

THE NEW EVOLT ACTIVE APP

BRINGING GOALS TO LIFE



Scan on the Evolt 360 for your baseline body composition measurement



Track and graph your progress to assess the quality of change over time



Use the Calorie & Macronutrient Calculator to assess your nutrition requirements



Take the Healthy Lifestyle Questionnaire to see how your current lifestyle is affecting your health



Take the Vitamin/Supplement Questionnaire to see what vitamins may assist you



Take advantage of Evolt Partners for discounts on products and services



Use the overall Bio Wellness Index score to assess improvement via one metric



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YOUR GPS GUIDE TO YOUR HEALTH AND FITNESS GOALS

WHAT THE RESEARCH SAYS ABOUT GOAL SETTING

Research shows that people who don't measure or track their goals or have a plan to follow, generally fail to reach their goals. Most people don't know what to do once they find out their baseline measurements. Evolt's own research shows that over 70% of our Evolt users stay motivated and engaged with their fitness goals.

HOW THE EVOLT ACTIVE APP CAN HELP YOU

The Evolt Active App is the most advanced, intuitive technology, individualise your calorie, macronutrient and supplement requirements based on your body composition metrics, body type, goal, activity level and activity type. The App is full of useful, relevant information to help you along on your health and fitness journey including progress charts and details on your progression.

HOW IS YOUR CURRENT LIFESTYLE IMPACTING YOUR GOALS?

The Healthy Lifestyle Questionnaire on the app can identify areas where you can improve your daily lifestyle habits. Most people don't realise the little things they do everyday can have a substantial impact on long term goals. The Healthy Lifestyle Questionnaire can identify areas for improvement.

HOW DO I FIND OUT ABOUT MY BODY COMPOSITION?

The Evolt 360 body composition analyser is a non-invasive bioelectrical impedance machine that scans your body in under 60 seconds. The body composition report comes with over 40 measurements showing how you compare to average standards and with detailed explanations so you can understand each part of your scan.

