

TR
OGRESS

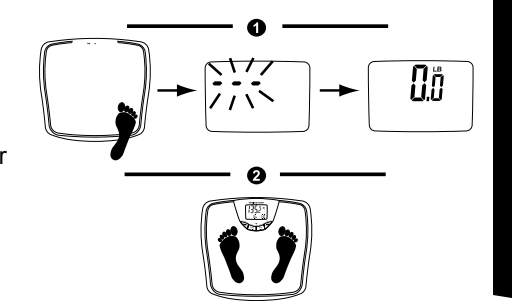
USING YOUR WEIGHT TRACKING SCALE

A. MONITORING YOUR WEIGHT OVER TIME AND COMPARING IT TO YOUR GOAL.

1. Press one of the desired **"USER"** buttons to select a user. The display will show TIME and DATE; then it will calibrate "-- --" and will show "0.0" with **"LB"** or **"KG"**.

C. WEIGHING WITHOUT SELECTING A USER BUTTON

1. Press the lower corner of the scale platform. The scale will calibrate "-- --" and then will display "0.0" and either **"LB"** or **"KG"**.
2. Step on the scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. The display will flash "-- --" several times for approximately 3 seconds before displaying your weight. Stand still while reading the display.



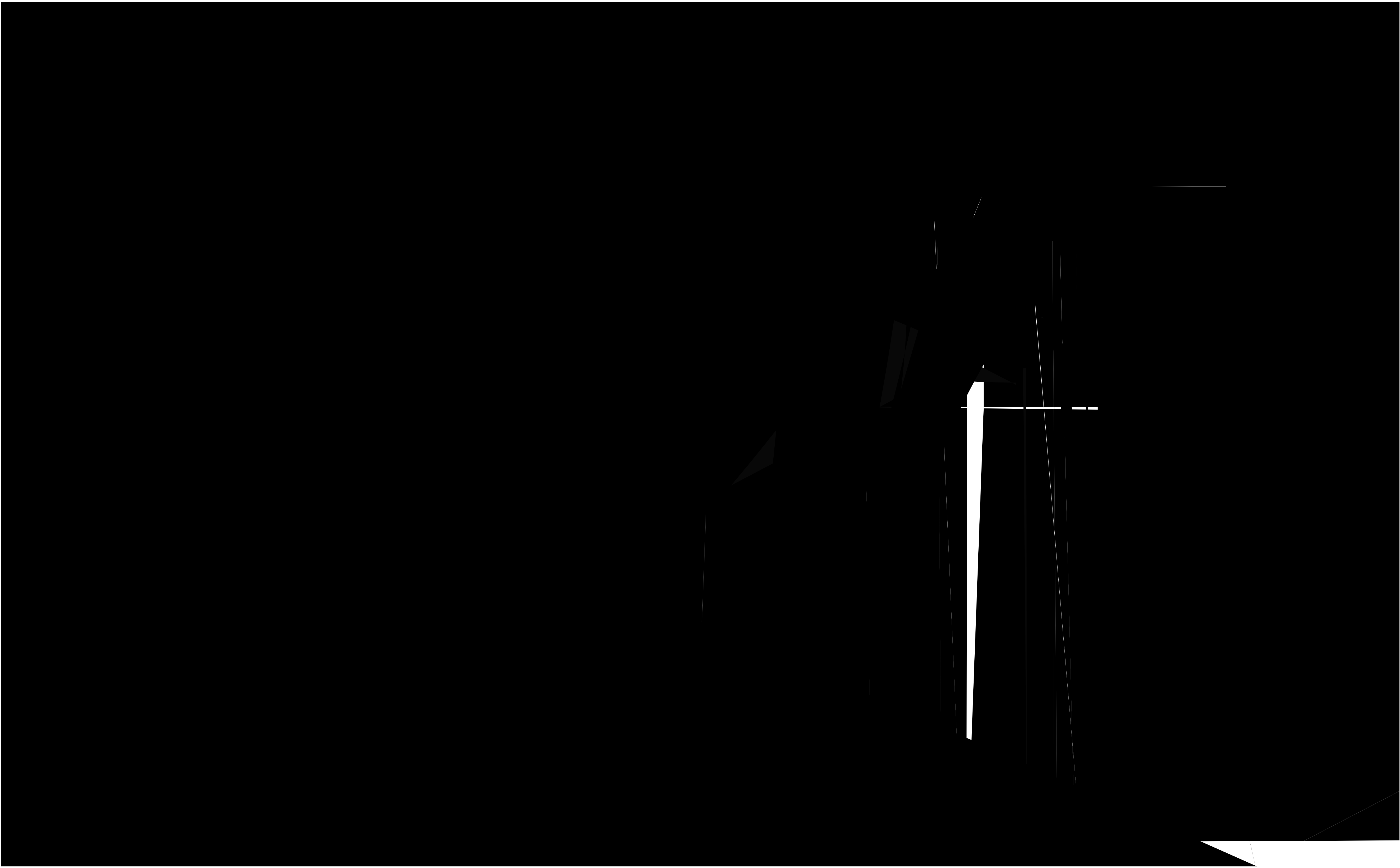
If you would like to save your reading (Only if your profile has been set):

1. STEP OFF THE SCALE.
2. Press the **"USER"** button where you want to save the information.
3. Enter your privacy code (if set).
4. Press the **"SET/SAVE"** button to save it.

... entered incorrectly.
... will turn off automatically in
... seconds if no key is pressed.

i IT IS NORMAL FOR YOUR WEIGHT TO VARY DURING THE DAY AND FROM ONE DAY TO ANOTHER.





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