



## **Body Composition Test**

To prepare for your test and ensure the most accurate results it is suggested that you:

1. Do not eat for 4 hours prior to test
2. Do not exercise for 12 hours prior to the test
3. Do not consume alcohol for 24 hours prior to the test
4. Hydrate well the day before
5. Do not drink caffeine the day of the test
6. Insure access to both feet with removable footwear
7. No jewelry
8. Do not put lotion on hands/feet
9. Do not take a shower immediately before
10. For females, avoid test during menstrual period