



REQUIRED BODPOD PROTOCOL

Clothing Requirements:

	<p style="text-align: center;"><u>Women</u></p> <p>Form fitting Speedo or other Lycra/spandex-type swimsuit or single layer compression shorts and single layer sports bra.</p> <p>*No capri or long spandex pants</p>
	<p style="text-align: center;"><u>Men</u></p> <p>Form fitting Speedo or other Lycra/spandex-type swim suit; or single layer compression shorts</p> <p>*No underwear or cotton boxer briefs</p>

Other Requirements:

- DO NOT EXERCISE 3-4 HOURS PRIOR TO TESTING
- DO NOT EAT/DRINK 3-4 HOURS PRIOR TO TESTING
- Prior to completing the body composition analysis, please use the restroom, if necessary.
- MUST be DOD ID cardholder



Walk-ins are available:
M-F 1530-1615