

Body Composition Monitor



Model: BC-G02

Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.

Table of Contents

Introduction	3
Features and Functions	3
For Your Safety	4
Getting Accurate Readings.....	5
Preparations Before Use.....	6
Positioning the Monitor	6
Automatic Shut-down Function.....	6
Setting (Resetting) Date and Time.....	7
Set Your Location Code	8
Changing the Weighing Unit	8
Setting and Storing Personal Data in Memory	9
Taking Measurements.....	11
Measurement Results	12
Setting Your Target Weight	13
Using the Diet Mode for Females	15
What is the Diet Mode for Females?	17
Viewing Previous Measurements	18
Specifying the Personal Data Number for Measurement	19
Programming the Guest Mode	19
Taking Weight Measurement Only.....	19
Deleting Personal Data	20
Troubleshooting	21
Specifications	22

Introduction

Thank you for purchasing this Tanita Body Composition Monitor. This monitor is one of a wide range of home healthcare products produced by Tanita. This Instruction Manual will guide you through the setup procedures and outline key features. Please keep it handy for future reference. Additional information on healthy living can be found on our website www.tanita.com. Tanita products incorporate the latest clinical research and technological innovations. All data is monitored by our Tanita Medical Advisory Board to ensure accuracy.

Note: Read this Instruction Manual carefully and keep it handy for future reference.



▲ Safety Precautions

Note that people with an electronic medical implant such as a pacemaker should not use a Body Composition Monitor as it passes low-level electrical signal through the body, which may interfere with the electronic medical implant. Pregnant women should use the weight function only. All other functions are not intended for pregnant women. Do not place this monitor on slippery surfaces such as a wet floor.

Note: This Body Composition Monitor is intended for home use only. It is not intended for professional use in places such as hospitals or medical or fitness facilities. It is not designed for such heavy usage. Using the monitor in this type of professional environment will invalidate the warranty.

Important Notes for Users

This Body Composition Monitor is intended for adults and children (age 5-17) who have inactive to moderately active lifestyles, and adults with athletic lifestyles. Thanks to major investment in the latest BIA Technology and sports science research, TANITA has upgraded the Athlete Mode function to make measurements more accurate and suitable for a wider range of users.

Who should use Athlete Mode?

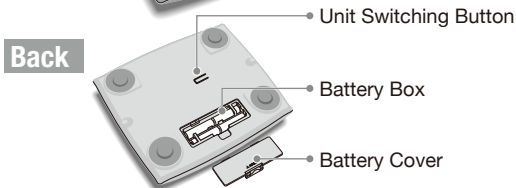
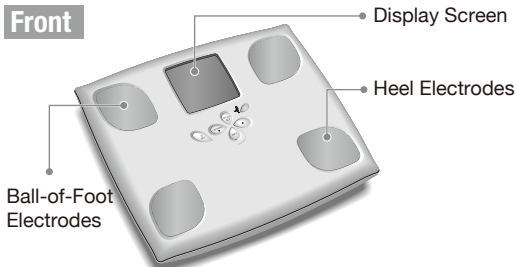
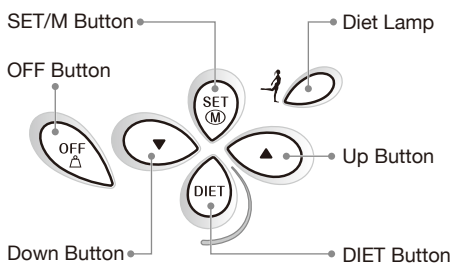
Adults aged 18 years and over who either:

- Train or exercise for 12 hours or more a week and have been doing so for at least six months.
- Are body builders.
- Are professional athletes who want to monitor their progress at home.
- Have a lifetime history of fitness and who used to do more than 12 hours a week but do less now.

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita cannot accept any responsibility for losses incurred due to the loss of recorded data. Tanita cannot accept any responsibility for damages or losses incurred through the use of this product or any third-party claims.

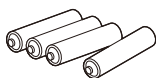
Note: Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

Features and Functions







Accessories

AA-Size Batteries (4)



For Your Safety

This section explains precautionary measures to be taken to avoid injury to the users of this device and others, and to prevent damage to property. Please familiarise yourself with this information to ensure safe operation of this equipment.

	Warning	Failure to follow instructions highlighted with this mark could result in death or severe injury.
	Caution	Failure to follow instructions highlighted with this mark could result in injury or damage to property.
		This mark indicates actions that are prohibited.
		This mark indicates instructions that must always be followed.

Warning

This monitor must not be used by people with pacemakers or other medical implants.

This monitor passes a weak electrical current through the body which could interfere with and cause the malfunction of electrical medical implants, resulting in serious harm to the user.

Interpretation of measurements (e.g. evaluation of measurements and formulation of exercise programmes based on the measurements) must be performed by a professional.

Implementing weight loss measures and exercise programmes based on self-analysis could be harmful to your health. Always follow the advice of a qualified professional.

The Tanita Body Composition Monitor product provides readings for informational purposes only.

This product is not intended to diagnose or treated any disease or abnormalities. Please consult with your physician about any questions or concerns related to your health.

Do not step on the edge of the monitor. Do not jump onto the monitor.

Doing so may cause you to fall or slip, resulting in serious injury.

Do not place this monitor on a slippery surface such as a wet floor.

Doing so may cause you to fall or slip, resulting in serious injury. It may also cause water to get inside the monitor resulting in damage to internal components.

Do not drop any objects onto the monitor. Avoid excessive impact or vibration to the monitor.

Doing so may damage the glass, resulting in injury.



Prohibited

Caution

Do not stand on the display screen or control panel.

Do not insert your fingers into gaps or holes.

Doing so may result in injury.

Do not use rechargeable batteries.

Do not use old batteries together with new batteries, or a mix of different types of batteries at the same time.

Doing so may cause battery fluid to leak or the batteries to become excessively hot and rupture, resulting in damage to the monitor or injury.

Never allow an infant or small child to carry the monitor.

The child may drop the monitor, resulting in injury.

This monitor is intended for home use only.

This monitor is not intended for professional use including hospitals, medical or fitness facilities. It is not equipped with the components required for heavy usage. Using the monitor in a professional location will invalidate the warranty.



Prohibited

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

Avoid excessive impact or vibration to the monitor.

Doing so may damage the monitor or cause it to malfunction, or may cause setting to be erased.

Do not use or store this monitor in the following locations.

- Locations that are exposed to direct sunlight, near to heaters, or exposed directly to air from air conditioning units, etc.
 - Locations where there are severe temperature changes or a large amount of vibration.
 - Locations with high levels of humidity or moisture.
- Doing so may damage the monitor or cause it to malfunction.

Do not step on the monitor when your body is wet (immediately after a shower or bath, etc.)

Be sure to thoroughly dry your body and feet before using the monitor. Failure to do so may cause you to slip or fall, resulting in injury. Also, the monitor cannot take accurate measurements if your body or feet are wet.

Keep away from water.

Do not use boiling water, benzene, thinner, etc. to clean the monitor.

If the monitor becomes dirty, soak a soft cloth in water or neutral household detergent, wring it out thoroughly and wipe the monitor clean, then use a dry cloth to wipe the monitor dry.

Do not attempt to disassemble the monitor. Do not modify this equipment in any way.

Do not wash the monitor in water.

Do not submerge this monitor in water.

Doing so may damage the monitor or cause it to malfunction.

Be sure to insert the batteries with the polarities (+, -) in the correct position.

If the batteries are incorrectly inserted, battery fluid may leak and damage the floor.

(If you do not intend to use this monitor for a long period of time, it is advisable to remove the batteries before storage.)

Do not use the monitor near other products such as microwave ovens that emit electromagnetic waves.

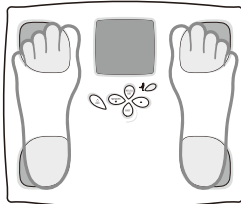
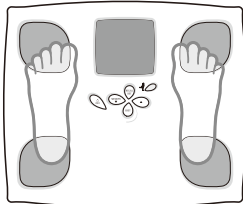
Doing so may cause the monitor to malfunction, preventing accurate measurements.

Another person should assist persons with disabilities who may not be able to take a measurement alone.



Always...

Getting Accurate Readings



To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. Always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that the arch of each foot is aligned with the center of the measuring platform. Don't worry if your feet appear too large for the unit, accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about two hours after getting up, eating, or strenuous exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage change as long as the readings are taken in a consistent manner. To monitor your progress, compare your weight and body fat percentage readings taken under the same conditions over a period of time.

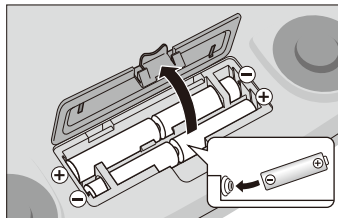
Note: An accurate reading will not be possible if the soles of your feet are not clean, if your knees are bent or if you are sitting down.

Preparations Before Use

Inserting the Batteries

Note:

- Be sure that the batteries are inserted in the correct orientation.
If the batteries are inserted incorrectly, fluid may leak from the batteries and damage the floor.
- If you do not intend to use this unit for a long period of time, remove the batteries before storage.
- The included batteries from factory may have decreased energy levels over time.



Positioning the Monitor

Positioning the Monitor

Place the monitor 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 monitor.

Handling Tips

This monitor is a precision instrument that utilizes state-of-the-art technology.

Follow these instructions carefully to keep the monitor in the best condition:

- Do not attempt to disassemble the monitor.
 - Store the monitor horizontally, and position it so that the buttons will not be pressed accidentally.
 - Avoid subjecting the monitor to excessive impact or vibration.
 - Place the monitor in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
 - Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny. Do not use soap.
 - Do not step on the monitor if it is wet.
 - Do not drop any objects onto the monitor.
-

Automatic Shut-down Function

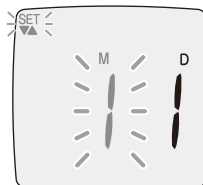
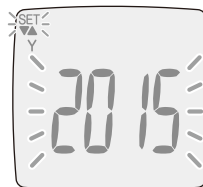
The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process, the power will shut down automatically within 30 seconds depending upon the type of operation.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.
- After you have completed the measuring process.

Setting (Resetting) Date and Time

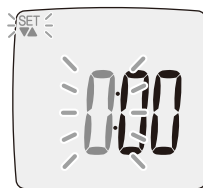
1. Set Date

Insert batteries into the monitor and then press any button to start the Year setting. Press the Up/Down buttons to set year and then press the SET/M button. The monitor beeps once to confirm.



2. Set Hour

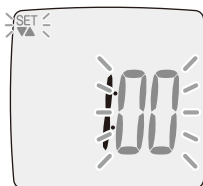
Press the Up/Down buttons to set the hour and then press the SET/M button. The monitor beeps once to confirm.



3. Set Minute

Press the Up/Down buttons to set the minute and then press the SET/M button.

The monitor beeps twice to confirm the settings. The power then shuts down automatically.



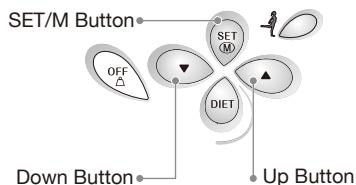
Note:

- To change the date or time setting, press and hold the SET/M button for 3 seconds when the power is off, and then follow the procedure above to change the data or time setting.
- If the Body Composition Monitor is not operated for 60 seconds or more, the power will turn off automatically. Settings will not be saved in this case.
- If you make a mistake or wish to turn the monitor off before you complete the settings, press the OFF button to turn the monitor off. Settings will not be saved in this case.

Set Your Location Code

Different locations across the world have different gravitational pulls. These differences affect the accuracy of the weight measurement. You can obtain the most accurate weight readings by selecting the correct gravity setting on the scale according to your geographical location.

1. When the power is off, press and hold the OFF button for 3 seconds.
2. Refer to the map enclosed, and press the Up/Down buttons to select your location code.
3. Press the SET/M button to enter and save the setting.



Changing the Weighing Unit

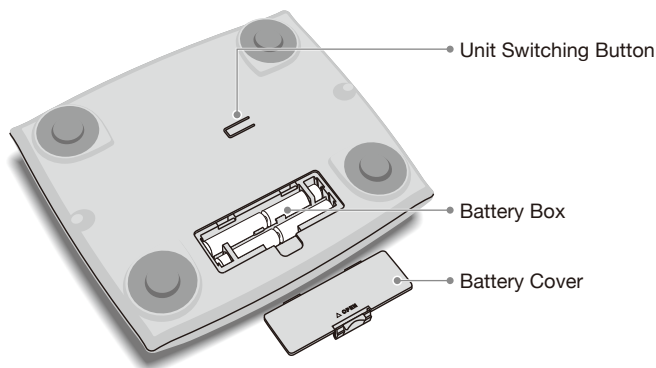
Note: Only for use with models that have the Unit Switching Button.

The weighing unit can be changed using the switch on the back of the monitor.

Press the OFF button when the display is blank. When "0.0kg" (or "0.0lb", "0.0stlb") appears on the display, press the Unit Switching Button(kg/lb/stlb) underside of the monitor to switch the weighing unit.

Note: If weighing unit is set to pounds or stone-pounds, the height programming mode is automatically set to feet and inches.

Similarly, if kilograms is selected, height is automatically set to centimeters.



Setting and Storing Personal Data in Memory

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

1. Turn on the Power

Press the SET/M button to turn on the monitor.

The monitor beeps to confirm activation, the Personal data number is displayed, and the display flashes.

Note: If you don't operate the monitor for 60 seconds after the monitor has been turned on, it turns off automatically.

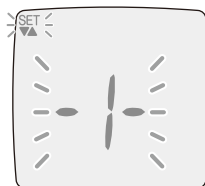
Note: If you make a mistake or want to turn the monitor off before you have finished programming it, press the OFF button to force quit.

2. Select a Personal Data Number

Press the Up/Down buttons to select a Personal data number (1 or 2).

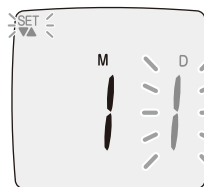
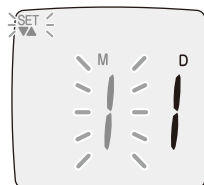
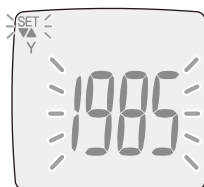
Once you reach the Personal data number you wish to use, press the SET/M button.

The monitor beeps once to confirm.



3. Set Your Birthday

Set the date of your birthday (Year / Month / Day) using the Up/Down buttons. Press the SET/M button each time to enter each setting. The monitor beeps once to confirm.



4. Select Female or Male

Use the Up/Down buttons to scroll through and select from the Female (♀), Male (♂), Female/Athlete (♀/🏃) and Male/Athlete (♂/🏃) settings, then press the SET/M button. The monitor beeps once to confirm.



5. Set Whether to Enable the Diet Mode for Females

Note: Perform the following operations if you are 18 years of age or above and have selected "Female". Otherwise, please proceed to "6. Set Your Height".

Press the Down button or Up button to enable/disable the diet mode for females. Press the SET/M button to enter.

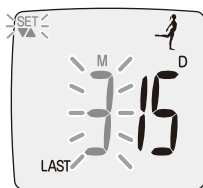
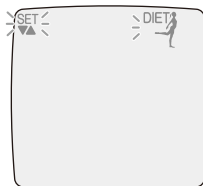
Note: If you have disabled this mode, proceed to "6. Set Your Height".

Press the Down button or Up button to select the most recent menstruation starting date.

Press the SET/M button to enter.

DIET: Disable

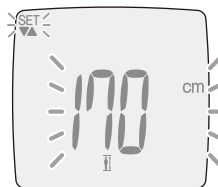
DIET : Enable



6. Set Your Height

The display defaults to 170cm (5' 7.0") (height range is from 90cm to 220cm or 3' 0.0" to 7' 3.0"). Use the Up/Down buttons to specify the height and then press the SET/M button. The monitor beeps once to confirm.

The display shows the personal data once to confirm, and then the display shows "0.0kg" (or "0.0lb", "0.0stlb") and is ready for measurement.



7. Measuring Your Body Composition

Check "0.0kg" (0.0lb, 0.0stlb) is shown on the display, then step on the monitor.

Registered personal data and the measurement results are displayed in order, then the power switches off automatically.

Note: If you step onto the monitor before "0.0kg" appears, "Err" appears in the display and readings cannot be obtained.

Furthermore, if you do not step onto the monitor within 30 seconds of "0.0kg" appearing, the power is shut-off automatically. Please try setting and storing personal data again.



Note: If you change the birthday and/or gender, the "CLr" appears in the display.

Select "YES" using the Up/Down buttons to delete the existing personal data, enabling you to register new data.

If you select "no" using the Up/Down buttons, no new data is saved (existing data is left unchanged) and power turns off.

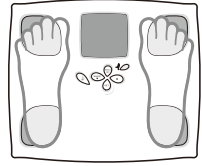


Taking Measurements

After programming your personal data you are ready to take readings.

1. Step onto the Monitor

Step onto the monitor while the monitor is off; the monitor turns on automatically and starts measuring.



2. Get Your Readings

After the measurement is taken, readings are automatically displayed in the order listed on the next page.

After the last result reading is displayed, the weight is displayed again, then the monitor automatically shuts off.

Use the Up button to scroll through the different results.

To scroll quickly through the results, press and hold the Up button.

When the desired results are selected, release the button to view the result. Readings are displayed for 40 seconds before the monitor automatically shuts off.

If the wrong personal number appears on the display.

Press the Down button to select your personal number while readings or personal data is being displayed.

Then press the SET/M button to display your own personal data and measurement results.

Situations where mis-recognition may occur

- When measuring people who have similar weights and body shapes
- When measurements have not been taken for a few days and there is a reasonable change in body weight
- When measuring directly after having the monitor stood upright, carrying the monitor or storing it with items placed on top

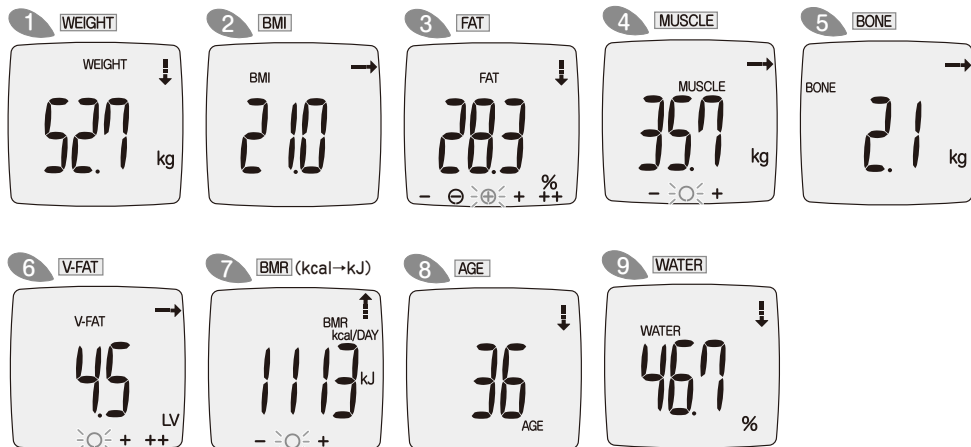
If the monitor continues to mis-recognize, specify your personal data number manually before measurement. (P.19)

Note: For children (age 5-17), the monitor will only display the Weight and the Body Fat% and BMI. Please refer to "Applicable Age Range" on p.22.

Measurement Results

Press the Up button to manually switch the display.

Press the SET/M button to view the previous readings in the display.



FAT	Muscle	V-FAT	BMR
++ Obese	+ High	++ Higher Risk	+ High
+ Overfat	○ Average	+ Lower Risk	○ Average
⊕ Standard Plus	- Under	○ Healthy	- Under
⊖ Standard Minus			
- Underfat			

Note: The Diet lamp lights when you are in the effective diet period.
The Diet lamp flashes during the change period.

Note: The arrow indicates whether the values have increased or decreased compared to the previous measurement values.

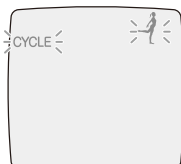
- ↓ Values decreased
- No change
- ↑ Values increased

Note: An alarm will sound to notify you if there are sudden changes in your body weight.

Body weight increase: 5 short beeps

Body weight decrease: 3 short beeps, pause, 3 short beeps

This function operates when there are striking increases or decreases in body weight over the last 7 days, or if there are sharp changes in body weight that may be caused by malnutrition due to insufficient dietary intake or excessive exercise. If the alarm sounds, please review and improve your recent lifestyle choices.



Note: When the diet mode for females is enabled, the "♀" may flash in the measurement results if there were no inputs after the most recent menstruation starting date.

Setting Your Target Weight

Set the target value within a realistic range.

1. Setting the Target Value

Press the Up button when the measurement results are being displayed (P.12) until the body weight is displayed, and then press the DIET button.


Press the SET/M button to display your individual data.

Press the Up or Down button to enter the target numerical value.


Press the SET/M button to enter the value.




If diet mode for females is disabled

Press  button to return to the current measurement value.

If diet mode for females is enabled

Press the  button to display the diet mode for females information.(P.15)

Press the  button again to return to the current measurement value.



2. Viewing the Target Value

Press the DIET button when the body weight is being displayed.

The difference between the target value and the current measurement value is displayed. Press the DIET button again to return to the current measurement value.

(See above for differences when the diet mode for females is enabled.)



Target value



Difference between the target value and this measurement value



When the target is achieved:

The display section of the body composition monitor congratulates you with a smiling face. The differences are also displayed after reaching the target value.

Setting Your Target Weight (Continued)

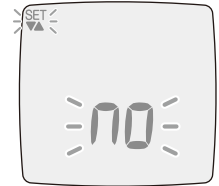
Deleting/Changing the Target Value

Press the SET/M button when the target value and difference with the target value are being displayed. "CLr" is displayed.

To delete the value: Press the Up or Down button to select "YES", and press the SET/M button.

"GOAL WEIGHT ---" is displayed, and the display returns to the current weight display.


To change the value: Press the Up or Down button to select "no", and press the SET/M button. The target value setting screen is displayed.



Using the Diet Mode for Females

There are times when a woman's body responds well to diet and exercise and times when it doesn't, and these times are dictated by the balance of hormones. This function indicates these times with lamps to support effective dieting.

Effective diet period

 Diet lamp lights (green)

Change period

 Diet lamp flashes (green)

Relaxation period

 Diet lamp is off

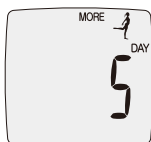
Viewing Diet for Females Information

If the diet mode for females is enabled, you can press the DIET button when any measurement results are being displayed to find out when your effective diet period is or how many days have passed since the start of menstruation.

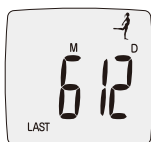
Diet information for females is displayed in order on the (1) (2) and (3) screens shown below.

Press the DIET button to manually switch between the displays.

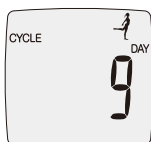
If the target weight is set, you can press the DIET button when the weight is being displayed to find out the target weight. Press the DIET button again to find out Diet information for females.



(1) displays how many days of the effective diet period remain.
(Only displayed during the effective diet period.)



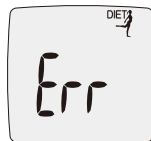
(2) displays the previous menstruation start date.



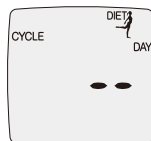
(3) displays the number of days that have passed since the previous menstruation start date.

Note:

- The diet mode for females assumes that the person has a menstrual cycle that is within the normal range. (The normal menstrual cycle range is between 25 - 38 days, and the variation between the number of days per cycle is within 6 days.) Users who have different menstrual cycles should use this information for reference only.
- This device does not actually measure the menstrual cycle.
- The Diet lamp does not light if the menstruation starting date is not entered every month.
- The following screen is displayed if the menstruation starting date is set as a future date by mistake.

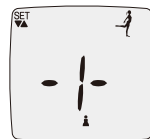


- The following screen is displayed if 99 or more days have passed since last menstrual starting date.

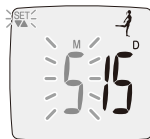
**Registering the Menstruation Starting Date Every Month**

When registering personal data, enable the diet mode for females and enter the most recent menstruation starting date. (P.10) Enter the menstruation starting date every month to ensure accurate notification of the effective diet period.

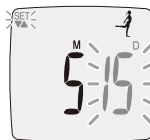
- Check that the display has gone off and press the Down button.
- Press the Up or Down button to select your own registration number.
- Press the SET/M button to enter.
- Press the DIET button.



When the screen on the right is displayed, use the Up or Down button to select the previous menstruation starting date.

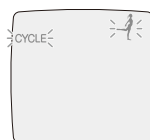


- Press the SET button to enter.
- This completes the registration, and the power turns off automatically.



Note: If the diet mode for females is enabled but the menstruation starting date has not been registered for a while, the following screen is displayed after the measurement results.

Also, the "♀" flashes while the measurement results screen is being displayed.

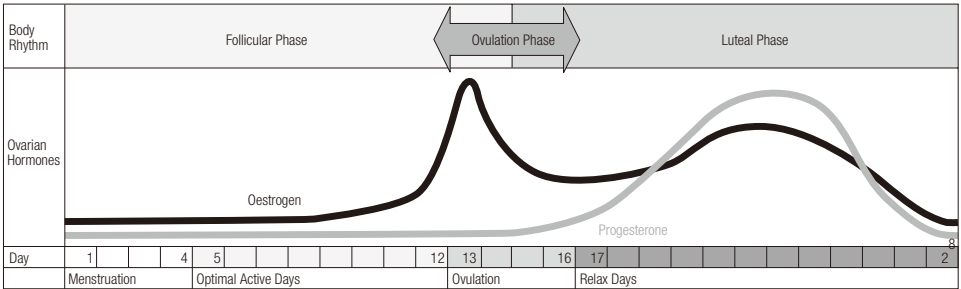


What is the Diet Mode for Females?

We recommend a healthy diet and self-care based on your natural hormone rhythm and your physical and mental condition.

Women have an optimal phase for fitness and dieting and a phase where the body needs more rest due to the balance of hormones. The graph below shows the menstrual cycle and changes to the balance of hormones. From the latter part of the menstrual cycle to the preovulatory phase, the amount of estrogen increases making the body stronger and more energetic, making it the optimal time for exercising. This phase is known as the “effective diet period”. Conversely, when the levels of progesterone increase after ovulation, the mind and body may tend to become slightly unbalanced. This phase is not so optimal for exercise, and is known as the “relaxation period”.

Measurement Results in Diet Mode for Females



Indicator color

- Diet lamp lights (green) : Effective diet period
- Diet lamp flashes (green) : Change period
- Diet lamp is off : Relaxation period

Ignoring this hormonal rhythm and undertaking excess exercise can cause the body to become too thin. In recent years, young women tend to overdo dieting or eat an unbalanced diet. As a result, problems such as reduced hormonal effects, reduced bone mass or unstable, slowing of or stoppage of the menstrual cycle, which in some cases prevent essential female bodily functions of pregnancy and childbirth from working. It is therefore essential to understand your body’s natural rhythm, and ensure that no unnecessary stress is placed on the body in order to make a healthy body.exercise, and is known as the “relaxation period”.

Viewing Previous Measurements

Recall Function

To obtain previous reading press the SET/M button while the readings are being displayed.

The following result of previous readings will be displayed by using the Up button.

Press the SET/M button again to go back to the current result display.

Note:

For children (age 5-17), the unit will only display the Weight and the Body Fat% and BMI.



Viewing Previous Measurements without Taking New Measurements

Check that the display is off, and then press the Down button.

Press either the Down button or Up button and select your personal data number.

Press the SET/M button to enter.

When "0.0kg" appears in the display, press the SET/M button to display the previous values.

Press the Up button to display other items.

Specifying the Personal Data Number for Measurement

Follow these instructions if the monitor continues to mis-recognize your number.

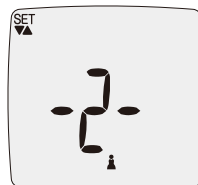
1. When the power is off, press the Down button to start measuring.

Select your personal number using the Up/Down buttons and then press the SET/M button.

2. Step onto the monitor when "0.0kg" (0.0lb, 0.0stlb) appears in the display.

The monitor turns off automatically after displaying the measurement results.

Note: If the monitor mis-recognize your number, press the Down button while the measurement results are displayed. Select your personal number using the Up/Down buttons and then press the SET/M button to display your measurement results.



Programming the Guest Mode

Guest mode allows you to program the monitor for one-time use without using a personal data number.

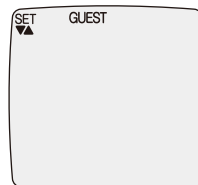
Press the Down button to select "GUEST", then press the SET/M button.

Next, follow the steps below:

Set the age, gender (male/ female/ male athlete/ female athlete) and height.

Step onto the monitor after "0.0kg" (0.0lb, 0.0stlb) is displayed.

The readings are displayed for 40 seconds.



Note: The age range is from 5 to 99.

Who should use Athlete Mode?

Adults aged 18 years and over who either:

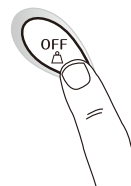
- Train or exercise for 12 hours or more a week and have been doing so for at least six months.
- Are body builders.
- Are professional athletes who want to monitor their progress at home.
- Have a lifetime history of fitness and who used to do more than 12 hours a week but do less now.
- Do not step off until "0000" disappears.

Taking Weight Measurement Only

Press the Weight-only button. After 2 to 3 seconds, "0.0kg" appears on the display and the monitor beeps. When "0.0kg" appears on the display, step onto the monitor.

The body weight reading appears.

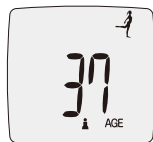
The display lights for about 20 seconds, after which the power turns off automatically.



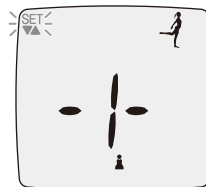
Deleting Personal Data

1. Select the Number to Delete

Check that the display is off, and press SET/M button.
Press Down or UP to select the number that you want to delete.
Press and hold SET/M button for more than 3 seconds.



Registered details of the number to be deleted are displayed.



2. Decide Whether or not to Delete Registered Personal Information

The screen on the right is displayed after the registered details are displayed.
When "CLr" is displayed, select either "YES" or "no".



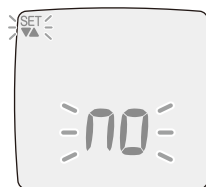
To Delete Registered Information

Press the Up/Down button to display "YES".
The power turns off automatically.
Press the SET/M button to confirm.



To Keep Registered Information

Press UP or Down to display "no", and press the SET/M button to enter.
The registered information is deleted and the power turns off.



Note: When personal data is deleted, all data such as the registered details and previous values are deleted.

Troubleshooting

If the following problems occur ...then...

- **The wrong weight format appears followed by kg, lb, or stlb.**

Refer to "Changing the Weighing Unit" on p.8.

- **"Lo" appears on the display, or all the data appears and immediately disappears.**

Batteries are low. When this message appears, be sure to replace the batteries immediately since weak batteries affect the accuracy of your measurements. Replace all the batteries at the same time with new AA-size batteries.

Note: Your settings are not erased from the memory when you remove the batteries.

- **"Err" appears while measuring.**

Please stand on the monitor and keep as still as possible.

The monitor cannot accurately measure your weight if it detects movement.

The monitor cannot take measurements if the Body Fat Percentage is higher than 75%.

- **The Body Fat Percentage reading does not appear or "Err" appears after the weight is measured.**

Your personal data has not been programmed. Follow the steps on p.7.

Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform.

- **"OL" appears while measuring.**

Reading cannot be obtained if the weight capacity is exceeded.

- **Cannot measure body composition even though personal data is set.**

The personal data settings are not complete.

You need to measure body composition once immediately after entering the personal data.

- **The target weight information is not displayed even when the DIET button is pressed.**

Set the target weight.

Press the DIET button while the weight is being displayed.


- **Diet mode for females information is not displayed even when the DIET button is pressed.**

Set the diet mode for females. Also, enter the menstrual cycle start date every month.

- **" and "CYCLE" are displayed after the measurement results screen.Or the " flashes in the measurement item screen.**

The menstruation starting date has not been registered for a while.

Register the menstruation starting date.

- **"Err ** appears.

Is an electrical device that emits radio waves being used near this monitor?

Was the monitor stored standing upright or with items placed on top?

Did you move the monitor just prior to measuring?

Did you move the monitor immediately after measuring?

Measurement results and target setting values are not saved.

Specifications

BC-G02

Weight Capacity

150kg (330lb) (23st 8lb)

Weight Increments

0 to 150kg/0.1kg

0 to 330lb/0.2lb

0 to 23st8lb/0.2lb

Applicable Age Range

Body Fat %

5 to 99 years old

BMI

5 to 99 years old

Bone Mass

18 to 99 years old

Visceral Fat

18 to 99 years old

Body Water %

18 to 99 years old

Muscle Mass

18 to 99 years old

Basal Metabolic Rate

18 to 99 years old

Metabolic Age

18 to 99 years old

Personal Data

2 memories

Power Supply

4xAA batteries (included)

Power Consumption

60 mA maximum

Measuring Current

50 kHz, 6.25kHz, 100 μ A

Disposal



This is an electronic device. Please dispose of it as an electronic device, not as general household waste.

Please follow the regulations in your local region when disposing of this device.



⚠ Not allowed to mix batteries with consumer wastes!

As consumer you are legally bound to return used or discharged batteries. You can deposit your old batteries at the public collecting points in your town, or wherever the corresponding batteries are sold and specifically marked collecting boxes have been set up. In case of scrapping the apparatus, the batteries should be removed from it and deposited at the collecting points as well.



This device meets the EMC Directive 2004/108/EC and the RoHS Directive 2011/65/EU.

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