

Smart Digital Bathroom Scale with Weight Tracking App

Information for use



Thank you for purchasing this Smart Digital Bathroom Scale from DMD Collective. This fully body composition scale can help you conveniently measure body weight, body balance, BMI, body fat, visceral fat, muscle mass, bone mass, protein and body age.

Please read through ALL the information in this document and keep it for future reference.

Health and Safety Guidelines

- Incorrect operation and improper use can damage the appliance and cause injury to the user.
- The appliance is intended for household use only. Commercial use invalidates the warranty, and the supplier cannot be held responsible for injury or damage caused when using the appliance for any other purpose than that intended.
- Do not use the appliance if it has been dropped or damaged in any way. If the unit is damaged, take it in for examination and/or repair by an authorized service agent.
- Never immerse the unit in water or any other liquid for cleaning purposes. Do not reach for an appliance that has fallen into the water.
- Injury, fire, or electric shock could result from the use of accessory attachments that the manufacturer has not approved or supplied.
- This appliance is not suitable for outdoor use. Do not use this appliance for anything other than its intended purpose.
- The manufacturer does not accept responsibility for any damage or injury caused by improper or incorrect use or for repairs carried out by unauthorised personnel.
- Always insist on the use of original spare parts. Failure to comply with the above-mentioned precautions and instructions will affect the safe operation of this machine.
- Before using the scale, ensure that it is positioned on a stable, flat, and level surface.
- To prevent any potential damage, please exercise caution and refrain from striking or dropping the scale.
- To maintain the optimal performance of the scale, avoid overloading it (Max.180kg) or placing heavy objects on it when it is not in use.
- Handle the scale with the utmost care, recognizing that it contains highly sensitive and precise electronic components.
- To prevent potential damage to the scale caused by battery leakage during prolonged periods of non-use, it is advisable to remove the battery.
- Keep the batteries 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 or explosion.
- DO NOT use with medical implants such as pacemakers.
- Not recommended for pregnant women.
- DO NOT stand on the edge of the scale or jump on it.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.
- Make sure your feet are dry before stepping on the scale.

To Insert or Replace Battery

- On the base of the scale, gently remove the battery cover as per the arrow direction. And install 2x AAA batteries in the correct position & replace the battery cover.
- **Notice:** Please ensure that the batteries are inserted in the correct position, as any incorrect installation may result in irreversible damage to the electronic components of the scale.

Fitdays+ App

Download the free Fitdays+ App from the App store or Google play or scan the QR code on the information card provided.

System Requirements:

Android: 7.0 and up

iOS: 9.0 and up



App Installation

1. Download and install the Fitdays + App on your device.
2. Turn on the Bluetooth on your smart phone or tablet.
3. Register your email account (Fig. 1 & 2). The app may send a verification code to your email. Please check your junk folder if you did not receive.

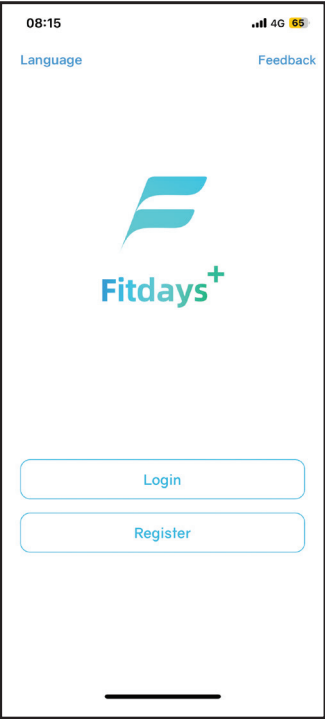


Fig. 1

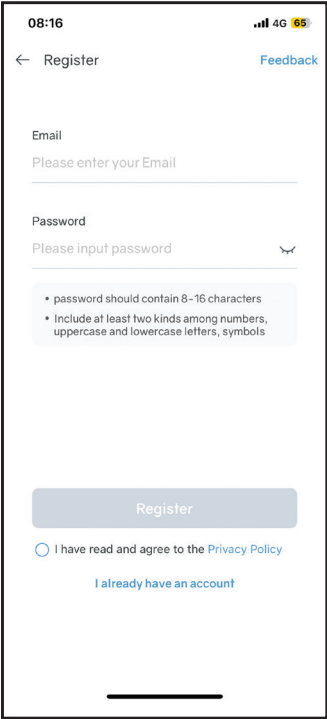


Fig. 2

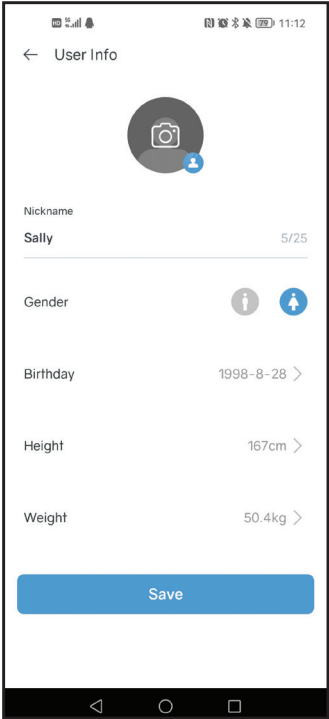


Fig. 3

4. Add your personal data, age, height, gender to get an accurate result (Fig. 3).

Pair the Scale via Bluetooth & Operation

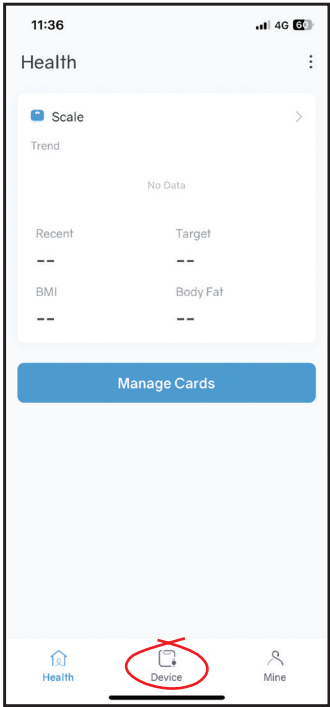


Fig. 4

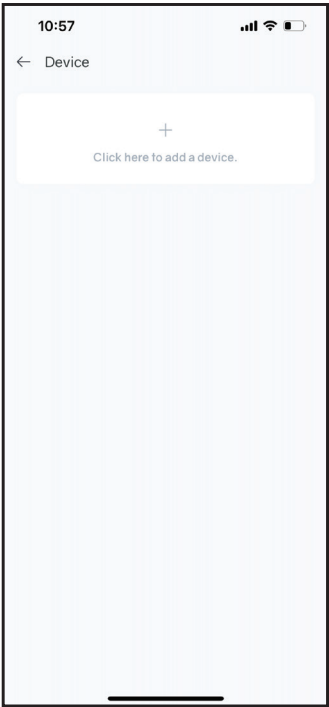


Fig. 5

1. Pair the scale through Bluetooth. Click the "Device" icon from the health page (Fig.4).
2. Click to "add a device" (Fig.5) & choose "My_Scale" (Fig. 6), now your phone is connected with the scale.
3. Tap your foot on the scales to activate the display. Wait until the display shows "0.0"(kg/lb/st:lb).
4. **Please use the scale with bare feet.** If you are wearing socks only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet.
5. When the scale is weighing and analyzing, the number on the display will be flashing (Fig.7). Continue to stand on the scale until the circle is stable & your phone has received all the data from the scale (Fig.8).

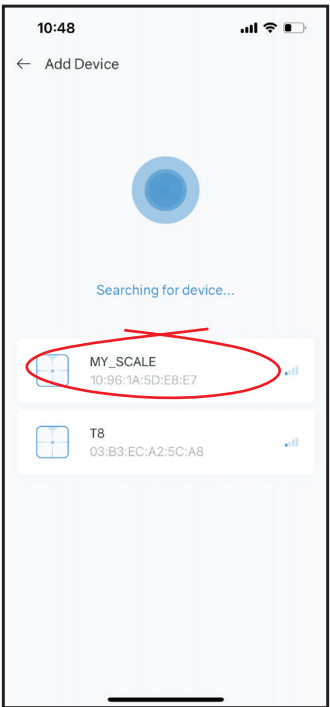


Fig. 6



Fig. 7

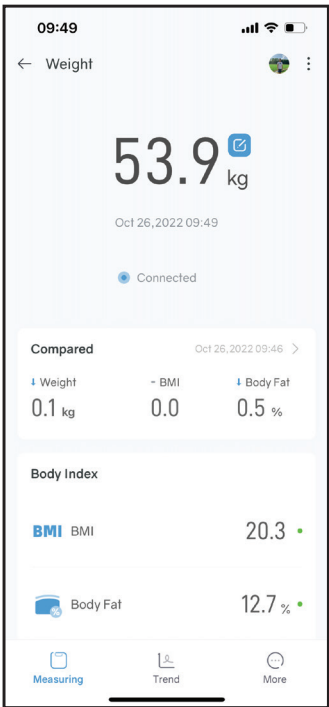


Fig. 8

Analysis & Trends

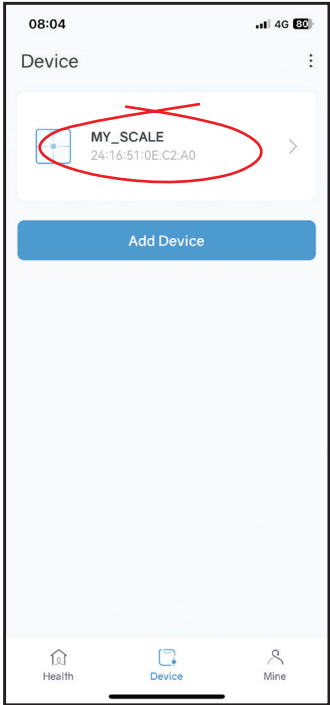


Fig. 9

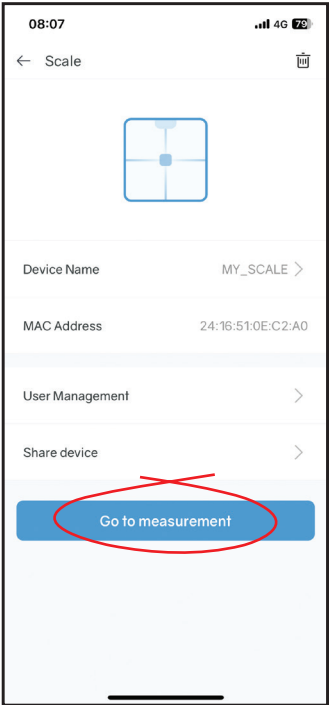


Fig. 10

1. You can find the analyzing report for body weight, BMI, BFR, muscle, bone mass etc.
2. Press "Device", select "My_Scale" (Fig.9) & then press "Go to measurement" (Fig. 10). This page will show your last readings (Fig. 11), (press the arrow & scroll down screen to see full details) (Fig. 12).
3. You can check history chart via the Trend menu (Fig. 13).

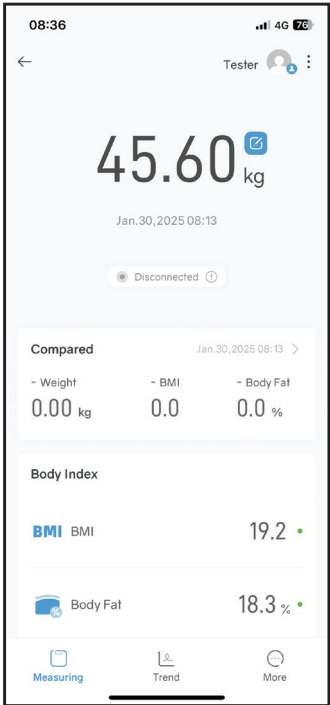


Fig. 11

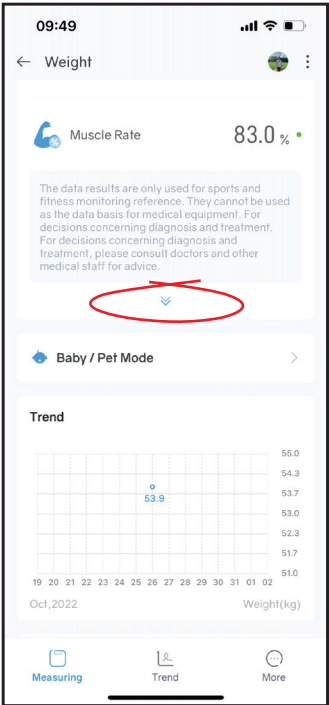


Fig. 12

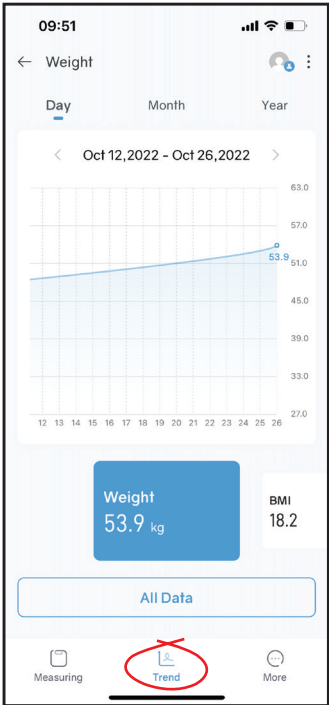


Fig. 13

Switch User & Weighing a Baby

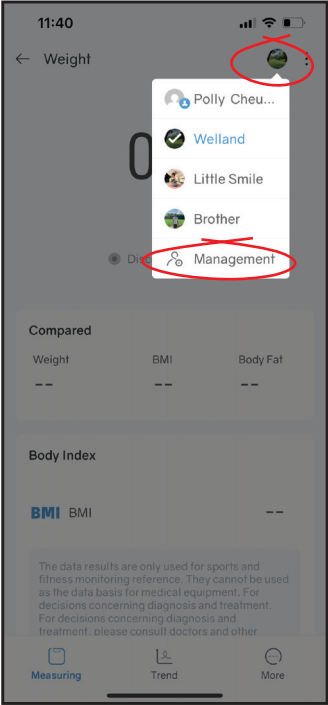


Fig. 14

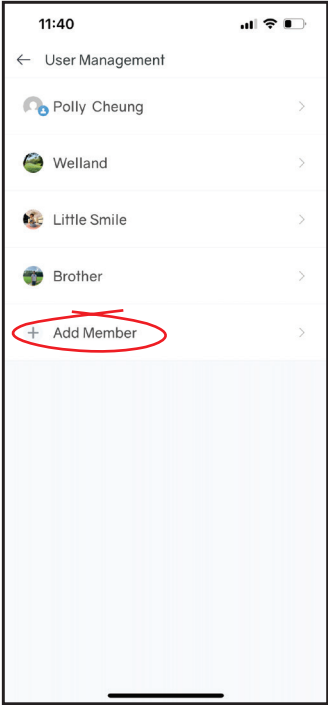


Fig. 15

- 1. To switch user:** Click the profile picture in the top right of the screen (Fig. 14), (From the weight results page). Select which user you require from the drop down menu. The Smart Scale can recognize which user is using the scale and remind user to switch the correct user.
- 2. To add a new user:** Click the profile picture in the top right of the screen (Fig. 14). Select "Management". From the management page you can select "Add member" (Fig. 15). Each account can support 24 users.
- 3. Weighing a baby or a pet:** From the weight results page scroll down to "Baby/Pet mode" (Fig. 16). Step on the scale by yourself, the scale will measure your weight (Fig. 17). Then pick up the baby & the scale will calculate the weight of the baby (Fig. 18).

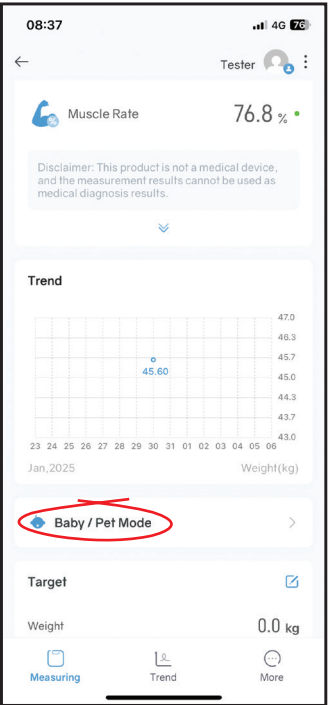


Fig. 16

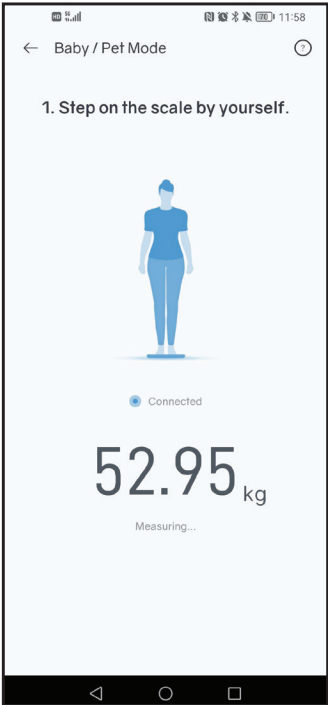


Fig. 17

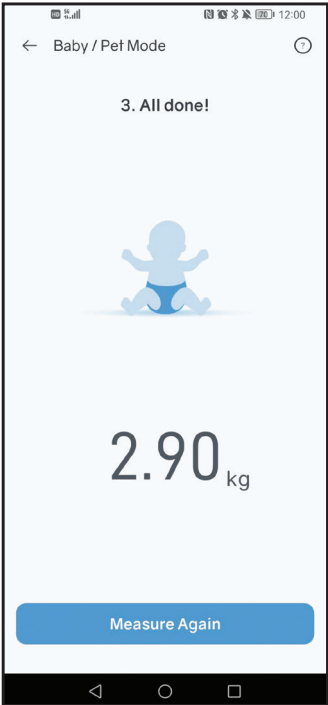


Fig. 18

Troubleshooting Guide


Problem	Solution
Scale not connecting to your phone.	<ul style="list-style-type: none"> • Please ensure bluetooth is turned on. • Check the OS version of your smart phone, it must be iOS 9.0 or higher/Android 7.0 higher. • Click Device (from health page or weight page)—> Device Manager- + - scale “My_Scale” now your phone is connected with the scale.
No body fat data measured when weighing.	<ul style="list-style-type: none"> • User must be bare foot to measure the body fat. • Make sure your feet and the scale are both dry. • Keep standing on the scale for around 10 seconds until the number on the display stops flashing. • Make sure bluetooth is turned on. • Check whether bluetooth is paired with a different scale.
The scale is producing inconsistent weight.	<ul style="list-style-type: none"> • Check whether the scale is on a hard, flat surface. • Check each sensor foot on the back to make sure nothing is stuck to the bottom of it. • Remove the batteries to restart the scale.
The App is displaying the incorrect fat-muscle ratio.	<ul style="list-style-type: none"> • The body parameter setting is incorrect, check to make sure you entered the correct gender, height and age.
How do I re-calibrate the scale after moving it or change the batteries?	<ul style="list-style-type: none"> • Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.
The scale does not turn on.	<ul style="list-style-type: none"> • Remove the batteries and put it back. Make sure to insert the batteries in the correct direction.
"C" error symbol on the display.	<ul style="list-style-type: none"> • Indicates an error has occurred during measurement. Step off the scales and step onto them again to repeat the measuring process.
"Lo" error symbol on the display.	<ul style="list-style-type: none"> • Indicates that the battery power is running low. Please insert new batteries.
"Err" error symbol on the display.	<ul style="list-style-type: none"> • Indicates that the scale is overloaded.
Cannot change the weight unit on the scale.	<ul style="list-style-type: none"> • Please switch the unit kg/lb/st:lb via the button on backside of the scale AND on the app. On the app this can be found under the "Mine" menu & then choose "Unit Switch".
Cannot connect to Apple Health or Fitbit.	<ul style="list-style-type: none"> • Press the "Mine" icon, select "Sync data to third 3rd party apps". Select Apple Health or Fitbit & follow the instructions in the app.

Technical Support

If you require any technical support for your product within the warranty period, please contact us on **support@dmdcollective.co.uk** and provide the product name and supplier code (see Technical Specifications) along with the technical query and proof of purchase.

WEEE



The WEEE symbol  on this product means that this unit should be ethically dismantled or recycled to minimise environmental impact. Please check with your local authority for more information.

IMPORTANT: ADDITIONAL SAFETY INFORMATION

Warning: This product is not intended for use by children or individuals with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult. Small parts may present a choking hazard. Always keep out of reach of children.

Technical Specifications

Product Name:	Smart Digital Bathroom Scale with Weight Tracking App
Supplier Code:	DMD148
Capacity:	6kg - 180kg
Power:	2x 1.5V AAA batteries (not included)



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