

Fa♥**fili**
Digital Bathroom Scale
FM-271

(inches)	Body Weight (pounds)						Overweight (pounds)						obese (pounds)						
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	171	176
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	197	202
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	209
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	210	216
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	222	228
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	257	265	272
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	279
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	279	287
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	303
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35		

Body Mass Index

One Year Limited Warranty

This product is warranted to be free defects in material or workmanship (excluding batteries) for one year 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. If service is required, do not return to retailer. Should this product require service(or replacement at our option), please pack the item carefully and return it prepaid, along with store receipt showing the date of purchase and a note explaining reason for return to.

CUSTOMER SERVICE

Telephone:1-888-844-0749 (US&CA only)

Email:service@thefamili.com

Hours:Weekdays 9:00 AM-5:00 PM EST

This warranty gives your special legal rights and you may also have other rights which vary from state to state.

Instruction Manual

Thank you for purchasing a Famili Digital Bathroom scale. All of our precision instruments for weight measurement are engineered and designed to meet the highest qualify 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.

Battery Installation

1. This scale operates on 2 "AAA" batteries (included). Remove any plastic wrap from the batteries before proceeding. Always replace all batteries at the same time; do not combine old and new batteries. Do not mix alkaline standard (carbon-zinc) or rechargeable (nickel-cadmium) batteries.
2. Open the battery compartment on the bottom of the scale.
3. Place the batteries into the battery compartment as indicated by the polarity symbols marked in the compartment.
4. Replace the battery compartment cover.
5. Replace the batteries if "Lo" appears on the display, or the readings grow dim or irregular.

Bathroom Scale Placement

⚠ WARNING:

Do not place your scale on carpet, as this will cause the readings to be inaccurate and inconsistent.

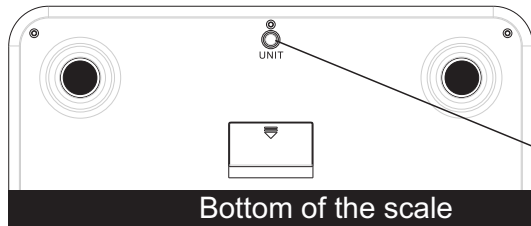
For the most accurate readings, we strongly recommend placing your bathroom scale on a hard, level surface. For the best results, we recommend placing the scale on surfaces such as: ceramic tiles, hardwood, stone, or concrete.

General Weighing Operation

1. Please see "Battery Installation" section of this manual for installation instructions. Also, some models have s static cling label on the lens to prevent scratching. Please remove before use.
2. The scale has been set at the factory to read weight in pounds (lb). You may

select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement by pressing the "UNIT" button on the bottom of the scale.

3. Please place the 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 count up to your weight. Your weight is now displayed.
6. The scale will turn off automatically after approximately 10 seconds.



Unit selector switch

Bottom of the scale

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 "O_Ld" 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.

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 11 and 400 lbs/5 and 180 kgs/ 0 st 11 lbs and 28 st 8 lbs. To prevent damage, do not place more than 400 lbs/ 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. 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.

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 (cm)	Body Weight (kg)						Overweight (kg)					obese (kg)					
	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
147	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
150	43	45	47	49	52	54	56	60	63	65	67	69	72	74	76	78	81
152	44	46	49	51	54	56	58	60	63	65	67	69	72	74	76	79	81
155	45	48	50	53	55	58	60	62	65	67	69	72	74	77	79	82	84
157	47	49	52	54	57	59	62	64	67	69	72	74	77	79	82	84	87
160	49	51	54	56	59	61	64	66	69	72	74	77	79	82	84	87	89
163	50	53	55	58	61	63	66	68	71	74	77	79	82	84	87	89	93
165	52	54	57	60	63	65	68	71	73	76	79	82	84	87	90	93	95
168	54	56	59	62	64	67	70	73	76	78	81	84	87	90	93	95	98
170	55	58	61	64	66	69	72	75	78	81	84	87	90	93	96	98	101
173	57	59	63	65	68	72	74	78	80	83	86	89	92	95	98	101	104
175	58	61	64	68	70	73	77	80	83	86	89	92	95	98	101	104	107
178	60	63	66	69	73	76	79	82	85	88	92	95	98	101	104	107	110
180	62	65	68	71	75	78	81	84	88	90	94	98	101	104	107	110	113
183	64	67	70	73	77	80	83	87	90	93	97	100	103	107	110	113	117
185	65	68	72	75	79	83	86	89	93	96	99	103	107	110	113	117	120
188	67	70	74	78	81	84	88	92	95	99	102	106	109	113	116	120	123
191	69	73	76	80	83	87	90	94	98	102	105	109	112	116	120	123	127
193	71	74	78	82	86	89	93	97	100	104	108	112	115	119	123	127	130
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35