

Thank you for purchasing a Taylor® Precision Product. Your Taylor® Scale is an example of superior design and craftsmanship. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

Why it is important to monitor your Body Mass Index (BMI):

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is calculated from a person's weight and height, and is a widely accepted measurement of weight by most.

Always consult a physician before beginning any diet or exercise program.

How Taylor's BMI Scale Works:

The scale will calculate your BMI based on your height and weight. Once you input your height into the scale and step on the platform, the scale will display your weight and your BMI number. A 16-point bar graph will rank your BMI results as "Under", "Normal", or "Over" recommended BMI levels for your height and weight.

Specifications

- Calculates Body Mass Index (BMI) based on weight and user-entered height
- **Weight Capacity:** 400 lbs or 180 kgs or 28 st 8 lbs
- **Weight Graduation:** 0.2 lb or 0.1kg or ¼ Lb
- **Height Range:** 3'0" - 7'0" (90 - 215 cm)
- Measures weight and BMI simultaneously in about 10 seconds
- Weight-only feature with automatic step on
- Data can be stored for up to 4 individuals
- User selectable units of measure (lb / feet), (kg / cm) or (st / feet)
- Low battery indicator
- Operates on 1 lithium battery (included)

Precautions

1. **OVERLOAD WARNING:** remove the weight immediately when the scale displays "Err"; otherwise, permanent damage to the scale will occur.
2. **"C"** display indicates an Initialization error with incorrect measurement. To correct, step off the platform and allow the display to turn off. Then step on the scale again and remain still while the scale computes.
3. The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
4. Do not disassemble the product. Other than replacing the battery, it contains no user serviceable parts.
5. Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water.
6. Your scale contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.
8. This scale is a sensitive weighing device. To prevent run down of the battery, do not store anything on the scale.
9. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

Lifetime Warranty

This scale is warranted against defects in materials or workmanship for the life of the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer.

Should this scale require service (or replacement at our option) while under warranty, please pack the item carefully and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor Precision Products
2220 Entrada del Sol, Suite A
Las Cruces, New Mexico 88001 USA

There are no expressed warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

For additional product information, or warranty information in Canada or elsewhere outside the USA, please contact us through www.taylorusa.com.

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Made to our exact specifications in China.
Not legal for trade.
www.taylorusa.com

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TAYLOR®

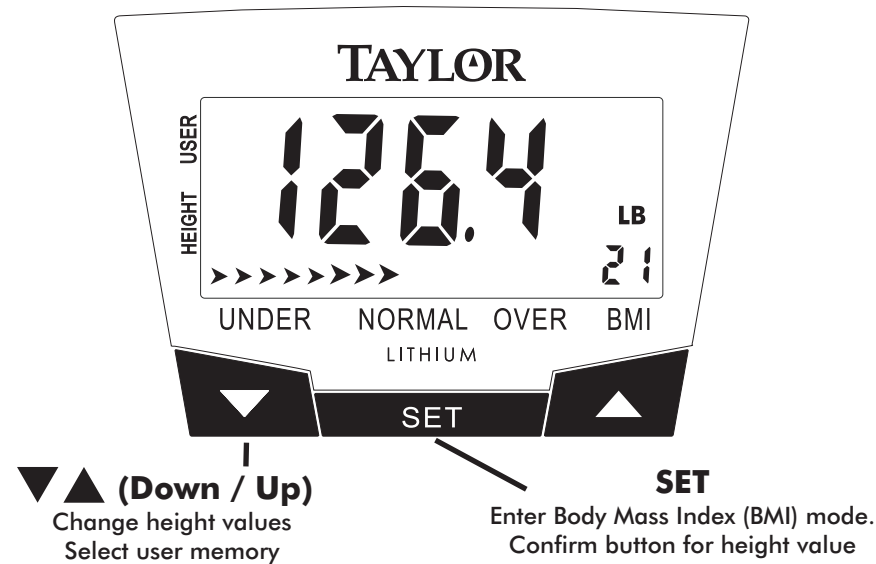
Body Mass Index (BMI) Scale

Leading the Way in Accuracy®



Instruction Manual

Description of Parts



Battery Installation and First Time Setup

1. Some models have a static cling label on the lens to prevent scratching. **Please remove before use.**
2. This scale operates on one **CR2032** lithium battery (installed). There is a red strip under the Lithium battery cover to prevent battery drain in shipping. **Please remove the strip before continuing with these instructions.**
3. Open the battery compartment on the bottom of scale by pushing the tab in direction of the "open" arrow and lifting up the cover.
4. Remove the old battery from the compartment.
5. Place the new battery with the "+" signs up into the battery compartment.
6. Close the battery compartment cover.
7. The scale needs to be initialized before first use or after battery replacement. Press lightly on the scale platform. The display will show "----" and automatically turn off. Your scale is now ready for use.
8. Replace the battery when "Lo" is displayed, or if readings become dim or irregular.
9. Remove the battery if the product will not be used for a long time.

IMPORTANT: The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may step directly on the scale for a weight reading.**

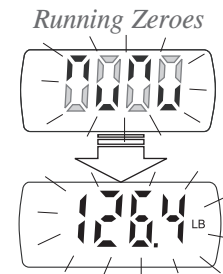
To initialize the scale, simply press lightly on the scale platform. The display will show "----" and automatically turn off. Your scale is now ready for use.

Weight Only Operation

Your Taylor® Body Mass Index Scale will operate as a basic weight-reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to obtain your current weight. Please read the following section for additional directions regarding weight-only operation.

1. Your scale has been set at the factory to measure in pounds and inches/feet (Lb-feet). On the bottom of the scale, there is a slide switch that can change the measurement units to kilograms/centimeters or stone/feet-inches. If you wish to change the measurement units, move the switch to (kg-cm) or (st-feet). If necessary, use a small tool which will not damage the scale.
2. Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
3. Step onto the scale platform and remain still. The display will show "0" running from left to right while it computes your weight.
4. Your weight will appear on the display (LCD).
5. The scale will automatically turn off.



To Program Your Height Into Memory

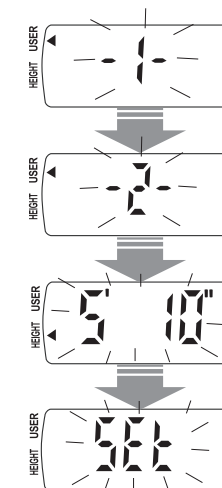
In order to measure body mass index (BMI), you must first save your height into one of the scale's memory numbers. The scale uses this as a factor in BMI calculations. Your height will be stored into memory for future use, thus eliminating the need to enter it before each reading.

IMPORTANT: The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may directly proceed with the following instructions for programming your height into memory.**

To initialize the scale, simply press lightly on the scale platform. The display will show "----" and automatically turn off. Your scale is now ready for use.

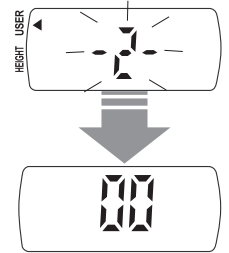
To enter your height into memory:

1. Press and hold the (SET) button for 2 seconds to enter Body Mass Index mode. Memory number 1 will appear on the screen.
2. Press ▲ / ▼ button to scroll to the desired memory number.
3. Press (SET) to select the memory number displayed. The height digits will appear on the screen.
4. Press ▲ / ▼ button to increase / decrease the height digits. Press and hold the button to advance the digits quickly. Note: if the scale is set to weigh in pounds or stones, the height will display in feet (') and inches ("). If the scale is set to weigh in kilograms, the height will be in centimeters (cm).
5. Press (SET) button to confirm displayed height. "SET" appears on the display and the scale turns off automatically. Your height is saved into memory.



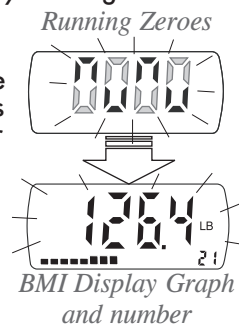
To Measure Weight and Body Mass Index (BMI)

1. While the scale is off, press either the ▲ or ▼ button to enter BMI Calculation mode. Press ▲ / ▼ again to scroll to the memory number where your height is saved.
2. Press (SET) to confirm the memory selection.
3. The scale will first display your height data. Wait for the display to show "00", then step on the platform and stand still. The scale will show a moving "0" pattern while it computes your weight and BMI.



Note: if you did not enter your height data before stepping on the scale, the display will show "----" and then turn off. To obtain a BMI reading, follow the steps in the preceding section "To program your height into memory".

4. Your weight appears in the center of the display. Your BMI number appears in the lower right of the screen. The Taylor "BMI Display Graph" appears at the bottom of the screen. This graph ranks your general condition: Under, Normal, or Over. See the section "General Information about Body Mass Index" for recommended levels.
5. Your weight and BMI information will display for 5 seconds, and then the scale will turn off automatically.



6. **NOTE:** You have approximately 30 seconds to complete each programming step. If no buttons are pressed within 30 seconds, the scale will turn off automatically to conserve battery power. If this occurs, simply repeat the programming steps above.

General Information about Body Mass Index

1. Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals.

The Taylor "BMI Display Graph" which appears on the LCD screen is divided into a 16-point bar chart.

"Under" range = First 5 bars; correspond to BMI numbers <= 14, 15, 16, 17, 18.

"Normal" range = Middle 6 bars; correspond BMI numbers 19, 20, 21, 22, 23, 24.

"Over" range = Last 5 bars; correspond to BMI numbers 25, 26, 27, 28, >= 29.

Anyone, male or female, with a BMI of 25 to 29 is considered over weight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

2. It is recommended to measure BMI or weight at the same time period daily.
3. Use this product without clothing for best accuracy. Clothes can vary in weight and affect calculations.
4. For best results, choose a consistent time to use this scale, such as in the morning.