Smart Scales: Top 3

A smart scale tells you more than your weight. Step on with bare feet and it estimates your body fat, muscle, water, and more — then sends it all to an app on your phone so you can watch your trends over weeks and months.

How does it know your body fat?

The scale sends a tiny, harmless electrical signal up through your feet. Muscle and fat slow that signal down differently, so the scale can estimate what your body is made of. That word matters — see the honesty box below.

The top 3

- 1. Withings Body Smart — best overall (around $100).
- 2. Eufy Smart Scale P3 — most features for the money (around $100, often on sale for less).
- 3. RENPHO Elis 1 — best budget (around $30).

An honest note about accuracy

Home scales give you estimates, not lab results. Your body-fat number can shift a little day to day with water, meals, and sleep — that is normal. What matters is the trend over weeks, not any single number. And if you have a pacemaker or are pregnant, use weight-only mode or check with your doctor first.

Getting started: the simple version

1. Put the scale on a hard, flat floor — not carpet.
2. Install the scale's free app on your phone and make an account.
3. Step on with bare, dry feet, standing still. That is it — the numbers appear in the app.

Wi-Fi scales (Withings, Eufy) sync on their own. Bluetooth scales (RENPHO) need your phone close by with the app open. For the full step-by-step setup of each scale, see our detailed paid guides in the Store.

When to call Sean instead

- The app will not pair with the scale no matter what you try.
- Your readings look wildly wrong or jump around.
- You want help picking the right scale before you buy.
- Anything about your health numbers worries you — talk to your doctor, then call Sean for the tech part.

Call Sean at (813) 770-6082.

Need a hand? Call Sean at **(813) 770-6082**.