



# PATIENT FORM

## MY APPOINTMENTS:

|      | 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         |                        |                     |
| HIPS          |                        |                     |
| THIGH (right) |                        |                     |
| THIGH (left)  |                        |                     |
| 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.