

AOC

Smart Body Fat Scale



User manual

RoHS

THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.

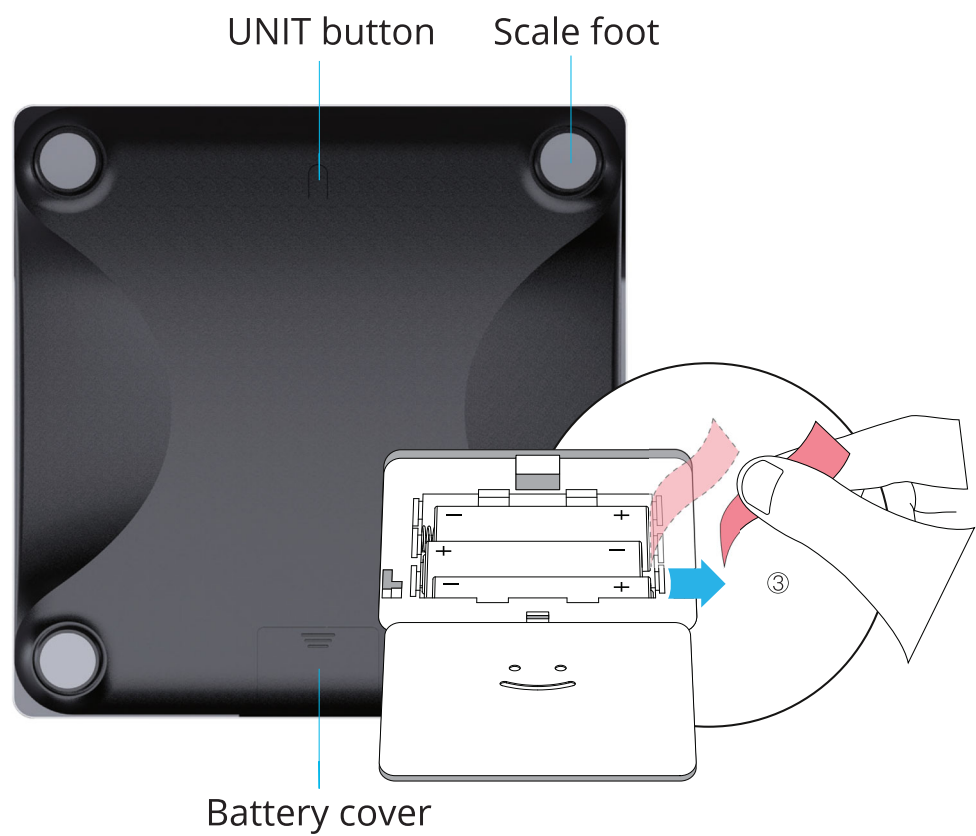
WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop 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 a slightly damp cloth.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

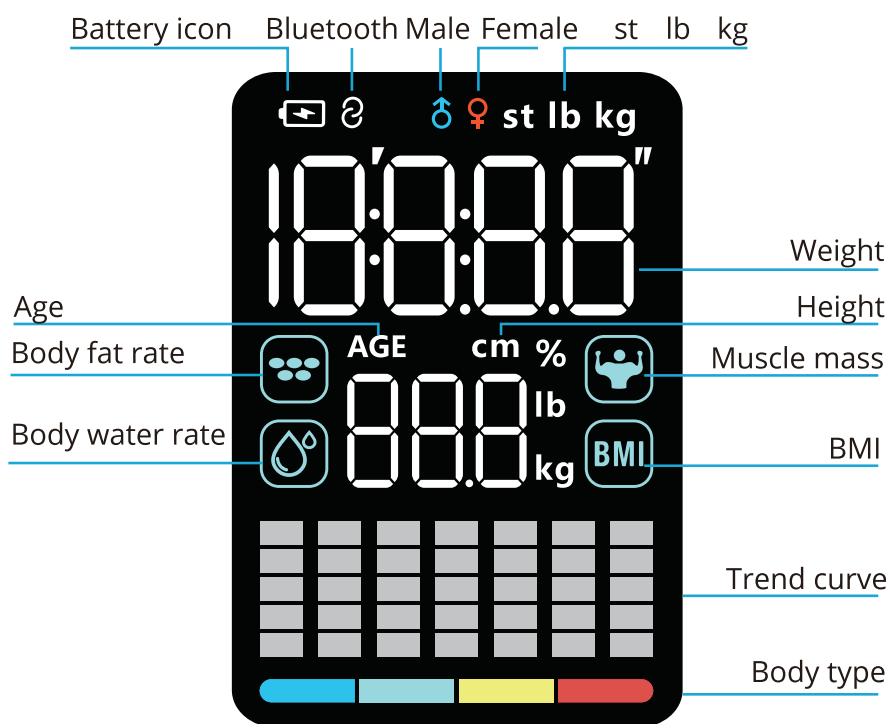
PRODUCT SPECIFICATIONS

Product size:	278x278x24 mm
Display size:	78x53 mm
Weight unit:	kg/lb/st
Weight limit:	5kg-180kg
Weight division:	0.1lb/0.05kg
Power Supply:	3×AAA batteries
Operating temperature:	10-40°C
Operation humidity:	40%-80% RH

PRODUCT OVERVIEW



DISPLAY SCREEN



Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

BMI TABLE

BMI					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

Body Mass Index (BMI) = Weight (kg)÷Height^2 (m)
For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight
Note: The BMI index is a commonly used standard to measure body weight and health status.

TROUBLESHOOTING

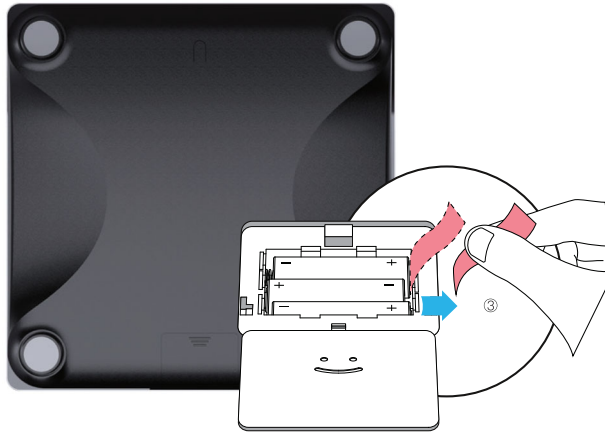
LO	Low battery - Please change new AAA batteries.
Err	Overload (Scale will show Err)
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.



POWER ON

For first use

Remove the insulating strip and correctly insert the batteries.

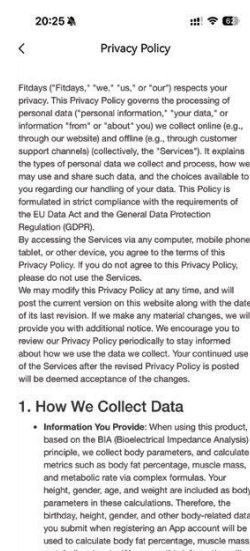
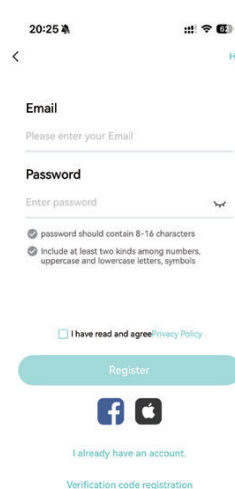


Download and Install the App

- 1 Search Fitdays in the App Store or Google Play, or scan the QR code below to download and install the Fitdays App.

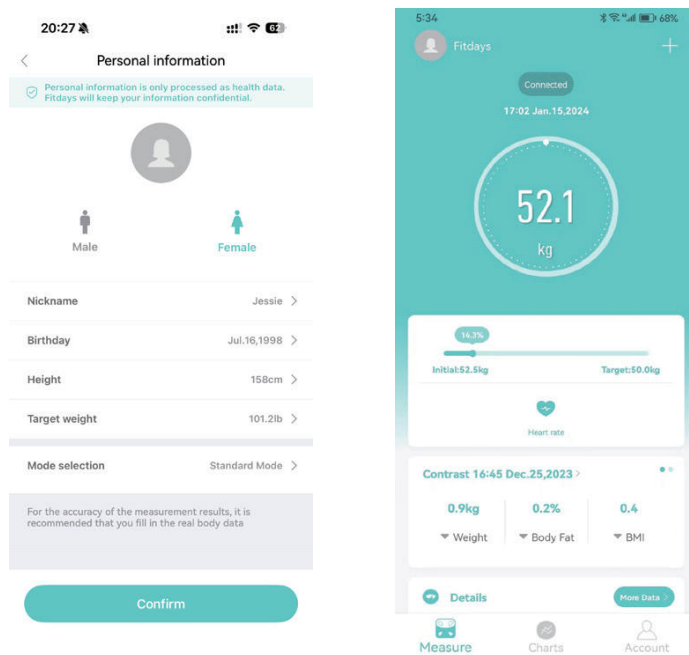


- 2 Register your own ID by email or social media account for Fitdays App.



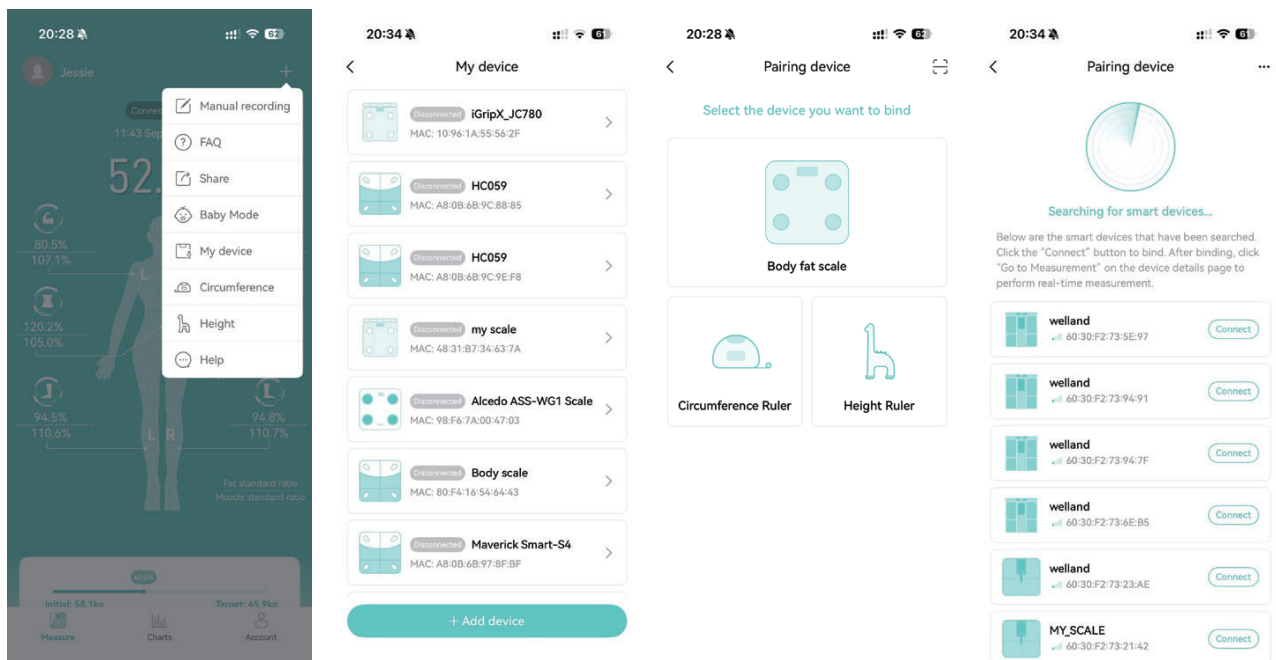
3

Enter personal information, including the gender, user name, birth date, height, and target weight. Tap [Confirm] to save.



4

Pair the scale through Bluetooth. Click My Device -->Add Device-->Body fat scale --> Click device [MY-SCALE] (Keep scale on) and now your phone is connected with the scale .

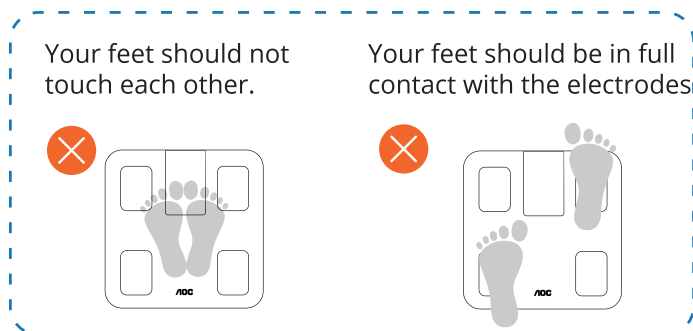


START THE MEASUREMENT

- 1 Place the scale on a solid flat surface. Carpeted or uneven floors may affect the accuracy of the weight measurement .
Calibration: Gently step on the scale to wake it up and wait until the scale displays "0.00", which indicates that the calibration is completed (Remember to re-calibrate the scale if it has been moved).
- 2 Connecting to the App: Turn on the Bluetooth of the mobile phone and open the app

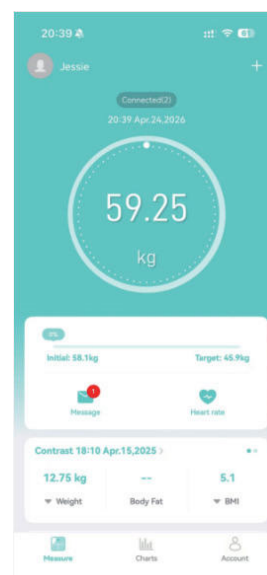
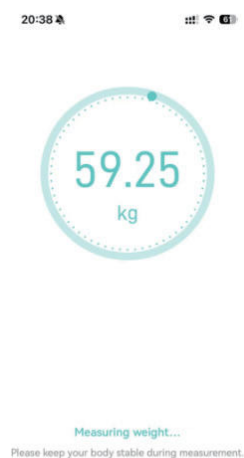
Note: Please take the first measurement with the App connected; and subsequent measurements can be taken offline without connecting to the APP.

- 3 Correct posture for measurement
 - ✓ Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four metal electrodes and there is no contact between the left and right lower limbs (including thighs, calves and feet).



- 4 Keep the above measurement posture until all the data is displayed on the screen of the scale or the App prompts that the measurement is complete before getting off the scale

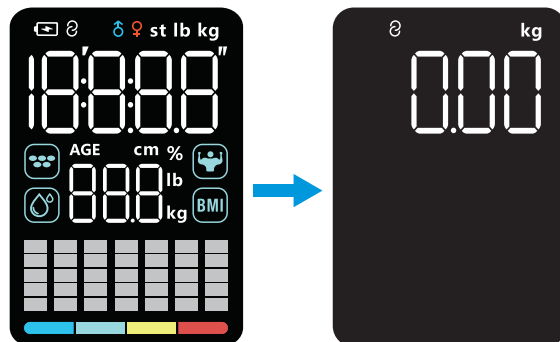
Note: Do not step off the scale until the measurement is complete.



QUICK GUIDE

- 1 Install the battery and turn on the scale. After the full screen is displayed on the scale body and then the number 0.00 appears, you can place items on the scale for measurement.

Note: The Bluetooth symbol will not appear "Ⓡ" when the scale body is not connected to the mobile phone app.



- 2 After the weighing scale is connected to the "Fitdays" App, the screen will display the current user information. When you step on the scale for measurement, after the weight value is locked, the trend indicator bar at the bottom will start to jump and enter the body fat measurement state. After the body fat measurement is completed, the values of weight, body fat, muscle mass, water content, and BMI will be displayed in sequence for 3 seconds each.

After two rounds of display, the scale will automatically turn off.



1. The weighing scale recognizes the current user (P-1) in the App.



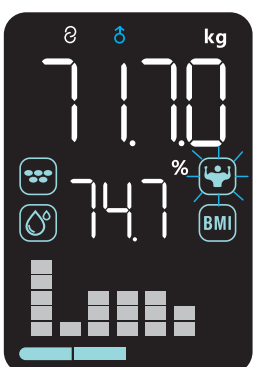
2. Lock the user's weight.



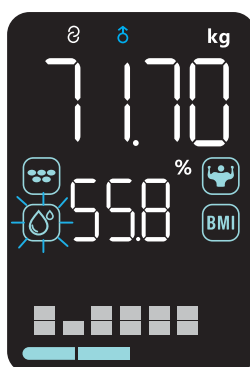
3. Display the user's height.
The jumping of the trend bar below indicates that the measurement is in progress.



4. Show body fat rate



5. Show muscle rate



6. Show body water rate



7. Show BMI

- 3 1. When the scale shows 0.00 after powering on, click the "set" button to enter the offline user setting mode. After entering, set the user information in the order of username, age, gender, and height.



1. Press the SET button lightly.



2. Press and hold the SET button to set the age information.
【< Decrease, > Increase】



3. Press the SET button lightly to set the gender information.
【< > Select Male - Female】



4. Press the SET button lightly to set the height information.
【< Decrease, > Increase】



5. Press the SET button lightly.
Once the screen shows 0.00 after the setting is completed, you can step on the scale for measurement.

2. In the user selection interface, use the left and right keys to cycle through and switch in the order of U-1, U-2, U-3, U-4, and P-0. Among them, U-1, U-2, U-3, and U-4 are fixed users, and P-0 is a guest user.



1. Press the weighing scale lightly, and the screen will display 0.00kg.



2. Press the SET button lightly for the U-1 user.



3. Press the > button lightly for U-1, U-2, U-3, U-4, and P-0 respectively.

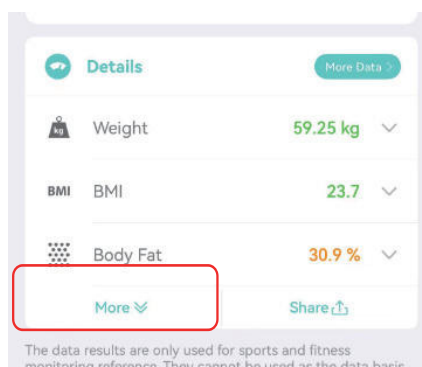


4. Press the > button lightly to cycle and switch in sequence.
pacemakers.

View Detailed Data of Body Composition

When the measurement is complete, the measured weight value, body fat rate, BMI, body water rate, muscle rate, trend curve, body type will be displayed.

Swipe down on app to view the measured values of all body composition items. Tap [More] to view all body composition data.



View the Trend Chart

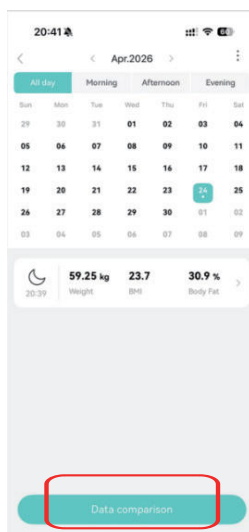
Enter [Charts] page to view the weekly/monthly/yearly trend chart of physical indicators.



View Historical Measurement Data

Enter [Click to view all data], all the measurement history will be presented.

Tap any measurement data to view the specific body composition value.



TROUBLESHOOTING



Battery is low.
Please change new AAA batteries.



The scale is overloaded.
More than 180kg is on the scale.



The sensor is incorrectly zeroed.
Place the device on a solid flat surface.

FCC STATEMENT

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.