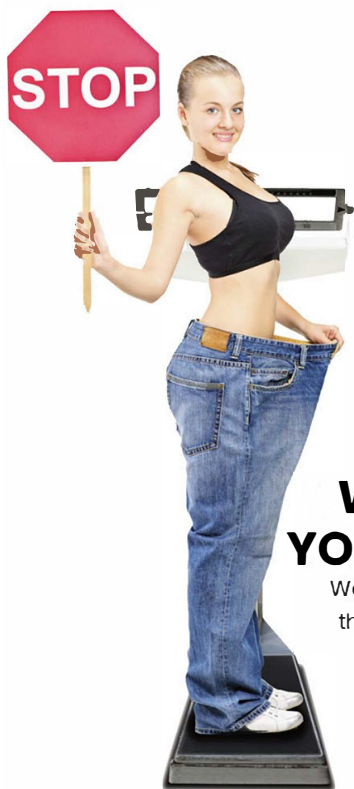


TRACK + MEASURE Report



WHY WEIGH YOURSELF?

Weight alone is not the best method to maintain a healthy body.

Checklist prior to your appointment:

- ✓ No food/exercise two hours before testing.
- ✓ No alcohol for 24 hours.
- ✓ No test immediately after shower or sauna.
- ✓ No lotion on hands or feet.
- ⚠ Individuals with electronic life-sustaining devices, such as a pacemaker and those who are pregnant or during menstruation are advised not to take this test.



1615 S. Congress Ave. | Delray Beach, FL 33445
561.501.1007 | WM4LMethod.com