

TAYLOR®

Body Fat Scale with Body Water, Muscle Mass, Bone Mass Estimation and Cal-Max™ Quick Use Guide

Model # 5778FD

Customer Service Information please read!

For questions regarding this product, please
contact us at:

Taylor Precision Products, Inc.
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001, USA
1-866-843-3905

www.taylorusa.com

please contact us before returning to retailer.

QUICK START - BODY FAT SCALE SET UP

It is **VERY IMPORTANT** to read this BEFORE you BEGIN so you understand the required information to set up your scale. Once you begin the set-up process, you can not let the screen turn off, or you will have to start again. Remember, once your information is saved in memory, you will not have to repeat this process.

Please read the complete instruction manual for detailed information and helpful illustrations, as well as for troubleshooting and precautions.

BEFORE YOU BEGIN, fill in this information so you can enter your information quickly when the scale asks you for it.

What USER NUMBER would you like? _____

(You can choose a USER NUMBER from 1 to 12)

Height: _____ (Feet/Inches)

Age: _____ **Gender:** _____ **Normal or Athlete:** _____

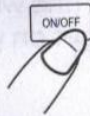
(Most people are Normal, but you are an Athlete if you work out 3 times per week for 2 hours each time and are 15-85 years of age.)

This scale operates on 3 AAA Batteries (included). Open the battery cover on the back of the scale unit, then insert new batteries. Be sure the polarity of the battery is set correctly for the scale to function properly. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

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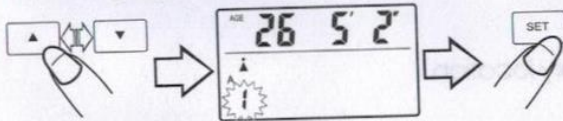
I WANT TO ENTER MY INFORMATION SO I CAN USE MY SCALE!

1. Press the **On/Off** key.



2. **Set Memory Location**

Press the [▲] or [▼] arrow to choose your memory location (1-12 users). Press [SET] to select.



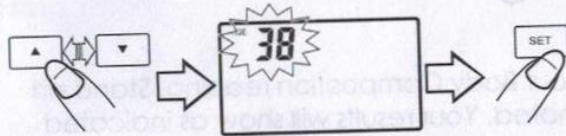
3. **How Tall Are You?**

Press the [▲] or [▼] arrow to find your height. When your height is correct, press [SET].



4. **How Old Are You?**

Press the [▲] or [▼] arrow to find your age. When your age is correct, press [SET].



5. **Are You Male or Female?**

Press the [▲] or [▼] arrow to find the Male or Female picture.

The Male picture looks like this: (♂).

The Female picture looks like this: (♀).

When you find your picture, press [SET].



6. **Are you Normal or Athlete?**

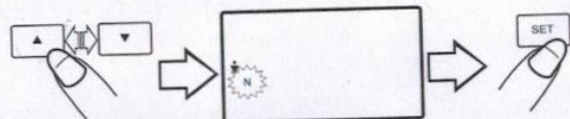
Press the [▲] or [▼] arrow to choose.

The NORMAL picture looks like this: **N**

The ATHLETE picture looks like this: **A**

After you choose, press [SET].

NOTE: Athlete mode is only available for those 15-85 years of age.



Repeat steps 1-6 to set other pre-programmed Memory Locations.

DON'T FORGET YOUR MEMORY LOCATION NUMBER!

You will need to know this number every time you take an estimation.

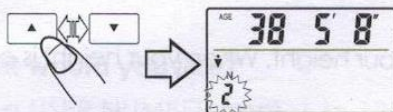
I WANT TO USE MY SCALE!

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.

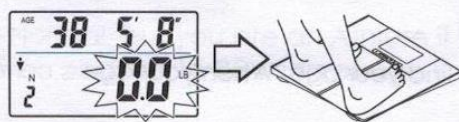
1. Press the **On/Off** key to turn scale on.



2. Press the [▲] or [▼] arrow to find your memory location.



3. The screen will show your previous data and then "0.0".



4. Step on the scale **WITH BARE FEET** to take your Body Composition reading. Stand still while your body composition is being estimated. Your results will show as indicated below on two consecutive screens.



Screen 1

Body Fat % (F) Reading,
Total Body Water % (W) Reading,
& Weight Reading



Screen 2

Muscle Mass % (M) Reading,
Bone Mass % (B) Reading,
& Daily Calorie (Kcal)
Estimates Reading

Use the **Body Fat Status Bar** at the bottom of screen for a quick review of your **Body Fat Status**.