



Date of Appointment: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Time of Appointment: \_\_\_\_\_  
Cost of Appointment: \_\_\_\_\_  
Fitness Advisor: \_\_\_\_\_

## **Pre-Test Guidelines**

*These guidelines are taken from the product instruction manual and Tanita's website and should be adhered to as best as possible to ensure accurate results. If you are in doubt or you cannot adhere to the guidelines, please consult a Fitness Advisor.*

All assessment measurements should be as far as possible taken at the same time of the day with pre-assessment and assessment conditions as similar as possible.

- **Consumption:**
  - Drink a normal amount of water as you should not be dehydrated during the reading.
  - Avoid eating within 3 hours of the test.
  - Avoid drinking excessive alcohol during the day before the test and altogether on the day of the test.
  - Avoid drinking coffee, tea, cola, or any caffeinated beverage 3 hours prior to the test.
  
- **Action:**
  - It is not recommended that you have the assessment early in the morning or after sleeping for long hours as you are normally dehydrated after waking.
  - Avoid exercising or any form of heavy, strenuous activity 12 hours prior to the test.
  - Have a good night sleep the evening before the test.
  - Avoid using a Jacuzzi, sauna or sun-bed during the 2 hours prior to the test.
  - Urinate before the analysis.
  - Due to current COVID-19 guidelines, we ask that you please maintain a safe physical distance from the Fitness Advisor at all times.
  
- **Medical:**
  - Avoid assessment during monthly menstrual cycle.
  - Assessment is not suitable for anyone who is pregnant.
  - Assessment is not suitable for people with internally implanted medical devices.
  
- **Clothing:**
  - Assessment carried out barefoot, please wear training shoes and loose, comfortable clothes.
  - Try to keep clothing consistent for each analysis.
  - You must wear a face covering throughout the duration of the assessment and visit to The Pickaquoy Centre

If you require more information, please contact a member of the Fitness Team on 01856 888740 ext. 205 or email [fitness@pickaquoy.com](mailto:fitness@pickaquoy.com). Non-attendance of your assessment will be charged in full.