

■ About Calorie

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.

⚠ Cleaning & Maintenance

1. Use a slightly damp soft fabric to wipe clean the scale. DO NOT immerse it into water. Any use of chemical or corrosive detergent is not acceptable.
2. If the plastic components of the scale contacts with grease, spicy sauce, vinegar or other irritating substance, please clean it at once (Please keep the scale away from any fruit juice).
3. Always weight/use the scale on a hard and flat surface. DO NOT use on carpets or mats.

• The actual item may vary from the photographs/illustrations.

DIGITAL SCALES™
DigiWEIGH

Body Fat / Water / Calorie Scale with Remote Control

Operator's Manual



ISO 9001:2000 CERTIFIED BY SGS

This product is specially designed to test body fat/hydration/muscle/bone, help keep a close eye on the daily change of your body fat, hydration ,muscle, bone and weight, providing information for your reference. Base on the analysis of your height,weight and age etc., it tells your daily energy requirement, and helps control your weight. Please read this instruction carefully before use.

■ User-friendly Tips

1.During Measuring

- A. The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- B. Always remove your shoes and socks , wipe clean your feet before using.
- C. Step on the weighing platform gently.
- D. It is advisable to take measurement at the same time of the day.
- E. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- F. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
- G. The measured data of the following people may have deviation:
 - Children under 10 or adult over 100 (can only use the device under normal weighing mode)
 - Adult over 70
 - Body building athletes or other occupational athletes.
- H. People with the following conditions should not use the device:
 - Pregnant women
 - Those with symptom of edema
 - Those on dialysis treatment
 - Those who use heart pacemaker or with other implanted medical device.

2. Safety Warning

- A. The Fat% Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
- B. Keep away from strong electro-magnetic field when using the scale.
- C. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

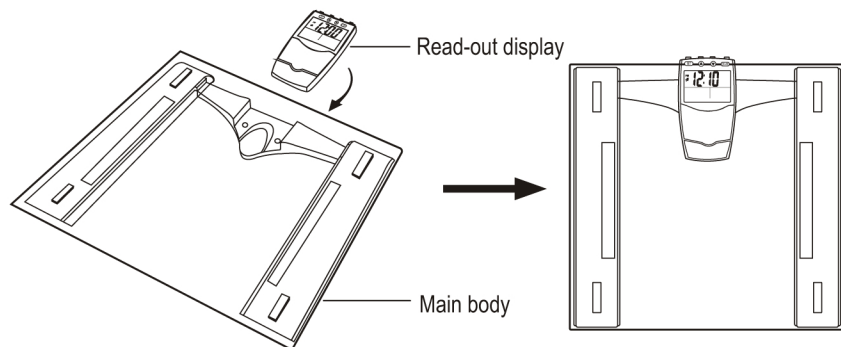
■ Features/Specifications

1. Infrared transmission
2. Dual display feature: wired red-out display or wireless read-out display
3. Auto return to real time clock if no operation
4. Multifunction: test body fat %, body hydration %,body muscle%, body bone% and suggest calorie intake requirement.
5. Built-in memory for 12 different users
6. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings
7. Low battery and overload indication
8. Last immediate memory recall
9. Keypad tone

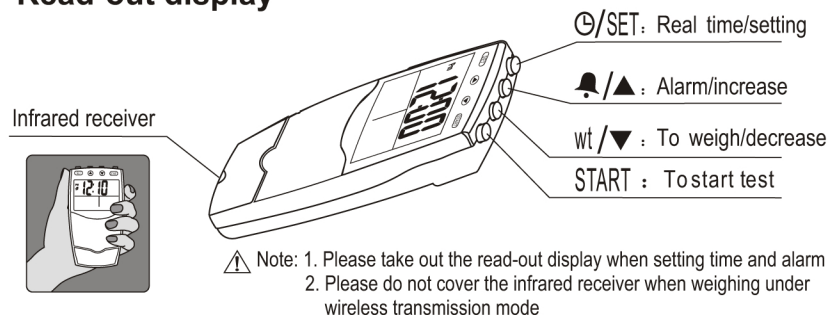
■ Performance Index

Item Index	Weighing Capacity	Fat%	Hydration%	Muscle%	Bone%	Calorie
Index Range	180kg 400lb	4.0% ~60.0%	27.5% ~66.0%	20.0% ~56.0%	2.0% ~20.0%	
Division	0.1kg 0.2lb	0.1%	0.1%	0.1%	0.1%	1KCAL

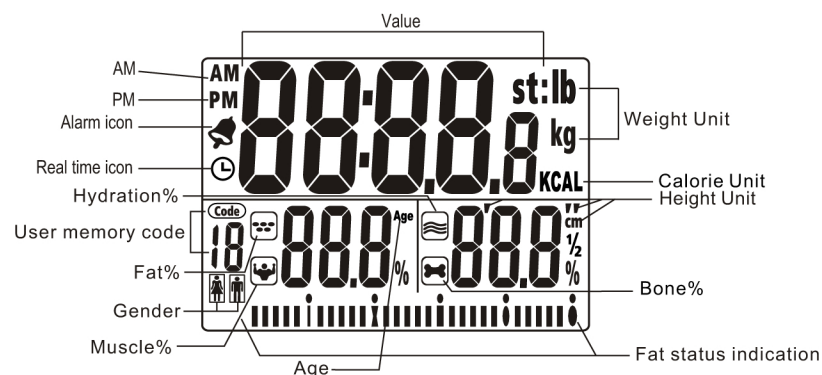
■ Outline



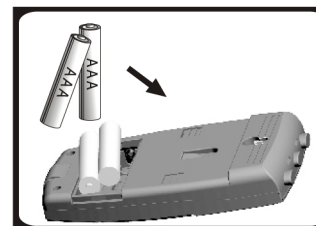
■ Read-out display



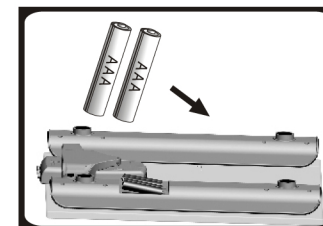
■ LCD Display



■ To install battery

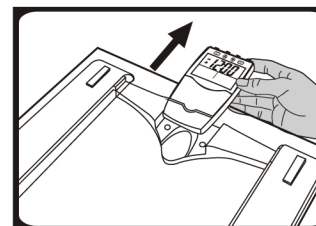


2x1.5V AAA batteries for read-out display
(Please observe polarity)

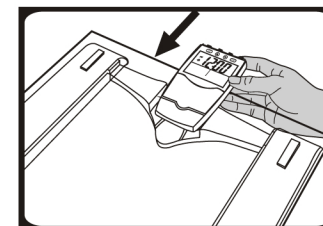


2x1.5V AAA batteries for main body
(Please observe polarity)

■ To take out & put in the read-out display

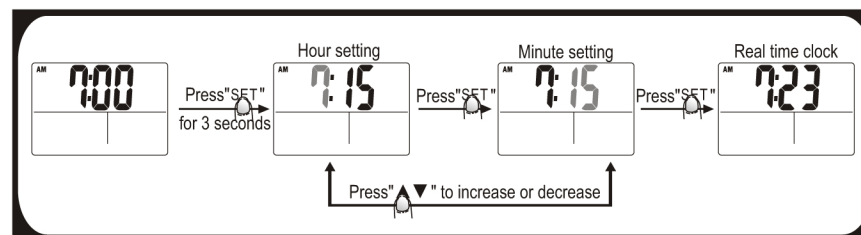


Take out



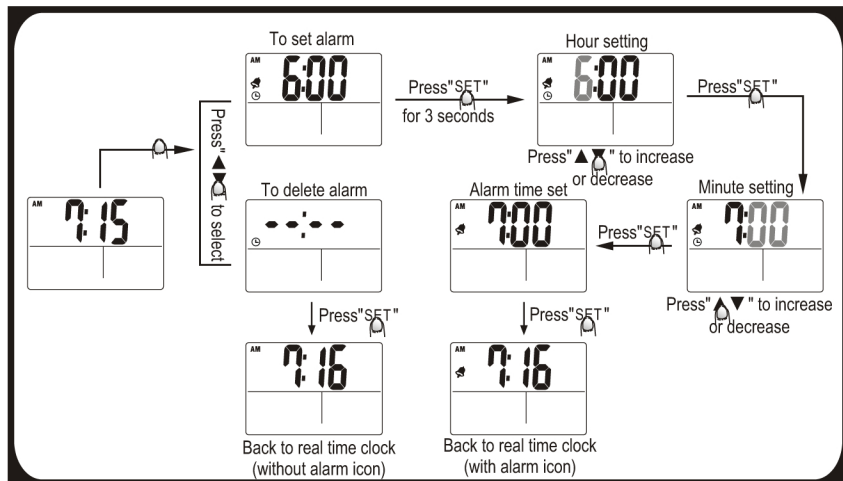
Put in

■ To set real time clock



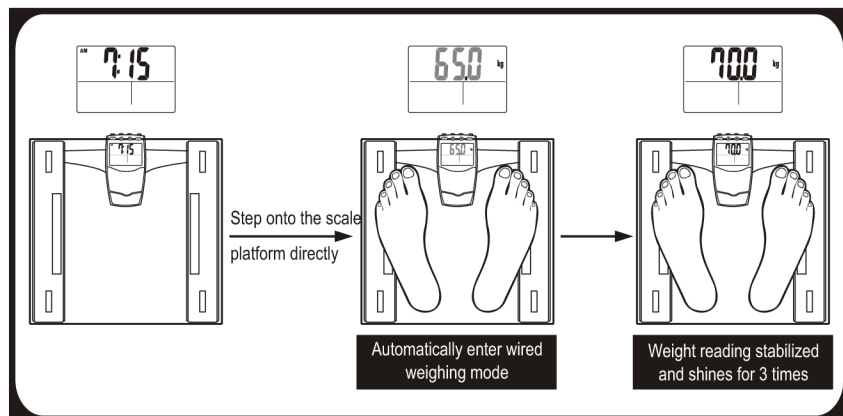
When scale displays real time, press "SET" for 3 seconds to set time.

■ To set alarm



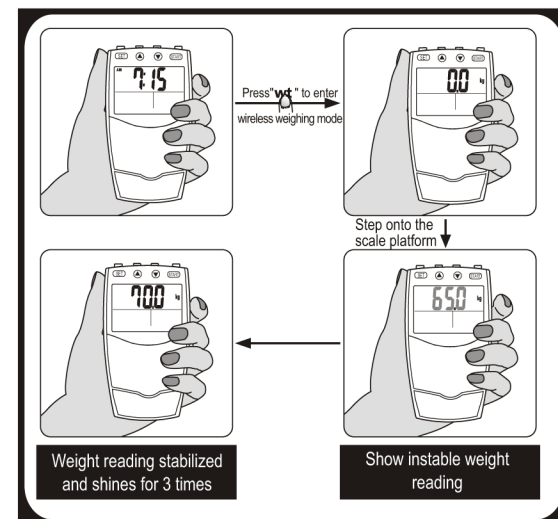
■ To weigh

1. Wired transmission mode

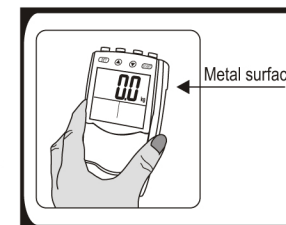


2. Wireless transmission mode

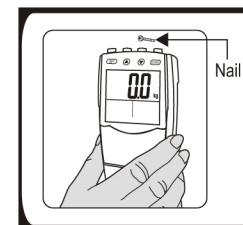
A. To weigh under wireless transmission mode



B. You can weigh with read-out display adsorbed to metal surface .

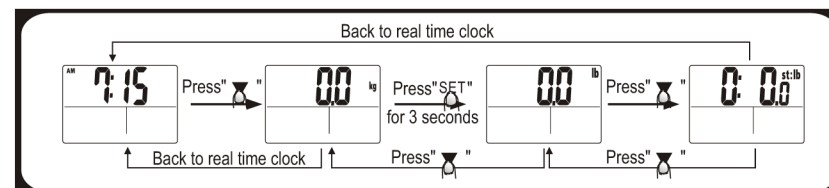


C. You can weigh with read-out display hanged on a nail on the wall.



■ To set weight unit

If your scale is available (or applicable) in kg/lb/st, you can set to the one you prefer as follow .



After selecting the preferred unit, the scale will be auto-off after 3 seconds. Selected weight unit will be activated when the scale is turned on again.

- When setting lb/stas weight unit, the default height unit is feet/inch;
- When setting kgas weight unit, the default height unit is cm.

Remark: The unit system of scale depends on sales destination or the requirement of distributor.

■ Warning Indications



Low battery power for read-out display.
Please replace battery.



Low battery power for main unit.
Please replace battery.



Over-load Indication
The weighing subject on the platform exceeds the maximum capability of scale.
Please step off to avoid damage.



High Fat% Indication
The Fat% is too high. Please watch your diet and do more exercise.



Re-test
Error exists, please re-test to get the correct result.

■ Fat/Hydration/Muscle/Bone/Calorie Measuring Mode

(1) Setting personal parameters

- ① At the first time when you install battery and switch on, all default parameter are set as follow:

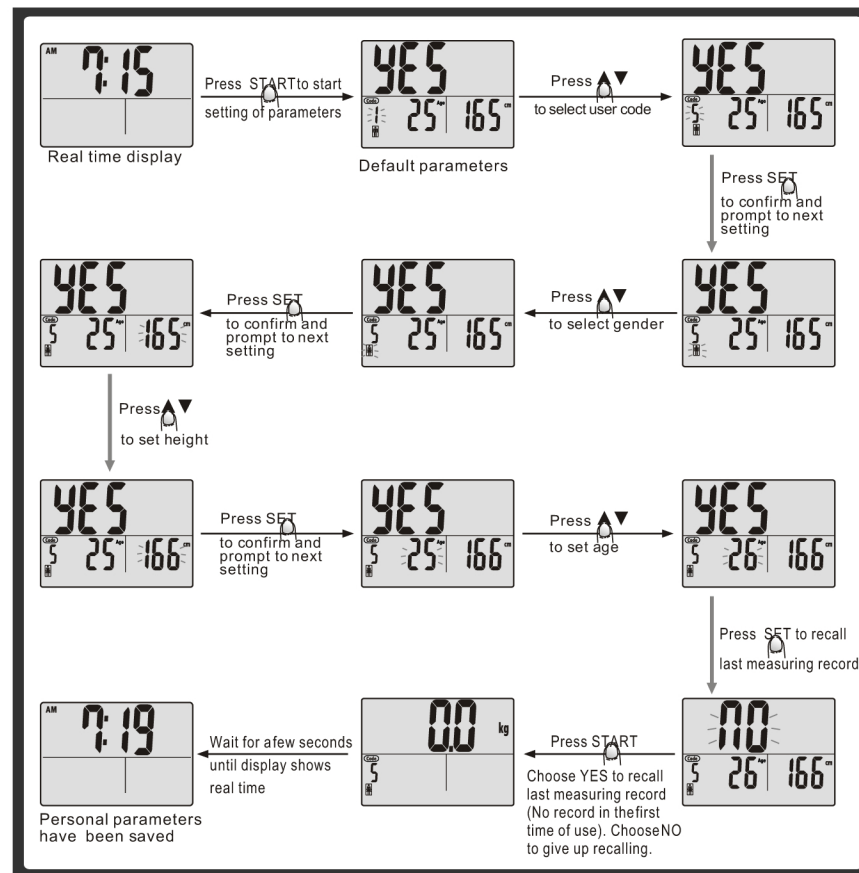
Gender	Height	Age
Female	165cm/5'05.0"	25

- ② Parameters can be set in the following range:

Memory	Gender	Height	Age
1~12	male/female	100~250cm 3'03.5"~8'02.5"	10~100

- ③ Parameter setting

Example: the 5th user, female, 166cm, 26 years old, can set her parameters as follow:



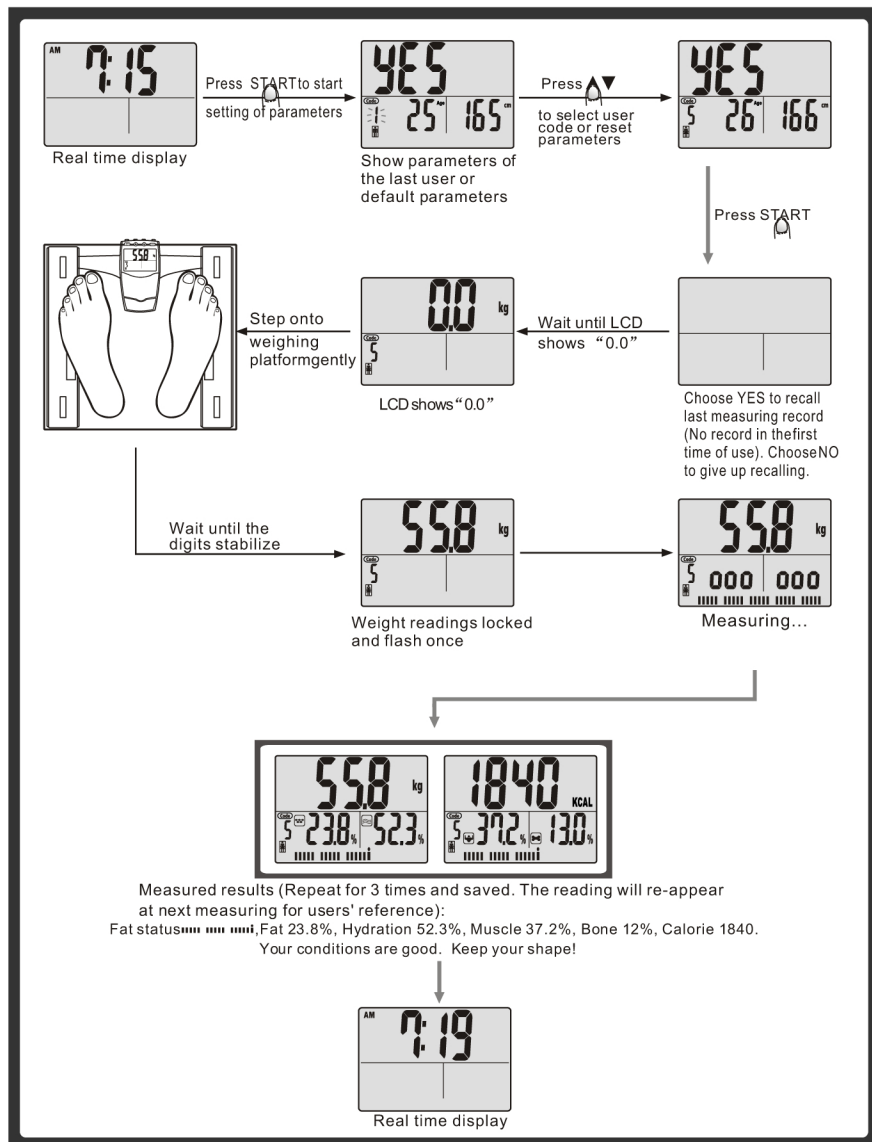
Note:

- When setting parameters, please take out the read-out display
- During the parameter-setting, you can always tap on the weighing platform any time to set the scale to zero-point. You can start measuring based on the parameters just set/updated into the scale.
- After completing the setting cycle, you can always continue on pressing ON/SET (SET) again to go through another setting cycle of all parameters.

(2) To Start Measuring

To ensure accuracy, please remove your shoes & socks before stepping on.

Example: the 5th user, female, 166cm, 26 years old can measure as follow:



About Fat

1. About Fat%

- Fat% is an index % of fat content in human body.
- The fat content in human body is of a certain level, overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying, "Obesity is hotbed of illness".

2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

3. Fat/Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat(F)	Hydration(F)	Fat(M)	Hydration(M)	Status	Key Line Indication
≤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	

- The above information is only for reference