment Category:	Bluetooth		
Type of Unit:	Portable (Standalone battery powered device) (Transmit Mode) Transceiver		
Channel Spacing:	1 MHz		
Modulation Type:	GFSK		
Data Rate:	Variable		
Maximum Measured EIRP:	-8.3 dBm		
Transmit Frequency Range:	2.402 GHz to 2.480 GHz		
Transmit Channels Tested:	Channel ID	Channel Number	Channel Frequency (GHz)
	Bottom	0	2.402
	Middle	39	2.441
	Тор	78	2.480
Receive Frequency Range:	2.402 GHz to 2.480 GHz		
Receive Channels Tested:	Channel ID	Channel Number	Channel Frequency (GHz)
	Bottom	0	2.402
	Middle	39	2.441
	Тор	78	2.480

2.7. Port Identification

Port	Description	Type/Length
1	Serial interface	Socket

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 8 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

3. Test Specification, Methods and Procedures

3.1. Test Specification

Reference:	FCC Part 15.247: 2006 Subpart C
Title:	Code of Federal Regulations, Part 15.247 (47CFR15) (Intentional Radiators operating within the band 2400 MHz to 2483.5 MHz)

Reference:	RSS-210 Issue 7 June 2007				
Title:	Low-power Licence-exempt Radio communication Devices (All Frequency Bands): Category Equipment.				

Reference:	RSS-Gen Issue 2 June 2007				
Title:	General Requirements and Information for the Certification of Radio communication Equipment.				

3.2. Methods and Procedures

The methods and procedures used were as detailed in:

ANSI C63.2 (1996)

Title: American National Standard for Instrumentation - Electromagnetic Noise and Field Strength Instrumentation, 10 Hz to 40 GHz.

ANSI C63.4 (2003)

Title: American National Standard Methods of Measurement of Electromagnetic Emissions from Low Voltage Electrical and Electronic Equipment in the Range of 9 kHz to 40 GHz.

ANSI C63.5 (1988)

Title: American National Standard for the Calibration of antennas used for Radiated Emission measurements in Electromagnetic Interference (EMI) control.

ANSI C63.7 (1988)

Title: American National Standard Guide for Construction of Open Area Test Sites for performing Radiated Emission Measurements.

CISPR 16-1: (1999)

Title: Specification For Radio Disturbance and Immunity Measuring Apparatus and Methods. Part 1: Radio Disturbance and Immunity Measuring Apparatus.

DA00-705 (2000)

Title: Filing and Frequency Measurement Guidelines for Frequency Hopping Spread Spectrum Systems.

3.3. Definition of Measurement Equipment

The measurement equipment used complied with the requirements of the standards referenced in the methods & procedures section above. Appendix 1 contains a list of the test equipment used.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 9 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

4. Deviations from the Test Specification

There were no deviations from the test specification.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 10 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

5. Operation and Configuration of the EUT during Testing

5.1. Operating Modes

The EUT was tested in the following operating modes, unless otherwise stated:

• Idle and Transmit powered by the internal batteries.

5.2. Configuration and Peripherals

The EUT was tested in the following configuration:

• In Bluetooth Test Mode and in a link with a Bluetooth test set.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 11 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

6. Summary of Test Results

Range of Measurements	FCC Part 15 Reference	IC RSS Reference	Port Type	Compliancy Status
Idle Mode Radiated Spurious Emissions	15.109	RSS-Gen 6.0	Antenna	Complied
Transmitter 20 dB Bandwidth	15.247(a)(1)	RSS-210 A8.1(a)	Antenna	Complied
Transmitter Carrier Frequency Separation	15.247(a)(1)	RSS-210 A8.1(b)	Antenna	Complied
Transmitter Average Time of Occupancy	15.247(a)(1)(iii)	RSS-210 A8.1(d)	Antenna	Complied
Transmitter Maximum Peak Output Power	15.247(b)(1)	RSS-210 A8.4(2)	Antenna	Complied
Transmitter Radiated Emissions	15.247(d) & 15.209(a)	RSS-210 A8.5	Antenna	Complied
Transmitter Band Edge Radiated Emissions	15.247(d) & 15.209(a)	RSS-210 A8.5	Antenna	Complied

6.1. Location of Tests

All the measurements described in this report were performed at the premises of RFI Global Services Ltd, Ewhurst Park, Ramsdell, Basingstoke, Hampshire, RG26 5RQ

6.2. Site Registration Numbers

• FCC: 90895

IC: 3485

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 12 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7. Measurements, Examinations and Derived Results

7.1. General Comments

This section contains test results only.

Measurement uncertainties are evaluated in accordance with current best practice. Our reported expanded uncertainties are based on standard uncertainties, which are multiplied by an appropriate coverage factor to provide a statistical confidence level of approximately 95%. Please refer to section 8 for details of measurement uncertainties.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 13 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2. Test Results

7.2.1. Idle Mode Radiated Spurious Emissions

Ambient Temperature: 21°C Relative Humidity: 49 %

7.2.1.1. Tests were performed using the test methods detailed in ANSI C63.4 Section 8.

7.2.1.2. Tests were performed to identify the maximum receiver or standby radiated emission levels.

Results:

Electric Field Strength Measurements (Frequency Range: 30 MHz to 1000 MHz)

Frequency (MHz)	Antenna Polarity	Quasi-Peak Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
996.713	Vertical	37.6	54.0	16.4	Complied

Note(s):

1. No spurious emissions were detected above the noise floor of the measuring receiver; therefore, the highest peak noise floor reading of the measuring receiver was recorded as shown in the table above. The peak level was compared to the average limit as opposed to being compared to the peak limit because this is the more onerous limit.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 14 of 37

Issue Date: 11 July 2008

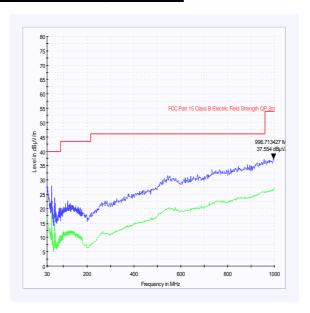
Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Idle Mode Radiated Spurious Emissions (Continued)



Note: These plots are pre-scans and for indication purposes only. For final measurements, see accompanying tables.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 15 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.2. Idle Mode Radiated Spurious Emissions (Continued)

Electric Field Strength Measurements (Frequency Range: 1 GHz to 13 GHz)

Highest Peak Level:

Frequency (GHz)	Antenna Polarity	Detector Level (dB _µ V)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
12.599198	Horizontal	29.9	17.6	47.5	54.0	6.5	Complied

Note(s):

No spurious emissions were detected above the noise floor of the measuring receiver; therefore, the
highest peak noise floor reading of the measuring receiver was recorded as shown in the table above.
The peak level was compared to the average limit as opposed to being compared to the peak limit because
this is the more onerous limit.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 16 of 37

Issue Date: 11 July 2008

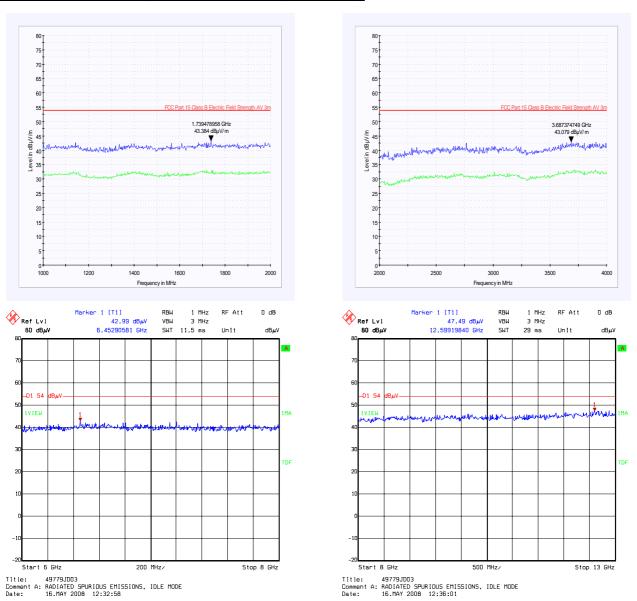
Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Idle Mode Radiated Spurious Emissions (Continued)



Note: These plots are pre-scans and for indication purposes only. For final measurements, see accompanying tables.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 17 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.3. Transmitter 20 dB Bandwidth

Ambient Temperature: 20°C Relative Humidity: 49 %

Tests were performed using the test methods detailed in Public Notice DA 00-705 (March 30, 2000).

Tests were performed to identify the 20 dB bandwidth.

Results:

Transmitter 20 dB Bandwidth (kHz)	Limit (kHz)	
933.066	None specified	



Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 18 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

FCC Part 15.247: 2006 (Subpart C) To:

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.4. Transmitter Carrier Frequency Separation

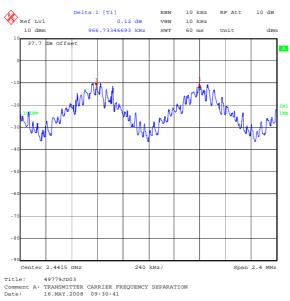
Ambient Temperature: 20°C Relative Humidity: 49 %

Tests were performed using the test methods detailed in Public Notice DA 00-705 (March 30, 2000).

Tests were performed to identify the carrier frequency separation.

Results:

Transmitter Carrier Frequency Separation (kHz)	y Separation (² / ₃ of 20 dB BW) Margin		Result
966.733	622.044	344.689	Complied



Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 19 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.5. Transmitter Average Time of Occupancy

Ambient Temperature: 20°C Relative Humidity: 49 %

Tests were performed using the test methods detailed in Public Notice DA 00-705 (March 30, 2000).

Tests were performed to identify the average time of occupancy in number of channels (79) \times 0.4 seconds. The calculated period is 31.6 seconds.

Results:

Emission Width (μs) Number of Hops in 31. Seconds		Average Time of Occupancy (s)	Limit (s)	Margin (s)	Result
2901.804	113	0.3279	0.4	0.0721	Complied

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 20 of 37

Issue Date: 11 July 2008

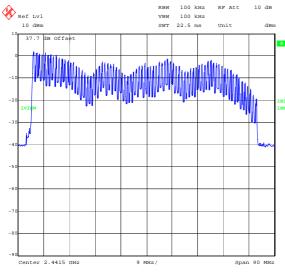
Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

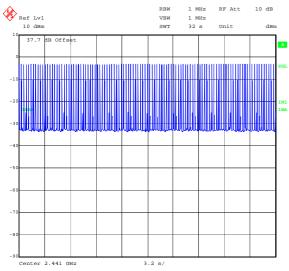
RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Average Time of Occupancy (Continued)

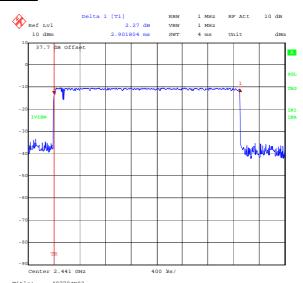


Title: 49779JD03

Comment A: AVERAGE TIME OF OCCUPANCY, NUMBER OF CHANNELS
Date: 16.MAY.2008 09:36:50



Title: 49779JD03 Comment A: AVERAGE TIME OF OCCUPANCY, NUMBER OF HOPS Date: 16.MAY.2008 09:50:16



Title: 49779JD03

Comment A: AVERAGE TIME OF OCCUPANCY, PULSE LENGTH
Date: 16.MAY.2008 09:46:00

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 21 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.6. Transmitter Maximum Peak Output Power: (EIRP)

Ambient Temperature: 13°C Relative Humidity: 80 %

Tests were performed using the test methods detailed in Public Notice DA 00-705 (March 30, 2000), ANSI TIA-603-C-2004 and FCC CFR Part 2.

Tests were performed to identify the transmitter maximum peak output power (EIRP) of the EUT.

Results:

Battery Powered Devices

Channel	EIRP (dBm)	Limit (dBm)	Margin (dB)	Result
Bottom	-8.3	30.0	38.3	Complied
Middle	-10.2	30.0	40.2	Complied
Тор	-12.3	30.0	42.3	Complied

Note(s):

1. These tests were performed radiated; therefore the EUT antenna gain is encompassed in the final result and not measurable.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 22 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.7. Transmitter Radiated Emissions

Ambient Temperature: 21°C Relative Humidity: 49 %

Tests were performed using the test methods detailed in ANSI C63.4 Section 8 and Public Notice DA 00-705 (March 30, 2000).

Tests were performed to identify the maximum transmitter radiated emission levels.

Results:

<u>Electric Field Strength Measurements: 30 MHz to 1000 MHz</u> (Emissions Occurring in the Restricted Bands)

Top Channel

Frequency Antenna (MHz) Polarity		Level (dBμV/m)			Result	
976.994	Vertical	38.1	54.0	15.9	Complied	

Note(s):

- 1. The preliminary scans showed similar emission levels below 1 GHz, for each channel of operation. Therefore final radiated emissions measurements were performed with the EUT set to the top channel only.
- 2. The preliminary scans showed similar emission levels for each mode below 1 GHz, therefore final radiated emissions measurements were performed with the EUT set to the top channel only.
- 3. No spurious emissions were detected above the noise floor of the measuring receiver; therefore, the highest peak noise floor reading of the measuring receiver was recorded as shown in the table above. The peak level was compared to the average limit as opposed to being compared to the peak limit because this is the more onerous limit.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 23 of 37

Issue Date: 11 July 2008

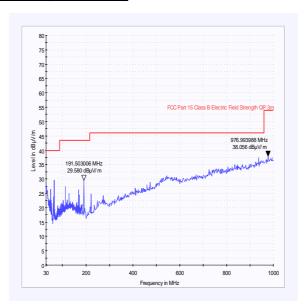
Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)



Note: These plots are pre-scans and for indication purposes only. For final measurements, see accompanying tables.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 24 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)

Results:

<u>Electric Field Strength Measurements (Frequency Range: 1 to 26.5GHz)</u> (emissions occurring in the restricted bands)

Highest Peak Level: Bottom Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
1.602033	Vertical	47.7	1.1	48.8	74.0	25.2	Complied
4.804030	Vertical	65.8	-3.3	62.5	74.0	11.5	Complied

Highest Average Level: Bottom Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
1.602033	Vertical	43.1	1.1	44.2	54.0	9.8	Complied
4.804030	Vertical	56.5	-3.3	53.2	54.0	0.8	Complied

Highest Peak Level: Middle Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.882030	Vertical	65.3	-3.5	61.8	74.0	12.2	Complied

Highest Average Level: Middle Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.882030	Vertical	39.7	-3.5	36.2	54.0	17.8	Complied

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 25 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)

Results:

Highest Peak Level: Top Channel

Fre	equency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.	960050	Vertical	62.7	-3.7	59.0	74.0	15.0	Complied

Highest Average Level: Top Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.960050	Vertical	55.6	-3.7	51.9	54.0	2.1	Complied

Highest Peak Level: Hopping Mode

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.948383	Vertical	65.8	-3.7	62.1	74.0	11.9	Complied

Highest Average Level: Hopping Mode

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
4.948383	Vertical	34.5	-3.7	30.8	54.0	23.2	Complied

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 26 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)

<u>Electric Field Strength Measurements (Frequency Range: 1 to 26.5 GHz) (emissions outside the restricted bands)</u>

Highest Peak Level: Bottom Channel

The result for this channel fell within a restricted band and can therefore be seen in the restricted bands result tables above.

Highest Peak Level: Middle Channel

Frequenc (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	-20 dBc Limit (dBμV/m)	Margin (dB)	Result
1652.59	5 Horizontal	45.9	1.1	47.0	65.0	18.0	Complied

Highest Peak Level: Top Channel

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	-20 dBc Limit (dBμV/m)	Margin (dB)	Result
1653.997	Horizontal	50.4	1.1	51.5	62.9	11.4	Complied

Highest Peak Level: Hopping Mode

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	-20 dBc Limit (dBμV/m)	Margin (dB)	Result
1652.414	Horizontal	50.0	1.1	51.1	65.0	13.9	Complied

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 27 of 37

Issue Date: 11 July 2008

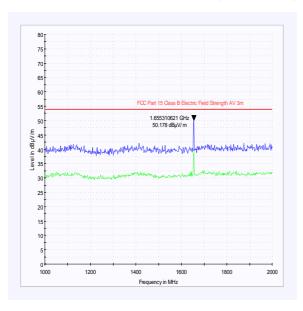
Test of: MiLife Coaching Ltd

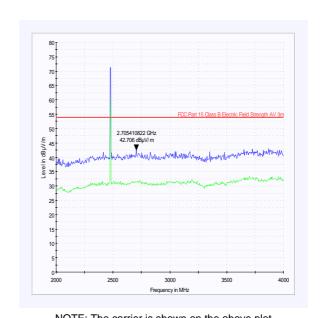
SmartScales

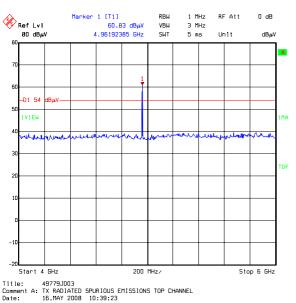
To: FCC Part 15.247: 2006 (Subpart C)

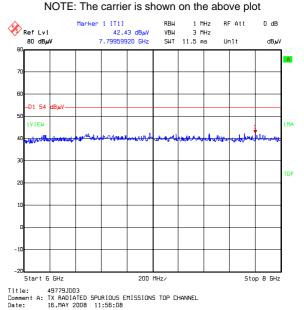
RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)









Note: These plots are pre-scans and for indication purposes only. For final measurements, see accompanying tables.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 28 of 37

Issue Date: 11 July 2008

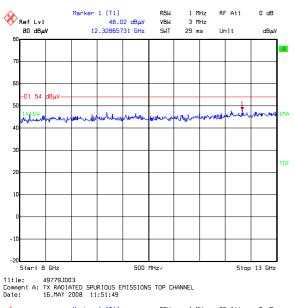
Test of: MiLife Coaching Ltd

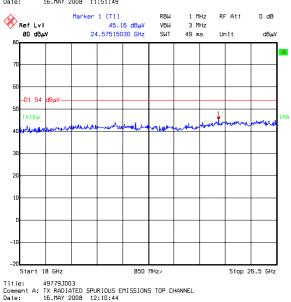
SmartScales

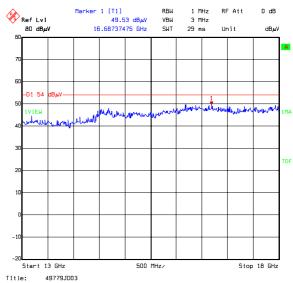
To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Radiated Emissions (Continued)







Title: 49779JD03 Comment A: TX RADIATED SPURIOUS EMISSIONS TOP CHANNEL Date: 16.MAY 2008 11:48:28

Note: These plots are pre-scans and for indication purposes only. For final measurements, see accompanying tables.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 29 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

7.2.8. Transmitter Band Edge Radiated Emissions

Ambient Temperature: 13°C Relative Humidity: 80 %

Tests were performed using the test methods detailed in ANSI C63.4 Section 8 and Public Notice DA 00-705 (March 30, 2000).

Tests were performed to identify the maximum radiated band edge emissions.

Results:

Electric Field Strength Measurements

Peak Power Level Hopping Mode:

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
2.4000	Vertical	53.0	-6.5	46.5	*66.9	20.4	Complied
2.4835	Vertical	56.0	-8.0	48.0	74.0	26.0	Complied

Average Power Level Hopping Mode:

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
2.4835	Vertical	42.5	-8.0	34.5	54.0	19.5	Complied

Note(s):

1. * -20 dBc limit

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 30 of 37

Issue Date: 11 July 2008

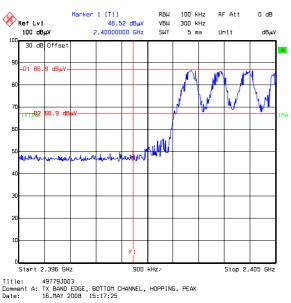
Test of: MiLife Coaching Ltd

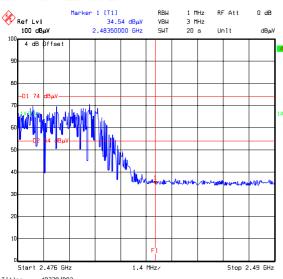
SmartScales

FCC Part 15.247: 2006 (Subpart C) To:

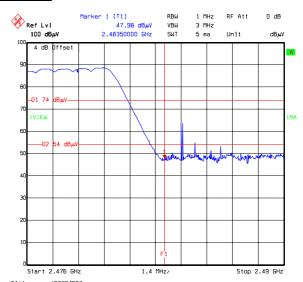
RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Band Edge Radiated Emissions (Continued)





Title: 49779JD03 Comment A: TX BAND EDGE, TOP CHANNEL, HOPPING, AVERAGE Date: 15.MAY 2008 15:37:51



Title: 49779JD03 Comment A: TX BAND EDGE, TOP CHANNEL, HOPPING, PEAK Date: 16.MAY 2008 15:40:40

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 31 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Transmitter Band Edge Radiated Emissions (Continued)

Results:

Peak Power Level Static Mode:

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
2.4000	Vertical	56.0	-6.5	49.5	*66.9	17.4	Complied
2.4835	Vertical	55.0	-8.0	47.0	74.0	27.0	Complied

Average Power Level Static Mode:

Frequency (GHz)	Antenna Polarity	Detector Level (dBμV)	Transducer Factor (dB)	Actual Level (dBμV/m)	Limit (dBμV/m)	Margin (dB)	Result
2.4835	Vertical	43.8	-8.0	35.8	54.0	18.2	Complied

Note(s):

1. * -20 dBc limit

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 32 of 37

Issue Date: 11 July 2008

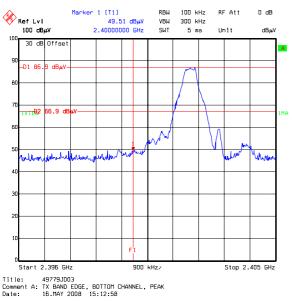
Test of: MiLife Coaching Ltd

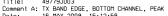
SmartScales

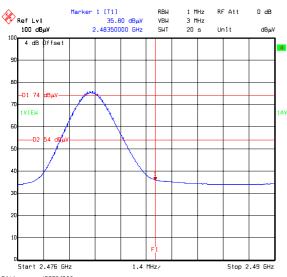
FCC Part 15.247: 2006 (Subpart C) To:

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

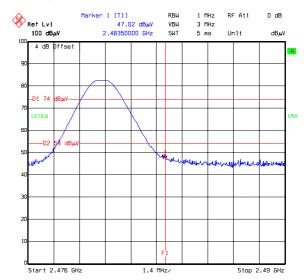
Transmitter Band Edge Radiated Emissions (Continued)







Title: 49779JD03 Comment A: TX BAND EDGE, TOP CHANNEL, STATIC, AVERAGE Date: 16.MAY 2008 15:31:26



Title: 49779JD03 Comment A: TX BAND EDGE, TOP CHANNEL, STATIC, PEAK Date: 16.MAY 2008 15:27:23

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 33 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

8. Measurement Uncertainty

No measurement or test can ever be perfect and the imperfections give rise to error of measurement in the results. Consequently, the result of a measurement is only an approximation to the value of the measurand (the specific quantity subject to measurement) and is only complete when accompanied by a statement of the uncertainty of the approximation.

The expression of uncertainty of a measurement result allows realistic comparison of results with reference values and limits given in specifications and standards.

The uncertainty of the result may need to be taken into account when interpreting the measurement results.

The reported expanded uncertainties below are based on a standard uncertainty multiplied by an appropriate coverage factor, such that a confidence level of approximately 95% is maintained. For the purposes of this document "approximately" is interpreted as meaning "effectively" or "for most practical purposes".

Measurement Type	Range	Confidence Level (%)	Calculated Uncertainty	
Transmitter Maximum Peak Output Power	Not Applicable	95%	±2.94 dB	
Conducted Emissions Antenna Port 30 MHz to 40		95%	±0.28 dB	
Transmitter Carrier Frequency Separation	Not Applicable	95%	±11.4 ppm	
Transmitter Average Time of Occupancy	Not Applicable	95%	±0.3 ns	
20 dB Bandwidth	Not Applicable	95%	± 11.4 ppm	
Radiated Spurious Emissions 30 MHz to 1000 MHz		95%	±4.64 dB	
Radiated Spurious Emissions 1 GHz to 40 GHz		95%	±2.94 dB	

The methods used to calculate the above uncertainties are in line with those recommended within the various measurement specifications. Where measurement specifications do not include guidelines for the evaluation of measurement uncertainty, the published guidance of the appropriate accreditation body is followed.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 34 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Appendix 1. Test Equipment Used

RFI No.	Instrument	Manufacturer	Туре No.	Serial No.	Date Last Calibrated	Cal. Interval (Months)
A028	Antenna	Eaton	91888-2	304	08 Jun 2006	36
A031	Antenna	Eaton	91889-2	557	08 Jun 2006	36
A1534	Pre Amplifier	Hewlett Packard	8449B OPT H02	3008A00405	Calibrated before use	-
A253	Antenna	Flann Microwave	12240-20	128	17 Nov 2006	36
A254	Antenna	Flann Microwave	14240-20	139	17 Nov 2006	36
A255	Antenna	Flann Microwave	16240-20	519	17 Nov 2006	36
A256	Antenna	Flann Microwave	18240-20	400	17 Nov 2006	36
A436	Antenna	Flann	20240-20	330	24 Apr 2006	36
A490	Antenna	Chase	CBL6111A	1590	07 Feb 2008	12
C1080	Rosenberger Cable 3m	Rosenberger	FA210A1030M5050	28464-1	Calibrated before use	-
C1155	Cable	Huber & Suhner	Sucoflex 104PA	1522/4PA	Calibrated before use	-
C1167	Cable	Rosenberger Micro-Coax	FA210A1030007070	43190-01	Calibrated before use	-
C1190	Cable	Rosenburg	FA210A1015M3030	27141-05	Calibrated before use	-
C172	Cable	Rosenberger	UFA210A-1-1181- 70x70	None	Calibrated before use	-
M1124	Spectrum Analyser	Rohde & Schwarz	ESIB26	100046K	19 Feb 2008	12
M1242	Spectrum Analyser	Rohde & Schwarz, Inc.	FSEM30	845986/022	29 Nov 2007	12
M1379	Test Receiver	Rohde and Schwarz	ESIB7	100330	02 Aug 2007	12
S202	Site 2	RFI	2	S202- 15011990	28 Jan 2008	12
S207	Site 7	RFI	7	None	Calibration not required	-
S209	Anechoic Chamber	RFI	9	None	Verified before use	-

NB In accordance with UKAS requirements, all the measurement equipment is on a calibration schedule.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 35 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

Appendix 2. Test Configuration Drawings

This appendix contains the following drawings:

Drawing Reference Number	Title
DRG\49779JD03\EMICON	Test configuration for measurement of conducted emissions.
DRG\49779JD03\EMIRAD	Test configuration for measurement of radiated emissions.

Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 36 of 37

Issue Date: 11 July 2008

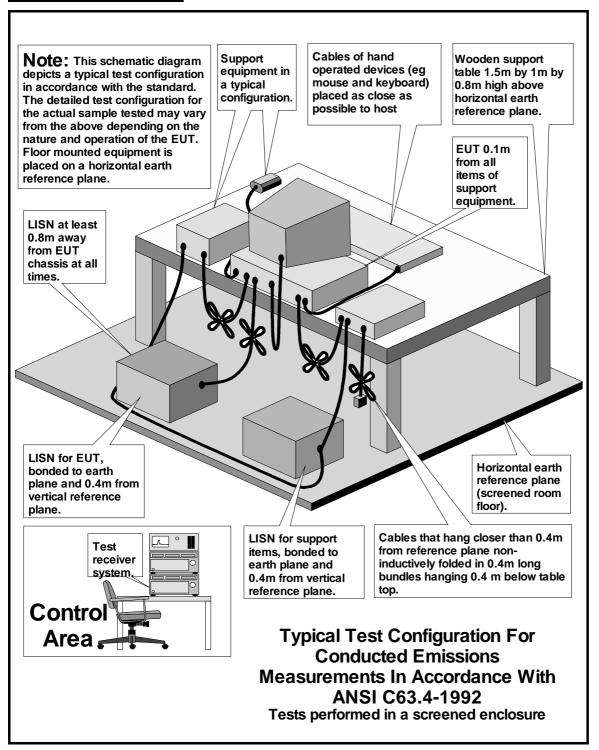
Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

DRG\49779JD03\EMICON



Test Report

Serial No: RFI/RPTE2/RP49779JD03A

Page: 37 of 37

Issue Date: 11 July 2008

Test of: MiLife Coaching Ltd

SmartScales

To: FCC Part 15.247: 2006 (Subpart C)

RSS-210 Issue 7 June 2007 and RSS-Gen Issue 2 June 2007

DRG\49779JD03\EMIRAD

