

# Scale

Model No.: BS20

User Manual

Version: C—01:12.15.2025

**Thank you for choosing  
the Caring Mill™ by Aura Full Body Analysis Scale.**

**Designed to support everyday wellness, this scale uses advanced bioelectrical impedance analysis (BIA) technology to provide a deeper understanding of your body composition beyond weight alone.**

**With regular use, the scale helps you track key health metrics, identify trends over time, and make more informed decisions about your wellbeing.**

Measured metrics include:

- Body weight
- Body balance
- Body fat percentage
- Visceral fat level
- Body water percentage
- Skeletal muscle percentage
- Muscle mass
- Bone mass
- Protein level
- Basal metabolic rate (BMR)
- Body mass index (BMI)
- Body age
- And more

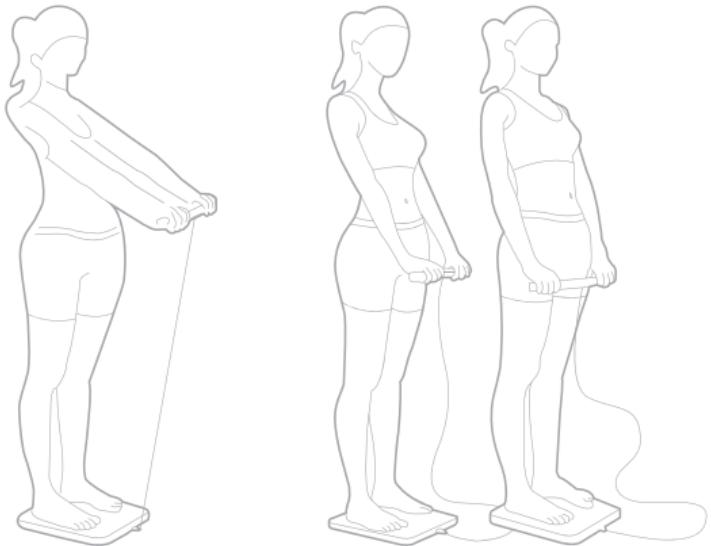
All measurements sync seamlessly with the Fitdays app, allowing you to view results clearly, track progress, and build a complete picture of your health journey over time.

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## quick guide

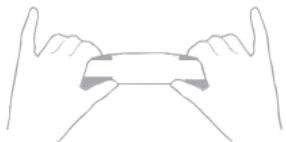
- Download the Fitdays app from the Apple App Store or Google Play.
- Fully charge the scale before first use using the built-in rechargeable battery.
- Place the scale on a hard, flat, dry surface.
- Step onto the scale barefoot, ensuring full contact with the electrode sensors.
- Open the Fitdays app and ensure Bluetooth is enabled before measuring.
- Stand still and maintain correct posture during measurement.



Keep your  
arms straight  
at 45 degrees



**Arms not straight**  
**Arms too close to waist**



**All fingers must line up with the electrode pad  
Thumbs should not be too close to each other**



**Ensure that all fingers touch the electrode pad**

## warning

- Do not use this device if you have implanted medical devices such as a pacemaker.
- Do not stand on the edge of the scale or jump on it.
- Do not exceed the maximum weight limit of 440 lb (180 kg / 28 st).
- Do not drop the scale or place heavy objects on it, as this may damage the sensors.
- Do not immerse the scale in water or use chemical cleaning agents. Clean only with a slightly damp cloth.
- Not recommended for pregnant women, infants, toddlers, or children under 10 years of age.
- All measurements are for reference only and should not be considered medical advice.
- Do not use this device to diagnose or treat any medical condition. Consult a healthcare professional before making changes to diet, exercise, or health routines.
- Always place the scale on a hard, flat surface before measurement.
- Ensure feet are dry before stepping onto the scale.

- Do not use the device if it appears damaged.
- Discontinue use immediately if malfunction occurs.

Exercise caution when using the scale on smooth or slippery floors.

### [ product specification ]

- Product size: 300 × 300 × 26 mm
- LED screen display: 68 × 109 mm
- Weight units: lb / kg / st
- Weight limit: 5 kg to 180 kg
- Weight division: 0.2 lb / 0.1 kg
- Power supply: Built-in 300 mAh rechargeable lithium battery
- Operating temperature: 50 °F to 104 °F
- Operating humidity: 40 percent to 80 percent RH

## indication symbols



The battery level is low. Please recharge the scale.



The scale is overloaded. More than 180 kg (440 lb) has been detected.



A reading error has occurred. Step off the scale, wait 5 seconds, then step on again.



## product overview

The Scale is a **full-body** composition analysis device designed for everyday home use.

It uses **bioelectrical impedance analysis** to estimate body metrics including weight, body fat, muscle mass, and more. Integrated hand sensors allow for enhanced upper-body measurement accuracy.

Data syncs seamlessly to the Fitdays app for detailed insights and tracking.

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- connecting wire
- power button
- **8 high-precision sensors**

### install the Fitdays App



- Search for “Fitdays” in the Apple App Store or Google Play.
- Download and install the app.
- Create an account or sign in.
- Enable Bluetooth access when prompted.

## instructions for use

1. Ensure the scale is sufficiently charged.
2. Place the scale on a hard, flat surface.  
Avoid carpets or uneven flooring.
3. Open the Fitdays app and confirm Bluetooth is enabled.
4. Step onto the scale barefoot and stand still.
5. Hold the handlebar sensor with both hands during measurement, keeping arms slightly extended.
6. Remain still until the measurement completes and results appear in the app.

## troubleshooting bluetooth issues

If the Bluetooth connection fails, try the steps below in order:

1. Reset the scale
2. Press the power button to reset, then try pairing again.
3. Confirm phone permissions (especially on Android)
4. Make sure Bluetooth is enabled.
5. On Android, also make sure Location Services

are enabled.

6. In your phone settings, confirm the Fitdays app has permission for Bluetooth and Location.
7. Remove the old device and re-pair in Fitdays
8. Go to Fitdays: Account > Device.
9. Swipe left on the existing device to delete it.
10. Tap the “+” in the top right to add a new device.
11. Step on the scale with one foot to wake it up.
12. Wait for the device list to populate, then select “Aura Scale” and confirm.
13. Step on the scale again to complete pairing.

#### If Bluetooth still fails to connect

- Confirm your phone meets the minimum requirements: iOS 8.0 or later, Android 6.0 or later.
- When connected, the Bluetooth icon appears on the scale, and the app shows “Connected”.
- If connection still fails, go to Account > Device and search for the device name: “Aura Scale”.

## other issues

### Body fat data not displaying

- Step on the scale barefoot.
- Make sure both your feet and the scale surface are dry.
- Stay still on the scale until the full reading completes.
- A full reading can take about 20 to 30 seconds.
- Confirm Bluetooth is enabled and that Fitdays is connected to the correct scale.

### Incorrect weight data

- Confirm the scale is on a hard, flat surface.
- Check the sensor feet underneath the scale. Make sure nothing is stuck to the bottom of any foot.

### Incorrect muscle to fat ratio

- Confirm your profile details in the app are correct, including gender, height, and age.
- Turn off Athlete Mode if it is enabled and does not apply to you.

### How to reset the scale

- Step onto the scale to power it on.
- Wait until the display returns to "0.0 lb" so it can calibrate.

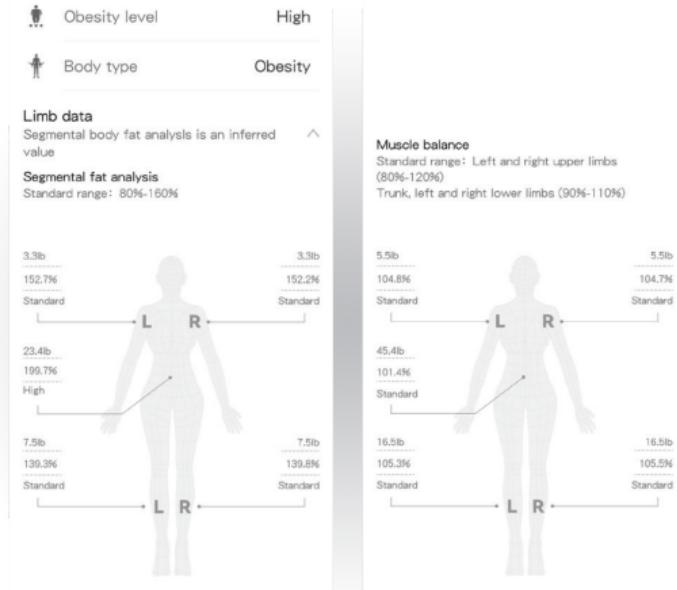
### The scale does not turn on

- Confirm the scale has sufficient charge. Recharge if needed.
- If the scale still does not power on after charging, contact customer support.

	Weight	153.6lb	▼
	BMI	25.6	▼
	Body Fat	32.5%	▼
	Muscle rate	63.0%	▼
	Fat-free Body Weight	103.6lb	▼
	Subcutaneous fat	23.2%	▼
	Visceral Fat	9.0	▼
	Body Water	49.5%	▼
	Skeletal Muscle	37.5%	▼
	Muscle mass	96.6lb	▼
	Bone Mass	6.8lb	▼
	Protein	13.5%	▼
	BMR	1385kcal	▼
	Body age	28	▼
	Fat mass	49.8lb	▼
	Water weight	76.1lb	▼
	Protein mass	20.7lb	▼
	Ideal body weight	123.7lb	

## the importance of a body composition monitor

Maintaining a fit and healthy body is more than just about weight. Here are some benefits of tracking your total body composition with the Full Body Analysis Scale.



## understanding App Metrics of the Scale

### Body fat rate

- **What it means**

Body fat percentage is the proportion of your total body weight that is fat.

*Example: If you weigh 150 lb and have 10% body fat, you carry about 15 lb of body fat.*

- **Why it matters**

A certain amount of body fat is essential for normal body function. Tracking your trend over time can help you understand changes in your overall body composition.

- **How to improve it**

Combine consistent movement with balanced nutrition habits you can sustain.

If your goal is to reduce body fat, regular cardio and strength training can help support that over time.

If you are making meaningful changes to diet or exercise, consider discussing them with a qualified healthcare professional.

## Body water rate

- **What it means**

Body water percentage is the estimated proportion of your body made up of water. Body water levels can change with age and daily hydration habits.

- **Why it matters**

Hydration status can influence BIA readings. For the most consistent tracking, measure under similar conditions each time.

- **How to improve it**

Aim for steady hydration throughout the day.

Consider limiting excess sugary, caffeinated, and alcoholic beverages if they affect your hydration.

## Body age

- **What it means**

Body age is an estimate based on weight, body fat percentage, and skeletal muscle percentage. It is

intended as a general guide to compare your current body composition trend with typical patterns.

- **Why it matters**

If your body age trends higher than your calendar age, it can be a signal to focus on habits that support body composition, fitness, and nutrition.

- **How to improve it**

Consistent physical activity plus a balanced diet pattern tends to support healthier body composition over time.

Limit habits that can undermine progress, including excess alcohol and tobacco use.

## BMI

- **What it means**

BMI is a ratio of weight to height used as a general screening metric.

Formula shown in the app guide:

$BMI = \text{weight (lb)} / \text{height (in)} / \text{height (in)} \times 703$

Why it matters

BMI can be useful for broad context, but it does not

- distinguish between fat and muscle. Body composition metrics may offer additional clarity.
- **How to improve it**  
If you are trying to lower BMI, focus on sustainable habits such as managing calorie intake, staying active, and building consistency over time.

## Muscle mass

- **What it means**  
Muscle mass is the estimated amount of muscle in the body. It includes skeletal, smooth, and cardiac muscle.
- **Why it matters**  
Muscle supports everyday function and can influence metabolism and energy use. Tracking trends can help you see how training and nutrition affect your body composition over time.
- **How to improve it**  
Strength training and adequate recovery can support muscle maintenance or growth.  
If you are new to training or have health concerns,

consider speaking with a qualified professional before starting a new routine.

## Bone mass

- **What it means**

Bone mass is an estimated value that typically changes slowly.

- **Why it matters**

Because it may not shift much day to day, this metric is more useful for long term trend tracking.

- **How to support it**

Use this metric for steady monitoring over time. If you have concerns about bone health, consult a qualified healthcare professional.

## Visceral fat

- **What it means**

Visceral fat refers to fat stored around internal organs.

- **Why it matters**

Higher visceral fat levels are often associated with

- metabolic risk factors. Tracking changes over time can be useful for wellness awareness.
- **How to improve it**  
Regular aerobic activity can help support healthier body composition.  
Balanced nutrition and consistent habits tend to matter more than short bursts of intensity.  
If you are making significant lifestyle changes, consider discussing them with a healthcare professional.

## Subcutaneous fat

- **What it means**  
Subcutaneous fat is fat stored under the skin, often around areas like the stomach, upper arms, hips, and thighs.
- **How it appears in the app**  
Subcutaneous fat is not displayed as a separate metric in this monitor, but it is included within body fat percentage.

## Skeletal muscle

- **What it means**

Skeletal muscle is the muscle attached to bones that helps you move.

- **Why it matters**

Increasing skeletal muscle can support more efficient energy use and may reduce the likelihood of energy being stored as fat. It can also support an active lifestyle.

- **How to improve it**

Strength training can stimulate skeletal muscle growth. Paired with appropriate nutrition and recovery, this can support hypertrophy over time.

[ disclaimer ]

This product is not a medical device. All measurements are provided for informational purposes only and should not replace professional medical advice or diagnosis.

## FAQ

### How do I get the most accurate results?

- Weigh yourself at the same time each day.
- Stand still and upright during measurement.
- Use the scale barefoot with dry feet.
- Ensure profile details such as age, height, and gender are correct in the app.

### How do I restart the scale?

Press the power button to turn the scale off, then press again to turn it on.

### How do I change language settings?

Fitdays App → Account → Settings → Language

### How do I change measurement units?

Fitdays App → Account → Settings → Switch unit

For additional help, visit the FAQ section within the Fitdays app.

## **customer service**

If you experience issues or have questions, please contact customer support via the Fitdays app or through the retailer where the product was purchased.

## **FCC Compliance Information**

This device complies with applicable FCC regulations. Operation is subject to the condition that this device does not cause harmful interference and must accept any interference received, including interference that may cause undesired operation.



**RoHS**





caring mill by aura

