GAINFRAME / FIELD NOTES

Your InBody appointment

Bring this sheet twice. Use the first visit to set up a repeatable second visit.

Before the appointment

- [ ] Ask the facility which model it uses and request its preparation instructions.
- [ ] Plan around meals and exercise. Follow your usual hydration routine.
- [ ] Bring light clothing and socks you can remove. Keep hands and feet lotion-free.
- [ ] If you have an implanted electronic device, check eligibility before booking.

At the machine

- [ ] Use the restroom and allow time to stand quietly as the facility directs.
- [ ] Remove shoes, socks and heavy items. Follow the hand and foot contact prompts.
- [ ] Ask the operator for the result sheet and the name of the device.

After the scan

Keep this page with the original report. A note such as "after training" is useful.

Scan date and time

Facility and model

Time since last meal

Time since last workout

Clothing or change in usual routine

Next appointment date and time

Questions to ask or instructions to repeat

Your facility and clinician can advise you about personal restrictions or accommodations.