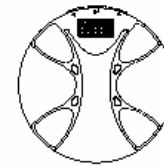
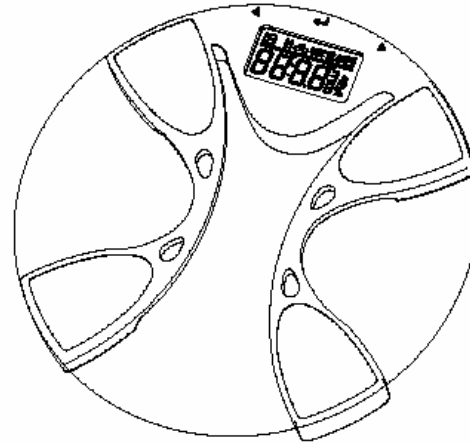


Additional Information

- 1) Make sure your scale is at room temperature, and on a stable horizontal surface free of vibration.
- 2) This scale is not waterproof. Do not expose to moisture.
- 3) As this scale is a precision instrument, it must be handled with extreme care. Avoid rough treatment, shaking and vibration.
- 4) Do not disassemble this scale or the warranty will be void.
- 5) The display value may be affected by electromagnetic disturbances such as operating near a radio. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.



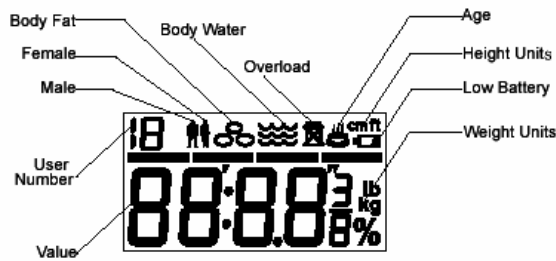
see www.escali.com for full details
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Body Fat /Water Monitoring Bathroom Scale

Model: BFBW200

OPERATING INSTRUCTION

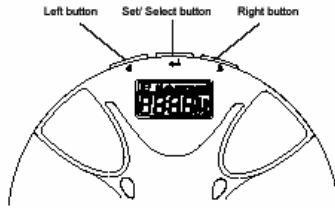
DISPLAY



FEATURES

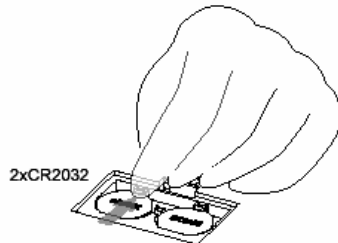
- * Capacity: 200KG / 440LB
- * Resolution: 0.1kg/0.2lb
- * Measuring body fat range: 0 - 80 %
- * Body fat graduation : 0.1%
- * Measuring water range : 10- 80%
- * Water graduation : 0.1 %
- * Powered by 2x CR2032
- * No. of memory :10
- * Age range : 10 - 80
- * Height range : 100 - 240 cm/ 3ft 3.5inch - 7ft 10.5inch
- * Overload indication:
- * Low battery indication:
- * Error indication: **Err2**

FUNCTION KEYS



TO CHANGE BATTERIES

Ensure +/- terminals are correct way round.



*Please remove the insulating strip before use.

TO INPUT PERSONAL INFORMATION

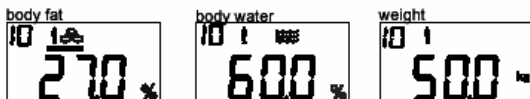
1. Select your desired unit mode with the slide switch on base of scale.
2. Turn scale on by pressing key
3. Select user number (1~ 10) using or , press to confirm
4. Select sex gender using or , press to confirm
5. Select height using or , press to confirm
6. Select age using or , press to confirm
7. After completing programming, the LCD will return to zero. Now you can start to measure. Otherwise the body fat scale will automatically switch off after a few seconds. To program other storage locations with data of different persons, please repeat the programming process according to the instructions above.

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TO MEASURE BODY FAT & WATER CONTENT

1. Select your desired unit mode with the slide switch on base of scale.
2. Use foot to press and hold the center part of the scale platform, you will see '1' is increasing, 1~10
3. When it comes to your user number, release foot
4. When LCD displays '0.0', then step on to the scale platform with bare feet and stand still
- 5 Your body fat & water in % and weight will be shown on the display as follow one at a time



6. The scale turns off automatically if no further operation

TO MEASURE WEIGHT ONLY

1. Use foot to tap on the scale
2. When display shows 0.0, step on to the platform and stand still
3. Your weight value is then shown on display
4. Scale then turns off automatically if no further operation

HEALTH TABLE

The Body Fat Ratio (%)

Age	FEMALE			
	Underfat	Healthy	Overfat	Obese
10-39	0-21	22-33	34-39	40-80
40-59	0-23	24-34	35-40	41-80
60-79	0-24	25-36	37-42	43-80

Age	MALE			
	Underfat	Healthy	Overfat	Obese
10-39	0-8	9-20	21-25	26-80
40-59	0-11	12-22	23-28	29-80
60-79	0-13	14-25	26-30	31-80

The Water Ratio (%)

Age	FEMALE			MALE		
	Low	Normal	High	Low	Normal	High
10-15	<57	57-67	>67	<58	58-72	>72
15-30	<47	47-57	>57	<53	53-67	>67
30-60	<42	42-52	>52	<47	47-61	>61
60-80	<37	37-47	>47	<42	42-56	>56

*Use above information for reference only.

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