



hattrick

BFA-01 PORTABLE MONITOR FOR BODY FAT & HYDRATION

USER MANUAL



INTRODUCTION AND PRECAUTION:

1. Congratulation for having acquired this body fat and hydration monitor (the Device) as measuring device of your body fat%(Fat%)as well as body hydration %(hydration %).

The principle of this device is based on the measurement of body's electronic impedance known as bio-electrical term named as 'Bio-electronic Impedance Analysis' (BIA),a factor related to the body fat & hydration percentage and corresponded with other physical data(Age, Gender,Body Height,Body Weight).

2. The evaluated readings of body fat & hydration % are only reference value. It is not recommended for use of any medical purpose. Please always consult your medical doctor for advice of any medication or diet in order to achieve normal weight level.

3. People, who using or wearing pacemaker or other medical transplanter with electronic components, are not recommended to use this device. Transplanter performance may be jeopardous and impaired.

4. To prevent interference, do not use the device in environment near equipments with strong electro-magnetic field. Always keep a good distance from such equipments when operating Device , or simply turn off those equipments radiating strong electromagnetic fields before operating.

FEATURES / SPECIFICATIONS:

1. Memory, Gender, Height, Age settings

PARAMETER	DEFAULT SETTING	RANGE
Memory	1	1 to 8
Gender	Male	Male/Female
Height	165 cm	100 cm -250 cm
Age	25	10 -99

2. Max. input Weight: 150 kg/330 lb/24 stone

3. Min. Input Weight at: 2.0 kg/4.4 lb

4. Weight Data Entering Division, 0.1 kg/0.2 lb (press "▲" or "▼" shortly) or 1.0kg /2.2lb (press "▲" or "▼" continuously)

5. Kg/Lb/Stone convertible.

6. Body Fat measure range: 4.0-45.0%

7. Body Fat differential resolution in %: 0.1%

8. Hydration measure range: 37.8-66.0%

9. Hydration differential resolution in %: 0.1%

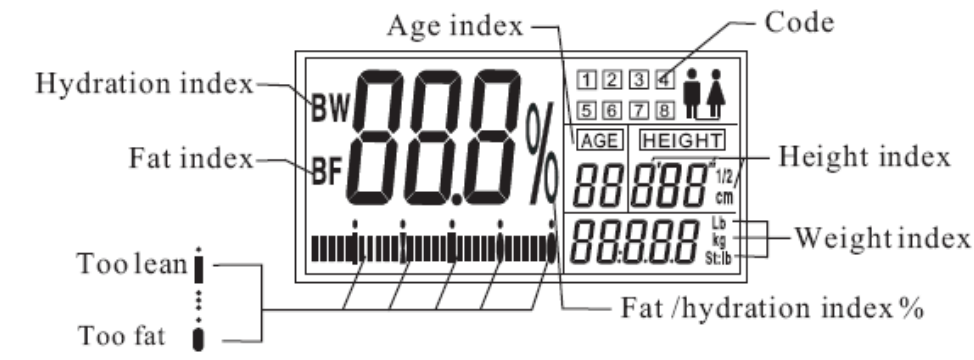
10. Main LCD digit size: 0.8" (20mm)

11. Auto-off

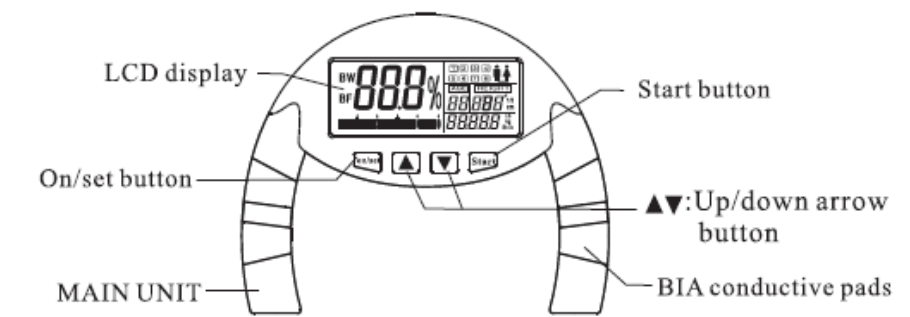
12. Low battery power indication ('LO')

13. Power : 2 x3.0V CR2032 lithium battery

LCD SEGMENTS / ICONS ILLUSTRATIONS:



ILLUSTRATIONS OF DEVICE:



INITIAL PREPARATION:

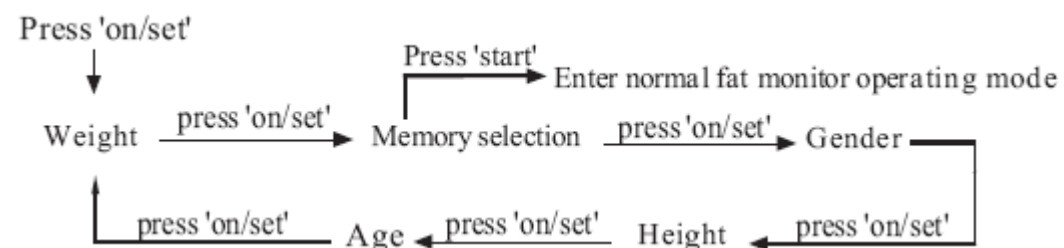
1. Install 2x 3.0v lithium onto the compartment underneath the main apparatus unit.
2. Use your dry and clean hand to hold the unit in front of your breast.

FAT MONITOR SCALE OPERATION:

Initial Set Up :

1. Press button ' on/set ' Key to wake up the unit. All LCD segments light up briefly and prompt to setting mode starting from Memory selection. By pressing button 'on/set ' key again will take you through cycle of setting all parameters.

See following illustration:



a. Press up/down arrow (▲▼) button to advance / reverse to adjust to your weight . When press (▲▼) shortly it will increase /decrease 0.1kg/0. 1lb .When press (▲▼) button Continuously it will increase /decrease 1.0kg/2.2lb .

Press(on/set)button to confirm setting.LCD will prompt to next parameter setting (memory station) at the same time.

b. Press Up / Down Arrow (▲▼) button to advance / reverse to the memory station which you would like to choose or had been designated to you. Press (on/set) button to confirm setting, LCD will prompt to next parameter setting(Gender) at the same time.

c. Press Up / Down Arrow (▲▼) button to advance / reverse to choose the gender of you. Press (on/set) button to confirm setting. LCD will prompt to next parameter Setting (Height) at the same time.

d. Press Up / Down Arrow (▲▼) button to advance / reverse to the adjust to your height . Press (on/set) button to confirm setting, LCD will prompt to next parameter (Age) at the same time.

e. Press Up / Down Arrow (▲▼) button to advance/reverse to adjust to your age. Press(on/set) button to confirm setting. LCD will prompt to Memory setting.

All setting complete!!!

At any stage of setting. Press on/start to enter normal operating mode.

At this point, you can continue to press (on/set) button a few consecutive times to re-cycle through the setting mode to review and Ensure all the parameters are correctly set . LCD will prompt to Memory setting. All setting comple

f. Press (start) button to exit setting mode and enter normal operating mode. LCD will prompt to 'BF --- ' . you are ready to hold the BIA conductive pads of the device , and let the unit compute your Fat %, Hydration %.

2. Hold the device in front of your breast ,and place your arms perpendicular to your body (always Ensure to only use your dry and clean hand to hold the device directly), while holding on , align your hand to the BIA conductive pads , one for each hands .

3. As soon as you hold the pads , LCD will immediately display '□□□ ' .

4. Within a few seconds, the unit will automatically measure our Fat % and Hydration % . LCD will prompt to show your Fat % (icon "BF") followed by hydration % (icon "BW"). Subsequently, LCD will prompt back and forth alternately between value of Fat % and hydration % for 5 times, and then automatically shut down.

By the lower edge of the LCD, you will see a bar line of multiple vertical bars.This key line indicates your Fat % level, telling where your fat level standing is comparing to the statistics norms. Whether you are considered as thin, normal, or obesity. You can take this indication as a reference data of your condition.

NOTE:

Whenever pressing (on/set) button, turning on the unit for fresh operation ,you can always go through the same steps from Illustration No.(a) to (f) to verify or adjust all personal data , before measuring for new records.

ERROR & OTHER LCD MESSAGE:

LCD may show occasionally error message ' Err '. Simply turn off the unit for a brief moment, or remove and re-install battery as a total re-set. Then turn on again to resume operation

OTHER MESSAGES:

1. All segments lit up unanimously: Indicating all segments performing correctly.
2. " LO ": Main unit battery power running low.
3. " Err-h ": The computed Fat % rate too high above range of upper limit.
4. " Err-L ": The computed Fat % rate too low below range of lower limit.

MAINTENANCE & PROPER USAGE:

1. Use a dry, soft fabric to clean the device. Or a lightly damp soft fabric with mild detergent to wipe clean the device. Do Not use strong chemical solution as alcohol, benzene for cleaning
2. Remove the battery if the device is not going to be used for a long period of time.
3. Do not drop the device, or power hold the device when using . Avoid strong impact and sudden shake as it is a precision measuring device. The appliance is delicate and sensitive to all unwanted external influence.
4. Do not attempt to open the unit and repair the unit. Other wise this will invalidate the guarantee.
5. If failed to turn on the unit, check whether battery had been installed properly, or battery power has been too low. Insert or replace new battery. Or contact your dealer for consultation.
6. If there are some error on the display or can not turn off for a long time, please take off the battery for about 3 seconds. Then encase it again to remove the soft-fault.
7. Our company will not be responsible for mis-use of the device for other purpose that incur physical damages to the user or any other third party users.

REFERENCE INFORMATION:

The evaluated body fat result is based on a standardised measuring method. It is calculated by a correlated formula developed on basis of extensive scientific studies. The hydration content in the lean muscle affects measuring result. Individual habits and lifestyle will affect balance of hydration level. Other factors, such as following may affect hydration balance:

- a. After a bath, readings can be lower.
- b. After a meal or drink readings can be higher.
- c. During female menstrual period or pregnant period reading can be fluctuated/inconsistent.
- d. Loss of hydration by illness, energetic physical activities that cause heavy sweat and dehydration readings can be lower.
- e. Table below given estimate physical status relating to the indicated Fat %/ Hydration% from the scale:

	Fat%	Hydration%	Fat%	Hydration%		
Age	Female	Female	Male	Male	Status	Bar line indication
below 30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	too lean	i
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	lean	i
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	normal	i
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	high	i
	30.6-45.0%	47.7-37.8%	24.6-45.0%	51.8-37.8%	very high	i
above 30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	too lean	i
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	lean	i
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	normal	i
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	high	i
	35.1-45.0%	44.6-37.8%	28.6-45.0%	49.1-37.8%	very high	i

PLEASE READ FOLLOWING NOTES CAREFULLY FOR PROPER UNDERSTANDING OF THE APPLICATION/SIGNIFICANCE OF THE DEVICE:

1. The Fat %/Hydration% content evaluated by the Fat Monitor is only for reference. The physical outlook of body does not necessary give congruent Fat %/Hydration% readings, nor the same physically built persons of same age and sex should give the same readings. Please consult one's doctor to determine best the condition of body Fat /Hydration percentage that one should achieve.
2. Body Fat/Hydration device is not suitable for use people of following conditions:
 - * Children under 10, and adult over 80
 - * People with symptoms of fever, edema, osteoporosis.
 - * People on dialysis treatment.
 - * People taking cardiovascular medicine.
 - * Being pregnant
 - * Athletes who undertake more than 10 hours of intensive sport activity.
 - * Those with heart pulse rate under 60 beats/minutes.