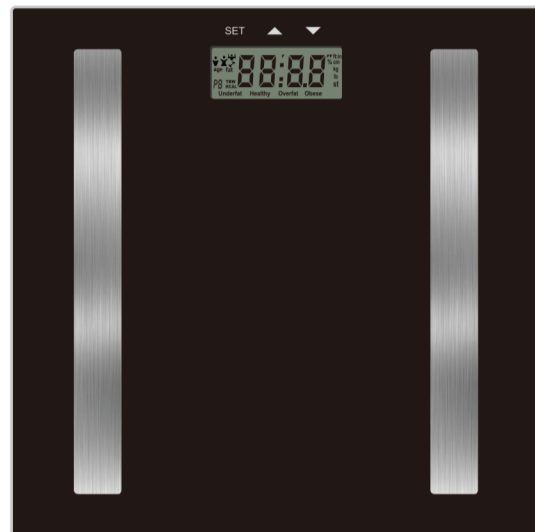




BodyCompScale

Calculates Weight and Body Composition

Operation Manual



Batteries NOT Included - GoFit Body Comp Scale uses two AAA batteries.

For proper operation, stand on the scale with your bare feet in contact with the stainless steel sensors.

WARNING **IMPORTANT:** Read & follow all warnings and information before using this product to reduce the risk of injury.

Do not use this product if you have a pacemaker or other internal medical device. Do not use this product if you are pregnant—the results would be inaccurate, and any effects on a fetus are unknown.



GoFit BodyCompScale

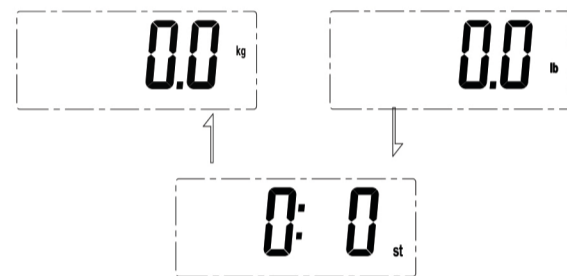
1. Specification

- 1-1. Keys for setting: SET /UP(▲) /DOWN(▼)
- 1-2. Power: 3 V (2 x battery AAA 1.5 V)
- 1-3. Maximum Capacity: 180kg / 397lb / 28st:5lb
- 1-4. Graduation: 0.1kg / 0.2lb / 1 lb
- 1-5. Overload indication: Err
- 1-6. Low battery indication: Lo
- 1-7. Zero indication: - - -
- 1-8. High body fat indication: ErrH
- 1-9. Low body fat indication: ErrL
- 1-10. Impedance error: Err2 (see REMARK 1)
- 1-11. Height range: 100~240cm/3ft 3inch ~ 7ft 10inch
- 1-12. (age) Age range: 10-80 years old
- 1-13. (PB) Number of memory: P0-P9 10 Persons'
- 1-14. (fat) Measuring body fat range: 5% ~ 50%
- 1-15. (TW) Measuring water range: 10% ~ 80%
- 1-16. (M) Measuring muscle range: 10% ~ 80%
- 1-17. (B) Measuring bone range: 0.5Kg ~ 8.0Kg
- 1-18. (kcal) Daily demand of calories
- 1-19. (BMI) body mass index parameter
- 1-20. Automatic identification range: 2.0Kg
- 1-21. Normal mode and Sport mode (S)



2. Unit conversion

Press the UNIT button on the back of the scale to select measuring unit(kg/lb/st).The default unit is Kg kg=kilograms, lb=pounds, st=stone



3. Personal Data

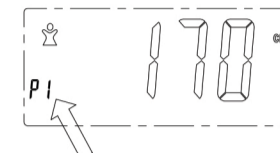
Enter your user parameters in order to measure your body fat percentage and other physical data:

Memory position (P)	P0-P9
Height	100~240cm/3ft 3inch ~ 7ft 10inch
Age	10-80 years
Gender	Male(♂), female(♀)
Sport mode	Sportsman(♂), Sportswoman(♀) For people who do exercise regularly

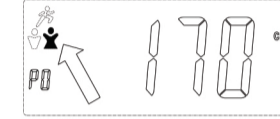
3-1. Press SET enter into setting mode.



3-2. Press ▲ or ▼ to change the user No., Press SET for confirmation.



3-3. Press ▲ or ▼ to choose Male or Female, and choose normal mode or sport mode, press SET for confirmation.



3-4. Press ▲ or ▼ to change the height, Press SET for confirmation



3-5. Press ▲ or ▼ to change the age, Press SET for confirmation



4. Weighing and measuring fat

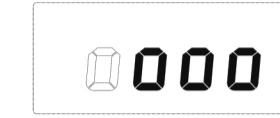
4-1. After finishing the settings, scale indicates "0.0"



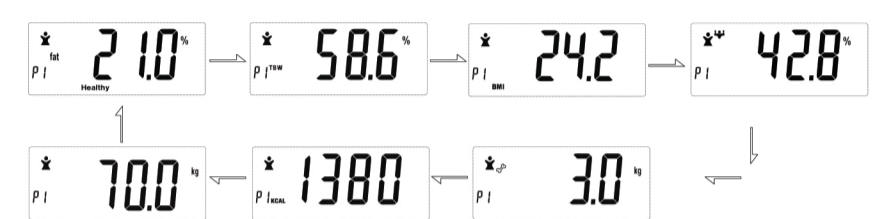
4-2. Stand barefoot on the scale, making sure your feet are in contact with the stainless steel sensors. Stand stable, waiting for weight to be displayed.



4-3. After this, four "0"s will appear, then disappear one-by-one from left to right.



4-4. Then then measurements will appear on display on-by-one: body fat, water, BMI, muscle mass, bone mass, calorie and weight. To Give you the opportunity to see all the results, the scale will display them two times before it turns off:



4-5. At last the scale will display the user information which lets the user confirm the information again. After this is displayed, the scale will turn off automatically.



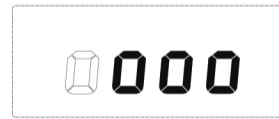
5. Automatic identification range(2.0kg)

If body fat was correctly measured at last use, the scale will automatically memorize the user's weight. For the next body fat measurement, the user can directly stand on the scale without having to re-enter personal data.

5-1. Stand on the scale—remain stable. Wait for the weight display to appear.



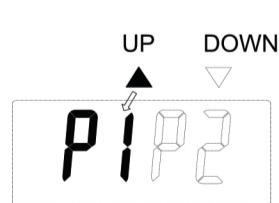
5-2. After this, four "0"s will appear, then disappear one-by-one from left to right while measuring.



5-3. LCD displays the body fat, water, BMI, muscle, bone, and calories in sequence.



5-4. If the scale identifies 2 or more users in memory as having similar weight, use the UP or DOWN to choose your correct profile. The display example below indicates that the weight difference between P1 and P2 is within 2.0kg.



6. Weigh Only

The scale has a step-on function. If the user has not entered any personal data into memory, or if the user's current weight is not the same or similar to any already in memory within 2.0kg. Step barefoot onto the scale—careful to stand still, with weight evenly distributed on both legs. The scale will display your weight after a short pause. When you step off the scale, it will turn off after a few seconds.



7. Evaluation of the results

The following body fat percentages are guided values.

Form 7-1

Age	Female				Male			
	Underfat	Healthy	Overfat	Obese	Underfat	Healthy	Overfat	Obese
10-39	<21	21-33	33-39	>39	<8	8-20	20-25	>25
40-59	<23	23-34	34-40	>40	<11	11-22	22-28	>28
60-80	<24	24-36	36-42	>42	<13	13-25	25-30	>30

Form 7-2

Age	Female			Male		
	Underfat	Healthy	Overfat	Underfat	Healthy	Overfat
10-15	<57	57-67	>67	<58	58-72	>72
16-30	<47	47-57	>57	<53	53-67	>67
31-60	<42	42-52	>52	<47	47-61	>61
61-80	<37	37-47	>47	<42	42-56	>56

The BMI(Body Mass Index) is normally within the following ranges.

Form 7-3

BMI parameter (reference to WHO)				
	under weight	normal	over weight	obese
BMI	<18.5	18.5~25	25~30	>30

The BMI(Body Mass Index) is normally within the following ranges.

Form 7-4

Body muscle analysis (Unit %)		
Gender	Female	Male
Normal	>34%	>40%

The bone mass is normally within the following ranges:

Form 7-5

Body bone analysis (Unit Kg)						
Gender	Female			Male		
Weight	<99lb (<45kg)	99-132lb (45-60kg)	132lb (<60kg)	<132lb (<60kg)	132-165lb (60-75kg)	165lb (>75kg)
Bone mass	4lb (1.8kg)	4.9lb (2.2kg)	5.5lb (2.5kg)	5.5lb (2.5kg)	6.4lb (2.9kg)	7.1lb (3.2kg)

According to basic human metabolism, the body needs a certain amount of calories to sustain life's every day demands. The following table shows the suggested number of calories to be consumed per day, in relation to body weight.

Form 7-6

Calories analysis					
Gender	Age	<17	18~29	30~50	>50
Male	<110lb (<50kg)	1350	1200	1115	1075
	110-143lb (50-65kg)	1485	1320	1227	1183
	143-176lb (65-80kg)	1890	1680	1561	1505
	176-210lb (80-95kg)	2295	2040	1896	1828
	210lb (>95kg)	2700	2400	2230	2150
Female	<110lb (<50kg)	1265	1180	1085	1035
	110-143lb (50-65kg)	1392	1298	1194	1139
	143-176lb (65-80kg)	1771	1652	1519	1449
	176-210lb (80-95kg)	2151	2006	1845	1760
	210lb (>95kg)	2530	2360	2170	2070

8. Reminder and Tips

- 8-1. The surface of the scale may be slippery if wet. Make sure both the surface of the scale and your feet are dry before use.
- 8-2. This scale is not waterproof. Do not expose to moisture.
- 8-3. Clean the scale with a slightly damp cloth. DO NOT use chemical or abrasive cleaners.
- 8-4. Remove batteries if the scale is not to be used for an extended period of time.
- 8-5. This scale is intended solely for use within the home. It is not intended for commercial use.
- 8-6. This scale is not intended to be used by children or pets. If allowing someone under 18 years of age to use this scale, they must be supervised by an adult.
- 8-7. Before using the scale for the first time, do the following: carefully unpack the scale and remove all packaging material. Keep all packaging material out of reach of children and pets. Remove the batteries from the protective package and insert them into your scale with the correct polarity.

NOTE: When using the scale for the first time, or when changing it's position or location, it should be restarted twice and should be free of objects to ensure accurate measurements. If the scale is not placed on a firm, flat surface, measurements may be incorrect.

WARNING **IMPORTANT:** Read & follow all warnings and information before using this product to reduce the risk of injury.

Do not use this product if you have a pacemaker or other internal medical device. Do not use this product if you are pregnant—the results would be inaccurate, and any effects on a fetus are unknown.

