

# BEST PRACTICE

## FOR SCANNING CONDITIONS

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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 best practice as follows:**

- Scan at the same time of the day.
- Keep your hydration and food volume the same.
- Preferably do not scan after training.
- Ensure you are well hydrated.
- Do not consume Alcohol within 24-48 hours prior to your scan.
- Preferably do not consume caffeine, pre-workouts or thermogenics (fat burners).
- 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).
- If you are female, take note of where you are in your menstrual cycle for consistency of readings.
- Make sure that your feet cover the silver pads of the Evolt 360 machine
- Make sure you have contact with your fingers, palms and thumbs on the silver pads on the handles of the Evolt 360 machine.



# SCAN INCONSISTENCIES

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**Always check the following to rule out any user error for scan inconsistencies:**

- Is the customer's height accurate in centremeters or feet and inches?
- Has the customer consumed any thermogenic aids such as Fat Burners or Pre-Workouts prior to scanning?
- Is the customer dehydrated?
- 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 scan post training?
- Did the customer consume high amounts of caffeine prior to the scan?
- Has the customer recently undergone any invasive surgery?



PROGRESS  
DASHBOARD



TRACKING



SOCIAL  
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MOBILE APP



CLOUD DATA



MACRONUTRIENT  
PROFILING



BODY COMPOSITION  
SCAN