Jenny Craig ®

by **TANITA**

# HealthyTrack™ Scale

JennyCraig®

Table of contents

Safety precautions

- Do not use this unit on slippery surfaces.
- Do not step on the platform when wet.

Important notes for users

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. TANITA assumes no responsibility for any kind of loss of recorded data. TANITA assumes no responsibility for damage or loss caused by these units, or any claim made by a third person.

Display and keys

Up / Date & Time button

Personal key /
Off button

Set button

Down / Recall button

Personal key
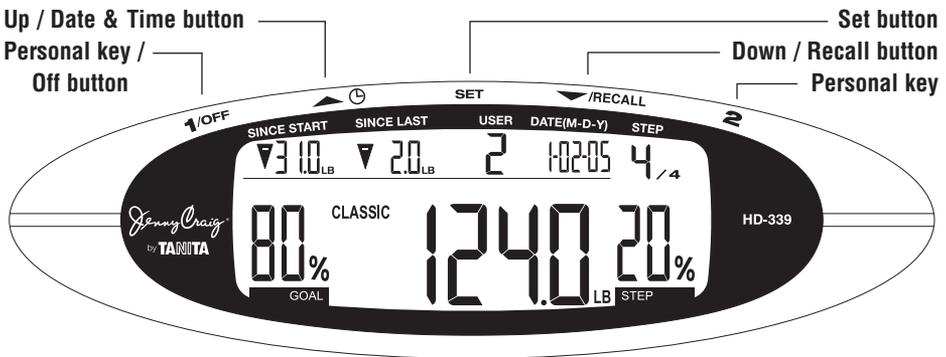
Specifications

Maximum capacity: 375 lb (170 kg)

Graduations: 0.2 lb (0.1 kg)

Power supply: Two 3-volt CR2032 replaceable lithium batteries (included)

Before use

1. Insert the supplied batteries as explained in the next section. Please note that if the batteries were inserted at the factory, their energy level may have decreased.
2. Set the calendar, time and personal data. Please see page 6 for details.

Inserting/Replacing the batteries

The battery box is located on the back of the measuring platform.

Two 3-volt CR2032 replaceable lithium batteries

Lithium batteries can typically be used for many years before replacement is necessary. When the low battery sign, "LO" appears on the LCD, please replace with two new lithium batteries.

Gently remove the battery cover. Press on the edge of the battery to lift and remove the old batteries. Place new batteries positive (+) side up being sure that they are placed under the outer edge, as shown. Replace battery box cover. Please program the calendar and time.
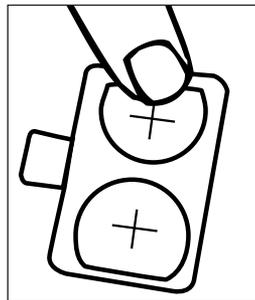
Weight Mode Switch

Select your preferred weight mode using the weight mode switch located on the rear of the scale.
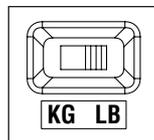
Positioning the unit

Place the measuring platform 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 platform.

Handling tips

• Do not attempt to disassemble the unit.
• Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
• Avoid excessive impact or vibration to the unit.
• Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
• Never submerge the scale in water or spill chemical liquids on it. To clean, use a dampened cloth and mild detergent.
• Do not drop any objects onto the platform.

Product Features

How the Scale Determines Your Auto Goal Weight

During the programming process, you will enter your height. Once your height is entered, the scale automatically suggests your ideal goal weight corresponding to a Body Mass Index (BMI). According to National Institutes of Health, the ideal BMI range is 18.5-24.9. If your current BMI is above 24, the scale automatically suggests a target weight corresponding to a Body Mass Index (BMI) of 24. If your current BMI is 24 or below, the scale automatically suggests a target weight corresponding to a Body Mass Index (BMI) of 22.

Once the auto goal weight is given, you still have the option to change to your desired goal weight (= Input Goal Weight). Use the + or - keys to change to desired goal weight.

How the Scale Determines Your Step Goals (Milestones)

Your Jenny Craig HealthyTrack Scale automatically establishes realistic step goals (milestones) in increments of 5 lb or greater depending on your target weight established by the user. If your weight loss is

9.8 lb or less – you will have 1 step
14.8 lb or less – you will have 2 steps
19.8 lb or less – you will have 3 steps
20.0 lb or greater – you will have 4 steps

NOTE: Users will not be able to change the steps once they are established by scale.

Body Mass Index (BMI)

| | Underweight | | Normal Weight | | Overweight | | Obese | |

WEIGHT (LBS)

HEIGHT	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
4'10"	21	22	23	24	25	26	27	28	29	30	31	32	33	34	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
4'11"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	47	48	49	50	51
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	19	20	20	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	46	46	47
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	39	40	41	42	43	43	44
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	38	39	39	40	41	42	43
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	36	36	37	38	39	40	40
5'7"	15	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	35	36	37	38	38	39
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	33	34	34	34	35	36	36	37	38
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	33	33	33	34	35	35	36	37
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	31	31	31	32	33	33	34	35	36
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	31	31	31	32	33	33	34	35
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	30	31	31	32	33	33	34
6'1"	13	14	15	15	16	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33
6'2"	13	13	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	31	31
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30

Source: National Institutes of Health

Please consult with your physician before you start your diet program.

Setting (resetting) Calendar and Time

1. Set month

Press and hold the Up / 🕐 button for two seconds to turn on the unit. Press the Up / Down buttons to set month and then press the SET button. The unit will beep once to confirm.

2. Set day

Press the Up / Down buttons to set day and then press the SET button. The unit will beep once to confirm.

3. Set year

Press the Up / Down buttons to set year and then press the SET button. The unit will beep once to confirm.

4. Set hour

Press the Up / Down buttons to set hour and then press the SET button. The unit will beep once to confirm. Please be sure to set AM/PM correctly.

5. Set minute

Press the Up / Down buttons to set minute and then press the SET button. The unit will beep twice to confirm and will flash all data to confirm the program. The power will then shut down automatically.

NOTE:

• After you replace the lithium batteries, press and hold the Up / 🕐 button to begin the Calendar and Time programming process. Replacing the batteries will cause the loss of Calendar and Time settings.

• Thirty seconds or more of inactivity will cause automatic shut off during this process. No data will be saved as a result.

• If you make a mistake or wish to turn the unit off before you complete the programming, press and hold the "1/OFF" button for three seconds or more to turn the unit off. No data will be saved as a result.

Setting (resetting) personal data in memory

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

Place your scale on a flat, even floor. You will need to measure your current weight during this process.

1. Turn on the power

Press SET button to turn on the unit. The unit will beep to confirm activation. The personal key number will flash.

• If Calendar and Time are not programmed the scale automatically enters Calendar and Time setting mode. Please follow the instructions above.

2. Select a personal key number

Press the Up / Down buttons to select a personal key number (1-2). Once you reach the personal key number you wish to use, press the SET button. The unit will beep once to confirm.

3. Specify the height

The display defaults to 5' 7" (170 cm). Use Up / Down buttons to specify height and then press the SET button. The unit will beep once to confirm.

NOTE: Height setting range is from 3' 4" – 7' 3" (100 cm – 220 cm)

4. Measuring weight

Make sure that the scale is placed on a flat, even floor.

When "0.0" displays, step on the platform. The result will be displayed and will beep twice to confirm. You may then step off the scale.

NOTE: "Err" appears when the unit cannot accurately measure your weight or if it detects movement. The scale will automatically shut off after 20 seconds.

5. Select "Auto Goal Weight" or "Input Goal Weight"

The scale displays your "Auto Goal Weight." You may press SET button to confirm. The unit will beep once to confirm. If you wish to change the goal weight, use Up / Down buttons to set goal weight and then press the SET button. The unit will beep once to confirm. "Input Goal Weight" icon will appear.

NOTE: "Input Goal Weight" setting range is ± 99 lb (± 50 kg) from the current weight.

6. Select CLASSIC Mode or WEIGHTLESS Mode (Description on page 8.)

The display defaults to Classic Mode. Use Up / Down buttons to select Classic Mode or Weightless Mode and press the SET button. The unit will beep twice to confirm and store the personal data. The scale will then automatically shut off.

- Classic Mode will display your current weight in the center of the display.
- Weightless Mode will not display your current weight; instead your "Since Start" weight and "Since Last" weight will flash alternately in the center of the display.

NOTE:

- If the calendar and time are not programmed, you will not be able to program your personal data. Please program calendar and time first.
- **If you reset the personal data, your history data will be deleted.**
- Thirty seconds or more of inactivity will cause automatic shut off during this process. No data will be saved as a result.
- If you make a mistake or wish to turn the unit off before you complete the programming, press and hold the "1/OFF" button for three seconds or more to turn the unit off. No data will be saved.

Classic and Weightless Mode

Classic Mode

The LCD displays the actual weight, the weight change (loss/gain) from previous reading in lb/kg, weight change (loss/gain) since Day 1 in lb/kg, % achieved toward the goal, and % achieved within the step in %.

Weightless Mode (Privacy Mode)

The LCD does not display the actual weight. All other information from Classic Mode will be displayed.

This unique and patented Weightless Mode allows you to maintain your actual weight in privacy from other household members. By selecting this mode, your actual weight is not displayed, but only your progress. All other features of the Classic Mode remain the same.

Instructions for use

Classic and Weightless Mode

NOTE:

- Please set the date, time and your personal data before operating the scale.
- If you wish to turn the unit off before automatic shut off, press the "1/OFF" button for three seconds or more. **No history will be saved as a result.**

1. Select personal key and step on scale

Press personal key and the display will show "0.0."

Step onto the platform.

NOTE:

- If you step onto the platform before "0.0" appears, the display will show "Err."
- If you do not step onto the platform within 30 seconds after "0.0" appears, the scale will automatically shut off. **No history will be saved as a result.**
- If calendar and time are not programmed the scale automatically enters calendar and time setting mode. Please follow the instructions on page 6.
- If personal data is not programmed, the scale will display "- - - -" and automatically shut off. Please follow the instructions on page 6.

2. View your readings

Gain or loss of weight since Day 1 with up/down & +/- arrow

Gain or loss of weight since previous reading with up/down & +/- arrow

User number

Date

Current step

Total Steps established

% achieved toward goal

% achieved in current step

Mode you are currently using (Classic or Weightless)

Actual weight
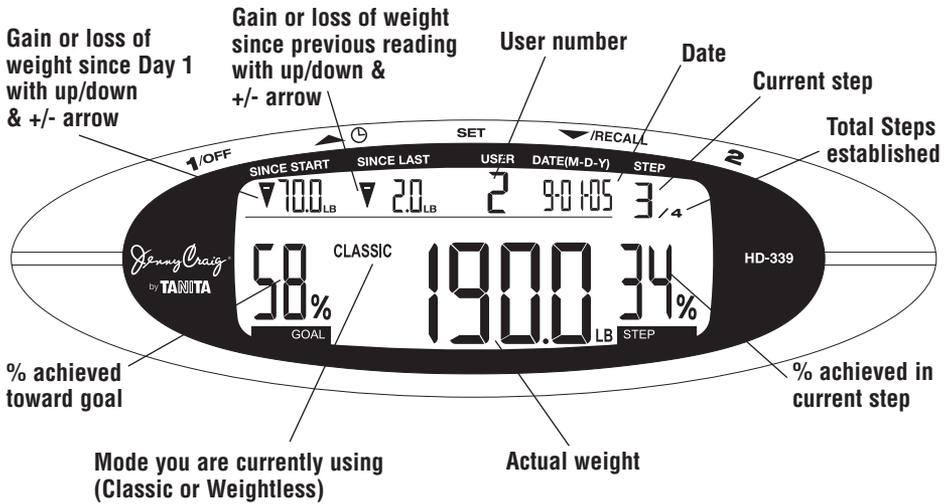
NOTE: While the current result is being displayed, you may press the Down/Recall button to enter Recall Functions. Please see page 10 for more details.

3. Additional callouts

Jenny Craig Benefit Icon – First 5% weight loss from Day 1.

Losing 5% of your body weight is a very important achievement. It represents an amount of weight that lowers your risk for health conditions such as heart disease, diabetes and hypertension. When you reach this very significant milestone, your HealthyTrack Scale will notify you by displaying an apple icon at the top of the screen.

Reward Icon – Each completion of one step.

NOTE:

- If you remain on the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.
- If you step off the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.

JennyCraig®

Weight Only Mode

No personal data or calendar/time set up is necessary. The readings will not be saved and recall function will not apply to this Weight Only Mode.

If you wish to turn the unit off before automatic shut off, press the "1/OFF" button for three seconds or more.

1. Tap on the center of platform

The display will flash "8888" (calibrate) and then "0.0" will be displayed.

2. Step onto the platform

NOTE:

- If you step onto the platform before "0.0" appears, the display will show "Err."
- If you do not step onto the platform within 30 seconds after "0.0" appears, the scale will automatically shut off.

3. The display will show your weight

NOTE:

- If you remain on the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.
- If you step off the platform after your weight is displayed, the power shuts off automatically in about 20 seconds.

Recall function

The recall function allows users to monitor their progress by showing the last 12 reading results with the date. After each reading is completed in Classic or Weightless Mode, the scale automatically stores the last 12 reading results. THE SCALE WILL NOT STORE THE HISTORY IN WEIGHT ONLY MODE.

1. Press the Down / Recall button

The display will show "1" under User Number.

2. Press your personal key

The display will show the weight and date of previous reading.

Press the Up / Down button to navigate the last 12 readings.

The scale will automatically shut off after the last recall reading is displayed.

NOTE:

- If there is no recorded data, the scale will show "- - - -" in the center.
- The scale will automatically shut off after 30 seconds of inactivity of buttons.
- If you wish to turn the unit off before automatic shut off, press the "1/OFF" button for three seconds or more.
- **If you reset the personal data, your history data will be deleted.**

Troubleshooting

"Err" appears on the display

You stepped on the scale before "0.0" appeared on the display.

Wait until "0.0" appears, then step on the scale.

"- EE -" appears on the display

Reading cannot be obtained if the weight capacity is exceeded.

"- - - -" appears on the display

If it is during weight measuring process, there is no memory of your personal data. Please program your personal data.

If it is during Recall function, there is no history of your weight data.

"LO" appears on the display

Two lithium batteries are low. Please change the batteries immediately.

00% is shown in Goal

You over-achieved your goal. No % in Goal will be displayed.

% are displayed in Goal but nothing is in Step

This happens when the difference between your goal weight and initial weight is less than 10 lb or 5 kg.

Unable to obtain the last 12 readings in Recall Function

If you change your personal data (i.e., height or goal weight) the history will be deleted. Battery replacement will not cause the loss of history.

Calendar and Time settings are lost

If you replace the batteries, the calendar and time settings will be lost. Please follow the instructions on setting (resetting) calendar and time.

Jenny Craig ®
by **TANITA**

**For technical questions about this product,
please contact Tanita at 1-800-Tanita8.**

**For information about Jenny Craig programs,
please contact Jenny Craig at 1-800-Jenny20
or log on to the Jenny Craig Web site at www.jennycraig.com**

Tanita Corporation
14-2, 1-Chome, Maeno-Cho
Itabashi-Ku, Tokyo, Japan 174-8630
Tel: +81(0)-3-3968-2123
Fax: +81(0)-3-3967-3766
www.tanita.co.jp
ISO 9001 Certified

Tanita Corporation of America
2625 South Clearbrook Drive
Arlington Heights, IL 60005 USA
Tel: +1-847-640-9241
Fax: +1-847-640-9261
www.tanita.com
(800) Tanita-8 (USA & Canada Only)

Tanita France S.A.
Villa Labrouste
68 Boulevard Bourdon
92200 Neuilly-Sur-Seine France
Tel: +33 (0)-1-55-24-99-99
Fax: +33 (0)-1-55-24-98-68
www.tanita.fr

Tanita Health Equipment H.K. Ltd.
Unit 301-303 3/F Wing On Plaza
62 Mody Road, Tsimshatsui East
Kowloon, Hong Kong
Tel: +852 2838 7111
Fax: +852 2838 8667

Tanita Europe GmbH
Dresdener Strasse 25
D-71065 Sindelfingen
Germany
Tel: +49 (0)-7031-6189-6
Fax: +49 (0)-7031-6189-71
www.tanita.de

Tanita UK Ltd.
The Barn, Philpots Close, Yiewsley,
Middlesex, UB7 7RY UK
Tel: +44 (0) 1895 438577
Fax: +44 (0) 1895 438511
www.tanita.co.uk

HD339 7801