7410BL

THE BIGGEST LOSER®

by TAYLOR®

Electronic Scale

Leading the Way in Accuracy®

Instruction Manual

Thank you for purchasing a Taylor® scale. We strive to provide you with a high quality bath scale that meets your needs. Your opinion and experience with our product is important to us. If you are pleased with your Taylor product, please take a moment to share your thoughts with others by writing an on-line review. If you have questions or are not satisfied with your purchase, please contact us at www.prodsupport@taylorusa.com or call 1-866-843-3905.

For more information on NBC's The Biggest Loser, or to join The Biggest Loser Club, please visit the official Biggest Loser website at www.nbc.com/The-Biggest-Loser or www.biggestloserclub.com

General Operation

1. This scale operates on 3 "AAA" batteries, which are included. Please see "Battery Installation" section of this manual for installation 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 (lb). You may select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement by pressing the button on the bottom of the scale while the scale is on. (Press firmly on the platform to turn the scale on.)

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. 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. The display will flash twice when the weight is locked. Your weight is now displayed.

6. The scale will turn off automatically.

Battery Installation

1. Use 3 AAA batteries (included. Remove any plastic wrap from the batteries before proceeding). Always replace both batteries at the same time; do not combine old and new batteries. Do not mix Alkaline, carbon-zinc (standard) or Nickel-Cadmium (rechargeable) batteries.

2. Open the battery compartment on the bottom of the scale.

3. Place the new batteries into the battery compartment according to the "+" and "-" polarity symbols at the bottom of the compartment.
4. Replace the battery cover.

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

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: 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.

Low Battery

Your Taylor® scale is equipped with a low battery indicator. It will display "**LO**" or readings will grow dim or become irregular if the batteries 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 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 550 lbs / 250 kgs /39 stone 4 lbs. Should " **Err** " 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 over weight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

Get a free diet profile at www.biggestloserclub.com.

Body Mass Index

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

Body Mass Index

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 550 lbs / 5 and 250 kgs /11lbs and 39 st 4 lbs. To prevent damage, do not place more than 550 lbs /250 kgs / 39 st 4 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 batteries, 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.

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

Note: 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, pursuant to 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.

Five (5) Year Warranty

This scale is warranted against defects in materials of workmanship (excluding batteries) for five (5) years 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. Do not return to retailer. For product support & warranty information: Please contact us with proof of purchase (purchase receipt) at:

Taylor Precision Products, Inc.
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001 USA
Phone: 1-866-843-3905
Email: www.prodsupport@taylorusa.com

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.
For additional product information, or warranty information outside the USA, please contact us through www.taylorusa.com.

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Not legal for trade
Made to our exact specifications in China.
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