

Compact Checklist: Smart Scales with Body Composition

Quick Buying Guide for Tracking Body Fat, Muscle & Health Trends

ESSENTIAL FEATURES

Track More Than Just Weight

- Body composition analysis: fat %, muscle %, water %, bone mass
- App sync with Apple Health, Google Fit, or Fitbit
- Multi-user support with auto-recognition profiles
- Step-on activation with instant readouts

DISPLAY & POWER

Read Fast, Charge Less

- Large, easy-to-read backlit screen
- Rechargeable battery or 12-month coin battery
- Weight units in lbs/kg/st for flexibility
- Auto shut-off to save power

SMART CONNECTIVITY

Smarter Sync, Smarter Tracking

- Wi-Fi or Bluetooth syncing for real-time updates
- Athlete or pregnancy mode for tailored accuracy
- In-app trends and charts for weekly progress tracking
- Compatible with cloud dashboards or shared accounts

WHY THIS CHECKLIST WORKS

Snapshot for Home Wellness Shoppers

- Helps you compare real body data tools, not gimmicks
- Covers only buyer-side tech, not usage habits
- Works alongside our Smart Scale Setup Guide for full value
- Built for wellness-focused users, families, and fitness starters