

BODY COMPOSITION MONITOR REIMAGINED

USER MANUAL

MODEL: BM-X1

NEED HELP? TALK TO US! CUSTOMER SUPPORT

help@aukeyhome.com

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Designed by AUKEY in California, Made in China.

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THANK YOU FOR YOUR PURCHASE!

Contact our support team by Email:
help@aukeyhome.com

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SPECIFICATION

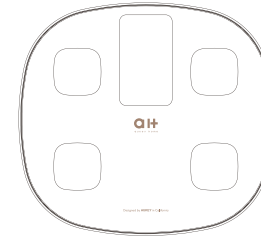
If you have any questions or concerns regarding your new product, please reach out us at help@aukeyhome.com.

We hope you enjoy your new product!

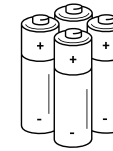
| | |
|-----------------------|--|
| Product name | Body Composition Monitor |
| Product size | 300 × 275 × 25mm |
| LCD display | 108 × 62mm |
| Power supply | 4 × AAA batteries (6.0V) |
| Weight unit | Kg/Lb |
| Weight limit | 8kg-180kg |
| Account number | No limitation (Each account can add 24 persons) |
| Baby mode | Allow you to scale the weight of baby |
| Height record | Allow you to record the height info under 16 years old |
| Operating temperature | 5°C~35°C |
| Operation humidity | ≤40% RH~80% RH |
| Support devices | IOS 8.0 or higher, Android 6.0 or higher |

PACKAGE CONTENTS

1. Body Composition Monitor



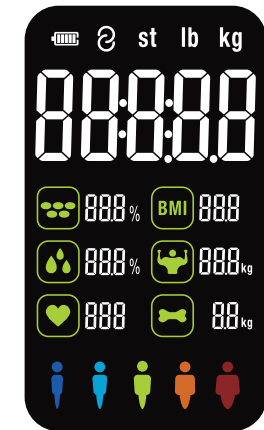
2. AAA batteries



3. User Manual



GETTING TO KNOW YOUR BODY COMPOSITION MONITORS



Recorded Parameters

| | | | |
|--------------------|----------------------|---------------------|-------------------------------|
| Weight | BMI | Body fat rate | Visceral fat |
| Body water | Skeletal muscle rate | Muscle mass | Bone mass |
| Protein | BMR | Body age | Height record (<16 years old) |
| Weight without fat | Heart index | Body Fitness status | |

Indication Symbols

| | |
|-----|---|
| Lo | Low battery – please change the batteries (4 × AAA batteries, 6.0V). |
| Err | Overload |
| C | An error has occurred during measurement. Step off the scales and step onto them again to repeat the measuring process. |

Install Fitdays App



1. Search “Fitdays” in Apple Store or Google Play or scan the QR code on the left.
2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

IMPORTANT SAFEGUARDS

IMPORTANT: Please read these instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

- DO NOT use with medical implants such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max. 180kg).
- DO NOT drop scale or droop and objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.
- NOT recommended for pregnant women.
- NOT recommended for infants, toddlers, and children under 16 years of age.
- 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.
- ALWAYS place the scale on a hard, dry and flat surface before measurement.

- Make sure your feet are dry before stepping on the scale.
 - Connect the batteries in accordance with the correct polarities indicated.
- Remove batteries if the scale is not be used for a prolonged period of time.

USING THE Fitdays APP

1. Insert 4 × AAA batteries which included in the package to the battery holder at the back of the scale. Place the scale on the hard, flat ground.



2. Open the Fitdays App and turn on the Bluetooth on your smart phone or tablet.
3. Register your own ID by email or social media account.

NOTE

Enter the wrong gender, age, height, or corporeity level may result in measurement being inaccurate.

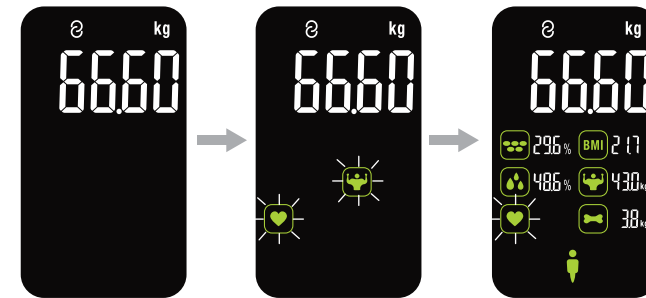
4. Pair the scale through Bluetooth. Automatic matching/Click Mine ----> Device ----> Bluetooth search device and pair, now your phone is connected with the scale.

Note: Please pair your bluetooth with your scale on working status.



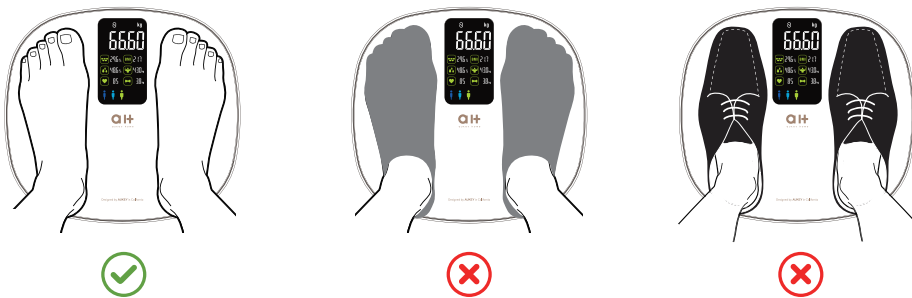
Then enter the fat measurement state. At this time, the heart rate icon and body fat icon flash. After measuring the body fat rate, the heart rate icon will continue to flash, indicating that the heart rate is being measured.

Continue to stand on the scale until all the data is displayed, which means the measurement is complete and the data has been synchronized to the Fitdays App. After displaying all data for 10 seconds, it will automatically turn off.



5. Tap your foot on the scale to activate the display.

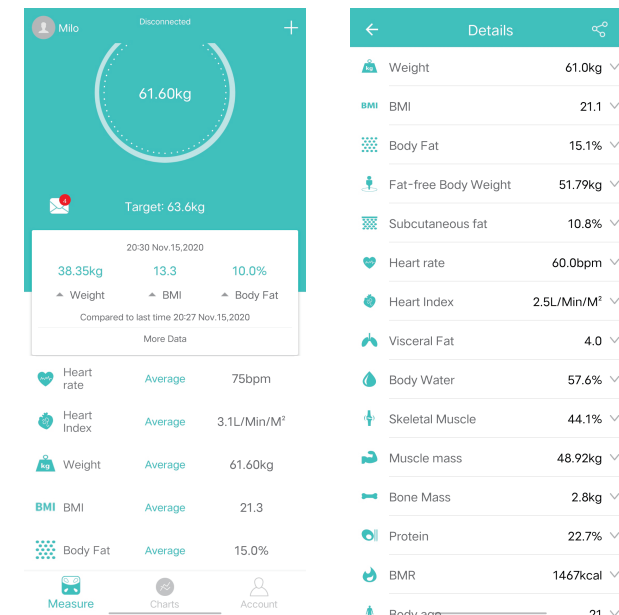
6. Step on the scale with BARE feet to measure body fat data.



NOTE

If stepping on the scale with 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. Before measuring weight, please open the Fitdays APP and keep it on the main interface.

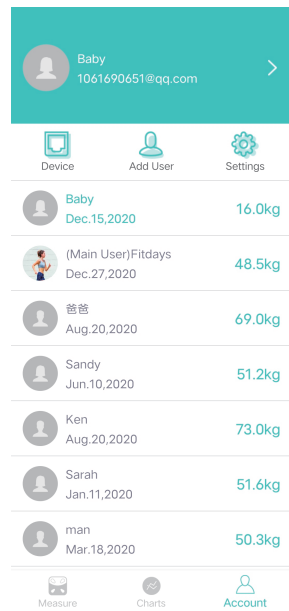
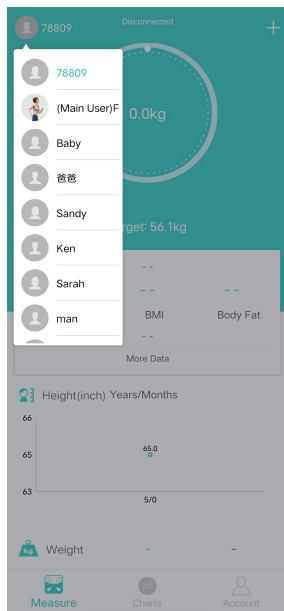
7. The number on the display is flashing when the scale is weighing and analyzing. After starting to measure on the scale, the LCD screen will display your weight, and it will be locked after flashing three times.



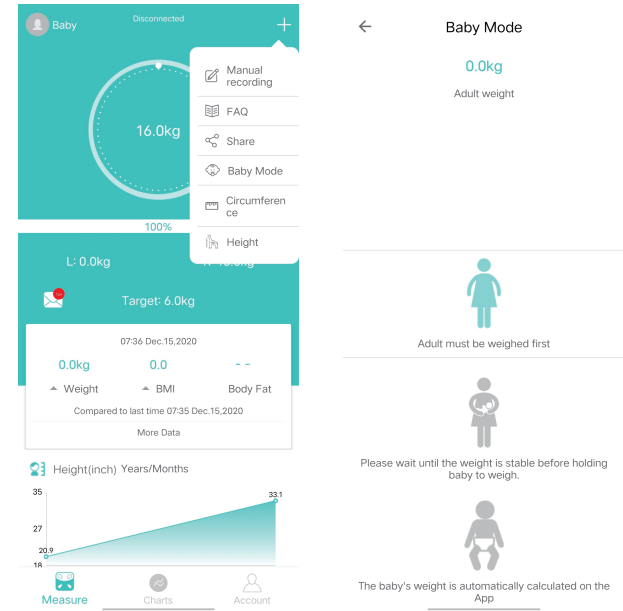
8. You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. (see full details on page 3 RECORDED PARAMETERS). When you click Record, you can see your long-term track chart form.



9. Add, switch user by click , or click Me--> Manage users, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24 users.



10. Weighing baby: click + -->Baby Mode. Step on the scale by you own, after scale gets your



weight, and then hold the baby to get the weight of baby.

TROUBLESHOOTING GUIDE

1. Insert 4 × AAA batteries which included in the package to the battery holder on the back at the back of the scale. Place the scale on the hard, flat ground.

| Problem | Easy solution |
|---|--|
| Bluetooth not connected | <ol style="list-style-type: none"> 1. The scale and smart phone must be both have Bluetooth on and authorization. 2. Check the IOS version of your smart phone, it must be IOS 8.0 or higher/Android 6.0 higher. 3. Click Me-->My device find the scale ID. |
| No body fat data measured when weighing | <ol style="list-style-type: none"> 1. User must be bare foot to measure the body fat. 2. Make sure your feet and the scale are both dry. 3. Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 10 second until the number on the display stops flashing). 4. Bluetooth is not turned on. 5. Bluetooth is paired with a difference scale. |

| Problem | Easy solution |
|--|---|
| The scale is producing inconsistent weights | 1. Check whether the scale is on a hard, flat surface. 2. Check each sensor foot on the back to make sure nothing is stuck to the bottom of it. 3. Remove the batteries to restart the scale. |
| The App is display the incorrect fat-muscle ratio | 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? | Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate. |
| The scale does not turn on. | Remove the batteries and put it back. Make sure to insert the batteries in the correct direction. |
| How to exchange the unit? | When the scale is connected with the App, please go to setting and to select unit from Kg to Lb and st. |

BATTERY ADVICE



* If the scale is not to be used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.

* Keep the battery out of the reach of children.



* Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.

* Do not heat or deform the batteries or expose to fire.



* Waste batteries should not be disposed of with household waste.

* Please check with your local authority for battery recycling advice.



* Waste electrical products should not be disposed of with household waste.

Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

Disposal

The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.

Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre for used electrical and electronic devices.

You can obtain more information from your local authorities.

The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.

WARRANTY

aukey home provides a two-year product warranty from the date of purchase for all our products. We will take care of all quality-related issues with a REPLACEMENT or FULL REFUND including any return shipping costs. If your product is defective and under warranty, please contact us at Email: help@aukeyhome.com.

Please carefully follow our warranty process to minimize any delays:

1. Note the product model name. It can be found on a sticker located underneath or on the back of the product.
2. Provide order number for a purchase made through Amazon.

Typical turn around time to address Warranty claims is 10 business days, depending on your geographical location and type of damage or Warranty claim.

This warranty does not apply to the following:

- Damage due to abuse, accident, alteration, misuse, tampering, or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years of age.

aukey home and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

ALL EXPRESSED AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.

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Any issues or questions regarding your new product, please feel free to contact our Customer Support Team.

CUSTOMER SUPPORT

Email: help@aukeyhome.com

*Please have your order number ready before contacting Customer Support.