

## **Fitness Assessment Preparation Guidelines**

**In order to ensure the accuracy of your CHAMP results, it is important to adhere to a few pre-test preparation guidelines. Many of the fitness components measured rely on heart rate, blood pressure and proper hydration. By following these simple guidelines you will not only have better test results, but you will also increase the test-retest reliability.**

- Do not eat within 3 hours of the test.**
- Do not exercise within 12 hours of the test.**
- Avoid any caffeinated or tobacco products within 3 hours of the test.**
- Please refrain from any alcohol beverages within 48 hours of the test.**
- Be sure to drink 16 glasses (8oz.) of water 24 hours prior to the test.**
- Be sure to wear comfortable loose fitting clothing and running/athletic shoes. Women may want to wear a sports bra underneath their shirt.**