

1. **Clothing** body-hugging & identical?

- Choose close-fitting, body-hugging clothes
- Wear identical clothes for each scan

2. **Accessories** removed?

- Take off glasses, jewellery, watch
- Take off shoes and socks

3. **Hair** tied back?

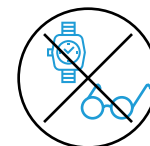
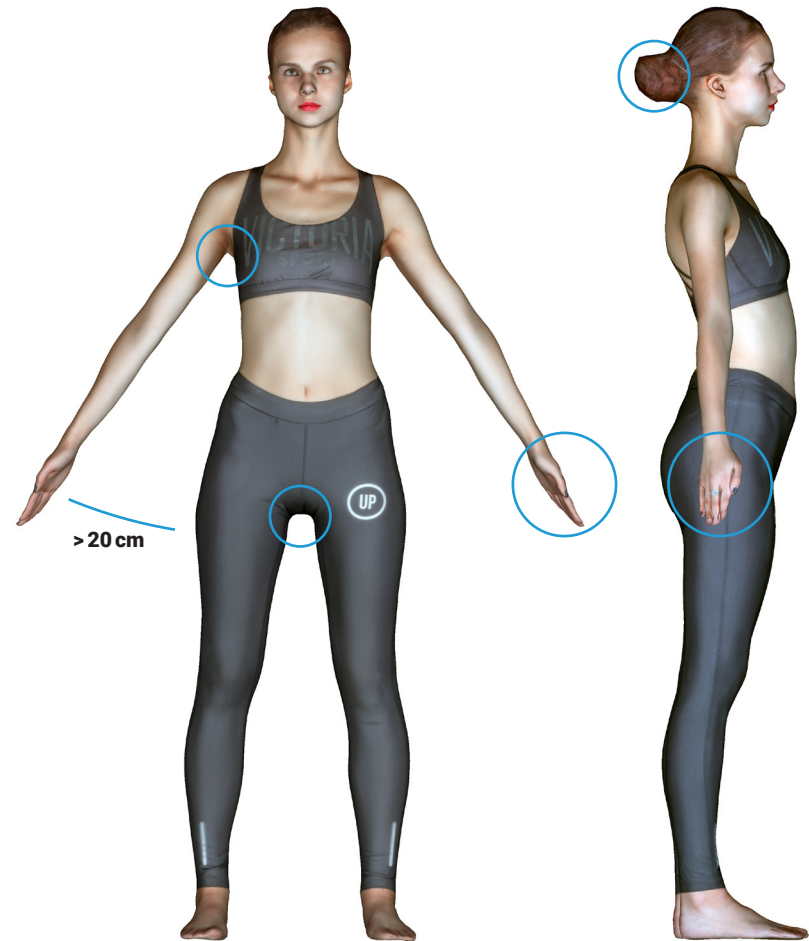
- Do not cover neck
- Tie up at the back of the head

4. **A-pose** assumed?

- Stretch arms straight to the sides
- Feet positioned on blue ring (at shoulder width)

5. **Hands** held away from the body?

- Keep correct distance between hands and hip (>20cm)
- Palms of the hands inwards without spreading fingers



6. **Location** adequately illuminated?

- Use artificial indoor lighting (no direct sunlight)
- Place turntable away from any walls or objects

7. **Scanner** ready?

- Use your personal coach login credentials
- Switch on Bluetooth & WiFi and connect turntable
- Connect 3D sensor with iPad

8. **Scanning** calm and consistent?

- Do not allow the client to move
- Scan everything, including the armpits and crotch

9. **Variables** captured?

- Capture age and gender
- Capture height and weight



SCAN APP scan.bodygee.com
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You may find detailed instructions in our online guide.

GUIDE support.bodygee.com
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