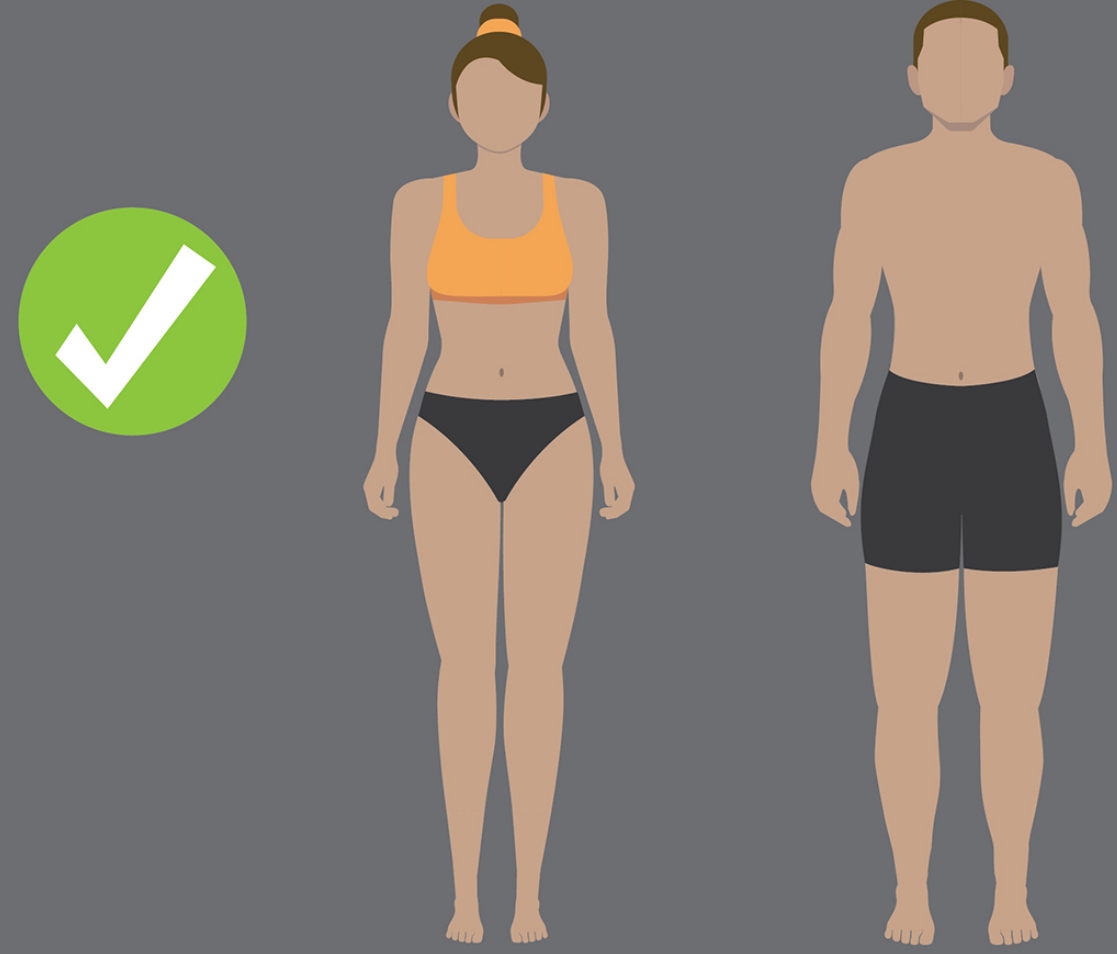# FIT3D SCAN GUIDELINES

STEP 1

PLEASE REMOVE ALL LOOSE CLOTHING: The scanner maps the surface of the body and reads the fabric as skin; it **DOES NOT** see through clothing. The circumference measurement will read wrinkles and baggy clothing as excess skin/fat. Even the **slightest wrinkles** can cause large increases in circumference measurements.

YEP
- SNUG BOXER BRIEFS
- UNDERWEAR
- SPORTS BRA

NOPE
- NO CLOTHING THAT IS BAGGY OR LOOSE, E.G. JEANS, BOXER SHORTS, REGULAR T-SHIRTS, ETC.
- NO CLOTHING THAT IS TOO TIGHT, E.G. CAUSING A MUFFIN TOP OR SHIFTING FAT FROM ONE AREA TO ANOTHER

We're taking circumference measurements from your neck to your ankles, so anything that interferes along the way (such as wrinkles from clothing, hair covering your neck, etc.) will **'break'** the ability to accurately capture your circumference measurements.

STEP 2

ENSURE ALL HAIR IS UP AND OFF OF YOUR NECK: All hair (short, long, beards, etc.) should be off of your neck. The scanner needs a clear view of your neck (front, side and back) to capture your neck circumference. **Your eyes and ears must be visible** to evaluate your posture assessment.

STEP 3

ENSURE THE AREA AROUND THE TURNTABLE IS CLEAR: Items within a **1 FT DIAMETER** may interfere with your scan.

1 FT OR 30 CM CLEARANCE

STEP 4

CAPTURE YOUR WEIGHT MEASUREMENT: There is no need to touch the handles yet. To take your weight measurement, simply step onto the scanner and **STAND STILL TO CAPTURE YOUR WEIGHT.**

When you step onto the scanner, please align the centers of your feet to the feet on the turntable.
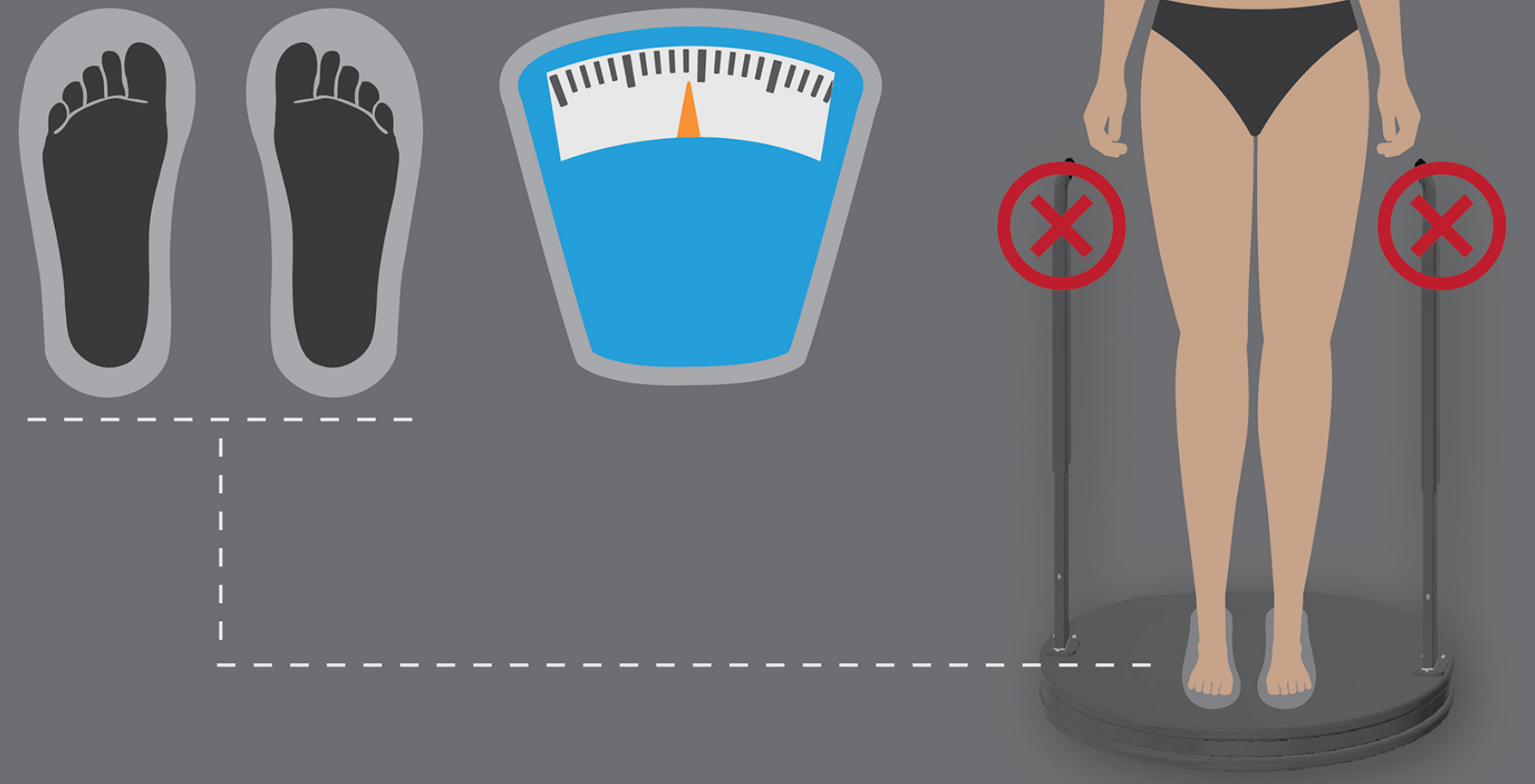
STEP 5

ENSURE CORRECT BODY POSITION: Once your weight has been captured, you will see instructions on the screen about how to start your scan.

Lift the handles **WITHOUT** pressing the buttons until your arms are straight.

Make sure your body creates an **A frame pose** with straight arms and legs.
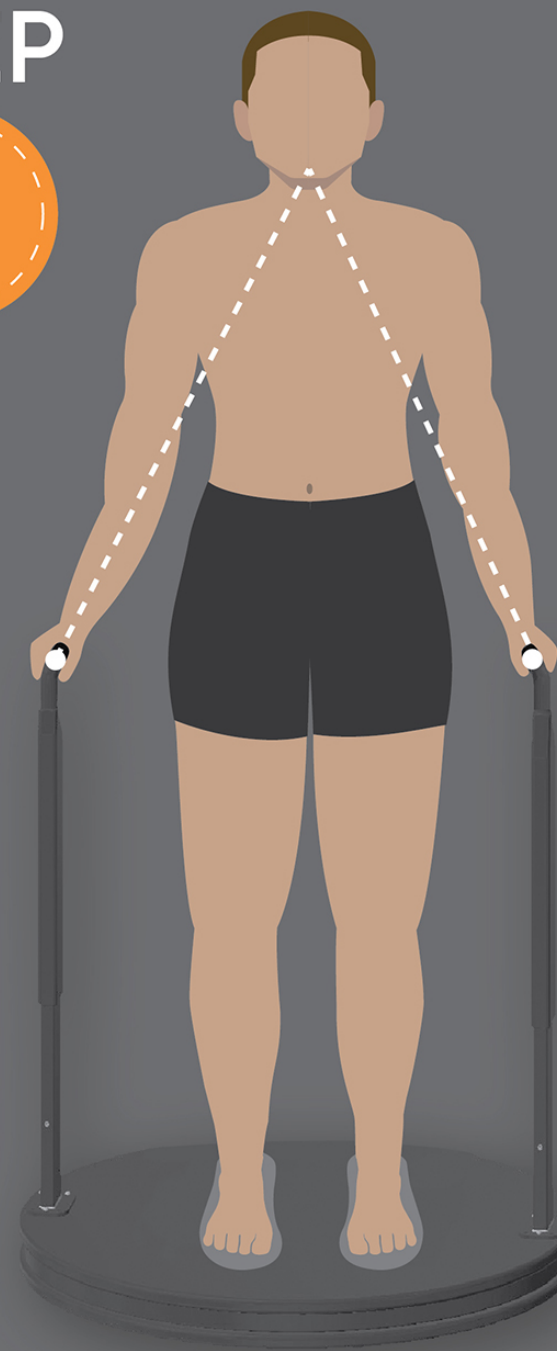
YOU'RE ALMOST READY! When you start your scan make sure you take **short, shallow breaths, keep your body still, your eyes focused straight ahead, and do not move your head.** Once you press the buttons, the turntable will start to spin.

STEP 6

YOU'RE READY TO SCAN! **Please do not move your head or body** at all during the entire scan. Be sure to hold the buttons down during the entire scan.

Only let go when the scanner stops rotating and you hear the completion time.
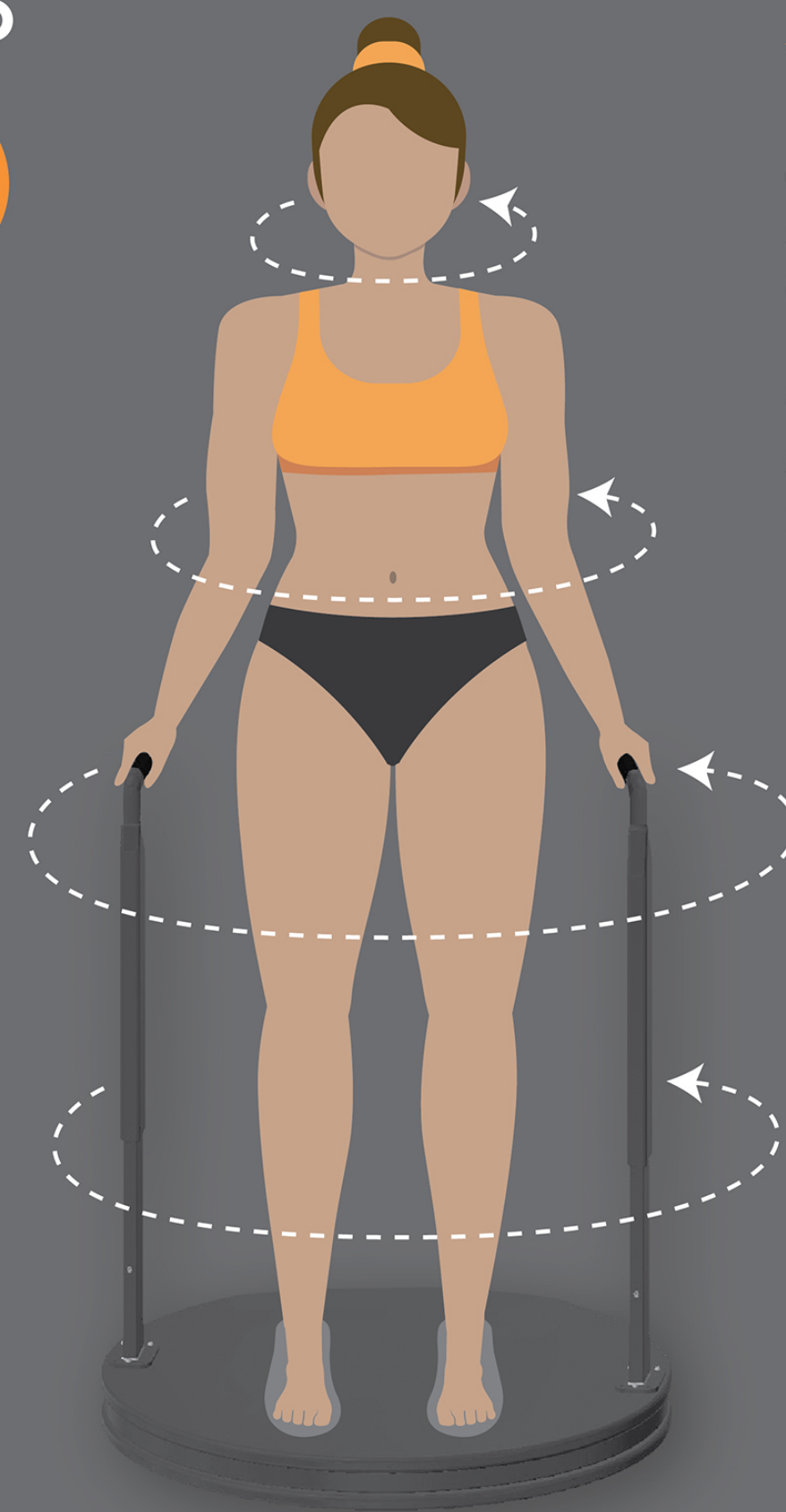
ONCE YOU HAVE READ ALL OF THIS, YOU ARE READY TO START YOUR SCAN!
PRESS AND HOLD BOTH BUTTONS TO BEGIN YOUR SCAN.
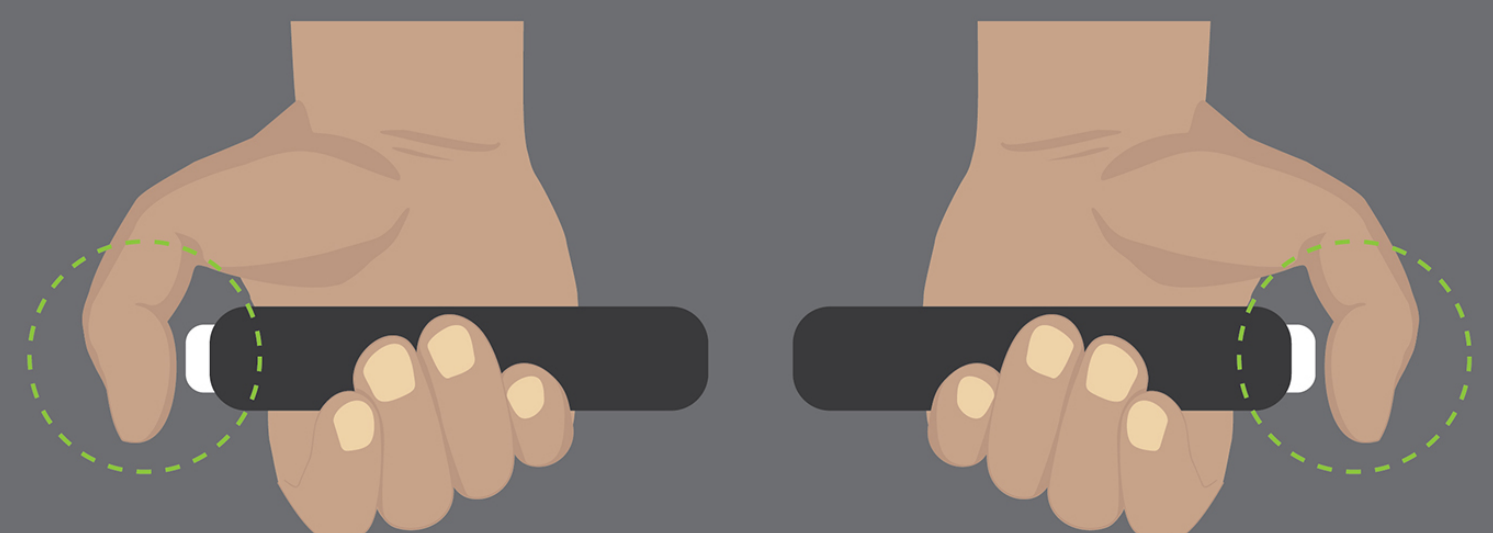
Fit3D's body fat percentage algorithm is calculated using your height, weight, age, gender and circumference measurements from your neck to your ankles. By following the guidelines outlined on this chart, you should receive accurate scan results. If you do not follow one or more of these guidelines, it is likely that your scan results, including body fat percentage, could be inaccurate.