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## Body Composition Bathroom Scale

# 0391

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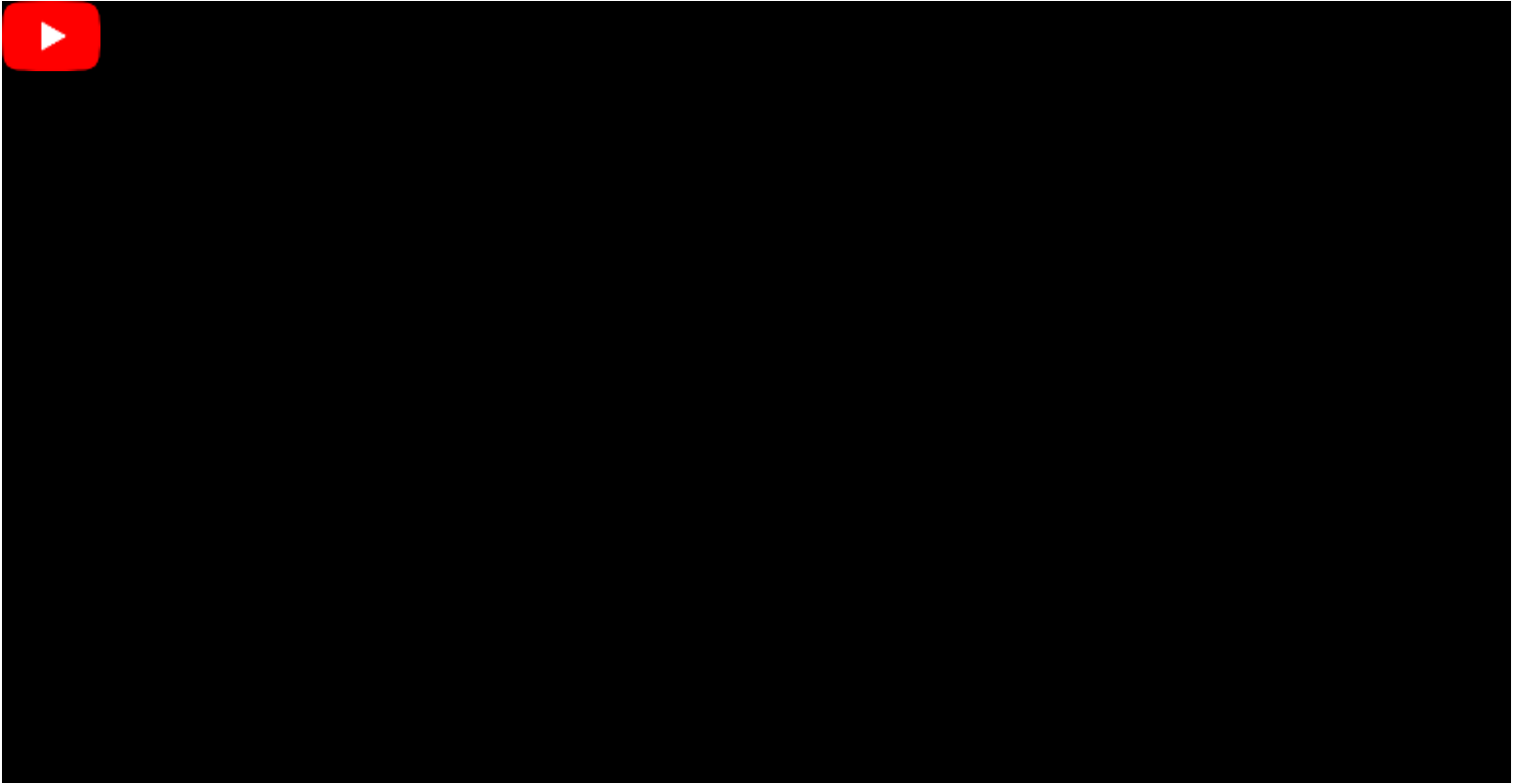
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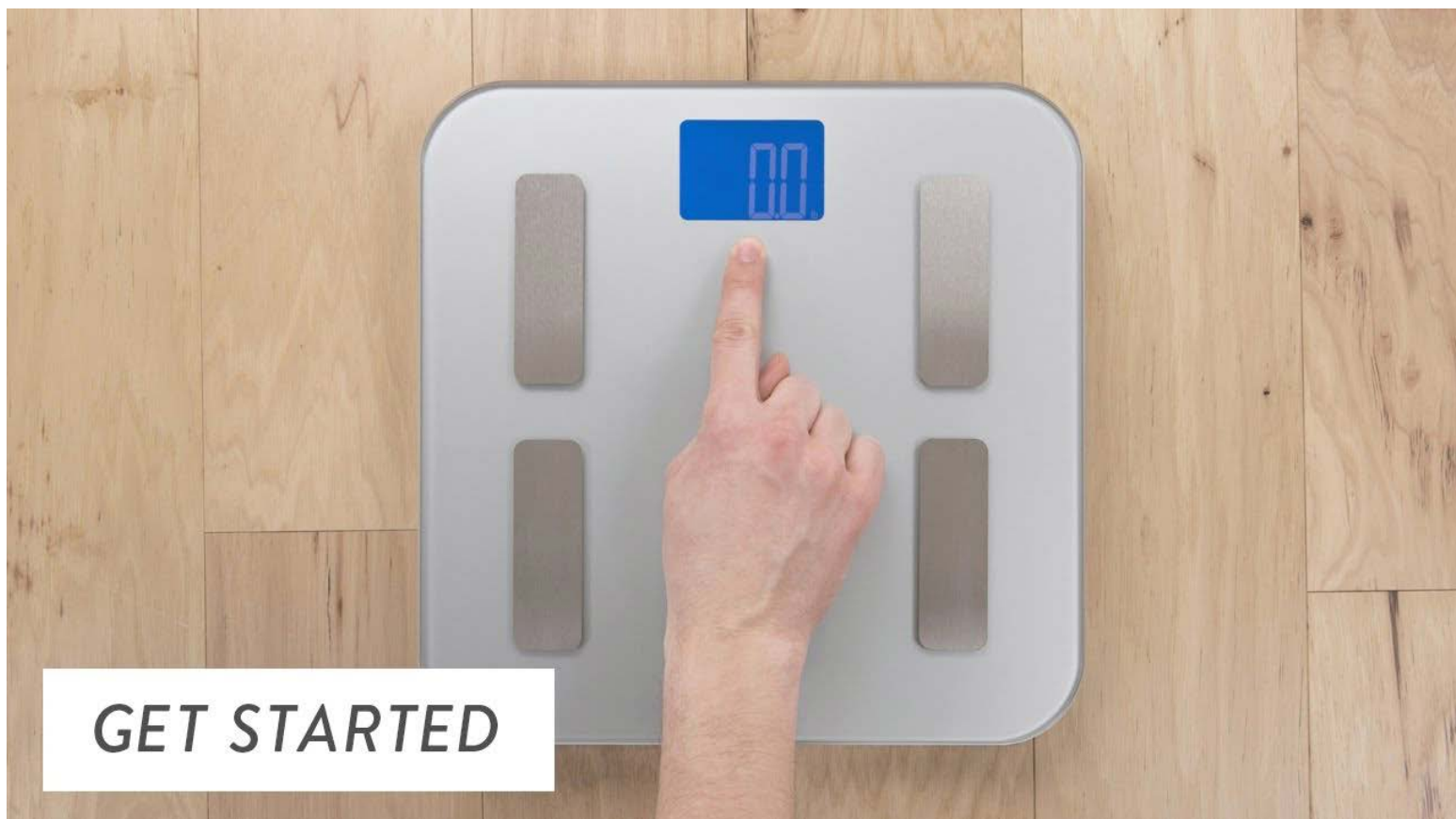
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## Getting Started

1. Remove the plastic pull tab from the back of the scale.
2. Wake it up by briefly stepping on and then off, or tapping it with your foot.
3. Press and hold the SET button.
4. Use the UP ▲ and DOWN ▼ buttons to make the following selections, and press the SET button to confirm each one:

- USER NUMBER: Your personal profile number—select from 1-8.
- SEX/ATHLETE MODE: You can choose between  Male,  Female,  Male Athlete, and  Female Athlete. An “athlete” is defined as a person who is involved in intense physical activity approximately 12 hours per week, and who has a resting heart rate of approximately 60 beats or less per minute.
- HEIGHT
- AGE

5. When you’re done setting up your user profile, the scale will tell you to “Step On” to take your first weigh-in. Make sure that you’re evenly distributing your weight, and your feet are making good contact with all four metal conductors.

That’s it! Next time you want to weigh in, just step on.

### AND, REMEMBER ...

- Always place your scale on a hard, level surface—placing it on carpet or across multiple floor tiles will give you inaccurate results.
- Step on the scale with bare feet. Wearing socks or shoes during weighing will result in incorrect body composition measurements.
- Body composition will only be displayed if a user has properly set up a profile on the scale, because

these readings require specific variables such as height, sex, and activity level.



QUESTIONS?  
CONTACT US.



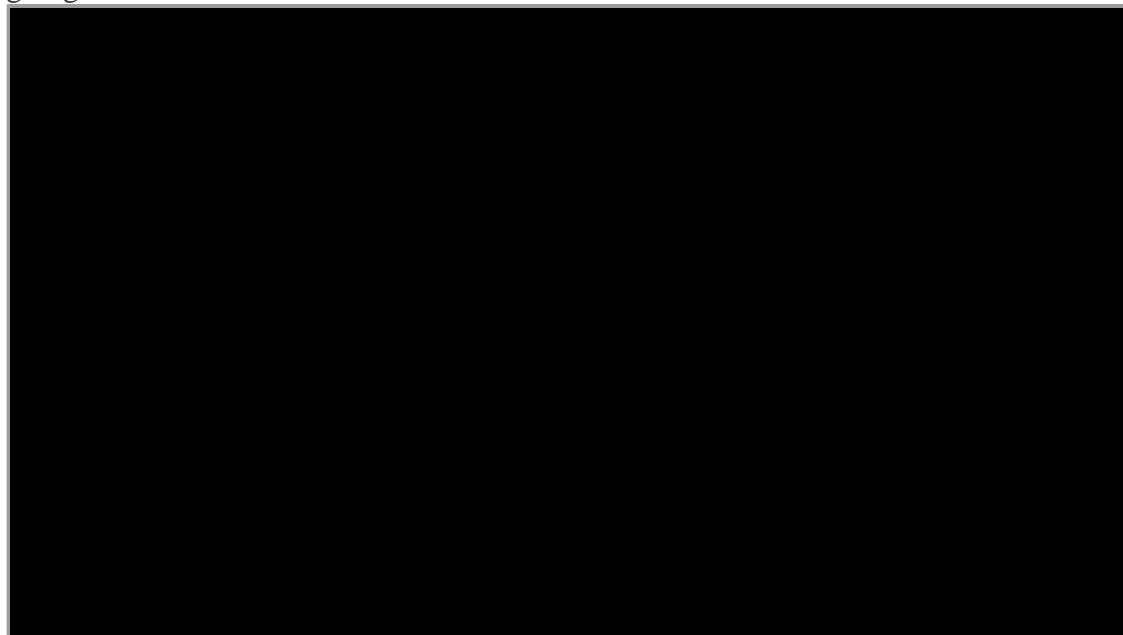
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## FAQs

My scale will sometimes show a weight that is 4 or 5 pounds heavier when I first step on it. If I step off and back on (sometimes it takes 2 or 3 tries) it will finally register my correct weight. What's going on?



This can sometimes happen if you move the scale to store it, especially if you store it on its side. Our scale has a feature called “auto-on” which allows users to just step on and weigh without first

calibrating the scale. If you move your scale in between weigh-ins, however, that feature won't work correctly. The scale calibrates itself when it turns off to prepare for your next weigh-in; if it's then picked up and moved, it might not be able to properly account for its own weight when you turn it back on, causing a perceived swing in your weight measurement by up to 4-5 pounds.

We understand that many bathrooms are too small to keep the scale out at all times, so an easy fix for this issue is to calibrate the scale before you weigh yourself. To do this, simply place it on a hard, flat surface, press it awake, and let it settle at 0.0. Once it has zeroed out, it will be calibrated and you can step on to weigh yourself.

I just got my scale and it won't turn on. Help!

Make sure you've removed the plastic pull tab from the battery compartment on the back of your scale. Your scale won't turn on until you activate the batteries. If you've done this and it doesn't help, please contact us.

How do I change the unit of measure?

Press the UNIT button on the back of the scale to switch between lb (pounds) and kg (kilograms).

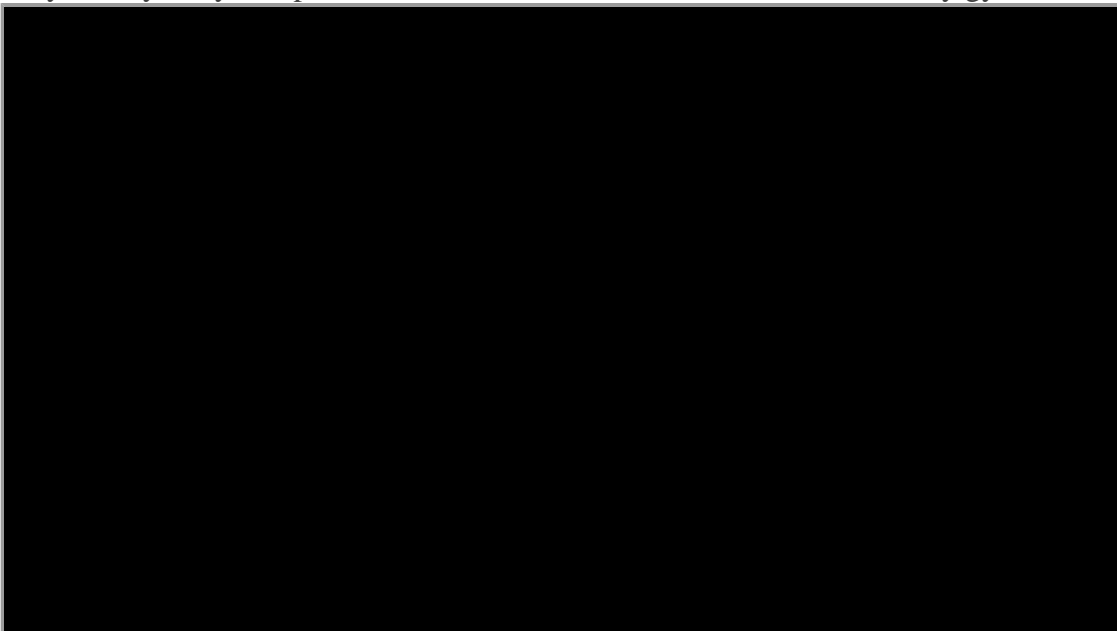
How does this scale measure body composition?

Like most body composition scales, this scale calculates your health metrics by using an algorithm to combine the measurements it takes in real time with the user information you provided at setup.

To take those measurements, our scale uses a technique called BIA (bioelectric impedance analysis). When you step on, the scale passes a harmless, unnoticeable electrical current through your body. Muscle, fat, and water all slow down this current by different amounts, so your scale can use that resistance value to estimate your body composition. But your scale needs some knowledge in advance—your age, sex, and activity level—to make sense of the raw numbers it collects.

When we say that our scale uses an algorithm, that doesn't mean the measurements you see are "preloaded"; instead, it describes how your scale combines raw data with information about you to produce a meaningful result.

Why are my body composition numbers different than the ones I see at my gym, doctor, etc.?



Body composition analysis is an inexact science, regardless of the manufacturer or method of measurement. Because your scale combines the measurements it takes with variables stored in your user profile according to our algorithm, the numbers you see may vary from those you see using other measurement methods—which is completely normal. When you're measuring body composition, it's more important to pay attention to overall trends than day-to-day numbers.

How does my scale know who I am to calculate my body composition?

Once you've set up a user profile, your scale will automatically match you to your correct profile by weight when you step on. The scale can identify users within a range of 10 pounds, and so in some cases an auto-detection conflict may arise if two or more users are within 10 pounds of each other.

If the scale can't match you to a user profile, it will only display your weight information. Since body composition calculations require the specific variables (height, sex, etc.) stored in your user profile, it has to know who you are to complete those measurements.

My scale won't show my body composition. What's going on?

First, make sure you're stepping on the scale with bare feet, you're staying on long enough for your scale to cycle through your full reading, and you've properly set up a user profile on the scale.

If you have, you might be experiencing a user conflict, which can happen when two people using the scale weigh within 10lbs of each other. If that's the case, the easiest solution is to manually select yourself before weighing. To do this, put pressure on the weighing platform with your foot briefly to wake the scale up, use the arrow buttons to go to your profile, press SET to confirm your selection, and then step on to weigh yourself.

If you still experience the user conflict or you're the only one regularly using the scale, you can also delete the conflicting profile. To do this, wake the scale up and let it settle at 0.0. Then, press and hold the SET button. Once U1 starts flashing, use the arrow buttons to go to the user number you want to delete. When you get there, press the SET button again. "Clr N" should appear on the screen. Change the "N" to a "Y" using the UP arrow button, and then press SET one more time. Your scale will shut off, which means the profile has been cleared.

How do I delete a user profile?

Whether you want to delete a user to resolve an auto-detection conflict or for other reasons, you'll follow the same steps:

1. Wake the scale up by putting pressure on the weighing platform briefly, let it settle at 0.0, and then press and hold SET.
2. Use the arrows to select the user you want to delete, and press SET.
3. The screen will show "Clr N"; press the up arrow to change it to "Clr Y." Now, press SET to clear the user.

How do I change information in my user profile?

To edit your user profile, wake the scale up by putting pressure on the weighing platform briefly, let it settle at 0.0, and then press and hold SET. Use the arrows to select the user you want to edit, and press SET to confirm your selection. Your scale will show "CLR N"; press SET to confirm that you do not want to delete the profile. Now, you'll cycle through all your settings like you did during initial setup. Use the UP and DOWN arrows to change any of your information, and press SET to confirm each selection.

**When should I weigh in?**

Consistency is key! Your weight fluctuates during the day due to exercise, meals, etc. For this reason, it's important to compare like weigh-ins to each other to get a true picture of your progress. We recommend that you weigh yourself under similar conditions each time, and follow a routine—for example, weigh daily around the same time each day, or weekly on the same day each week.

**How do I clean my scale?**

Your scale is not waterproof, so you should never immerse it in water or place it in a dishwasher. To clean the weighing platform, use a soft, slightly damp cloth or sponge. If you need to remove stains or other residue, use a mild dishwashing soap. Never use harsh cleaners or treated cloths.

**How do I change the batteries?**

Your scale uses 4 AAA batteries. To replace them, open the battery door on the bottom of the scale, remove the old batteries and replace them with the + end oriented as shown in the battery compartment.

**Why won't my scale connect to my smartphone?**



This scale does not have smartphone connectivity, but we make others that do! Take a look at our [Products page](#) to see our full line-up.


**Got it—this isn't a smart scale. But can I use it with my Amazon Alexa?**

Although it is not a "smart scale," your scale can work with the Amazon Echo when you enable the Weight Gurus skill. First, you must download the free Weight Gurus app. Then, open the Alexa app, go to the Skills page, search for "Weight Gurus," and enable our skill. You will then see a log-in screen where you will enter your Weight Gurus account information, and the process is complete. Say "Alexa, open (or start) Weight Gurus," and Alexa will tell you a list of the commands you can use to record weight entries and track your progress.

Your scale can't sync entries to the Weight Gurus app, but by using this skill, you can tell Alexa to record your most recent results in the app after you weigh yourself. If you'd like, you can also enable the integrations of your choosing in the Weight Gurus app under the "Integrations" section. Then, your results will sync automatically to Apple® Health, MyFitnessPal®, Fitbit®, and/or Google Fit® after you tell Alexa to record a weight entry in the Weight Gurus app.

**TROUBLESHOOTING**

	<p><b>LOW BATTERY</b> When you see this symbol, the batteries need to be replaced. Open the battery door on the back of the scale, and insert 4 new AAA batteries.</p>
	<p><b>OVERLOAD</b> There is too much weight on the scale (Capacity: 400lb / 180kg). Please remove the weight on the scale to protect the scale sensors.</p>
	<p><b>MEASURING ERROR</b></p>

	<p>If the scale has trouble measuring your weight, it will show “Err” and turn off. This usually happens if you don’t settle your feet on the scale fast enough. Make sure that the scale is placed on a flat, hard surface (not carpet), and you’re distributing your weight evenly while holding still.</p>
<p>Your scale only shows weight data, and then turns off after a few seconds.</p>	<p><b>COULDN’T CALCULATE BODY COMPOSITION</b>                  Make sure you’re standing on the scale with bare feet (no socks), and you’ve properly set up a user profile on the scale. If you have, manually select your user number before weighing in again by waking your scale up, using the arrows to select your user number, tapping SET, and then stepping on to weigh.</p>
<p>Your scale shows U2, U3, etc., instead of calculating your body composition.</p>	<p><b>AUTO-DETECTION CONFLICT</b>                  If two or more users are within 10lbs of each other, an auto-detection conflict will occur.                  There are two possible solutions:                  -Select your user profile manually by waking the scale up, using the arrows to select your profile, and tapping SET before stepping on the scale. The scale will now proceed measuring for the profile you have selected.                  -Delete the conflicting user profile by following the instructions above.</p>

## TYPICAL RESULTS

Your scale provides a great way to help you visualize how your body changes as you get stronger and healthier. The best way to understand body composition is to pay attention to trends, instead of any one number. For example, watch to see if your body fat is going up or down as you continue to weigh in. This scale will give you a good estimate of the metrics that matter most when you’re monitoring health and fitness at home; it won’t give you an exhaustive breakdown of all the different types of tissue in your body.

At the end of the day, you know your body best. The following ranges are a good ballpark for most people, but your health goals are personal. We always recommend talking to your doctor to confirm your own body composition targets.

Another important thing to know is that the following percentages will add up to over 100%. Every part of your body contains water, so each metric includes some amount of water weight. This overlap between different measurements, in addition to the fact that your calculated Water Weight % also includes the water in types of tissue your scale doesn’t directly measure, accounts for the overage. (See the Water Weight % section for more information.)

Body Fat %

**BF**

This number represents the weight of your body fat divided by your total weight. Your target will change slightly based on your age.

<p>AGE</p>	<p>FEMALE</p>
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	Low	Normal	Above Avg.	High
20-29	<19	20-28	29-31	>31
30-39	<20	21-29	30-32	>32
40-49	<21	22-30	31-33	>33
50-59	<22	23-31	32-34	>34
60+	<23	24-32	33-35	>35

AGE	MALE			
	Low	Normal	Above Avg.	High
20-29	<13	14-20	21-23	>23
30-39	<14	15-21	22-24	>24
40-49	<16	17-23	24-26	>26
50-59	<17	18-24	25-27	>27
60+	<18	19-25	26-28	>28

### Water Weight %



This number represents the total weight of water in your body divided by your overall body weight. Since water retention is affected by your body composition, this chart breaks down the overall percentage of water you should expect to see based on your body fat percentage.

Remember, part of this water is distributed across different types of tissues that your scale doesn't measure (like organs and skin), so simply subtracting it from the rest of your percentages won't give a meaningful result.

SEX	BODY FAT %	WATER %
Female	4-20%	58-70%
	21-29%	52-58%
	30-32%	49-52%



	33+%	37-49%
Male	4-14%	63-70%
	15-21%	57-63%
	22-24%	55-57%
	25+%	37-55%

Muscle Mass %



This number strictly reflects your muscle mass. Your scale does not measure “lean body mass,” which refers to the combined weight of your muscles, organs, skin, bones, and body water.

Female	Approx. 30%
Male	Approx. 40%

Bone Mass %



This number represents the estimated weight of your bones divided by your overall body weight. You shouldn't see big changes in this number from one weigh-in to the next.

FEMALE			
Weight	<100	100-135	>135
Bone	3.9	4.1	4

MALE			
Weight	<135	135-165	>165
Bone	4	4.4	4.2

BMI

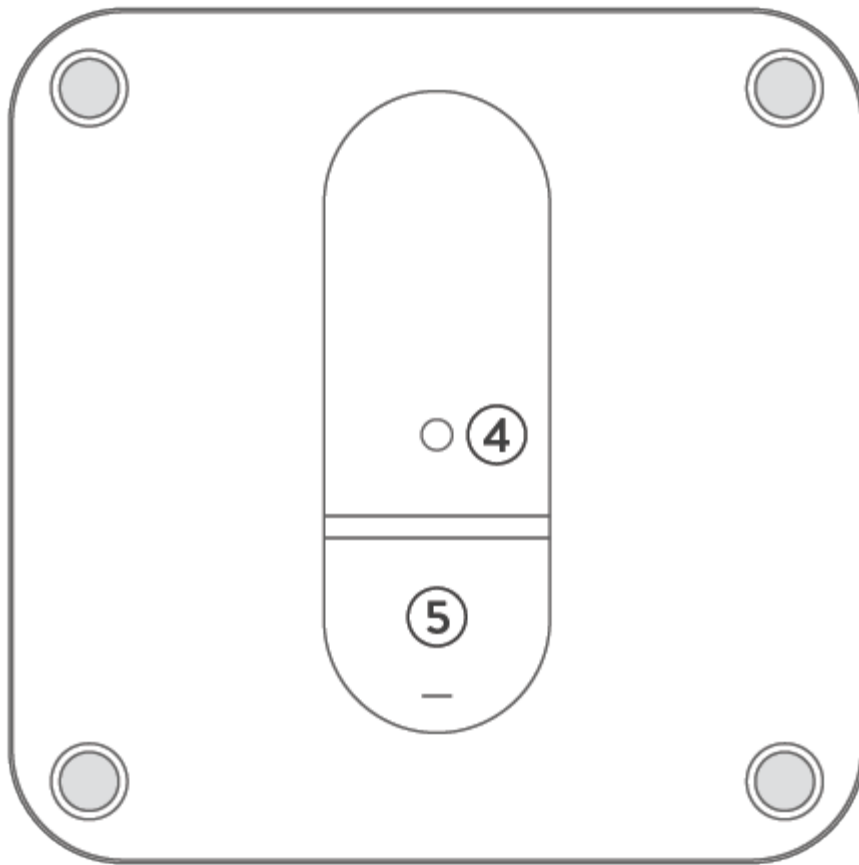
# BMI

BMI is a ratio calculated based on your total weight and height, and is a good general signpost.

BMI	WEIGHT STATUS
<18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30+	Obese

# TECH SPECS





- ① LCD Display
- ② Control Panel
- ③ Conductor
- ④ Unit Button
- ⑤ Battery Compartment

Weight Unit	lb / kg
Capacity	400lb / 180kg
Division	0.2lb / 0.1kg
Minimal Weight	5kg
Function Keys	▲ , SET, ▼
Display	Positive LCD, Backlight
Batteries	4 AAA
User No.	8

Age Range	10-85
Stature Range	3ft 3inches to 7ft 3inches / 100-220cm
Measurements Calculated	Body weight, BMI, body fat, water weight, muscle mass, and bone mass
Working Temperature	32°F - 104°F / 0°C - 40°C
Working Humidity	≤90% RH
Storage Temperature	-4°F - 140°F / -20°C - 60°C

## WARRANTY TERMS

This product is covered by a 5-year manufacturer's warranty, and we promise to deliver great customer service for the lifetime of your scale. While your warranty does not cover damage or mistreatment to your scale, our priority is your happiness, and we encourage you to contact us about any issues you might have.

### Terms

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years from the original purchaser from the date of purchase. Proof of purchase is required.

### Void Warranty

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased in.

### Defective Product

If your scale is defective, please contact Greater Goods, LLC (that's us!).

## WARNINGS

- Never use, or allow others to use, this unit in combination with the following medical electronic devices:
  - Medical electronic implants such as pacemakers
  - Electronic life support systems such as an artificial heart/lung
  - Portable electronic medical devices such as an electrocardiograph
- This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the abovementioned medical devices to malfunction.
- This product is not intended for use by pregnant women.
- This product is not intended for use by infants, toddlers, or children under 10 years of age.

- Do not step on the edge of the scale while getting on or off—otherwise, it may tip.
- Do not jump on scale.
- Protect scale from hard knocks, temperature fluctuations and heat sources that are too close (e.g. stoves, heating units).
- Do not drop scale or drop any objects on it as this may damage the sensors.
- Do not step or stand on the scale when your body and/or feet are wet—for example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
- Do not step on this scale if you weigh more than 400 lbs.
- Place the scale on level flooring—otherwise, it may tip.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.
- Batteries should be disposed of separately from household waste. Always dispose of batteries as per your local regulations.
- Dispose of this device in accordance with your local regulations.

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