

BEST PRACTICE FOR SCANNING CONDITIONS

It is important to always scan under the exact same circumstances every time you scan to ensure consistency and repeatability for tracking purposes.

WE RECOMMEND THE BEST PRACTICE AS FOLLOWS:

- » Scan at the same time of the day
- » Preferably do not scan after training
- » Keep your hydration and food volume the same
- » Do not consume alcohol within 24-48 hours prior to your scan. Preferably do not consume caffeine, pre-workouts, thermogenic (fat burners) or diuretics prior to scanning.
- » If you are female, take note of where you are in your hormonal cycle for consistency of readings.
- » Max weight is 240kg or 529 lbs
- » Ensure you are well hydrated
- » Make sure your feet cover the silver tactile points of the Evolt 360 scanner.
- » Ensure you are rested and calm (ie. if you have rushed to get to your scan, give yourself enough time to allow your blood pressure to return to normal)
- » Ensure you have full contact with your fingers, palms and thumbs with the silver tactile points on the handles of the Evolt 360 scanner and remain still and silent throughout the scan process.

SCAN INCONSISTENCIES

ALWAYS CHECK THE FOLLOWING TO RULE OUT ANY ERROR FOR SCAN INCONSISTENCIES:

- » Is the customer's height accurate in centimeters or feet and inches?
- » Is the customer taking any prescribed or non-prescribed medications?
- » What time of the day did the customer scan compared to the previous scan?
- » Was the customer fasted compared to the previous scan?
- » Did the customer consume high amounts of caffeine prior to the scan?
- » Has the customer recently had any invasive surgery?
- » Has the customer consumed any thermogenic aids such as Fat Burners or Pre-Workouts prior to scanning?
- » Did the customer scan post training?
- » Is the customer dehydrated?

