

Lithium Electronic Scale

Leading the Way in Accuracy®

Instruction Manual

Thank you for purchasing a Taylor® Lithium 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.

These instructions contain important and useful information about this unit's operation. Please read instructions thoroughly to ensure that you have the full benefit of all the unit's features. Keep these instructions handy for future reference.

General Operation

1. There is a plastic strip under the Lithium battery cover to prevent battery drain in shipping. Please remove the strip 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 (1 stone = 14 pounds) units of measurement by pressing the button on the bottom 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. Step onto the scale platform and remain still. The display will show increasing numbers, and then it will show your weight.
6. When you step off of the scale, the display will turn return to "0" and automatically turn off. If you continue to stand on the scale, your weight will be displayed for 20 seconds, and then the scale will turn off automatically.

Battery Information

Your Taylor® scale has a lithium battery installed to provide extra long energy life for your scale. Under heavy usage (Health Club, Wellness Clinic, etc.) the battery may eventually need to be replaced.

Battery Installation

1. Use a 3 volt CR2032 lithium battery (as installed).
2. Remove screw (or screws) from the battery compartment cover on the bottom of the scale and open the compartment by pushing the tab and lifting up the cover.
3. Remove the battery from the battery compartment.
4. Place the new battery with the "+" sign up into the battery compartment.
5. Push gently down on the compartment cover until it clicks shut and replace the screw(s).

NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. Do not let children handle batteries.

Low Battery

Your Taylor® scale is equipped with a low battery indicator. It will display "bAtt" or readings will grow dim or become irregular if the battery needs replacement.

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 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 330 lbs / 150 kgs / 23 stone 8 lbs. Should "Err2" 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.

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 overweight 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					
	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	173
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	173
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	179
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	185
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	191
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	197
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	204
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	210
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	258
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	257	265
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	279
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	

Body Mass Index