

# BODY COMPOSITION SCAN

PENINSULA  
= FITNESS =

## WHAT YOU NEED TO KNOW

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 when 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.

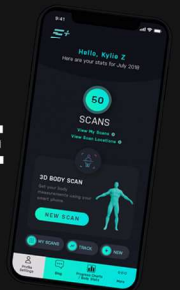
## BODY SCAN CHECKLIST

- » Install the Evolt Active App on your smart phone
- » Create your profile in the App
- » Ensure your height setting is correct
- » Scan in the morning if possible
- » Do not eat on the morning of your scan if possible
- » Enter your email and phone number into the scanner to get started
- » View your results from the Evolt App

Ensure any future scans are conducted under the same circumstances - time of scan, food and water intake, Alcohol consumption etc



## INSTALL THE EVOLT ACTIVE APP



EVOLTACTION

