

BOD POD®

PREPARATION CHECKLIST

To ensure an accurate assessment, please wear or bring the following items:

FEMALES

- Tight fitting spandex shorts and an unpadded sports bra top
OR
- Tight fitting swimsuit (please avoid any items with padding).

MALES

- Tight fitting spandex shorts or Under Armour style shorts (please do not wear any padded cycling shorts).

BEFORE THE ASSESSMENT

- Avoid eating a meal for 2-3 hours prior.
- Avoid drinking a large amount of fluid for 2-3 hours prior.
- Avoid vigorous exercise for 2-3 hours prior.
- Remove any watches or large jewelry items.

Typically it is easiest to wear spandex clothing underneath regular clothing to minimize the amount of time needed to change.

One BOD POD® Assessment takes 10-15 minutes.

