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I. Power On

1. For first use:

For the F4, F4 Pro and F5 (battery-powered) models, remove the insulating sheet and ensure that the battery is installed correctly.

For the F4 Pro, F6, P1 and P3 (rechargeable) models, press and hold the reset button or charge the scale to cancel the shipping mode.

For the F10 (rechargeable) model, poke the reset hole with a pin to cancel the shipping mode.

2. For subsequent use: Press to wake the body composition scale. The pressure should be greater than the minimum range of the scale (6 kg).

II. Download and Install the App

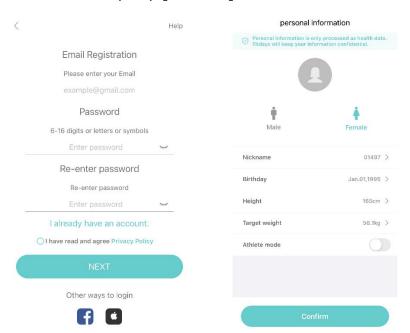
1. Search **Fitdays** in the App Store or Google Play, or scan the QR code below to download and install the Fitdays App.



 Register an App account: Enter the email address and password, select [I have read and agree Privacy Policy], and tap [NEXT].

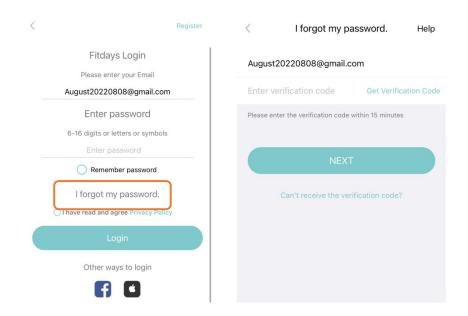
Note: The feature of creating a strong password for iOS is not supported currently.

3. Enter personal information, including the gender, nickname, birthday, height, and target weight. Select to enable the athlete mode if needed (for users who engage in long term physical work or exercise more than 3 times a week). Tap [Confirm] to save.

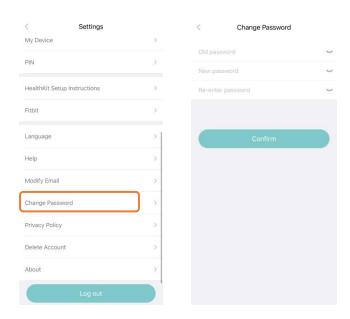


Note: Ensure that all the personal information is correct, since age, height, and gender will affect the accuracy of the measurement results.

- 4. Change the password.
 - If you forget your password, go back to the login page, enter your e-mail address and select [I Forgot my password]. Then Tap [Get Verification Code] and enter the verification code provided in the sent e-mail within 15 minutes.



If you want to change your current password, select [Account] --> [Settings] --> [Change Password], enter the old and new password, and tap [Confirm].

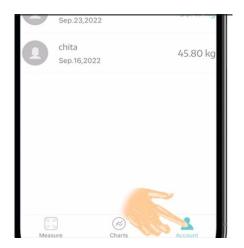


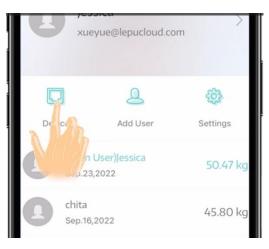
III. First connection to the App

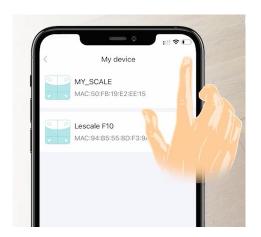
Models support Bluetooth connection – Lescale F4, Lescale F4 Pro, Lescale F5, Lescale F6, Lescale P1, and Lescale P3.

Note: When the screen of the scale is on, the Bluetooth of the scale is enabled. When the screen is off, its Bluetooth is immediately disabled, and the App cannot find the device.

- 1. Turn on the Bluetooth of the mobile phone and open the Fitdays App. For the Android system, you need to further enable the location.
- 2. Enter [Account] page --> tap [Device] --> tap + in the upper right corner (alternatively, enter the [Measure] page --> tap + in the upper right corner --> select [My Device] --> tap + in the upper right corner). Gently step on the scale to wake up the screen. When the App displays the searched device model, tap [Connect]. Now the device is successfully connected to the App.









Wi-Fi connection-F10

Note: Bluetooth connection required before WIFI connection.

- 1. Turn on the Bluetooth of the mobile phone and open the Fitdays App. For the Android system, you need to further enable the location.
- 2. Enter [Account] page --> tap [Device] --> tap + in the upper right corner. Gently step on the scale to wake up the screen. When the App displays the searched device model, tap [Connect].
- 3. The screen displays "You will become the owner of the scale". Tap [Confirm].



4. Select the Wi-Fi network and enter the password, tap **[NEXT]**. The device will be successfully connected to the network (Note: If the Wi-Fi has changed, please reconnect to the network).



IV.Start the Measurement

- 1. Place the scale on a solid flat surface. Carpeted or uneven floors may affect the accuracy of the measurement results (F6 can be used on carpeted or uneven floors).
- 2. Calibration: Gently step on the scale to wake it up and wait until the scale displays "**0.00**", which indicates that the calibration is completed (Remember to re-calibrate the scale if it has been moved).
- Connecting to the App: Turn on the Bluetooth of the mobile phone and open the App. Enter
 [Measure] page. Gently step on the scale to wake it up and the measure page will display
 "Connected" at the top, which indicates that the device is successfully connected to the App.

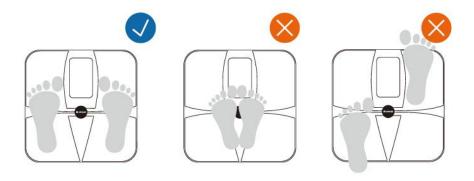
Note: Please take the first measurement with the App connected; and subsequent measurements can be taken offline without connecting to the App.



Start the measurement

Correct posture for measurement:

Four-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas, and there is no contact between the left and right lower limbs (including thighs, calves and feet).



Eight-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas and there is no contact between the left and right lower limbs (including thighs, calves and feet). Hold the handle with both hands. Ensure that the fingers evenly cover the four electrodes on the handle with no contact between the hands. Keep your arms straight at a 30-to-45-degree angle. Ensure that the arms are not too close to your body. (Note: P1 and P3 does not support heart rate measurement.)

P1:





Note: When holding the handle of P3, please also ensure your thumbs are not resting against the edge of the display screen.

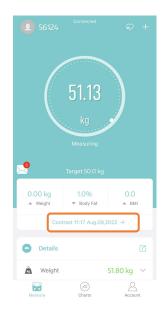
Keep the above measurement posture until all the data is displayed on the screen of the scale or the App prompts that the measurement is complete before getting off the scale.

V. View Detailed Data of Body Composition

When the measurement is complete, the measured weight value will be displayed in **[Measure]** page (the Fat standard ratio and Muscle standard ratio of each part of the body can also be displayed with the eight-electrode model).

Then, the screen displays the Weight body fat and the BMI changes compared with the last measurement (tap [Contrast] below to customize the historical data to be compared).

Swipe down to view the details. Tap **[More]** to view the measured values of all body composition items. You can also select a specific indicator for its description and analysis.





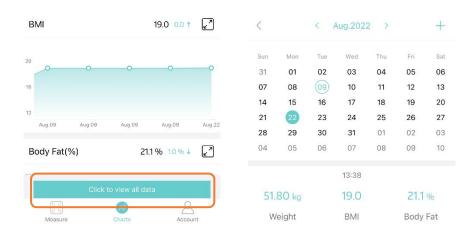
VI.View the Trend Chart

Enter [Charts] page to view the recent/weekly/monthly/yearly trend chart of 15 physical indicators.



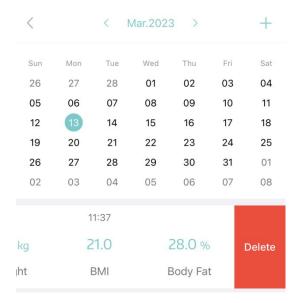
VII. View Historical Measurement Data

Enter [Charts] page --> tap [Click to view all data] --> select a specific date. All the measurement history of the selected date will be presented. Tap any measurement data to view the specific body composition value.



VIII. Delete Historical Measurement Data

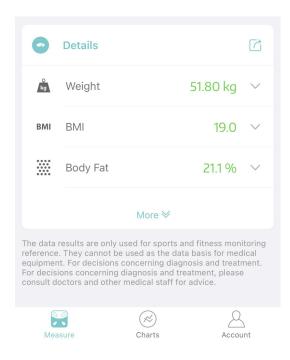
Enter [Charts] page --> [Click to view all data] --> select the specific data to be deleted --> slide left and tap [Delete].

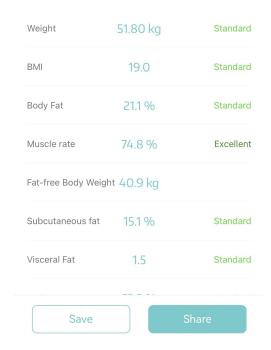


IX. Share and Export Data

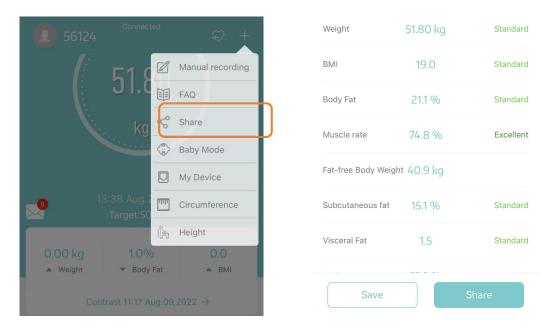
Share measurement data details:

Method 1: Enter [Measure] page --> tap the share icon to the right of [Detail] --> select [Save] or [Share].

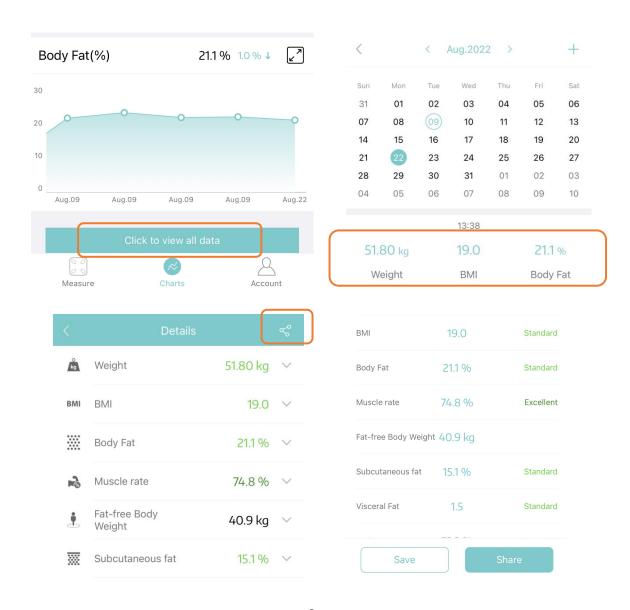




Method 2: Enter [Measure] page --> tap + in the upper right corner --> tap [Share] --> select [Save] or [Share].

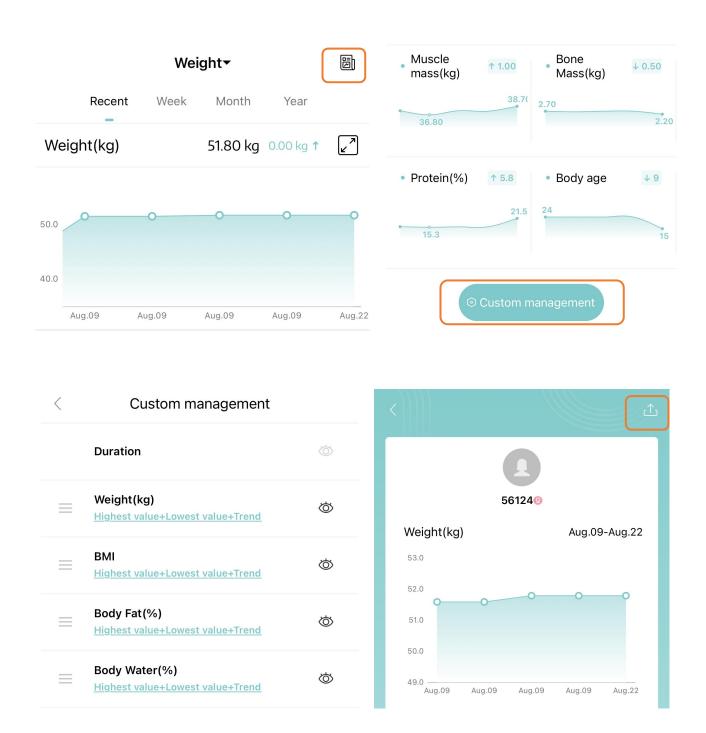


Method 3: Enter [Charts] page --> tap [Click to view all data] --> select the measurement data to be shared --> tap the [Share] icon in the upper right corner --> select [Save] or [Share].



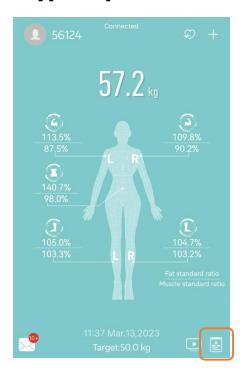
Share the trend:

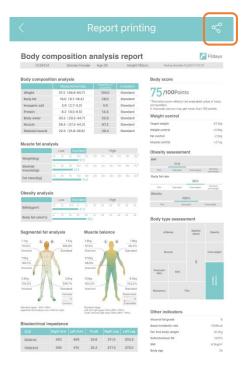
Enter [Charts] page --> tap the report icon in the upper right corner-->tap the share icon in the upper right corner --> tap [Custom management] at the bottom to customize the indicator to be shared --> tap the share icon in the upper right corner --> select the way of sending the data.



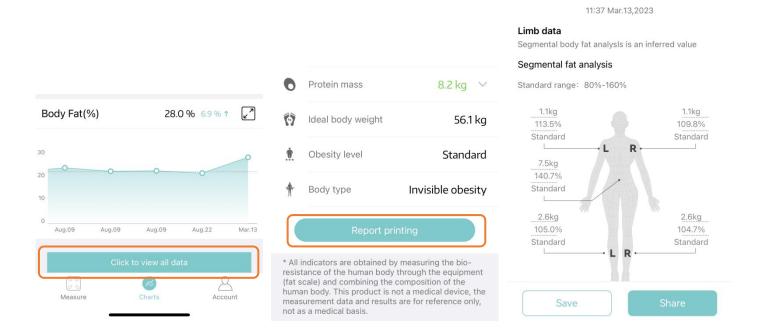
Share the professional eight-electrode measurement report:

Method 1: Enter [Measure] page --> tap the [Report] icon at the lower right corner of the fat/muscle distribution chart --> tap the share icon in the upper right corner --> select [Save to local]/[Print]/[Share]/[Cancel].





Method 2: Enter [Charts] page --> tap [Click to view all data] --> select the measurement data to be shared --> swipe down to the bottom --> tap [Report printing] --> tap the share icon in the upper right corner --> select [Save] or [Share].



X. Switch the Unit

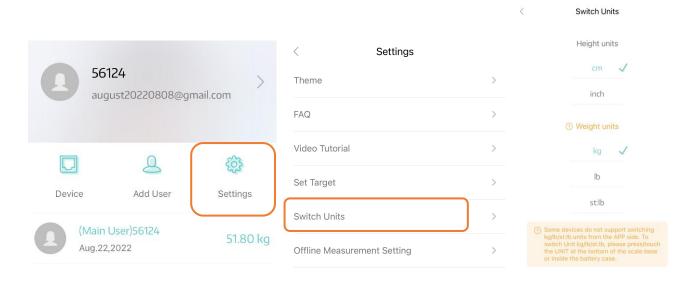
F4/F4 Pro:

Switching the unit with the button: Take off the back cover of the battery and press the **[Unit]** button to switch the unit.

Switching the unit with the App: When the device is connected to the App, choose [Account] --> [Settings] --> [Switch Units], and select your preferred unit.

F5/F6/P1/P3/F10:

Switching the unit with the App: When the device is connected to the App, choose **[Account] --> [Settings] --> [Switch Units]**, and select your preferred unit.



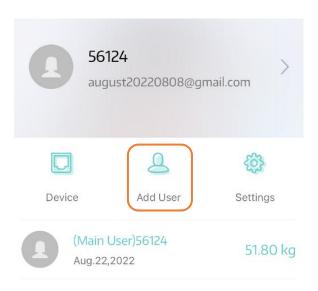
Note:

- 1. The unit is subject to the setting in the App. When the device is connected to the App, it will automatically synchronize with the App (assume that the adopted unit of the device is LB while the unit set in the App is KG, the unit of the device will be changed to KG when it is connected to the App). Therefore, if you switch the unit with the button on the device, remember to make the same adjustment in the App.
- 2. If the unit is changed in the App when the device is not connected, the device unit will not be synchronized until it is successfully connected to the App next time. (i.e. if the device is disconnected from the App, the device unit will remain unchanged despite any adjustments in the App). Therefore, it is recommended to set the unit in the App with the device connected.

XI. Add, Switch or Delete the User

Add a user:

Enter [Account] page --> tap [Add User] --> select the gender --> enter the nickname, age, height and target weight --> tap [Confirm].



Switch the user:

Enter [Measure] page --> tap the avatar in the upper left corner --> select the user to be measured.

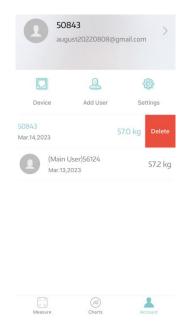


Note: 1. Every new user needs to create his/her own user profile before measurement and ensure that the personal information is correct.

2. Every new user needs to connect to the App for the first measurement and ensure that the current user in **[Measure]** page is correct. Subsequent measurements can be taken offline without connecting to the App.

Delete the user:

Enter [Account] page --> select the specific user in the user list --> slide left to delete.



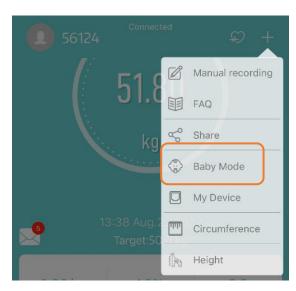
The following settings are specific to F10.

Users can select to enable or disable **Off-line Measurement**, **Measure weight only** (for pregnant women or people with special needs such as those who wear a cardiac pacemaker), and **Measure heart rate** (shorten the measurement time for users who do not want to measure their heart rate).

XII. Baby Mode/Athlete Mode

Baby Mode:

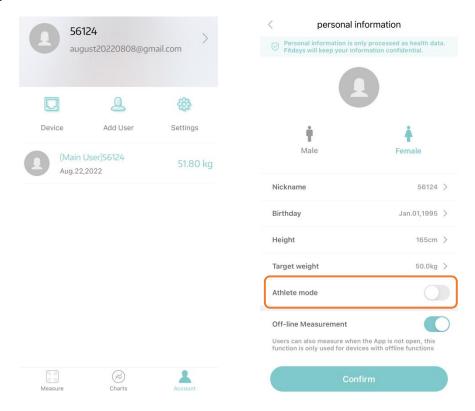
Enter [Measure] page --> ensure that the current user is switched to the baby to be measured --> tap + in the upper right corner --> tap [Baby Mode] --> weigh the adult alone --> weigh the adult and the baby together --> The App displays the baby's weight.



Athlete Mode:

Athlete mode is recommended for users who engage in long term physical work or exercise more than 3 times a week.

Enter [Account] page --> choose the user --> enter personal information page --> select Athlete mode --> tap [Confirm].



XIII. Offline Measurement

Prerequisites for offline measurement:

- 1. The user has created correct personal information in the App and completed a measurement with the App connected, i.e. the user information is sent via the App and stored on the scale.
- 2. The scale can recognize the user, which requires the user's weight varies within ±2 kg. If the measured weight change is more than ±2 kg, connect to the App for measurement (except for F10, which can identify the current user by the user's nickname on the scale screen).

Offline measurement for multiple users:

Conditions for the scale to distinguish users: The weight difference between users is greater than ±2 kg, i.e. if the weight difference between two or more users is within ±2 kg, the scale is not able to distinguish users. In this case, it is recommended to connect to the App for measurement (except for F10, which can switch users by lightly stepping on the scale).

Offline upload of data to the App:

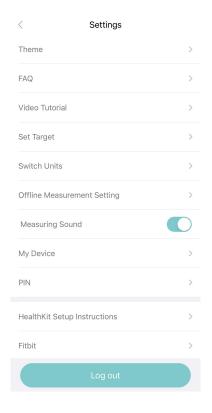
- 1. The scale can store the user data (F4/F4 Pro/F5/F10/P3: 24 sets; F6/P1: 100 sets)
- The historical data will not be automatically uploaded to the App as soon as the device is connected to the App. The user needs to take a measurement with the App connected, and the historical data will be transmitted to the App together with the latest measurement data.

3. If there are multiple users, the scale will automatically assign the historical data to the users in the App according to the weight difference (±2 kg) and send unidentified data to the data claim center. Tap the message icon in [Measure] page, and manually claim or delete the data.



XIV. Other Settings

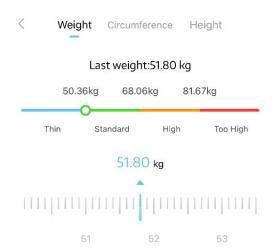
Select [Account] --> [Setting]. You can adjust the language or theme, Check the [FAQ], and leave a message for help in [Help].



XV. Manual Recording

Enter [Measure] page --> tap + in the upper right corner --> tap [Manual recording] --> input the weight, circumference or height --> tap [Confirm].





XVI. Data Synchronization to Third-party Apps

Fitdays supports data synchronization across four Apps -- Apple Health, Google Fit, Fitbit and Samsung Health. The synced data items are as follows:

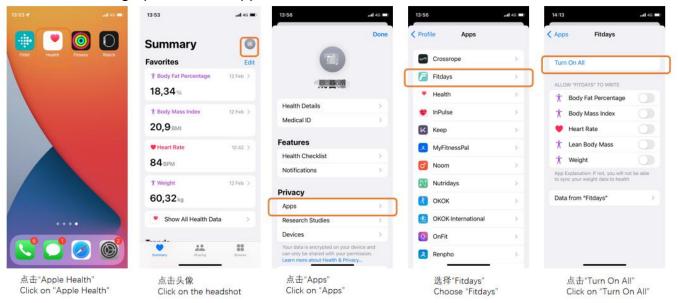
	Weight	ВМІ	Body fat	Lean body mass	Heart rate
Apple Health	Y	Y	Y	Y	Y
Google Fit	Y	N	Y	N	Y
Fitbit	Y	Y	Y	N	N
Samsung Health	Y	Y	Y	Y	Y

Note: The feature is only for the primary user of the account.

Apple Health

Data synchronization

Perform the following operations in Apple Health:

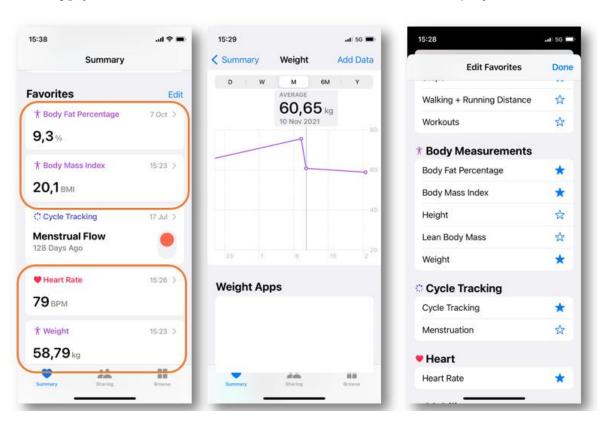


Synchronized data items:

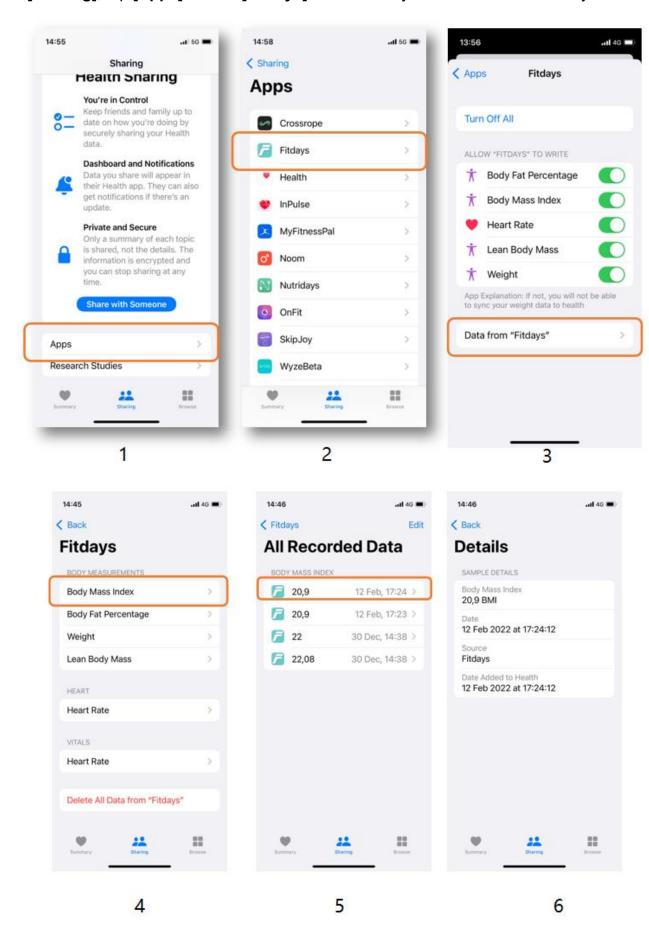
- Body Fat Percentage
- Body Mass Index (BMI)
- Heart Rate
- Lean Body Mass
- Weight

View data

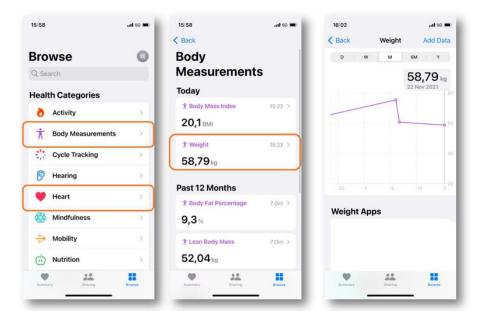
1. In [Summary], you can view health data and edit which items are displayed.



2. In [Sharing], tap [Apps]. Select [Fitdays] to view the synchronized data of Fitdays.

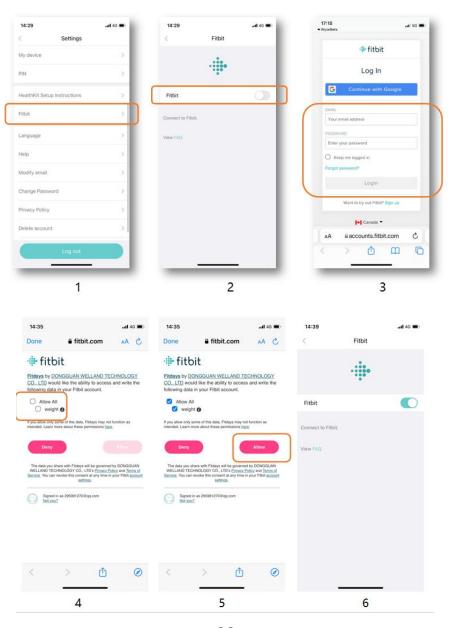


3. In [Browse], you can view health data by health items.



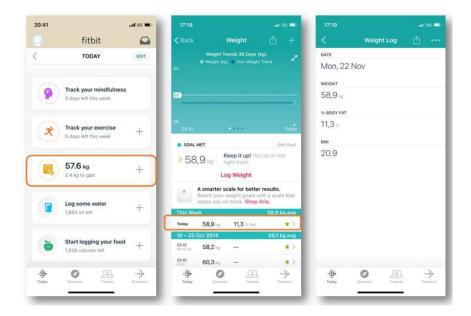
Fitbit

Data synchronization



Follow steps 1-6 in the screenshot. The screen will display "Sync Successfully" when the setting is completed.

View data

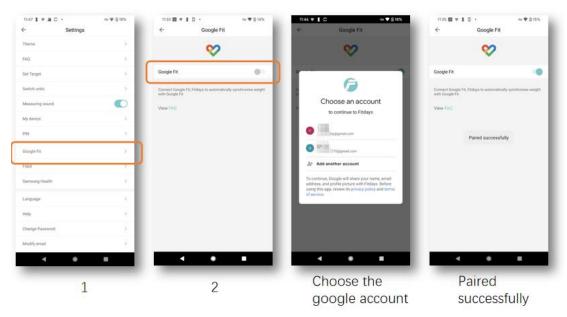


The measurement data in Fitdays will be synchronized to Fitbit when the setting is completed.

Note: If Fitbit cannot receive the data, check whether the Fitbit account to be synced is the same as the Fitbit account you actually view.

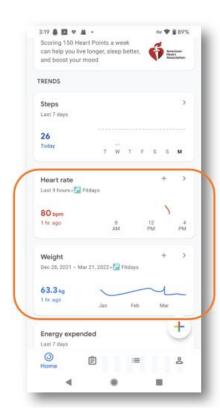
Google Fit

Data synchronization



- Enter [Setting] page.
 - Tap the Google Fit setting page.
- Turn on Google Fit. The device will redirect to the account selection page of Google Fit.
- 3. Choose your account and the setting is completed.

View data



The measurement data in the Fitdays App will be synchronized to Google Fit when the setting is completed.

XVII. Battery

- 1. Non-rechargeable device: When the device prompts low battery level, please replace the AAA battery.
- 2. Rechargeable device: When the battery level is low, please charge the device. Charger: 5 V, 1 A.

XVIII. Troubleshooting

Problem Classificati on	Problem Description	Possible Causes	Solution
	Inaccurate weight value.	The device is not placed on a flat floor or is used on a carpet.	Place the device on a solid flat surface.
		The device is not calibrated when it is used for the first time or after it is moved.	When the device is used for the first time or after it is moved, calibrate it before measurement. Place the device on a solid flat surface, gently step on it to wake it up and wait until the screen show "0.00" before measuring on the scale.
		Uneven standing position, too far to left/right/front/rear.	When measuring, keep the center of gravity stable in the center of the scale, and ensure that there is no contact between the left and right lower limbs (including thighs, calves and feet).
		The device is damaged. It does not weigh or the number jumps randomly after weighing.	Replace the device.
	Discontinuous measurement results / excessive deviation of multiple measurements.	Refer to the reasons of inaccurate weight value.	Refer to the solutions for inaccurate weigh value.
Accuracy problems		The time of measurement, due to normal human metabolism, can cause a difference of about 1.5kg in a person's weight between morning and evening, and metabolism can affect fluctuations in water and electrical impedance	Take your measurements at the same time every day to minimize the deviation caused by natural laws. It is recommended to take measurements after getting up or before going to bed with less clothing.
		Large fluctuations in body data due to strenuous exercise or overeating .	Do not measure immediately after strenuous exercise or overeating.
		Changes of measurement posture.	Try to keep a correct posture for each measurement. Four-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas and there is no contact between the left and right lower limbs (including thighs, calves and feet). Eight-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas. Ensure that there is no

Problem Classificati on	Problem Description	Possible Causes	Solution
			contact between the left and right lower limbs (including thighs, calves and feet). Hold the handle with both hands. Ensure that the fingers evenly cover the four electrodes on the handle with no contact between the hands. Keep your arms straight at a 30-to-45-degree angle. Ensure that the arms are not too close to your body.
	Inaccurate body composition data.	Incorrect measurement posture.	Ensure that the measurement posture is correct for each measurement. Four-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas and there is no contact between the left and right lower limbs (including thighs, calves and feet). Eight-electrode measurement: Step on the scale with two bare feet. Ensure that the soles of the feet are in full contact with four ITO sensing areas. Ensure that there is no contact between the left and right lower limbs (including thighs, calves and feet). Hold the handle with both hands. Hold the handle with both hands. Ensure that the fingers evenly cover the four electrodes on the handle with no contact between the hands. Keep your arms straight at a 30-to-45-degree angle. Ensure that the arms are not too close to your body.
		Incorrect personal information (age/height/gender).	The calculation of the user's body composition data involves the user's age, gender and height. To ensure the accuracy of the measurement results, please enter the correct age, gender and height.
Measureme nt problems	Weight value only, no other data	The user takes the measurement with shoes or socks on, or the product bag is not removed.	The user must measure with bare feet. Ensure that the soles of the feet are in full contact with four electrode plates/ITO sensing areas and there is no contact between the left and right lower limbs (including thighs, calves and feet).

Problem Classificati on	Problem Description	Possible Causes	Solution
		The user gets off the scale before the measurement is complete.	Keep the measurement posture until all the data is displayed on the scale screen or the App prompts that the measurement is complete before getting off the scale.
		No user data on the scale end.	Every new user needs to create a user profile in the App and enter the correct personal information. The first measurement needs to be taken with the device connected to the App and the user in [Measure] page is correct, so that the user data can be transferred to the scale and subsequent measurements can be done offline without connecting to the App.
		Incorrect personal information (height/age/gender) .	Incorrect personal information usually refers to young age (<16 years old) or abnormal height, which are beyond the measurement range of the scale. In this case, the body fat will not be measured. Check whether the user's basic information is correct.
		The user is younger than 16 years old.	If the user is younger than 16 years old, only weight is measured.
	The historical body composition data suddenly disappears.	The user's weight varies too much (greater than ±2 kg) for the scale to recognize the user.	Conditions for distinguishing the user during offline measurement: The user's weight varies within ±2 kg, otherwise the user needs to connect to the App for measurement (If the scale cannot recognize the user, the scale screen will only displays the weight value and "" for other body composition items).
		The weight values of two or more users are so close (the difference is less than ±2 kg) that the scale cannot distinguish.	Conditions for distinguishing multiple users on the scale during offline measurement: The weight difference between users is greater than ±2 kg, i.e. if the weight difference between two or more users is within ±2 kg, the scale is not able to distinguish users. In this case, it is recommended to connect to the App for measurement (If the scale cannot distinguish users, the scale screen will only display the weight value and "" for other body composition items).
Connection	Bluetooth	Bluetooth is not enabled on the	For iPhones, manually turn on the

Problem Classificati on	Problem Description	Possible Causes	Solution
problems	connection failed.	mobile phone.	Bluetooth. For Android phones, tap [Allow] when the request pops up.
		Mobile Bluetooth unauthorized.	For iPhones, tap [Bluetooth] in [Privacy and Security], and turn on the Bluetooth authorization for Fitdays.
		The GPS is not enabled on the Android phone.	Bluetooth 4.X provides the location function. Android 6.0 and iOS 10.0 and above versions can manage and authorize the Bluetooth 4.X device as a location device like GPS. When the App needs to search for a Bluetooth device, it requires the location permission. Since the body composition scale transmits data via Bluetooth, the GPS must be enabled in Android 6.0 and iOS 10.0 and above versions.
		The App is disabled to use the network.	Please make sure you allow the App to use the mobile network or WiFi for later pairing and using. This is because a server connection is required to store the data in the cloud.
Data transmission failed.	Bluetooth is not enabled on the scale end.	When the screen of the scale is on, the Bluetooth of the scale is enabled. When the screen is off, its Bluetooth is immediately disabled, and the App cannot find the device. Please ensure that the screen is on throughout the connection.	
	No online measurement is completed after the device is connected to the App.	The user needs to take a measurement with the App connected, and the historical data will be transmitted to the App together with the latest measurement data. (The historical data will not be uploaded until an online measurement is completed.)	
	The device has been connected to multiple mobile phones, but the data is only transmitted to the currently connected mobile phone.	If multiple users use different mobile phones to connect to the same scale, the scale will upload all historical data to the currently connected mobile phone and then clear the history (For example, A and B use their own mobile phones to register the App and connect to the	

Problem Classificati on	Problem Description	Possible Causes	Solution
			same scale. Assuming that there are 10 offline measurement records of A and B respectively on the scale, when the scale is connected to A's phone, all 20 offline measurement records will be uploaded to A's App, and B's phone will not receive these 20 records when it connects to the scale again).
	The unit cannot be switched.	The user does not know how to switch the unit.	F4/F4 Pro: Switching the unit with the button: Take off the back cover of the battery and press the Unit button to switch the unit. Switching the unit with the App: When the device is connected to the App, choose [Account]> [Settings]> [Switch Units], and select your preferred unit. F5/F6/P1/P3/F10: Switching the unit with the App: When the device is connected to the App, choose [Account]> [Settings]> [Switch Units], and select your preferred unit.
Unit problems	The unit on the device switch back to KG after setting to LB (or vice versa).	The user does not set the unit in the App.	The unit is subject to the setting in the App. When the device is connected to the App, it will automatically synchronize with the App (assume that the adopted unit of the device is LB while the unit set in the App is KG, the unit of the device will be changed to KG when it is connected to the App). Therefore, if you switch the unit with the button on the device, remember to make the same adjustment in the App.
	The unit on the device remains KG after setting to LB in the App.(or vice versa).	After setting the unit in the App, the user does not connect to the scale for synchronization.	If the unit is changed in the App when the device is not connected, the device unit will not be synchronized until it is successfully connected to the App next time. (i.e. if the device is disconnected from the App, the device unit will remain unchanged despite any adjustments in the App). Therefore, it is recommended to set the unit in the App with the device connected.
Power-on	The scale cannot	Power issues: The battery is	For the battery-powered models,

Problem Classificati on	Problem Description	Possible Causes	Solution
problems be powered on.	installed incorrectly, the insulating sheet is not removed, or the rechargeable battery is not activated.	ensure that the battery is installed correctly. For the rechargeable models, cancel the shipping mode (For F6/P1/P3, press and hold the reset button. For F10, poke the reset hole with a pin) and ensure that the battery is well-functioning.	
		Pressure sensing problem: The loaded pressure fails to reach the minimum weighing range (>5kg).	The scale will only be turned on when the loaded pressure reaches the minimum range.
Charging The scale cannot problems be charged.	Mismatched charger is used.	It is recommended to use a charger within a specification of 5 V, 1 A or 5 V and a current higher than 1 A, such as 5 V, 2 A. The charger is generally backward compatible. That is, the 5 V, 2 A charger will be compatible with the 5 V, 1 A charger. However, if the charger's input is not 5 V, for example, 10 V, this charger cannot be used.	
		The provided charging cable is not used.	Cables with poor quality or cables that are too long can affect the charging or cause charging failure. It is recommended to use the provided charging cable.

Fault Symptom	Possible Causes	Solution
The screen dims or shows Lo .	The battery level is low.	Replace with a new battery of the same model, or charge the scale.
The screen shows Err .	The loaded pressure exceeds the maximum weighing range.	Check the weighing range of the product. If necessary, please purchase a product with a larger weighing range.
The screen shows C .	The sensor is incorrectly zeroed.	Please place the device on a solid flat surface.
The screen shows 8888.	The sensor cannot be zeroed.	Replace the sensor.
Large errors in weight values.	The scale is used for the first time or used after it is moved.	Place the scale on a solid flat surface, and wait until the screen shows 0.0 .
	The scale is used before it is zeroed.	