

## Description

- 1 —● Display of weight / difference in weight
- 2 —● Memory number selection cursor
- 3 —● 4 personal memories
- 4 —● Graph scale
- 5 —● Graph representation of the change in weight memorised
- 6 —● Time scale
- 7 —● Forward scroll key
- 8 —● Validation OK key
- 9 —● Day / week / month selection
- 10 —● Magnetised wall support
- 11 —● Infrared connections
- 12 —● Ideal weight function
- 13 —● Reverse scroll key
- 14 —● Day / week / month calendar

## YOUR ACTIVE WEIGHT CONTROL PARTNER

### For easy, practical and quick weight follow-up

Weighing yourself on a regular basis is a guarantee to control weight. With these new scales, you may very easily follow the changes in your weight on a graph every day of the week. Due to automatic recognition of the user, the value and graph of the difference between the weight and the previous weight is displayed each time you weigh yourself.

### For precise indicators of your weight over time

When beginning a weight reduction period, then a weight stabilisation period, success only comes over time.

With these scales, at the end of each week, then each month, you may check your average weight, calculated automatically and memorised on your evolution graph (up to 24 months).

### For personalised weight follow-up

You may set your own weight objective and then very easily follow the differences between your actual weight and the objective you wish to reach, on your graph.

#### IMPORTANT :

*In order to set a weight objective which is not a risk for your health, we advise you to follow the recommendations set by the World Health Organization.*

*An individual is considered to be in good health if his/her Body Mass Index is between 18 and 25. To calculate your Body Mass Index, simply divide your actual weight in kilos by your height in square metres.*

#### Examples :

*A woman measuring 1m65 and weighing 63 kilos therefore has a Body Mass Index of :  $63 / (1,65 \times 1,65) = 23,1$  which designates an individual in good health.*

*However, a woman measuring 1m65 and weighing 69 kilos presents a Body Mass Index of :  $69 / (1,65 \times 1,65) = 25,3$  which designates an overweight individual.*

*If your Body Mass Index is not within the 18 to 25 range, we advise you to contact a doctor.*

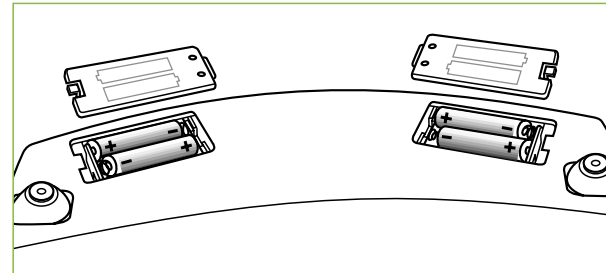
## ➔ Operation

### Installing the batteries

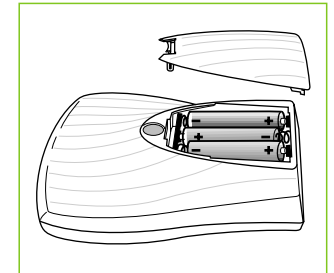
Connect :

- 4 new alkaline batteries, 1.5 V type LR06 AA at the back of the platform.
- 3 new alkaline batteries, 1.5 V type LR 06 AA at the back of the infrared box.

(Make certain that the batteries are identical to one another and check their expiration date).



Platform

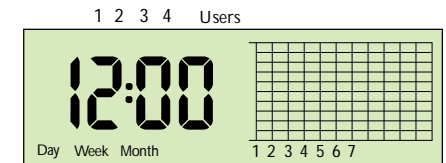


Infrared box

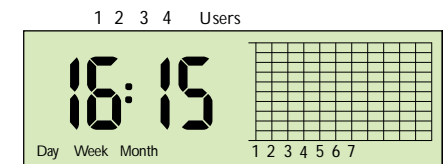
When the batteries are replaced, all of your weights are kept in the memory.

### Setting the time and date

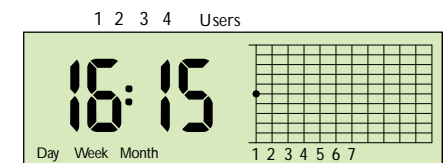
- **Do not stand on the platform.**
- After having installed the batteries, **12:00** will appear on the screen.



- 1- Set the hours and minutes with the ◀ or ▶ keys, then press **OK** to validate.
- 2- Select the day of the week using the ◀ or ▶ keys by moving the flashing dot to 1 for Monday, 2 for Tuesday... 7 for Sunday, then press **OK** to validate.

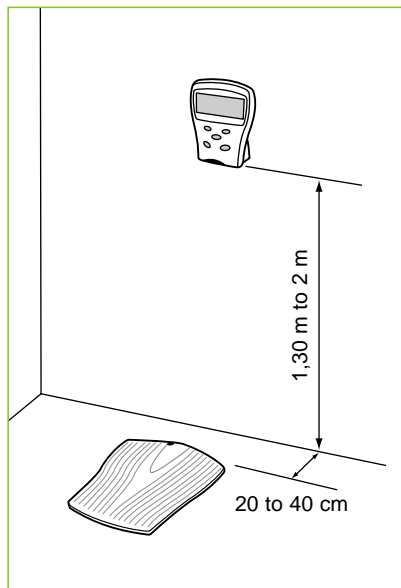


The time will be displayed constantly (except when weighing).

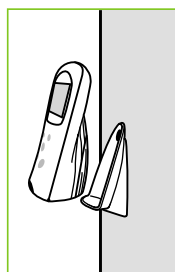


To change the time and date, press **OK** for 5 seconds and repeat the operation above.

## ➔ Installing the product



- Place the platform preferably on a hard floor.
- To ensure correct infrared transmission between the box and the platform :
  - avoid placing the box near a source of heat (radiator, neon...).
  - position the base of the box towards the platform, in keeping with the distances indicated.
  - do not place any object between these 2 elements.



**The infrared box may be set, attached to the wall, or held in your hand (in this case, deduct 200 g from the displayed weight).**

Note : After having fixed the support to the wall, make certain you wait 24 hrs before placing the box on it, in order that the adhesive resist better.

## ➔ Weighing function

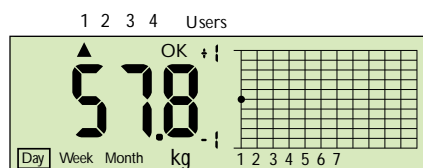
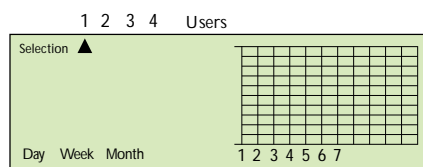
### 1<sup>st</sup> Weighing

- Stand on the platform, do not move.  
 [ - - - ] will appear on the screen, then your weight will be displayed.

#### To record your weight :

- Remain on the platform.  
 [ Selection ] and [ ▲ ] flash on the screen, indicating that you must choose a memory n° using the ◀ or ▶ keys.
- Press **OK** to validate your memory n°.
- Press **OK** again to record your weight of the day.

A dot corresponding to this weight will be positioned on the graph.



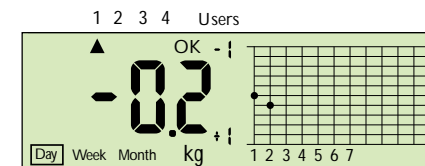
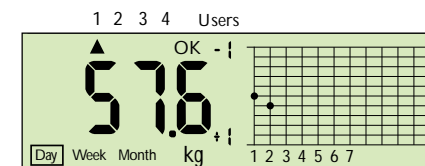
The graph scale will appear indicating the limits within which your weight will evolve.

You may remove the scale from the screen by pressing [ ] for 4 seconds.  
 To have it reappear, repeat the operation.

Step off the scale; the device will stop automatically or by pressing **OK**.

### Following weighings

- When you stand on the platform, the device will recognise you : the cursor will automatically position itself on your memory n°.
- Your weight is displayed, followed by the difference between this weight and your last recorded weight of the day before.
- To record this new weight, press **OK**.



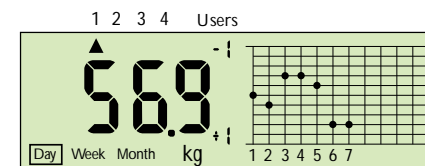
Thus, the history of the change in your weight appears on the graph, weighing after weighing.

**Note.** If you weigh yourself several times per day, only the last weight recorded will be taken into account. If the device does not recognise you, refer to the paragraph : "What to do if..."

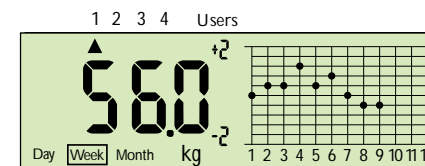
## ➔ Weight tendency function

The device allows you to display the following information on the graph :

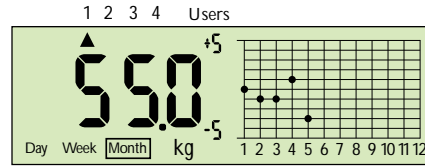
- 1- In the [ Day ] mode : the change in your weight from day to day over a 2 week period. (2 screens of 7 days).



- 2- In the [ Week ] mode : the change in your average weight over a 12 week period.



3- In the **Month** mode : the change in your average weight over a 2 year period. (2 screens of 12 months).



To switch from one mode to another, after weighing, press

**Note.** The average weight is calculated at the end of each week or each month.

### To review your results

Remain on the platform. Your weight of the day appears on the display and a dot corresponding to this weight will be positioned on the graph.

- To review your previous weights, press .
- Then, to display the difference between the last weight which you have selected and your weight of the day, press **OK** briefly. (Press **OK** once more, the previous weight appears on the screen again).

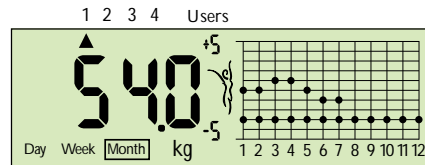
## ➔ Ideal weight function

You may, at any time, record a weight objective which you wish to reach (= your Ideal weight).

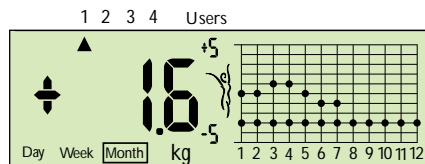
To record this weight objective, remain on the platform.

- Press . Your weight will begin to flash.
- Select your ideal weight by pressing or .
- Press **OK** to record this weight.

A flashing line of dots corresponding to your ideal weight will then be displayed.



Then, your ideal weight and the difference between your ideal weight and your weight of the day will be displayed one after another.



To exit the "ideal weight" function, press again.

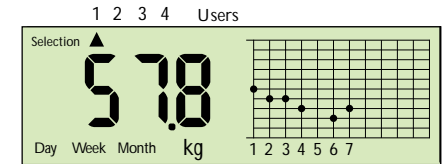
### To modify your Ideal weight

- Remain on the platform.
- Press once, then press again for a long time, until your weight flashes.
- Select your new ideal weight by pressing or , then confirm by pressing **OK**.

## ➔ What to do if...

### ➔ I want to delete information from my history.

When the device recognises you, it displays your weight history.



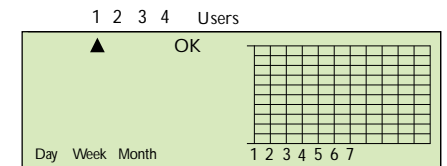
- Position yourself on the information you wish to delete.
- Press **OK** for 5 seconds.

The information will automatically be deleted from your history.

### ➔ I want to delete all of the data concerning a user.

Do not stand on the scale.

- Press + **OK** simultaneously for 5 seconds.
- **Selection** will begin to blink.
- Position yourself on the memory number to be deleted.
- Then press **OK** for 5 seconds.



All of the memory data has been deleted when your weight and **OK** disappear from the screen.

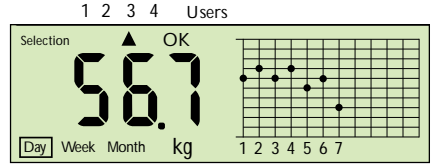
### ➔ The 4 memories are already occupied and a 5<sup>th</sup> person wishes to weigh him/herself.

The weight will be displayed on the screen, without the possibility of recording it.

You will have to delete the data of one of the users to free memory space (refer to the preceding paragraph).

➔ The device does not recognise me by my memory n°.

- Press ◀ and ▶ simultaneously.
- The **Selection** indicator will flash.
- Position yourself on your usual memory n° using ◀ or ▶.
- Confirm by pressing **OK** once your memory has been identified.
- Press **OK** again to record your weight of the day.



**Advice :** For optimum use, it is recommended that you weigh yourself on a regular basis. It is possible that the device not be able to recognise a user who has not weighed him/herself for several weeks.

## ➔ Precautionary measures for use

- Clean the platform and the box with a soft damp cloth. Do not use abrasive products.
- When storing, do not place anything on the platform.
- Never submerge the device in water.
- Do not stand on the platform with wet feet.
- Do not use very near electronic devices, in order to avoid any electromagnetic disturbance (cellular telephone, radio, computer, stereo headset...).
- Do not expose the bathroom scales to any sun rays during the weighing.

The TEFAL company reserves the right to modify the characteristics or components of the product at any time, in the interest of the consumer.



**Do not discard used batteries :** treat them as chemical waste.

## ➔ Special displays

Affichages spéciaux	Solutions
<input type="checkbox"/> The device does not turn on.	Check the condition of the batteries or remove then replace one of the infrared box batteries.
Err is displayed when a load is placed on the platform or in case of poor handling. The weight measurement has been distorted.	Wait until the product displays 00 kg then step back on the platform.
ΣtP is displayed : indicates a weight greater than the maximum load of 130 kg.	Do not exceed this maximum load.
BAt is displayed : indicates used batteries.	All of the batteries must be changed and the expiration date must be checked.
◀ Flashes in the <b>Day</b> or <b>Month</b> mode : some of the data in your history is not displayed.	Continue pressing ◀ to display the 2 <sup>nd</sup> screen.