FondCircle
Smart Devices. Connected Care.

User Manual
Model: FBF-F2

Body Fat Scale

Version: 1.0.0_2507

INTRODUCTION

Thank you for choosing the FondCircle Body Fat Scale! This intelligent scale is your personal health companion, designed to help you monitor key body composition metrics such as weight, body fat percentage, muscle mass, and more. With accurate measurements and convenient tracking, it supports you on your journey toward better health and fitness. We sincerely hope you enjoy using your FondCircle Body Fat Scale!

This user manual contains important safety and care information, and provides step-by-step instructions for using this body fat scale. FondCircle assumes no liability and provides no warranty for any damage (including indirect damage) resulting from failure to comply with this user manual. Please read through this user manual carefully before using the product and strictly follow all safety precautions.

Video Tutorials
Scan the QR code to watch the tutorial videos, which demonstrate how to use the Body Fat Scale safely.

Online Manual
Scan the QR code to get the manual as a PDF, which can be enlarged and viewed on your mobile device.

Quick Start Guide
Scan this QR code to download the Bluetooth Quick Start Guide as a PDF, which can be enlarged and viewed on your mobile device.

App Download
Scan the QR code with your phone or tablet to download the FondCircle App.

PACKAGE CONTENTS

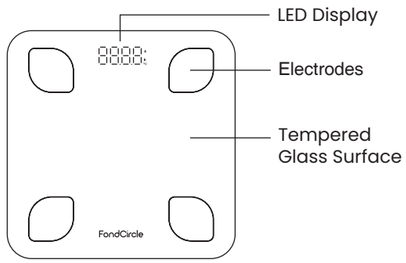
Name	Quantity
Body Fat Scale	1
User Manual	1
AAA Batteries	2

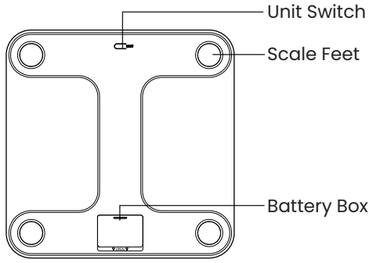
PRECAUTIONS

Read carefully before use:
- Do not use the body fat scale if you have a pacemaker or any other internal medical device in your body. When you take a measurement, the scale passes a very low, harmless electrical current through your body. The current may cause your internal medical devices to malfunction.
- Do not use the scale on a wet surface. This could lead to slipping.
- Dispose of the scale properly following your local regulations.
- Do not jump on the scale. This scale has a weight limit of 402.3 lbs.

PRODUCT DESCRIPTION

The FondCircle Body Fat Scale measures weight, BMI, body fat %, and other body compositions using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.







Bluetooth Connection



No Bluetooth Connection


Overload


Change Battery

SPECIFICATIONS

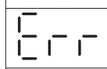
Measurement Range	0.2-400 lbs (0.1-180 kg)	**Storage Conditions**	-10-60°C (14-140°F)
Power Supply	2 (1.5V) AAA Batteries	**Device Dimensions**	260 × 260 × 22.5 mm
Units	lbs/kg	**Weight**	1 kg
Increments	0.1-100 kg, Division Value: 0.1 lbs/0.05 kg 100-180 kg, Division Value: 0.1 lbs/0.1 kg	**Weight Unlock Threshold**	≥ 20 kg
Operating Conditions	Temperature: 5-40°C (41-104°F) Humidity: 0-90% RH		

INSTALLING THE BATTERY

1. Open the battery compartment on the bottom of the scale.
2. Install the two (2) AAA batteries (included).
3. Follow the guidelines in the battery compartment to match the + and – terminals.

Note:
- Do not mix new and old batteries.
- If the scale will not be in use for a long period of time, remove the batteries to extend the lifetime of the scale.

ERRORS AND TROUBLESHOOTING

Symptom	Potential Cause	Solution
	Low power	Replace with new batteries.
	Overload	Do not use the scale to weigh over 402.3 lbs/182.5 kg.
Display Weight Only	Incomplete profile data in the app	No User Profile: Create an app profile and weigh once connected to the scale via Bluetooth. No Electrical Current: Stand on the scale barefoot. Users: Not suitable for children under 10. Other Issues: Contact Customer Support for assistance.
No Display	Auto-off or no power	Auto-off: Step on then off to turn on the scale. No power: Replace with new batteries.
Unable to Sync with App	Lost connection or scale turns off	Reconnect the scale: For iPhones, authorize Bluetooth; for Android, enable location. Click the icon on the top-right corner and tap "Device" then "+ Add device" on the app.

MEASUREMENT TIPS

To have accurate, consistent, and comparable measurement results, follow these do's and don'ts:

1. DO's
- Before first use, open the battery cover and install the batteries.
- Ensure the personal information in your profile is correct.
- Place the scale on a hard, flat surface when you weigh.
- Calibrate the scale before each use. Wait for the scale to read "0.0" before stepping on.
- Use the scale under the same conditions and same hour each day.
- Empty your bladder before weighing.
- To switch the unit of measurement (lbs/kg), press the "Unit" button on the underside of the scale or adjust the settings in the FondCircle app.
- To prevent damage, avoid hitting the edges of the scale against hard objects or surfaces.
- Just step on, the scale will show your weight in real time. The display will flash several times before showing your final measurement.

2. DON'Ts
- Do not place the scale on carpet or soft surface when you weigh.
- Do not measure with socks or shoes on.
- Do not measure when your body is wet. (Ex: Immediately after a shower, bath, sauna, or strenuous exercise.)
- Do not measure after drinking a lot of water or alcohol.
- Do not measure if you have a cold or fever.

3. This smart scale is intended for home use only.
- It provides full body composition measurements for individuals aged 18–65 years and with a height between 100–220 cm.
- If the user is under 18 or over 65 years old, only weight will be measured.
- If the user's height is below 100 cm or above 220 cm, only weight will be measured.

4. This smart scale is not intended for pregnant women or people with a pacemaker.

FCC STATEMENT

FCC ID: 2BMIHFBF-F2

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

WARRANTY

The device is covered by a 12-month warranty from the date of purchase, subject to the following terms and conditions.

The warranty does not cover:
- The batteries, packaging, or any other consumables.
- Damage resulting from improper use, including but not limited to:
  - Unauthorized disassembly or modification of the device.
  - Accidental dropping or impact during use or transportation.
  - Failure to follow the instructions provided in the user manual.

To claim warranty service, users must provide proof of purchase and comply with the terms outlined in the user manual.

Customer Support:
Email: support@fondcircle.com
Tel: 1-877-899-7770 (US) (Mon-Fri, 8:00 AM-5:00 PM PST)
Web: www.fondcircle.com

Made in China

⚠ WARNING:
This product can expose you to chemicals including lead, which is known to the State of California to cause cancer, and Bisphenol A (BPA), which is known to the State of California to cause birth defects or other reproductive harm.
For more information go to www.P65Warnings.ca.gov.