

# PREPARING FOR YOUR BODY COMPOSITION TEST

## WEEK OF INSTRUCTIONS

### DO...

MAKE SURE YOU HYDRATE WELL THE DAY BEFORE, WATER IS PART OF YOUR FAT FREE MASS.

EAT A LOW FIBER & LOW SODIUM DINNER THE NIGHT BEFORE BECAUSE ANY EXCESS GAS OR SODIUM CAN CAUSE WATER RETENTION & EXCESS BLOATING.

### DO NOT...

START TAKING CREATINE THE WEEK OF THE TEST, INITIAL LOADING WILL AFFECT YOUR BODY VOLUME.

EXERCISE OR LIFT HEAVY THE DAY BEFORE THE TEST. IF YOU TRAINED HARD THE DAY BEFORE, TRY AN ICE BATH & COMPRESSION. ANY SLIGHT VOLUME CHANGES FROM MUSCLE INFLAMMATION (OR INJURY) WILL CHANGE YOUR VOLUME.

PERFORM THE TEST WHEN YOU'RE MENSTRUATING OR CLOSE TO IT. WATER RETENTION WILL CHANGE YOUR BODY VOLUME.

## DAY OF INSTRUCTIONS

### DO...

**MEN:** WEAR TIGHT COMPRESSION SHORTS (NO PADDING) (SPANDEX/LYCRA BEST)

**WOMEN:** 1-PIECE SWIM SUIT/COMPRESSION SHORTS + SPORTS BRA (SPANDEX/LYCRA BEST)

TRY TO KEEP YOUR BODY TEMPERATURE STABLE...NO OVERHEATING OR SHIVERING PRIOR TO THE TEST.

SHAVE! FACIAL OR CHEST HAIR WILL TRAP AIR & MAKE YOUR VOLUME READING INACCURATE. YOU WILL COVER YOUR HEAD WITH A CAP, BUT IT'S HARD TO COVER OTHER AREAS OF YOUR BODY.

### DO NOT...

EAT OR DRINK AT LEAST 3 HRS BEFORE THE TEST! OVERNIGHT FASTING IS BEST, BUT IF YOUR TEST IS IN THE AFTERNOON, EAT A LOW FIBER MEAL 4-5 HRS BEFORE.

**FOLLOW THESE STEPS TO RECEIVE YOUR  
MOST ACCURATE RESULTS!**