TANITA
Monitoring Your Health

MANUAL

Body Composition Monitor

Model: BC-G01

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

Table of Contents

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 a 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.
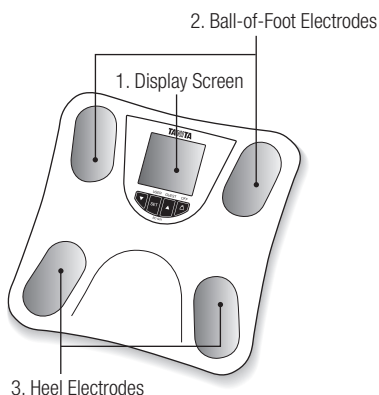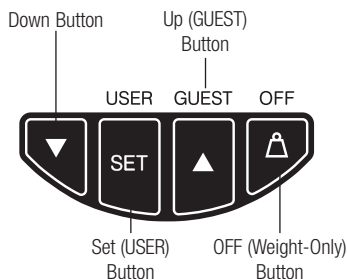
Tanita cannot accept any responsibility for losses incurred due to the loss of recorded data.

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.
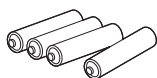
Features and Functions

Down Button Up (GUEST) Button

USER GUEST OFF

▼ SET ▲ ⚠

Set (USER) Button OFF (Weight-Only) Button

2. Ball-of-Foot Electrodes

1. Display Screen

3. Heel Electrodes

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.
🚫 **Prohibited**	**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.

⚠Caution

	Do not stand on the display screen or control panel.
🚫 **Prohibited**	**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.

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.

Always…

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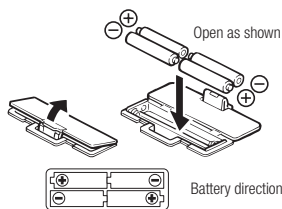Doing so may cause the monitor to malfunction, preventing accurate measurements.

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

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Preparations Before Use

Open as shown

Battery direction

⚠ Inserting the Batteries

Open the battery cover on the back of the monitor. Insert the supplied AA-batteries as indicated.

Note: Be sure that the polarities of the batteries are set properly. If the batteries are incorrectly positioned, 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. Please note that the included batteries may have decreased energy levels, and should be replaced with new batteries as soon as possible.

⚠ 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.

Getting Accurate Readings

Heels centered on electrodes

Toes may overhang measuring platform
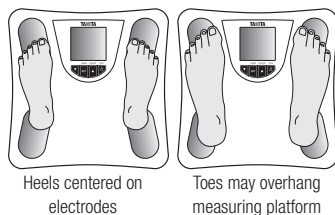
Note: An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

To ensure accuracy, readings should be taken without clothing and when the body is consistently hydrated. If you do not undress, always remove your socks or stockings and be sure the soles of your feet are clean before stepping on the monitor.
Be sure that your heels are correctly aligned with the electrodes on the monitor. Don't worry if your feet appear too large for the monitor, as accurate readings can still be obtained if your toes overhang the monitor.
It is best to take readings at the same time of day. Try to wait about three hours after waking, eating, or hard exercise before taking measurements.
While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor your progress, compare weight and body fat percentage taken under the same conditions over a period of time.

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.

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 SET button when the display is blank. When "0.00kg" (or "0.0lb", "0.0stlb") appears on the display, press the Unit Switching button 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 (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 button. The monitor beeps once to confirm.

2. Set Hour

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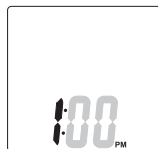The monitor beeps once to confirm.

3. Set Minute

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

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

Note:
• After you replace the batteries or if you want to reset the date and time, press and hold the Down button to begin the date and time programming process. Replacing the batteries causes the date and time settings to be lost.
• 60 seconds or more of inactivity during this process cause the monitor to shut off automatically. No settings are 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. No settings are saved as a result.

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
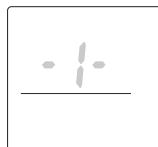
Press the Set button to turn on the monitor.
The monitor beeps to confirm activation, the Personal data number is displayed, and the display flashes.
Note: If you don't operate the monitor for 60 seconds after the monitor has been turned on, it turns off automatically.
Note: If you make a mistake or 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, 2, 3, 4 or 5). Once you reach the Personal data number you wish to use, press the SET 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 button each time to enter each setting. The monitor beeps once to confirm.

Note: The available age range is from 5 – 99.
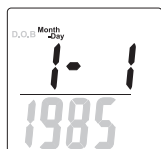
4. Select Female or Male

Use the Up/Down buttons to scroll through and select from the Female (👤), Male (👤), Female/Athlete (👤 / 🏃) and Male/Athlete (👤 / 🏃) settings, then press the Set button. The monitor beeps once to confirm.
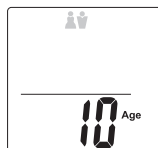
5. Specify the Height

The display defaults to 5' 70" (170cm) (height range is from 3' 0.0" – 7' 3.0" or 90cm – 220cm).
Use the Up/Down buttons to specify the height and then press the SET button. The monitor beeps once to confirm. The display shows the personal data once to confirm, and then the display shows "0.0" and is ready for measurement.
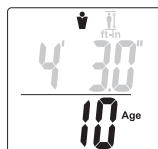
6. Measuring your weight and body fat

Step on to the monitor within 30 seconds of "0.0" being shown on the display.
**Do not step off until the Body fat % is shown.**
The readings are shown for 40 seconds.
The monitor then shuts off and the readings are stored in the memory.

Note: If you step onto the monitor before "0.0" appears, "Err" appears in the display and readings cannot be obtained. Furthermore, if you do not step onto the monitor within 30 seconds of "0.0" appearing, the power is shut-off automatically. Please try setting and storing personal data again.
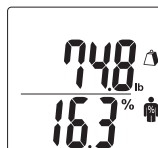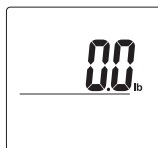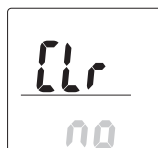
Note: If you change the birthday and/or gender, the "CLr" appears in the display. Select "YES" using the Up/Down buttons to delete the existing personal data. Select "no" using Up/Down buttons to keep the existing data and shut down the monitor.

Taking Weight and Body Fat Readings

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 below. After the last result reading is displayed, the weight and Body Fat % reading appears 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.
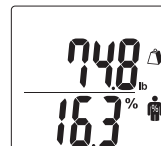
**If the wrong personal number appears on the display.**

You can change the personal number using the SET (USER) button.

Press the SET button until your personal number and profile appears.

After selecting the correct personal number, wait for 4 seconds and the display shows your correct readings automatically.
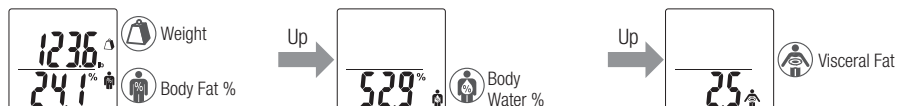
The readings are stored in your personal number memory.

If you select "dEL", no readings are stored in the memory.
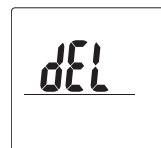
Note: For children (age 5-17), the monitor will only display the Weight and the Body Fat %.
Please refer to "Applicable Age Range" on p.9.

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Programming the Guest Mode

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

Press the Guest button to activate the monitor, and then set the age, select Female or Male and specify the height.

Step onto the monitor after "0.0" is shown on the display. The weight is displayed first. Continue standing on the monitor until the Body Fat % reading is shown on the display. The reading is displayed for 40 seconds.

Note: Do not step off until the Body Fat % is shown.

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

GUEST

Taking Weight Measurement Only

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

OFF

Troubleshooting

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

- **The wrong weight format appears followed by kg, lb, or st-lb**
  Refer to "Changing the Weighing Unit" on p.5.

- **"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 "-----" appears after the weight is measured.**
  Your personal data has not been programmed. Follow the steps on p.6.
  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.

Specifications
BC-G01

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
Visceral Fat
18 to 99 years old
Body Water %
18 to 99 years old

Personal Data
5 memories

Power Supply
4xAA batteries (included)

Power Consumption
60 mA maximum

Measuring Current
50 kHz, 6.25kHz, 500 μA

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.

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

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