



### **ARMED FORCES WELLNESS CENTER PRE-TEST REQUIREMENTS**

- ❖ **Log on to <https://awc.army.mil/> with CAC and complete all 6 sections of the questionnaire 24 hours prior to appointment**

#### **BOD POD**

- **NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) **2 hours** prior to the test. *Only water and prescribed medications are allowed.*
- **NO** physical activity (i.e., jogging, biking, brisk walking, and weightlifting) for **2 hours** prior to the test.

**Appropriate Attire: SPANDEX or LYCRA material ONLY for ALL attire**

**NO COTTON MATERIAL ALLOWED  
NO ACFT UNIFORM FOR BODPODS ALLOWED**

**MEN:** *Form-fitting*, single-layer shorts, athletic underwear **OR** Speedo without padding

**WOMEN:** *Form-fitting*, one piece swimsuit **OR** single-layer shorts **and** sports bra without padding.

#### **METABOLIC ANALYSIS**

- **NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) **5 HOURS** prior to the test. Only water and prescribed medications are allowed.
- **NO** physical activity (i.e., jogging, biking, brisk walking, weightlifting) for **14 HOURS** prior to the test.

#### **FITNESS ASSESSMENT**

- **NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) **5 HOURS** prior to the test. *Only water and prescribed medications are allowed.*
- **NO** physical activity (i.e., jogging, biking, brisk walking, weightlifting) for **14 HOURS** prior to the test.
- Wear or bring workout attire. No boots are allowed on treadmill.
  - **If you are on a profile, you MUST bring a copy to your appointment.**
  - **If you use an inhaler, you MUST bring it with you**

