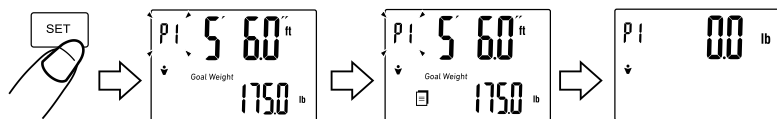


## TAKING MEASUREMENT

Be sure you are BAREFOOT and your feet are slightly damp (this will give you the most accurate information). Follow these few steps before you get on your scale.

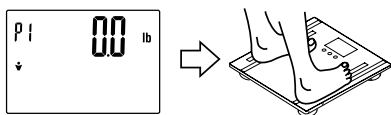
### MEASURING BY SELECTING A USER NUMBER MANUALLY

1. Press "SET" to turn the scale on.
2. Press "▲" or "▼" to move to your memory number (P1-P8).
3. The memory number will blink 3 times then remain steady. The display will show your data and then zero.

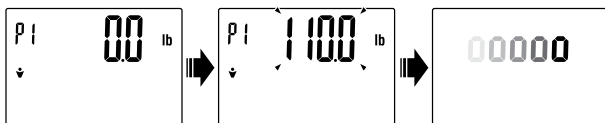


**Note:** If you press "SET" while the memory number is blinking, the scale will enter Setting Mode instead of Measurement Mode. If this occurs, press "SET" to re-confirm all the data. The scale will show the data again and then zero. When the ( ) icon appears on the LCD the data is not sent to a mobile device.

4. When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.

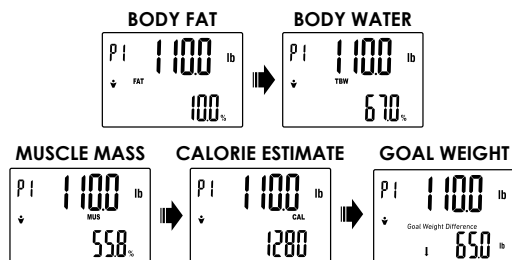


5. Stand still while the scale measures your weight. Your weight will appear on the screen. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.



6. Your body fat % (FAT), total body water % (TBW), muscle mass (MUS), Cal-Max™ (CAL), and the difference between your current and goal weights are displayed sequentially 3 times.

(A "↑" arrow by the goal weight number indicates you are over your goal weight. A "↓" arrow indicates you are under your goal weight.)



7. The scale will turn off automatically.

**Notes:** If the scale is paired with your mobile device and the Bluetooth® is ON, the scale will send the measurement results to the mobile device.

# TAYLOR®

## Smart Scale

with Bluetooth® 4.0 Technology

Body Fat, Body Water, Muscle Mass & Cal-Max™

### Quick Use Guide

Model # 7226SFC

**For service or repair - do not return this unit to the retailer. Contact TAYLOR Consumer Relations:**

**Phone:**

**1-866-843-3905**

**Business Hours:**

**7:30 am – 4:30 pm (MST)**

**Monday – Friday**

**e-mail:**

**prodsupport@taylorusa.com**

THESE INSTRUCTIONS CONTAIN IMPORTANT AND USEFUL INFORMATION ABOUT THIS UNIT'S OPERATION. PLEASE READ INSTRUCTIONS THOROUGHLY TO ENSURE THAT YOU HAVE THE FULL BENEFIT OF ALL THE UNIT'S FEATURES. KEEP THESE INSTRUCTIONS HANDY FOR FUTURE REFERENCE.

### INSTALLING BATTERIES

This scale operates on 3 AAA alkaline batteries (included). Open the battery cover on the back of the scale unit. Remove any plastic wrap from the batteries. Insert the batteries. Be sure the polarity of the batteries is set correctly for the scale to function properly. Always replace all batteries at the same time; do not combine old and new batteries. Do not mix Alkaline, carbon zinc (standard) or Nickel- Cadmium (rechargeable) batteries. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.



FREE APP

**Mobile device not included.**

## QUICK START - USING BLUETOOTH® 4.0 THECHOLOGY

Before Getting Started Please note:

### SMART SCALE BLUETOOTH REQUIREMENTS

The Smart Scale is designed to be used with the following:

- **iOS** - iPhone, iPad and iPod touch using iOS 6 and above
- **Android** - Products: Samsung Galaxy S3/S4/ Note II, HTC One and Google Nexus 4
- **Compatible with devices running Bluetooth® 4.0 technology and above**

### DOWNLOAD SmartTrack™ APP & SET UP USER PROFILE

Download the **FREE** SmartTrack™ application from either the App Store (for iOS devices) or Google play (for Android devices). Use keyword search terms "SmartTrack", "Smart Scale", "Smart Bath Scale", "Weight Scale" or "Bluetooth Scale". Once you have downloaded the SmartTrack™ App, it is important that any Smart Scale users follow the on-screen instructions to register. Once you have registered on the app, enter your personal profile from your device (phone or tablet). Completing a personal profile is essential because the data you enter (gender, height, normal/athlete, age, activity level) is necessary to provide you with the most accurate information.

### SET UNIT OF MEASUREMENT

Your scale is set to read weight in pounds (lb). You may select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement by pressing the "UNIT / CONNECT" button on the bottom of the scale. Quick single clicks will change the units that display. This button will also be used to connect to Bluetooth® by pressing and holding the button. Be sure to check the unit of measurement after you connect to the Bluetooth® app to be sure you have the preferred unit displayed.

### DATA TRANSMISSION FROM SMART SCALE TO MOBILE DEVICE

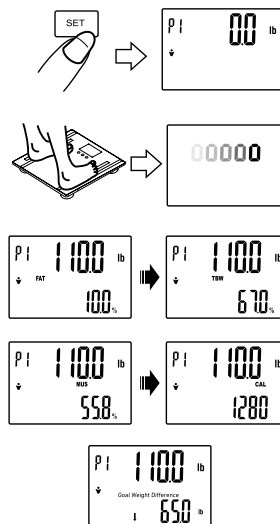
When your Smart Scale has been paired up with your phone or other mobile device, your data results will be transmitted to the device via Bluetooth. An onscreen "B" icon indicates a successful Bluetooth® connection.

- A "B" icon appears while data is transmitted, then disappears when transmission is complete. You may review your data on your mobile device.
- If the "B" icon remains on the screen, the transmission has failed. The scale will temporarily store the pending data, and it will be transmitted after the next measurement is complete.

**Note: Data will only be transmitted if attached to a specific memory number. If a personal profile has not been assigned to a memory number, the results will appear once on the scale display only and will not be transmitted or saved.**

### TO TAKE A MEASUREMENT:

1. If your user information is already in the scale, then simply step on the scale to turn it on. **OR** Press "SET" to turn the scale manually on and to select the user number that you paired with your personal device.
2. When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.
3. Stand still while the scale measures your weight. The display counts up to your weight and will flash twice when the weight is locked. Your weight is displayed.
4. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.
5. Your body fat % (FAT), total body water % (TBW), muscle mass (MUS), Cal-Max™ (CAL), and the difference between your current and goal weights are automatically transmitted to your personal device.



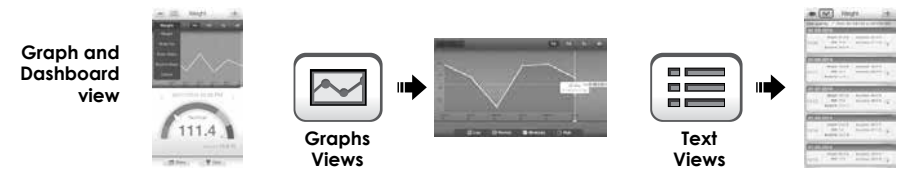
## VIEWING DATA ON YOUR PERSONAL DEVICE

When you have stepped on the scale and Smart Scale has synced, you can view the measured data:

From your home page tap on the dashboard: You can view as a graph and a dashboard at the same time or turn your device horizontally for a larger graph view. In either graph view, tap the **(weight bar)** to drop down the menu of measurement. Tap the measurement you want to view (such as Body Fat, Body Water etc...).

You can also tap the page icon to see a full listing of individual data as well as to delete or manually enter a weight.

Tap the (←) to return icon to your home page.



### APP COMPATIBILITY

From your home page, tap the settings (⚙️) icon, tap connection, then select the app you wish to connect to by sliding the on/off switch (ON/OFF) to "ON". Your data will be automatically uploaded into that app for the measurement that the app supports. If you decide you no longer want your data to transfer over, simply slide the switch to off.

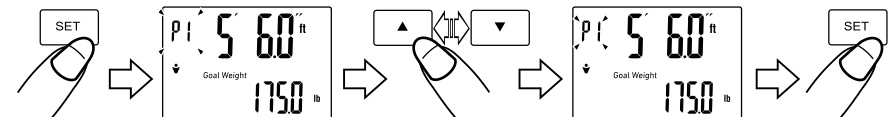


## QUICK START - USING WITHOUT BLUETOOTH® 4.0 THECHOLOGY

In order to use the Smart Scale's body composition estimation feature, you must enter your age, height, gender, normal/athlete selection and an activity level. This data will be saved into a personal data profile for easy use each time the scale is used.

### 1. Select a Memory Number

Press "SET" while the scale is off. The scale will turn on and "P1" will blink on the screen. Press "▲" or "▼" to choose a memory number (P1-P8). Press "SET" to confirm the memory number. The gender icon blinks.



### 2. Set Gender / Athlete

Press "▲" or "▼" to choose male (♂) / male athlete (♂🏃) / female (♀) / female athlete (♀🏃). Press "SET" to confirm. The goal weight number blinks.

### 3. Set a Goal Weight

Press "▲" or "▼" to change the goal weight number. Press "SET" to confirm. Height digits will begin to blink.

### 4. Set Height

Press "▲" or "▼" to adjust the height. Press "SET" to confirm. Age will begin to blink.

### 5. Set Age

Press "▲" or "▼" to adjust the age. Press "SET" to confirm. Activity level begins to blink.

### 6. Choose an Activity Level

Press "▲" or "▼" to increase / decrease the activity level. Press "SET" to confirm your activity level and all other selections.

7. After pressing "SET", the scale will display your personal data once, then zero.

**DON'T FORGET YOUR MEMORY LOCATION NUMBER!**