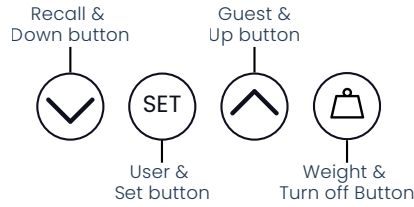
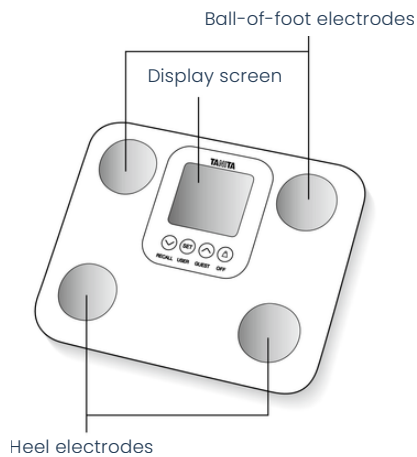


Features and Functions



Click or scan here to see the following instruction video.



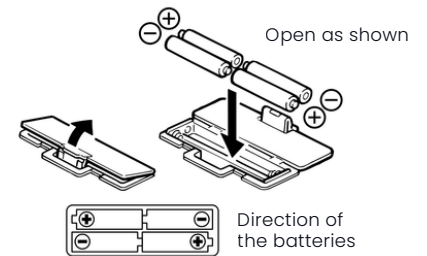
Its strategically positioned electrodes ensure precise measurements, regardless of your foot size.

Preparation before use

- Turn the device around.

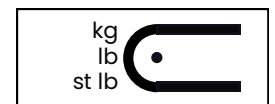
Inserting the batteries

- Open the battery cover on the back of the measuring platform.
- Insert the supplied AA-batteries.



Change the weighing unit

- Change the weight unit on the back of the scale, by using the button.



Positioning the monitor

- Place the device on a hard, flat surface.



Setting the date & time

Set date

- After inserting the batteries into the device, press any button to start the year setting.
- Press the and buttons to select the year and then press the SET button.
- The device will beep once to confirm.



Set hour

- Press and buttons to select the hour and then press the SET button.
- The device will beep once to confirm.

Set minute

- Press and buttons to select the minutes and then press the SET button.
- The device will beep once to confirm.





The power will then shut down automatically.

Setting your profile


Turn on the device

- Press the SET button to turn on device.



Select a profile number

- Press the  and  buttons to select a personal data number (1, 2, 3, 4 or 5), and press the SET button.
- The unit will beep once to confirm.



Set your date of birth

- Set your date of birth (Year/Month/Day) using  and  buttons.
- Press the SET button to confirm.
- The unit will beep once to confirm.

Select gender

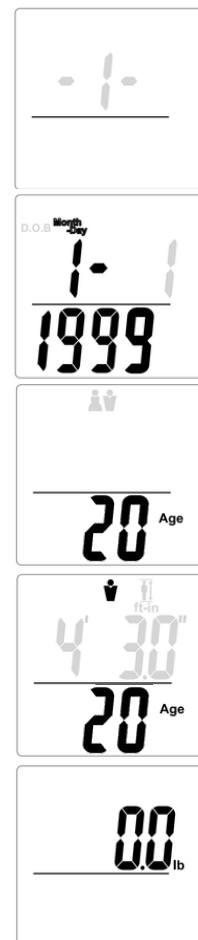
- Use the  and  buttons to select your gender.
- Then press the SET button.
- The unit will beep once to confirm.

Insert your height

- Use the  and  buttons to specify height and then press the SET button.
- The unit will beep once to confirm.

The device will show personal data once to confirm.

The device is ready to do a measurement, when "0.0" is displayed on the screen.



Getting the most from your TANITA BC-730 Body Composition Scale

Top tips for how to best measure and monitor your body composition

Remember, a TANITA Body Composition Scale is completely different to a normal bathroom scale; showing you not just your weight, but also what that weight is made up of.

Your body composition naturally changes due to factors such as eating, drinking, sweating and going to the bathroom. These factors can change your body weight up to 2.5kg during the course of the day, so it is important to measure under most consistent circumstances possible.

By following these guidelines, normal daily fluctuations will average out, and you will be able to better assess the real changes in your body composition over time.



- 1 Measure **once a week, at a similar time of day.**



- 2 Position your **scale on a flat, solid, floor surface,** not on carpet.



- 3 **Avoid taking a measurement straight after exercise.** Exercise affects your body in a number of ways, this can lead to inconsistent results.



- 4 **Measure 2-3 hours after a meal** as undigested food/drink will artificially increase your weight. Large amounts of caffeine or alcohol tend to impact water transfer in your body and will have a negative impact on the accuracy of the results.

5

Always stand on the scale with bare feet because the electrodes need skin contact. Preferably measure with **as little clothing as possible and empty your pockets** (especially electrical devices such as phones, smart watches and GPS devices).



6

Make sure you **stand completely still** during the measurements.



7

Keep the scale in a room with a **moderate temperature and without high humidity** – for this reason it is best not to keep your scale in the bathroom.



8

Finally, **keep your scale clean and free from dust.**



Visit our web page
"Understanding your measurements"
to learn more about your results

