



ARMED FORCES WELLNESS CENTER PRE-TEST REQUIREMENTS

- ❖ Log on to <https://awc.army.mil/> on a CAC enabled computer and complete all sections of the questionnaire 24-48 hours prior to your appointment.
- ❖ A lack of preparation and not following the pre-test guidelines may cause inaccurate test results, therefore, appointments will need to be rescheduled for those not following the instructions and preparation guidelines.

BOD POD

- ❖ **2 HOURS prior:** **NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements). Only sips of water and prescribed medications are allowed.
- ❖ **2 HOURS prior:** **NO** physical activity (i.e., jogging, biking, brisk walking, and weightlifting).
- ❖ Appropriate Bod Pod Attire:

Your PT uniform is **NOT** proper bod pod attire.



ALL material must be spandex, lycra or nylon, ABSOLUTELY NO cotton.

For **MALES**, recommended clothing is either:

- (1) Form-fitting Speedo® or other Lycra®/spandex-type swim suit; or
- (2) Single-layer compression shorts (only shorts without padding)

For **FEMALES**, recommended clothing is either:

- (1) Form-fitting Speedo® or other Lycra®/spandex-type swim suit; or
- (2) Single-layer compression shorts (**only shorts without padding**) and single-layer (not padded) jog bra.

METABOLIC ASSESSMENT

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

FITNESS ASSESSMENT

- ❖ **3 HOURS prior:** **NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements). Only sips of water and prescribed medications are allowed.
- ❖ **24 HOURS prior:** **NO** physical activity (i.e., jogging, biking, brisk walking, weightlifting).
- ❖ Wear or bring appropriate workout attire and shoes. Boots are not allowed on treadmill.
- ❖ If you use an inhaler, you **MUST** bring it with you.