



Model 7209
Digital Scale with Cal-Max™ & BMI (Body Mass Index)
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 prodsupport@taylorusa.com or call 1-866-843-3905.

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.

How does the Cal-Max™ Work?

The Cal-Max™ scale uses your gender, height, age and an activity level setting to calculate the estimated number of calories you can consume a day to maintain your present weight. This estimation may gradually help you with a weight loss, gain or maintenance plan.

Following are 2 examples of the Cal-Max™ scale in use:

Jack is:

6' tall

35 years old

220 Lbs

- Cal-Max™ shows he needs to consume 2542 calories per day to remain at 220 pounds.
- Jack decides to cut 300 calories per day from his diet while maintaining his current activity level.
- In less than 12 days Jack may lose up to a pound (based on calories alone)
- In one year Jack may lose up to 31.29 pounds (based on calories alone)

Jill is:

5'6" tall

32 years old

140 Lbs

- Cal-Max™ shows she needs to consume 1708 calories per day to remain at 140 pounds.
- Jill also decides to cut 300 calories per day from her diet while maintaining her current activity level.
- In less than 12 days Jill may lose up to a pound (based on calories alone)
- In one year Jill may lose up to 31.29 pounds (based on calories alone)

IMPORTANT: Proper calorie intake and nutrition are important to maintain a healthy body. Always consult a physician before undertaking any exercise or diet program.

How does BMI Work?

The scale will calculate your BMI (body mass index) based on your height and weight. Once you input your personal data into the scale and step on the platform, the scale will display your weight and your BMI number.

Body Mass Index (BMI) – Why Measure It?

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 calculated from a person's weight and height, and is a widely accepted measurement of weight by most. **IMPORTANT:** Always consult a physician before beginning any diet or exercise program.

Battery Information and General Operation

This scale operates on 1 – 3 volt CR2032 lithium battery (installed). There is a strip under the lithium battery cover to prevent battery drain in shipping. Please remove the strip before continuing with these instructions (you may need to remove the battery compartment cover to avoid breaking the strip). Also, some models have a static cling label on the lens to prevent scratching. Please remove before use.

Your scale has been set to measure in pounds and inches (lb). To change the measurement units to kilograms/centimeters, press the “UNIT” button on the bottom of the scale while the scale is on. (Press firmly on the platform or press the “MEM” (memory) button to turn the scale on.)

The scale needs to be initialized before first use or after battery replacement, or if it is moved or bumped. Press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

Replace the CR2032 lithium battery when “Lo” appears on the LCD screen or the readings grow dim or irregular. To replace the battery:

1. Use one 3 volt CR2032 lithium battery.
2. Remove screw (or screws) from the battery compartment cover on the bottom of the scale and remove the cover.
3. Remove the old battery from the compartment.
4. Place the new battery with the “+” sign up into the battery compartment.
5. Replace the battery compartment cover and screw(s).

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 battery if the scale will not be used for a long period of time.

Weight Only Operation

Your Taylor® Cal-Max™ Scale will operate as a basic weight-reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to obtain your current weight. For a weight only reading:

1. Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still. The scale will count up to your weight. The display will flash 3 times when the weight is locked. Your weight is now displayed.
3. The scale will automatically turn off.

Using Your Cal-Max™ Scale

In order for your Cal-Max™ scale to estimate calories and compute your BMI number, you must first enter your gender, height, age, and an activity level selection. The scale uses these factors to calculate your results. Onscreen prompts will lead you through programming your personal information into the scale. The analyzer will then use this data to compute your results.

REMINDER: The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. At all other times, you may directly proceed with the following instructions for programming your personal data into the scale.

To initialize the scale, simply press lightly on the scale platform while the scale is on. The scale will turn on and automatically turn off. Your scale is now ready for use.

How to Enter Personal Data into Memory

This scale has 4 personal memory numbers (P1-P4). In order to estimate calories and compute BMI, you must first save your gender, height, age, and an activity level selection into memory. The scale will then use these factors to calculate your Cal-Max™ and BMI results.

You will store your data into memory before first use, thus eliminating the need to enter your personal information before each reading. To enter your data into memory:

1. Press the “MEM” (memory) button. The scale turns on and a memory number (P1-P4) blinks.
2. Press the (▲) or (▼) button to select a memory number. Press the “SEL” button to select. A gender icon blinks.
3. Press the (▲) or (▼) button to toggle between the male and female icons. Press the “SEL” button to confirm your gender. The height digits blink.
4. Press the (▲) or (▼) button to increase / decrease the height value. Press the “SEL” button to select displayed height. The age digits blink.
5. Press the (▲) or (▼) button to increase / decrease the age value. Press the “SEL” button to select displayed age. An activity level number blinks.
6. Press the (▲) or (▼) button to increase / decrease the activity level. Select your Activity Level according to the following guidelines:

- AC 1 = Sedentary / very inactive: little or no exercise
- AC 2 = Limited Activity: exercise/sports 1-3 days a week
- AC 3 = Moderate Activity: exercise/sports 4-5 days a week
- AC 4 = Very Active: exercise/sports 6-7 days a week
- AC 5 = Extremely Active: physically demanding exercise/sports or athletic training

Press the “SEL” button to confirm your activity level and all other selections.

7. When the scale shows zero, you may step on the scale for a measurement. Otherwise, the scale will turn off automatically. Your data remains saved in memory.

8. To change personal data, repeat the above steps.

Note #1: You have approximately 10 seconds to complete each programming step. If no buttons are pressed within 10 seconds, the scale will turn off automatically to conserve battery power. If this occurs, simply repeat the programming steps above.

Note #2: If a memory already has data saved in it, the screen will show the existing data, then zero. Select another memory number, or follow the steps listed in “To Clear a Memory” and enter new data.

How to Take a Weight/Cal-Max™ Reading

1. Press the MEM button while the scale is off. Press the (▲) or (▼) button to locate your memory number, then press “SEL” to select. Your personal data will display again.
2. Wait for the screen to show zero, then step onto the scale and remain still. The scale will first show your weight at the top of the screen, then a moving zero pattern (“0000”) at the bottom while it computes your calorie estimates and BMI.

- Your weight and calorie estimates will appear on the screen, then your weight and BMI number. The weight/calorie and weight/BMI results will appear in sequence 3 times.
- The scale will turn off automatically if no buttons are pressed within approximately 10 seconds.

To View Previous Results

Your scale will save the last measurement results for review. To view previous results:

- Press the “Mem” button.
- Press the (▲) or (▼) button until your memory number displays.
- Press the “Mem” button. Your last weight/ calorie estimate and weight/BMI reading in sequence 3 times. The scale will then turn off automatically.

To Clear a Memory

You may clear out personal data and results from a memory number.

- Turn the scale on and select your memory number.
- Press and hold down the “SEL” button for approximately 5 seconds.
- The scale shows “CLr”, then turns off automatically. The data is cleared.

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 (inches)	Body Weight (pounds)						Overweight					Obese					
	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
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

Warning Messages

Err = Initialization or Instability error. To correct, press on the platform. The scale will turn on and off. Repeat measurement. Ensure the scale is on a flat, stable surface. Step off and back onto the scale, standing still while your weight computes.

Err1 = Overload Warning. The maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise permanent damage to the scale may occur.

Lo = Low Battery Warning. Replace the CR 2032 lithium battery with the “+” sign up.

Specifications

- Weight capacity: 440 lbs or 200 kgs
- Weight graduation: 0.1lb or 0.1kg
- Height range: 2'7.5" - 7'2.5" (80.0-220.0 cm)
- Age range: 8-99 years
- Unit selectable: lb/in or kg/cm
- Measures weight, Cal-Max™ calorie estimates, and BMI
- Data can be stored for up to 4 individuals
- Weight-only function with auto on
- Low battery indicator
- Operates on 1 CR2032 lithium battery (included)

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 440 lbs / 200 kgs. Should “Err1” 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.
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 25 and 440 lbs / 12 and 200 kgs. To prevent damage do not place more than 440 lbs / 200 kgs 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 battery 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 Limited 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: 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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Made to our exact specifications in China.
Not legal for trade.