



## FIT3D Account

### Set Up Instructions

- Create Account by entering your email & a password. You will use this email & password for all scans moving forward.
- Make sure your hair is up (ponytails are in a container on the table)
- You want to scan in your under clothes. If not you must be wearing form fitting workout pants & sports bra. Remove your shoes & socks for scan. This machine measures the frequency through the soles of your feet so this is crucial.
- **IMPORTANT:** Remember to always scan in the same thing every time. All of our under clothes fit differently & we want your scans to be the same each time to get accurate measurements for your weekly assessments.

- Once you get to the screen that shows you proper scan clothes don't press next until you are out of your clothes & ready to scan.
- Press next & the screen will want to get your weight.
- Step up onto the silver markings & stand still. Once your weight is calculated it will say ready for scan.
- At this point reach down and pick up the handles. Do not press the white buttons yet.
- Make sure you are standing upright with legs & arms in a natural straight position with your head looking straight in front of you. DO NOT MOVE from this position until scan is complete
- Press the white buttons & hold them down throughout the scan. You will here 3 beeps & the table will begin to turn. Staying still is extremely important! Once scan is complete you can step off the machine.
- Assign your coaches & then log out.
- Congratulations, You have completed your first scan!
- Next time you scan simply log in and repeat.