

## Precautions

---

1. Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Do not attempt to lubricate or open scale casing as this will void your warranty.
2. Although your scale is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
3. This scale is designed to read weights between 25 and 400 lbs / 12 and 180kgs / 2 and 28 st, 8 lbs. To prevent damage, do not place more than 400lbs / 180 kgs / 28 st, 8 lbs on it.
4. Do not store scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.
5. This scale is an extremely sensitive weighing device. In order to prevent run down of the battery, do not store anything on the scale.
6. "Err" display: Overload warning. The maximum weighing capacity has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale may occur.
7. "Lo" display: Low battery warning. Replace the batteries. Always replace both batteries at the same time; do not mix old and new batteries.
8. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

## Five (5) Year Limited Warranty

---

This scale is warranted against defects in materials of workmanship for five (5) years for 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 in the original packaging 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 express 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](http://www.taylorusa.com).

©2009 Taylor Precision Products and its affiliated companies, all rights reserved. Taylor® and Leading the Way in Accuracy® are registered trademarks of Taylor Precision Products and its affiliated companies. All rights reserved.

**Made to our exact specifications in China.**  
**Not legal for trade.**  
**[www.taylorusa.com](http://www.taylorusa.com)**

**TAYLOR®**

**7344**

# Weight Management Electronic Scale

**Leading the Way in Accuracy®**

## Instruction Manual

*Thank you for purchasing a Taylor® Electronic Scale. All of our precision instruments for weight measurement are engineered and designed to meet the highest quality standards ...to assure you years of uncompromising accuracy and consistently dependable, convenient performance. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.*

## General Operation and Weight Only Operation

---

1. There are plastic strips under the Lithium battery cover to prevent battery drain in shipping. Please remove the strips before continuing with these instructions. Also, some models have a static cling label on the lens to prevent scratching. Please remove before use.
2. Your scale has been set at the factory to read weight in pounds. You may select kilograms or stone units of measurement by moving the slide switch within the battery compartment of the scale.
3. Place scale on flat, hard surface. Carpeted or uneven floors may affect accuracy.
4. Step on the scale (disregarding the reading) and step off. This process insures the scale is set and is now ready for use. Do this whenever the scale is moved. At all other times step straight onto the scale.
5. Your Taylor® Weight Management Scale will operate as a basic weight-reading scale. No special programming steps are required. Simply step onto the scale platform and remain still. The display will show "0.0", then count up to your weight. The display will flash three times when the weight is locked. Your weight is now displayed.
6. If you step off of the scale, the display will turn off automatically within 5 seconds. If you continue to stand on the scale, your weight will be displayed for 10 seconds and then the scale will turn off automatically.

## Weight Tracking Operation

---

Your scale is equipped with Weight Tracking software that computes the difference between your current weight reading and your previous weight reading. Up to four individuals may track their weight changes by activating one of the buttons numbered 1 through 4, located below the display.

## To Save Weight Readings into Memory

1. While the scale is off, press a memory button (1-4). The scale will turn on and display the selected memory number, then 0.0.
2. Step on the scale platform and remain still. Your weight will display.
3. The LCD will toggle twice between your current weight and the difference from your previous weight for three seconds each. A positive number indicates an increase in weight. A negative number indicates a decrease in weight.
4. The scale will turn off automatically.

## To Recall Weight Readings from Memory

The scale will store results for up to 15 weight readings. To recall readings from memory:

1. Press and hold the desired memory button for 5 seconds. The memory number will appear on the screen.
2. Press the same memory button until the weight reading number you wish to view appears. For example, to view the 10th weight readings ago, press the memory button until "10" appears.
3. The scale displays the weight in that memory.
4. Press and hold the memory button for 5 seconds to turn the scale off; otherwise the scale will turn off automatically after 30 seconds.

**Note:** Weight changes are calculated only for the current and last weight readings. The scale will not calculate the difference between any other previous weight readings.

## Battery Information

Your Taylor® scale has lithium batteries installed. It is equipped with a low battery indicator. It will display "Lo" or readings will grow dim or become irregular if the batteries needs replacement. To replace the batteries:

1. Use (2) 3-volt CR2032 lithium batteries only (as installed). Always replace both batteries at the same time; do not combine old and new batteries.
2. Open the battery compartment on the bottom of the scale by pushing the tab and lifting up the cover.
3. Remove the old batteries from the compartment.
4. Place the new batteries with the "+" signs facing up and gently push them into place.
5. Replace the battery cover.
6. Remove the batteries if the scale will not be used for a long time.

## Reaching Target Weight

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. Use the chart below to determine your own BMI by matching your height in the left hand column with your weight in the center. 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.

## Body Mass Index

Height (inches)	Body Weight (pounds)						Overweight					Obese					
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Body Mass Index

## Trouble Shooting

### In Case of Difficulty...

1. Place your feet in the same position every time you weigh yourself. Stand still during measurement.
2. Weigh yourself without clothing whenever possible. Clothes can vary in weight.
3. Move the scale to a location where it won't be bumped. If your scale is bumped while being activated or while in use, an inaccurate reading may occur.
4. For the most consistent readings, weigh yourself at the same time of day. Allow for weight fluctuations due to food or drink in your system.
5. The maximum capacity of this scale is 400 lbs / 180 kgs / 28 st 8 lbs. Should "Err" appear on the display during a weighing, this indicates that the maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage may occur.

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>