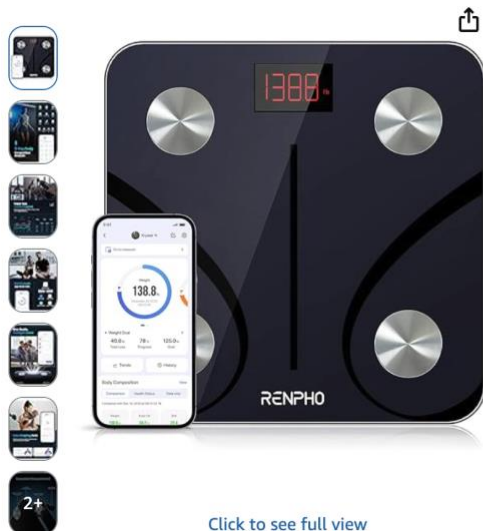


Weight and body measurement scales.

These are high-quality specialty scales that provide a variety of measurements, as shown in the image. The more expensive scale offers more detailed and complete data, while the less expensive scale provides the core information you need to track your weight and several body measurements. To obtain the scales easily, I recommend purchasing them through Amazon. However, they may be available from other vendors, so feel free to check other sites. Availability and pricing may change over time, but this reflects the listing as of June 15, 2026. I highly recommend these products, and I personally own both scales. There may be similar options available, so feel free to compare them, but I strongly encourage you to track both your weight and body measurements. I have compared the results from these two scales with those from a high-quality clinical scale and my own measurements, and the differences were negligible. That said, I encourage you to review these and any other weighing scales you might want to, but you do need to check your weight regularly. Remember, you can't expect what you can't inspect. Therefore, if you expect to manage your weight, you do have to measure it.

LR Sanders MD



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Ask Alexa

Can it track progress over time?

Does it need batteries?

Is the app easy to use?

Why you might like this

Compare with similar

Ask something else

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RENPHO Bluetooth Body Fat Scale, Digital Weight Scale Bathroom Smart Body Composition Analyzer Wireless BMI Compact Scale Health Monitor with Smartphone APP, 396 lbs

4.6      (20,347) | [Search this page](#)

 3 sustainability features 

100+ bought in past month

High price 

\$25⁹⁹ (\$25.99 / count)

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Color: **Select Color**



Size: **Select Size**

10.2"/260mm

11"/280mm

12"/300mm

Brand

RENPHO

Color

Grey-Black

Recommended Uses For Product

Fitness, Weight loss

Special Feature

Auto Shut Off, Backlit Display, Body Fat, Muscle Mass, Precision Balanced

Display Type

LED



- Ask Alexa
- Can it track muscle mass? Does it need wifi?
- Sponsored Why choose RENPHO scales?
- Is the app easy to use? Why you might like this
- Ask something else

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RENPHO Smart Scale for Body Weight, FSA&HSA Eligible, 8-Electrode Digital Bathroom Scale with BMI Body Fat Muscle Mass, Body Composition Analyzer, Larger Platform, MorphoScan Base

4.4 ★★★★★ (3,303) | Search this page

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Brand	RENPHO
Color	Black
Recommended Uses For Product	Adults, Fitness
Special Feature	Auto Shut Off, Body Fat, Eight electrodes, Large Display, Smart
Display Type	LED