

# beatrice forms

**BODY SCAN CHECKLIST**  
**(FOR BEATRICE PLUS AND ALL FORMS WITH ARMS)**

Watch our “How to Scan” video

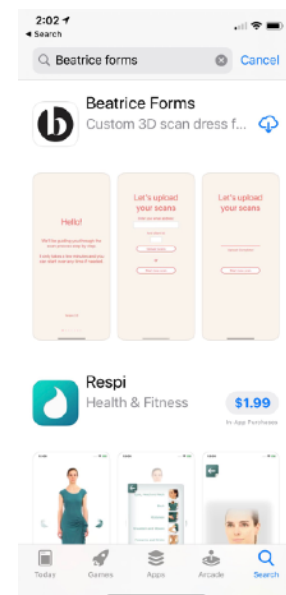
- ☐ Check out our short video to see Nate and Alison perform a scan (double click on the image below to watch OR visit our scan-prep webpage <https://beatriceforms.com/scan-prep> )



Download our app

- ☐ Go to the Apple App store on your iPhone.
- ☐ Search for “Beatrice Forms” and install the app.
- ☐ Have your credentials ready (email and client ID).

You can find these on the postcard included in your scan kit.



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## Get the model dressed

- ☐ **Put on the appropriate undergarments/shapewear.** Shapewear CANNOT be applied successfully on the form later so please have your model wear it during the scan.
- ☐ **Put on the scan clothing.** Shirt, shorts, and arm covers if scanning for custom arms.
- ☐ **Pull hair up.** Pin hair away from the neck.
- ☐ **Perform a fit check.** Make sure garments **lay flush against the skin** (pin as necessary). Be sure to check the small of the back and under the arms (wrinkles are ok but fabric pulling away from the body is not ok). Also make sure **the bust is not compressed** or lowered by the shirt (pull shirt up to relieve any tension). We don't have x-ray vision - the surface of the clothing will be the shape of the form.
- ☐ **Tie elastic at the natural waist.** Not too tight. Clip the ends off at the knot.
- ☐ **(Optional) For underbust definition, tie elastic under the bust.** Clip the ends off at the knot.
- ☐ **(Optional) If you desire definition between the breasts, apply twill tape:**
  1. Pin the center of the tape to the bra band between the breasts.
  2. Tie the ends together behind the neck.
  3. Clip the ends off at the knot.



Properly dressed model  
(shapes with no bust will wear  
waist elastic only)

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## Prepare your 7'x7' scan space

- ☐ Turn on all the **lights** in the room.
- ☐ Cover or remove any **mirrors**.
- ☐ Turn off the **TV**.
- ☐ Turn off any **ceiling fans**.
- ☐ Remove anything that might move in the background (**no pets, no people**, etc.)

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## Tips for the camera person

- ☐ Make sure the iPhone is **connected to wifi** (you will be uploading very large video files).
- ☐ **Clean the lens** of the camera phone before you scan.
- ☐ **Walk slowly** when performing the body scan.

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## Tips for the model

- ☐ Stand **facing the brightest light source** in the room.
- ☐ Position the model's **legs about shoulder width apart** and their **arms loosely by their sides**. Make sure to position the arms how you want them in your form with a small gap between the arms and the body.
- ☐ To help **stay still**, the model should:
  - **Stare at a point on the wall** for the entire scan.
  - **Breathe shallowly**.
  - **Not speak during the scan**. The camera person can talk but the model must stay quiet.



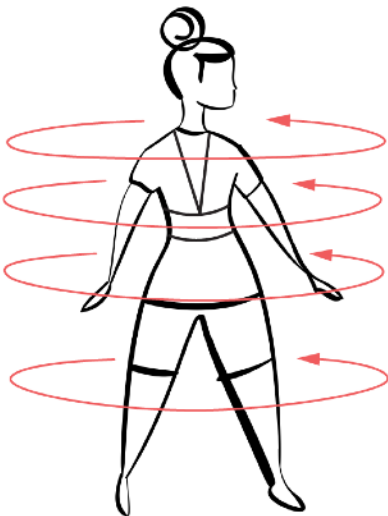
legs shoulder width apart,  
arms a few inches from  
sides (leg covers only for  
Beatrice Pro)

## Body scan steps

(This is just a high level summary - watch the video mentioned above for the details.)



You're going to **record 6 videos to complete a body scan using the Beatrice app**. They will be filmed 360 degrees around the model with the camera at about an arm's length away.

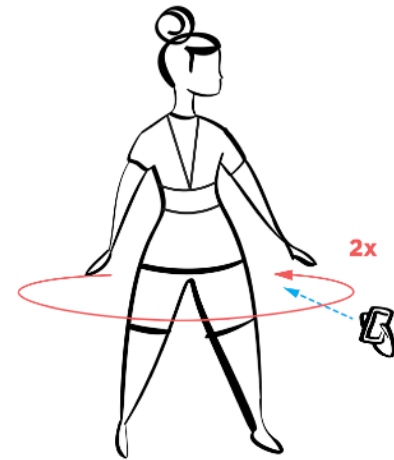


The **first 4 videos** will capture 360 degrees around the model, aiming lower on the body each time.

**(PRO TIP:** Watch the video to see how the camera is angled lower during each pass so the camera person doesn't have to crouch down.)

The **last 2 videos** are filmed just like the others (360 degrees around the body) except the camera person will focus on the mid section (hands/bum/crotch) for both videos.

Aim the camera slightly upwards if possible (if this is not comfortable, aim it straight on - that's fine too.)



Notice how Nate is holding the camera for these last 2 videos to minimize crouching. He likes to walk backwards when filming these but you should do whatever is comfortable.

**MOST IMPORTANT:** The model needs to stay in the same exact position from the 1st video to the 6th/last video of the scan.

They need to be still as a statue. If they move, hit the “start over” button in the app and perform a new scan.

Once you're done recording the 6 videos, you'll need to take 1 or 2 measurement(s):

- ☐ **Girth directly over waist elastic** - enter this into the app when prompted.
- ☐ **Crotch length** (for Beatrice Plus only) - measure from waist elastic in the front, between the legs, ending at the waist elastic in the back. Email this to [nathan@beatriceforms.com](mailto:nathan@beatriceforms.com).

Please repeat these steps one more time for your second scan and upload when prompted.

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That's it!

If you have any other questions, please feel free contact to us at [alison@beatriceforms.com](mailto:alison@beatriceforms.com)

Have fun, you're going to do great!