

MALE MEASUREMENT GUIDE

Each patient is measured prior to the first treatment, again after the 6th (or last) treatment and one (1) week after their last treatment. Research shows ZERONA[®] continues to contour the body for at least one week after the last treatment.

All measurement data (before and after) must be obtained at the same point on the body. It is crucial that appropriate Reference Points are used to ensure accurate and consistent results.

The individual taking measurements must make sure the measuring tape is flush to the skin, pulled tight and is level to the ground at both front and back.

Patients should stand with feet shoulder-width apart and relax their muscles before measuring. You can also use “colored tape” to mark the floor so the patient’s feet are always in the same position and the same distance apart.

Note: Also avoid letting the patient “suck in” their tummy when measuring— this is a common reflex.

Patients should wear the same undergarments when taking each measurement.

To ensure consistency, the ERCHONIA[®] Protocol requires that all measurements are obtained in relation to a standardized Reference Point

MEASUREMENT AREAS & REFERENCE POINTS

MEASUREMENT AREA	REFERENCE POINT
WAIST	ACROSS THE UMBILICUS
FLANKS	CIRCUMFERENCE AROUND “LOVE HANDLES” NOTE DISTANCE BELOW UMBILICUS
ARMS	GREATEST CIRCUMFERENCE THEN NOTE DISTANCE ABOVE TIP OF ELBOW WITH ARM STRAIGHT



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NAME: _____ **AGE:** _____ **HEIGHT:** _____

PHONE: _____ **CITY:** _____ **STATE:** _____

MY MEASUREMENT RESULTS:

	APPT 1	APPT 2	APPT 3	APPT 4	APPT 5	APPT 6
DAY						
TIME						

MY RESULTS:

	BEGINNING MEASUREMENTS	ENDING MEASUREMENTS
ARM (right)		
ARM (left)		
WAIST		
FLANKS		
TOTAL INCHES		

ZERONA Z6 STEPS TO SUCCESS

1. Walk for 15-20 minutes per day throughout your treatments.
2. Drink 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. Eat sensibly and minimize alcohol and caffeine during your treatments.
4. Keep to your ZERONA scheduled treatments, with no more than three days between appointments.
5. Recommended- Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.