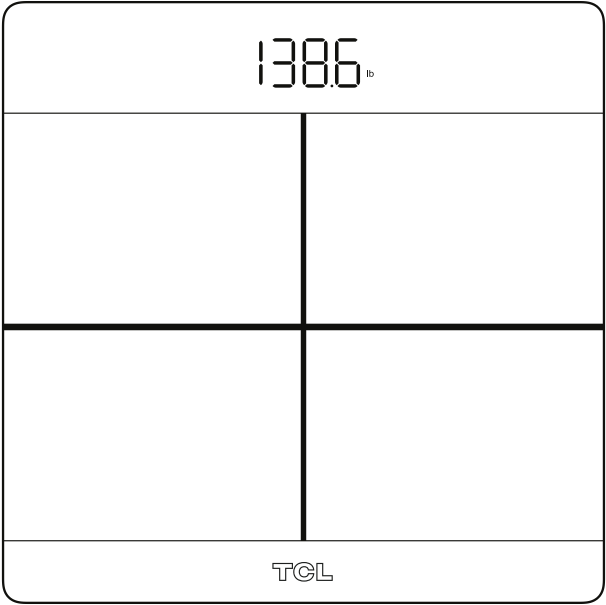




TCL Smart Scale

Read this manual before using and save for future reference
Model: TCL Smart Scale V1 SE

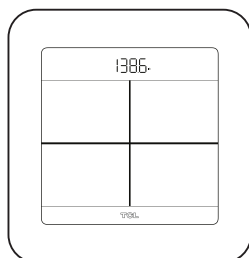
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WARNING

- DO NOT use the scale if you have implanted medical devices such as pace-makers.
- 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.

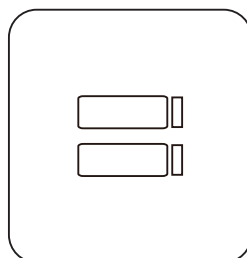
1.What's included



Smart body scale

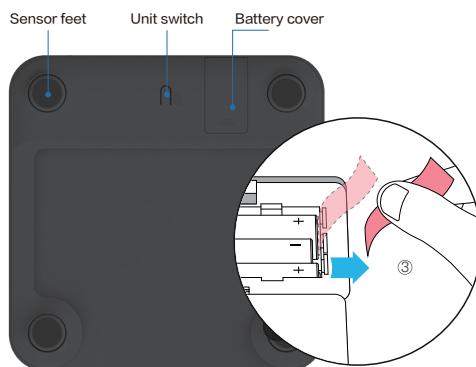
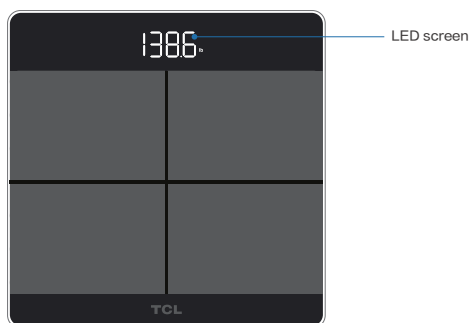


Manual



Batteries ×2

2.Product Overview



Product Specification:

Product Size	26 x 26 x 2.4 cm
Weight Unit	lb / kg
Weight Limit	11 lb – 396 lb / 5 kg – 180 kg
Weight Division	0.1 lb / 0.05 kg
Power Supply	2 AAA Batteries
Operating Temperature	5–35 ° C
Operating Humidity	40%–80% RH

3.Before You Begin

1. Carefully remove the scale and the batteries from the packaging. Verify that the included items are present.
2. Check the scale for any visible damage or defects.
3. Read and follow all instructions carefully in this user guide before using your Smart Body Scale. Failure to adhere to these precautions may result in inaccurate readings, damage to the device, or injury.

Note: Read this User guide carefully and completely and retain for future reference.

Inserting the batteries

1. Turn the scale over and place it on a smooth, level, clean and flat surface.
2. Open the battery compartment cover by pressing it down and sliding it upward.
3. Insert the 2 AAA batteries, ensuring the positive (+) and negative (–) ends match the polarity markings inside the battery compartment.
4. Close the battery compartment cover and wait until the "0.00" digits are shown on the display.

Weight–Only measurement

You can also use this scale as a conventional weight–measuring device. Simply step on it to measure your weight without connecting to the Fitdays app.

Installing the Fitdays app and pairing

This Smart Body Fat Scale pairs with the **Fitdays App**. Follow the instructions below to set up and connect your scale:

1. Search for "Fitdays" in the App Store or Google Play, or scan the QR code below to download and install the app on your device.

Ensure your device meets the following requirements:

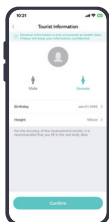
- iPhone/iPad requires iOS 12.0 or above
- Android devices require version 7.0 or above.



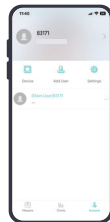
2. Enable bluetooth on your smartphone or tablet.
3. Open the **Fitdays** app then log in or register.



Note: When registering, complete your personal information such as gender, birthday, and height to ensure accurate measurements.



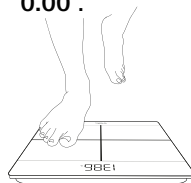
4. At the bottom of the screen, go to **Account** page and select **Device**.



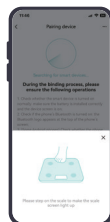
5. Tap + **Add Device** at the bottom of the screen.



6. Step on the scale briefly to wake it up, then wait until the display shows "0.00".



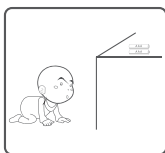
7. Select the **Body Fat Scale** icon and follow the on-screen instructions to pair the scale with your device.



4. Troubleshooting

Issue	Possible Cause	Solution
Display Screen shows Lo	Low battery	Replace the batteries. Note: Replace all batteries at the same time. DO NOT mix old and new batteries.
Display Screen shows Err	Overloading	Ensure the total weight on the scale DOES NOT exceed the maximum weight capacity specified in the user manual.
Display Screen shows C	Unstable measuring	Place and use the scale on a hard, flat, level and clean surface. DO NOT use the scale on carpets or uneven surfaces.
Inaccurate weighing	The scale is not placed on a hard, flat and level surface	Place and use the scale on a hard, flat and level surface. DO NOT use the scale on carpets or uneven surfaces.
	The scale is not calibrated before weighing.	Before each use, ensure the scale is calibrated to avoid inconsistent readings. To calibrate, gently step on the scale with one foot until the readings appear on the display, then step off and wait until the screen shows "0.00" indicating the calibration is complete.
	Standing on the scale unevenly	Stand still and evenly balance your weight between both feet while on the scale.
Failure with app connection	Bluetooth is not enabled on your smartphone.	Enable Bluetooth in your smartphone settings.
	The scale is not within the required range for Bluetooth connection.	Move your smartphone closer to the scale to ensure it is within the Bluetooth connection range.
	The scale is not turned on	Ensure the scale is turned on and has sufficient battery power.

5. Battery Advice



* If the scale is not to be used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.

* Keep the battery out of reach of children.



* Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.

* Do not heat or deform the batteries or expose to fire.



* Waste batteries should not be disposed of with household waste.

* Please check with your local authority for battery recycling advice.



Waste electrical products should not be disposed of with household waste.

Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

6. Disposal



The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.



Dispose of the device in an environmentally friendly manner.

Dispose of it at a recycling centre for used electrical and electronic devices. You can obtain more information from your local authorities.



The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points.

Also note the relevant statutory regulations governing the disposal of batteries.

FCC Statement

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.

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

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.

FCC RF Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be used in portable exposure conditions.

FCC ID: 2BG9T-SCALEV1S



Customer Service

● Call Us

United States: 1-(833)838-3931

Monday to Friday: 9:00 AM – 9:00 PM (PT)

Saturday and Sunday: 9:00 AM – 6:00 PM (PT)

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