

Compact Checklist: Smart Scales for Body Metrics

Track Body Fat, Muscle Mass, and Health Trends at Home

Core Features to Look For

- Body composition analysis (fat, muscle, water, bone)
- Syncs with apps (Apple Health, Fitbit, Google Fit)
- Multi-user support with auto-recognition

Display & Functionality

- Large, backlit display screen
- Step-on activation with fast readout
- Rechargeable or long-life battery

Extra Smart Integrations

- Wi-Fi syncing for real-time dashboard updates
- Pregnancy or athlete mode for better accuracy
- Historical tracking with weekly progress charts

Setup Tips

- Place scale on a flat, hard surface
- Weigh at the same time daily for consistent results
- Keep feet clean & dry for best sensor contact