THE BIGGEST LOSER

by **TAYLOR**

Cal-Max™&
Weight Scale

Leading the Way in Accuracy®

126.4 lb

TAYLOR

Instruction Manual
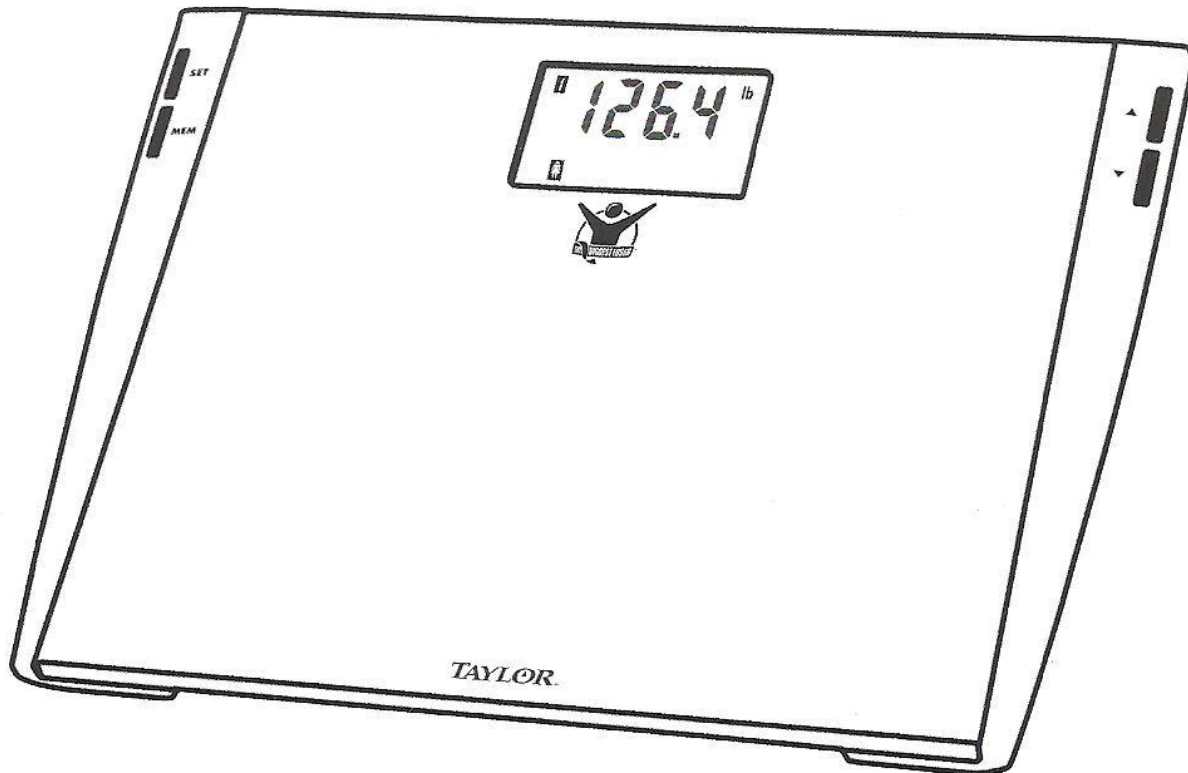
Thank you for purchasing a Taylor® Precision Product. Your Taylor® scale is an example of superior design and craftsmanship. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

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

HOW DOES THE CAL-MAX™ SCALE WORK?

The Cal-Max™ scale uses your age, height, gender 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 **2536** 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 BMI WORKS:

The scale will calculate your BMI based on your height and weight.
Once you input your height into the scale and step on the platform, the scale
will display your weight and your BMI number.
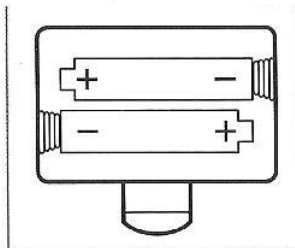
Body Mass Index (BMI) – Why Measure It?
Maintaining proper weight is essential to healthy living. Obesity has been
linked to a higher risk of heart disease, diabetes and some forms of cancer.
The Body Mass Index (BMI) is calculated from a person's weight and height,
and is a widely accepted measurement of weight by most.

IMPORTANT: Always consult a physician before beginning any diet or
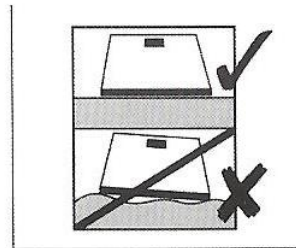exercise program.

BATTERY INFORMATION AND GENERAL SET-UP

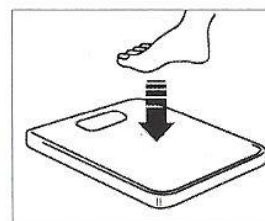| 1. Select weight mode. | 2. Install 2 AAA batteries according to "+" and "-" markings. | 3. Position scale on flat surface. |

Battery Information

1. This scale operates 2 AAA batteries (included. Remove any plastic wrap
    from the batteries before proceeding). Always replace all 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 batteries into the battery compartment according to the "+"
    and "-" polarity symbols in the compartment.

4. Replace the battery compartment cover.

5. Replace all the batteries if "Lo "appears on the screen or if readings
    grow dim or irregular.

General Set-Up

1. Some models have a static cling label on the lens to prevent scratching. Please remove before use.

2. Your scale has been set to measure in pounds and inches (LB). To change the measurement units to kilograms/centimeters, move the switch on the top side of the scale base to the left or right position (KG). When the LCD displays "Lo", replace the battery with the "+" sign up.

3. The scale needs to be initialized before first use or after battery replacement. Press lightly on the scale platform. The display will turn on and off. Your scale is now ready for use.

PLEASE NOTE: Illustrations are for general reference only. The design and displays for this scale may differ slightly.

Tap to initialize

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.

3. The scale will count up to your weight. The display will flash three times when the weight is locked. Your weight is now displayed.

4. The scale will automatically turn off.
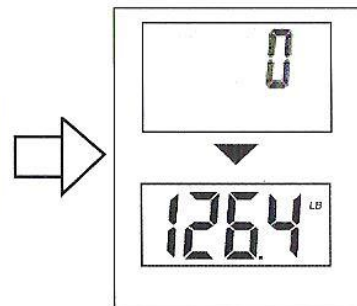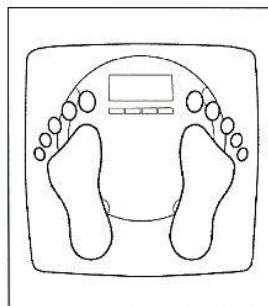
USING YOUR CAL-MAX™ SCALE

In order for your Cal-Max™ scale to estimate your calories and compute your BMI number, you must first enter your height, age, gender 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. The display will turn on and off. Your scale is now ready for use.

## HOW TO ENTER PERSONAL DATA INTO MEMORY

This scale has 12 personal memory numbers (1-12). There is also a Guest option for one time use (appears as GUES onscreen). In order to estimate calories and compute BMI, you must first save your height, age, gender 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. (Note: the Guest option does not store the data). To enter your data into memory:
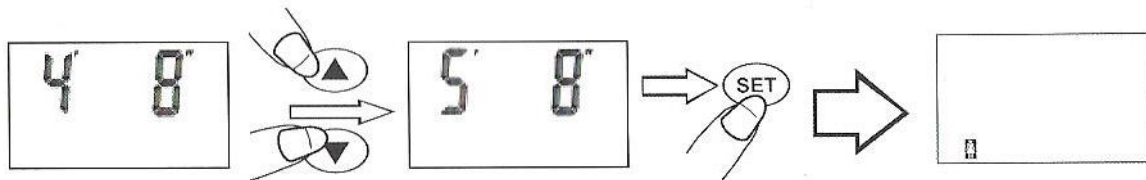
1. Press the SET button to turn the scale on.
   A memory number (1-12) will blink.
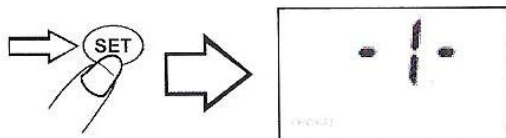
2. Press the (▲) or (▼) button to select a memory.
   Press the SET button to confirm. The height digits blink.
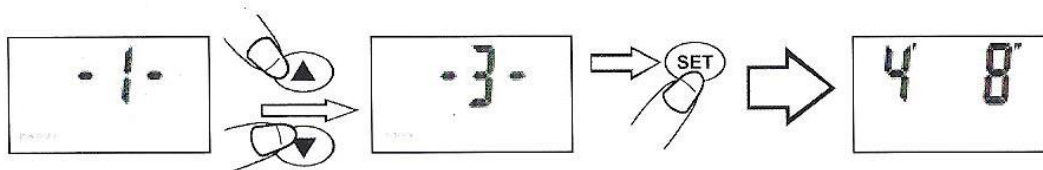
3. Press the (▲) or (▼) button to increase / decrease the height value.
    Press the SET button to confirm displayed height. The gender digits blink.

4. Press the (▲) or (▼) button to toggle between the male and female icons.
    Press the SET button to confirm gender. The age digits blink.

    female icon   male icon
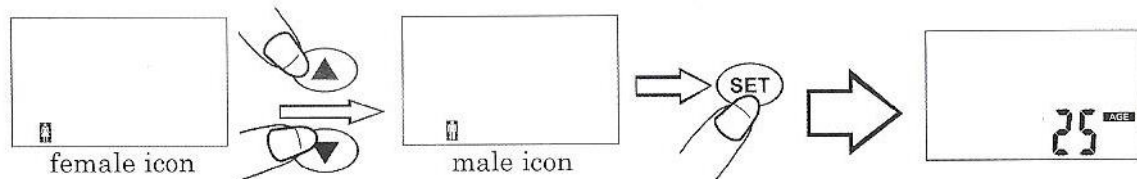
5. Press the (▲) or (▼) button to increase / decrease the age value. Press the
    SET button to confirm your age. An activity level number blinks.
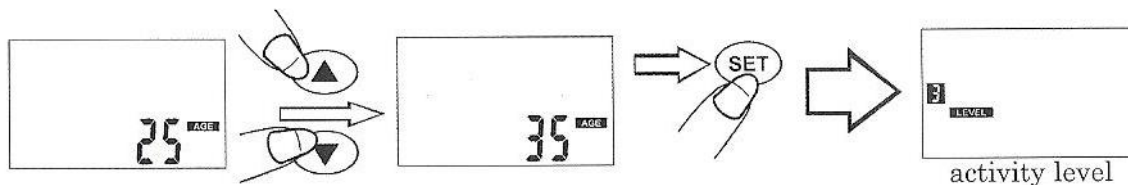
    activity level

6. Press the (▲) or (▼) button to increase / decrease the activity level.
    Select your Activity Level according to the following guidelines:
    Level 1 Sedentary / very inactive: little or no exercise
    Level 2 Light Activity: exercise/sports 1-3 days a week
    Level 3 Moderate Activity: exercise/sports 4-5 days a week
    Level 4 Very active: exercise/sports 6-7 days a week
    Level 5 Extremely active: physically demanding exercise/sports or
        athletic training
    Press SET button to confirm your activity level and all other selections.

    activity level   activity level   memory number   Allow scale to
                                                                            turn off
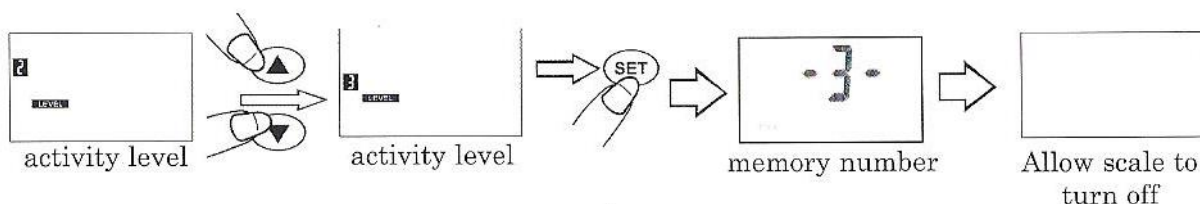
7. The memory number will flash an a "MEMORY" icon will appear. The
    scale will then automatically turn off. Your personal data is now saved in
    memory.

WARNING INDICATORS

Err

Err = Initialization error. To correct, press on the platform. The display will show "8888", then "0.0", and turn off. Repeat measurement.

Err1

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

Lo

Lo = Low Battery Warning. Replace all the batteries at the same time. Do not mix old and new batteries. Do not mix Alkaline, carbon-zinc (standard) or Nickel-Cadmium (rechargeable) batteries.

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 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 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.

7. Should operation of the scale freeze up, remove and reinstall the batteries to resume operation.

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.

Note: 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 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. Should this scale require service (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001

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 in Canada or elsewhere 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.

HOW TO TAKE A WEIGHT/CAL-MAX™ READING

1. Press the "SET" button while the scale is off. Press the (▲) or (▼) button until your memory displays. Press the "MEM" button. The memory number flashes.
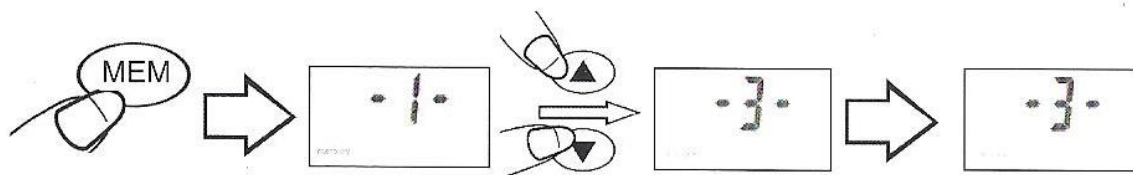
2. While the memory number flashes, step onto the scale and remain still. The scale will show a "8888" pattern while it computes your weight, calorie estimates, and BMI.
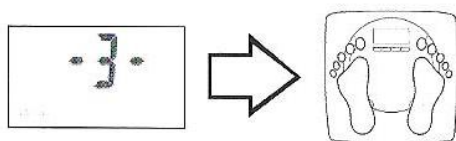

3. The scale will count up to your weight. The display will flash three times when the weight is locked. Your weight is now displayed.

weight/calorie estimate   weight/BMI   weight/caloric estimate

4. Your calorie estimate and BMI will appear under the weight. The results are repeated three times, then the scale switches off.

5. The scale will turn off automatically if no buttons are pressed within 12 seconds.

TO VIEW PREVIOUS RESULTS

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

1. Press the "Mem" button.

2. Press the (▲) or (▼) button until your memory number displays.

3. Press the "Mem" button. Results will appear three times, then the scale switches off.

TO CHANGE PERSONAL DATA:

1. Press the "Set" button.

2. Press the (▲) or (▼) button until your memory number displays.

3. Press the "Set" button. The current data displays. Follow the steps in "How to Enter Personal Data into "Memory" to change the data.

NOTE: Please use the illustrations as guide lines only. Due to continuous product improvements, the illustrations shown in this manual may differ slightly from the actual display.

BODY MASS INDEX

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

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