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Precision Tracker Digital Bathroom Scale

Model ESBS-54



EatSmart Products
Seattle, WA 98134



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INTRODUCTION

Thank you for purchasing the EatSmart Precision Tracker Bathroom Scale. The Precision Tracker is engineered and designed to give users the ability to track their short and long term weight goals. The touch screen interface and *automatic person identification technology* make it one of the most user friendly bathroom scales on the market today.

Please read this instruction manual carefully before use.

Your EatSmart Bathroom Scale comes with the following:

- EatSmart Digital Bathroom Scale
- Instruction Manual – Please review before using your scale
- 4 AAA batteries
- 2 Year EatSmart Guarantee

If you have any questions regarding the operation of your Precision Tracker, please call (866) 843-3905 from 8:00AM to 5:00PM EST, Monday through Friday.

Please fill out your purchase information for future reference:

Date Purchased: _____

Place Purchased: _____

Order ID (if any): _____

ABOUT THE PRECISION TRACKER BATHROOM SCALE

Tracking body weight is a great way to stay motivated and focused on your health goals. Let the EatSmart Precision Tracker Bathroom Scale do the work of tracking weight changes for you. Simply lock in your starting weight and work towards long term weight goals, while monitoring your short term progress. At each weigh in, the scale will display three readings: your current weight, your weight change from your last weigh in and total change from your starting weight.

The EatSmart Tracker allows you to see short term losses or gains that will help keep you focused on your long term progress.

Your starting weight is an important reference point. For long term weight management, each subsequent weigh in will be measured against the initial weight recorded. This will help you determine the best diet and exercise strategies for your lifestyle. For reference, you may want to write down your starting date and place on the bottom of the scale.

By using the latest technology, the Precision Tracker has the capability to store up to 8 different users' personal profiles. After initial setup, the scale will automatically identify each individual user as soon as they step onto the scale. This allows for each user's personal data to be stored privately.

Notes:

- We recommend weighing yourself bi-weekly or weekly, rather than daily, with a focus on your long term goals.
- It is normal for weight to fluctuate during the day and from one day to the next. For example, drinking a glass of water can add one lb to your weight. Weigh yourself at the **same time of day and under the same conditions** for the most accurate results, preferably when you wake up in the morning.

CONSISTENCY IS KEY FOR ACCURATE RESULTS!

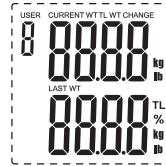
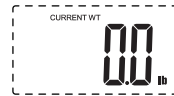
HOW TO OPERATE YOUR PRECISION TRACKER

Before First Use

1. Inserting Batteries and Selecting Measurement Unit

- Open the battery compartment door on the back of the scale.
- Put the batteries in, flat end (negative terminal) against the spring. The LCD will display.

- Close the battery door and wait until the LCD.



is shown on

- Press “UNIT” button (located underneath scale) to select the desired measurement unit; pounds or kilograms. The default is set to lbs.



2. Calibration

- Place the scale on a hard, flat surface. If the scale is turned on when placed down on the floor, allow the scale to turn off without standing on it. If the scale does not turn on when placed down, press the glass platform with one foot to turn the scale on. Step off. Allow the scale weight to go to 0.0 and turn off without standing on it.

Note: Avoid carpet or other soft flooring like Pergo™ or types of linoleum

Your Precision Tracker operates via “Step-On” technology but still needs to be calibrated upon first use or after the scale is moved to ensure accuracy.

Note: when you pick up the scale, move the scale or replace batteries, the scale may lose calibration. You can either calibrate (see above) or disregard the first weight after the scale is moved. If the scale is not calibrated it will add 4.2 lbs to your weight and that represents the weight of the glass platform.

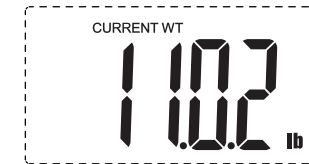
If you step on and off the scale repeatedly you should obtain the same weight.

Uneven flooring or softness in flooring may cause weight fluctuation. Move the scale to a different surface and re-calibrate or call support at 1-866-843-3905 (8 to 5 MST).

WEIGHT ONLY OPERATION INSTRUCTIONS

If a user wants to obtain a weight reading only, please follow the directions below. Please note that the results will not be recorded by the scale for tracking purposes.

- After installing batteries, immediately place the scale on solid, flat surface. **Note:** Avoid carpet or other softer flooring like Pergo or types of linoleum or vinyl.
- Calibrate the scale (see pg 3).
- Step on the scale with both feet and remain steady. When the weight has locked in, the scale will blink three times and remain on the screen for 10 seconds before automatically shutting off.



TRACKING MODE OPERATION INSTRUCTION

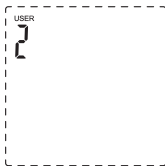
If a user wants to track short and long term changes in weight, you must first set up a user profile. **Note:** The weight tracking feature will be activated unless the user profile is deleted.

- Place the scale on a hard, flat floor. Please leave the scale on the floor during setup. **Note: Avoid carpet or other soft flooring like Pergo™ or types of linoleum.**
- Calibrate the scale as follows:

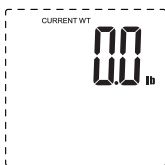
If the scale is turned on when placed on the floor, allow the scale to turn off without standing on it.

If the scale does not turn on when placed down, press the glass platform with one foot to turn the scale on. Step off. Allow the scale weight to go to 0.0 and turn off without standing on it.

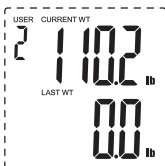
3. Locate the “SET” button. Touch and hold until the user identity function appears.



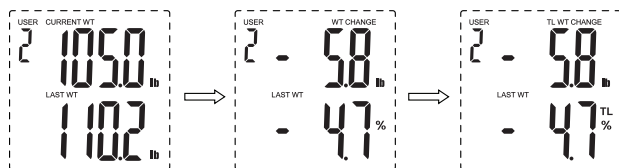
4. Touch the < and > keys to select the desired user. The user number will blink until a user number is selected. Touch the “SET” button to confirm the user. (When the LCD shows below picture, step on the scale).



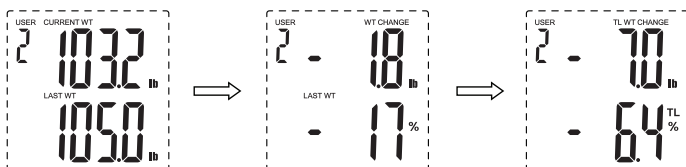
5. If this is the first time using the scale, the unit will weigh the user and then display the following screen showing current weight only:



6. If this is the second time, the scale will cycle through the following screens, showing current weight and last weight results:



7. If this is the third or subsequent uses, the scale will cycle through the following screens, including the current, last and total weight changes:



AUTO USER RECOGNITION

After you have programmed your user and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 6.6 lbs).

- If the scale recognizes the user successfully, the scale will show current weight and weight changes.
- If several users profiles are in a similar weight range (within +/- 6.6 lbs), they will both be shown on the LCD in cycles after weighing.

See (2) examples below:



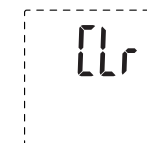
- To resolve the user conflict press either the < or > key, depending on which user you are.
- Alternatively, if user profiles are not in use they can be deleted. (See directions below).

DELETING USER PROFILES

After setting up your users, it's easy to delete a user profile.

Note: Deleting a user profile will also delete all data associated with that profile.

- Select the user that you want to delete. Touch and hold the “SET” button. At the same time, press and release the < button (left button) three times.
- The scale will delete the first weight, the last weight and current weight.
- The screen will display “CLR” for 2 seconds as pictured below. After this, it will return to normal weighing mode.



TROUBLESHOOTING

a) Low Battery Indicator

When "Lo" is shown, the scale will turn off after a few seconds.

Solution: Check that the batteries are inserted correctly. Change the batteries if message continues, otherwise call EatSmart Products.



b) Overload Indicator

Solution: Please remove the weight on the scale to protect the load cells. If error continues call EatSmart Products or contact us at eatsmartproducts.com.



All other issues please call EatSmart Products at 866-843-3905 (8 to 5 MST) or e-mail eatsmartproducts.com.

Helpful Tips:

- Please do not put the scale on carpet or soft flooring like Pergo (engineered wood) or types of linoleum. These surfaces will negatively affect the accuracy of the scale.
- Best surfaces are concrete, hardwood (NOT engineered wood), marble or a 12 x 12" ceramic tile.
- If you are seeing weight fluctuations of 1 or 2 lbs, please bring the scale to a different hard surface to eliminate discrepancies.
- If you see a weight fluctuation of 4 lbs or more, recalibrate and try again. Glass platform weighs approximately 4 lbs.
- For the most accurate results, place your hands at your sides, look straight ahead and count to 4. At this time, you can step off and your weight will stay visible for a few seconds and cycle last weight and start weight twice.
- Clean the scale with a soft cloth.
- Treat the scale with care and do not store anything on top of the scale. It contains sensitive electronic parts that can get damaged.

FEATURES

- **Weight unit:** kg/lb
- **Capacity:** 180kg / 400lb
- **Incremental weight:** 0.1kg / 0.2lbs
- **Function keys:** <, >, SET, UNIT (on back of scale)
- **Display:** LCD with white backlight
- **Battery:** 4AAA
- **Stores personal data for 8 users**
- **User identification:** Identify user automatically according to the last measuring weight
- **Step on, press UNIT button or touch SET to turn scale on**
- **Auto off function**

BATTERY PRECAUTIONS

- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad) batteries.
- Remove depleted batteries promptly.
- If the unit is not going to be used for a long period of time (greater than three months), remove batteries to prevent damage due to possible battery leakage.

Note: Please recycle or dispose of batteries according to local regulations.

WARRANTY

The EatSmart warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our option) while under warranty, please contact EatSmart for return authorization and troubleshooting.

EatSmart (866) 843-3905 (8 to 5 MST)

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state. NOT LEGAL FOR TRADE.

Made in China.

FCC INFORMATION

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

Note: 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. 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.