

Jenny Craig®

by **TANITA**

# HealthyTrack™ Scale



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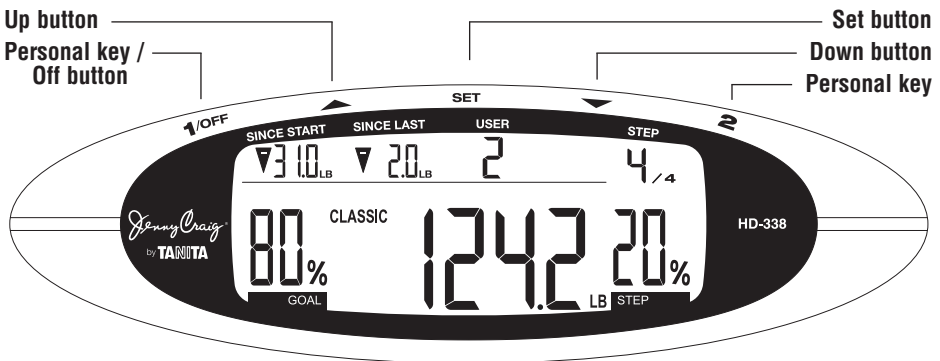
## Safety precautions

- Do not use this unit on slippery surfaces.
- Do not step on the platform when wet.

## Important notes for users

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. TANITA assumes no responsibility for any kind of loss of recorded data. TANITA assumes no responsibility for damage or loss caused by these units, or any claim made by a third person.

## Display and keys



## Specifications

Maximum capacity: 350 lb (160 kg)

Graduations: 0.2 lb (0.1 kg)

Power supply: Two 3-volt CR2032 replaceable lithium batteries (included)

## Before use

1. Insert the supplied batteries as explained in the next section. Please note that if the batteries were inserted at the factory, their energy level may have decreased.
2. Set personal data. Please see page 6 for details.

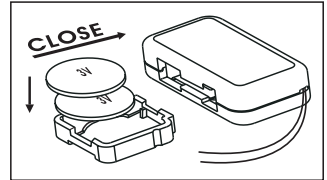
## Inserting/Replacing the batteries

The battery box is located on the back of the measuring platform.

### Two 3-volt CR2032 replaceable lithium batteries

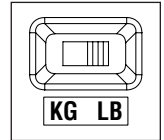
Lithium batteries can typically be used for many years before replacement is necessary. When the low battery sign, "LO" appears on the LCD, please replace with two new lithium batteries.

Gently remove the battery cover and pull the battery box out carefully. Slide the battery compartment, as shown. Remove the old batteries and stack new batteries with positive (+) side up. Replace the battery compartment and battery box cover.



## Weight Mode Switch

Select your preferred weight mode using the weight mode switch located on the rear of the scale.



## Positioning the unit

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

**NOTE:** To avoid possible injury, do not step on the edge of the platform.

## Handling tips

- Do not attempt to disassemble the unit.
- Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge the scale in water or spill chemical liquids on it. To clean, use a dampened cloth and mild detergent.
- Do not drop any objects onto the platform.

## Product Features

### How the Scale Determines Your Auto Goal Weight

During the programming process, you will enter your height. Once your height is entered, the scale automatically suggests your ideal goal weight corresponding to a Body Mass Index (BMI). According to National Institutes of Health, the ideal BMI range is 18.5-24.9. If your current BMI is above 24, the scale automatically suggests a target weight corresponding to a Body Mass Index (BMI) of 24.

If your current BMI is 24 or below, the scale automatically suggests a target weight corresponding to a Body Mass Index (BMI) of 22.

Once the auto goal weight is given, you still have the option to change to your desired goal weight (= Input Goal Weight). Use the + or - keys to change to desired goal weight.

### How the Scale Determines Your Step Goals (Milestones)

Your Jenny Craig HealthyTrack Scale automatically establishes realistic step goals (milestones) in increments of 5 lb or greater depending on your target weight established by the user. If your weight loss is

- 9.8 lb or less – you will have 1 step
- 14.8 lb or less – you will have 2 steps
- 19.8 lb or less – you will have 3 steps
- 20.0 lb or greater – you will have 4 steps

**NOTE:** Users will not be able to change the steps once they are established by scale.

### Body Mass Index (BMI)

HEIGHT	Underweight										Normal Weight										Overweight										Obese									
	WEIGHT (LBS)																																							
4'10"	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250									
4'11"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52							
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49									
5'1"	19	20	20	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	46	46	47									
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	40	41	42	43	44	45	46									
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	39	40	41	42	43	43	44									
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	38	39	39	40	41	42	43									
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	37	38	39	40	41	42									
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	36	36	37	38	39	40	40									
5'7"	15	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	35	36	37	38	38	39									
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	33	34	34	34	35	36	36	37	38									
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	33	33	33	34	35	35	36	37									
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	31	32	32	32	33	34	34	35	36									
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	31	31	31	32	33	33	34	35									
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	30	31	31	32	33	33	34									
6'1"	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	30	31	31	32	33									
6'2"	13	13	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	29	30	30	31	31									
6'3"	12	13	14	14	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	28	29	29	30	31	31									
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30									

Source: National Institutes of Health

Please consult with your physician before you begin your diet program.

## Setting (resetting) personal data in memory

The unit can be operated only if data has been programmed into one of the personal data memories.

***Place your scale on a flat, even floor. You will need to measure your current weight during this process.***

### 1. Turn on the power

Press SET button to turn on the unit. The unit will beep to confirm activation. The personal key number will flash.

### 2. Select a personal key number

Press the Up / Down buttons to select a personal key number (1-2). Once you reach the personal key number you wish to use, press the SET button. The unit will beep once to confirm.

### 3. Specify the height

The display defaults to 5' 7" (170cm). Use Up / Down buttons to specify height and then press the SET button. The unit will beep once to confirm.

**NOTE:** Height setting range is from 3' 4" – 7' 3" (100 cm – 220 cm)

### 4. Measuring weight

***Make sure that the scale is placed on a flat, even floor.***

When "0.0" displays, step on the platform. The result will be displayed and will beep twice to confirm. You may then step off the scale.

**NOTE:** "Err" appears when the unit cannot accurately measure your weight or it detects movement. The scale will automatically shut off after 20 seconds.

### 5. Select "Auto Goal Weight" or "Input Goal Weight"

The scale displays your "Auto Goal Weight." You may press the SET button to confirm. The unit will beep once to confirm. If you wish to change the goal weight, use Up / Down buttons to set goal weight and then press the SET button. The unit will beep once to confirm. "Input Goal Weight" icon will appear.

**NOTE:** "Input Goal Weight" setting range is  $\pm 99$  lb ( $\pm 50$  kg) from the current weight.

### 6. Select CLASSIC Mode or WEIGHTLESS Mode (See description below.)

The display defaults to Classic Mode. Use Up / Down buttons to select Classic Mode or Weightless Mode and press the SET button. The unit will beep twice to confirm and store the personal data. The scale will then automatically shut off.

- Classic Mode will display your current weight in the center of the display.
- Weightless Mode will not display your current weight; instead your "Since Start" weight and "Since Last" weight will flash alternately in the center of the display.

**NOTE:**

- Thirty seconds or more of inactivity will cause automatic shut off during this process. No data will be saved as a result.
- If you make a mistake or wish to turn the unit off before you complete the programming, press and hold the "1/OFF" button for three seconds or more to turn the unit off. No data will be saved.

## **Classic and Weightless Mode**

### **Classic Mode**

The LCD displays the actual weight, the weight change (loss/gain) from previous reading in lb/kg, weight change (loss/gain) since Day 1 in lb/kg, % achieved toward the goal, and % achieved within the step in %.

### **Weightless Mode (Privacy Mode)**

The LCD does not display the actual weight. All other information from Classic Mode will be displayed.

This unique and patented Weightless Mode allows you to maintain your actual weight in privacy from other household members. By selecting this mode, your actual weight is not displayed, but only your progress. All other features of the Classic Mode remain the same.

## Instructions for use

### Classic and Weightless Mode

#### NOTE:

- Please set your personal data before operating the scale.
- If you wish to turn the unit off before automatic shut off, press the “1/OFF” button for three seconds or more.

#### 1. Select personal key and step on scale

Press personal key and the display will show “0.0.”

Step onto the platform.

#### NOTE:

- If you step onto the platform before “0.0” appears, the display will show “Err.”
- If you do not step onto the platform within 30 seconds after “0.0” appears, the scale will automatically shut off.
- If personal data is not programmed, the scale will display “- - -” and automatically shut off. Please follow the instructions on page 6.

#### 2. View your readings

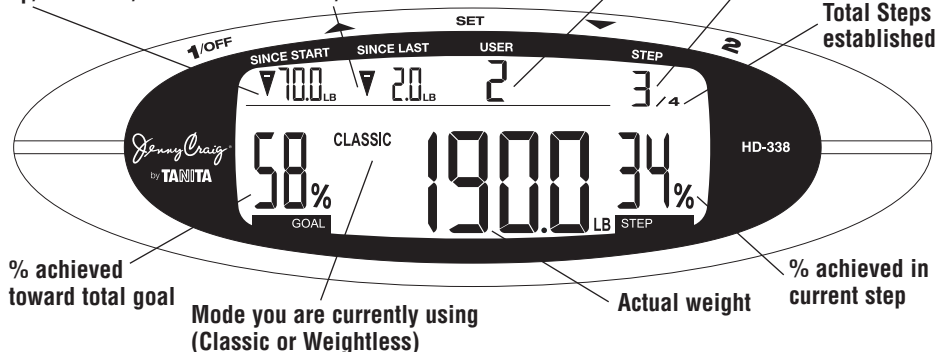
Gain or loss of weight since Day 1 with up/down & +/- arrow

Gain or loss of weight since previous reading with up/down & +/- arrow

User number

Current step

Total Steps established



% achieved toward total goal

Mode you are currently using (Classic or Weightless)

Actual weight

% achieved in current step

#### 3. Additional callouts



#### Jenny Craig Benefit Icon – First 5% weight loss from Day 1.

Losing 5% of your body weight is a very important achievement. It represents an amount of weight that lowers your risk for health conditions such as heart disease, diabetes and hypertension. When you reach this very significant milestone, your HealthyTrack Scale will notify you by displaying an apple icon at the top of the screen.



**Reward Icon – Each completion of one step.**

**GOAL**

**NOTE:**

- If you remain on the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.
- If you step off the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.

## **Weight Only Mode**

No personal data set up is necessary.

If you wish to turn the unit off before automatic shut off, press the “1/OFF” button for three seconds or more.

### **1. Tap on the center of platform**

The display will flash “8888” (calibrate) and then “0.0” will be displayed.

### **2. Step onto the platform**

**NOTE:**

- If you step onto the platform before “0.0” appears, the display will show “Err.”
- If you do not step onto the platform within 30 seconds after “0.0” appears, the scale will automatically shut off.

### **3. The display will show your weight**

**NOTE:**

- If you remain on the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.
- If you step off the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.

## Troubleshooting

### **“Err” appears on the display**

You stepped on the scale before “0.0” appeared on the display.  
Wait until “0.0” appears, then step on the scale.

### **“- EE -” appears on the display**

Reading cannot be obtained if the weight capacity is exceeded.

### **“- - -” appears on the display**

If it is during weight measuring process, there is no memory of your personal data. Please program your personal data.

### **“LO” appears on the display**

Lithium batteries are low. Please change the batteries immediately.

### **00% is shown in Goal**

You over-achieved your goal. No % in Goal will be displayed.

### **% are displayed in Goal but nothing is in Step**

This happens when the difference between your goal weight and initial weight is less than 10 lb or 5 kg.





**For technical questions about this product,  
please contact Tanita at 1-800-Tanita8.**

**For information about Jenny Craig programs,  
please contact Jenny Craig at 1-800-Jenny20  
or log on to the Jenny Craig Web site at [www.jennycraig.com](http://www.jennycraig.com)**

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