

# Your scan record

A 12-month record. Agree on timing with your practitioner; blank rows are not a scan schedule.

Name or initials: \_\_\_\_\_

Clinic / scanner: \_\_\_\_\_

Why I am tracking: \_\_\_\_\_

| Scan date | Body fat (%) | Lean tissue (kg) | Preparation / notes |
|-----------|--------------|------------------|---------------------|
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Bring both reports when comparing scans. Note changes in equipment, meals, fluids, exercise or scan time. Ask the clinic about measurement variation.

For bone health, ask your GP to set the follow-up plan. Do not use this record to diagnose yourself or choose treatment.