Cal-Max™ & Weight Scale

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 2542 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.

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**BATTERY INFORMATION AND GENERAL SET-UP**

![Battery Information and General Set-Up](image)

1. Select weight mode.
2. Remove plastic strip. Ensure the + sign is up.
3. Position scale on flat surface.

This scale operates on 1 CR2032 lithium battery (installed).

Please remove any plastic strips from the battery compartment before continuing with these instructions.

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

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.

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.
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.

REMEMBER: 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.

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

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.
HOW TO TAKE A WEIGHT/CAL-MAX™ READING

1. Press the “SET” button while the scale is off. Press the (▲) or (▼) button to 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.

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 20 seconds.

TO VIEW PREVIOUS RESULTS
Your scale will save the last measurement results for review. To view previous results:

- Press the “Mem” button.
- Press the (▲) or (▼) button until your memory number displays.
- Press the “Mem” button. Results will appear three times, then the scale switches off.

TO CHANGE PERSONAL DATA:

Press the “Set” button.
Press the (▲) or (▼) button until your memory number displays.
Press the “Set” button. The current data displays. Follow the steps in “How to Enter Personal Data into “Memory” to change the data.
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

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<th>Height (inches)</th>
<th>Body Weight (pounds)</th>
<th>Overweight</th>
<th>Obese</th>
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</tbody>
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| 19 20 21 22 23 24 | 25 26 27 28 29 | 30 31 32 33 34 35 |

**Body Mass Index**

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

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 = Low Battery Warning. Replace the CR 2032 lithium battery with the “+” sign up.

Lo = Low Battery Warning.
FIVE (5) YEAR LIMITED WARRANTY

This scale is warranted against defects in materials of workmanship 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.