

Pre-visit Criteria

Dear Patient,

Please follow the below criteria before coming in for your body fat analysis. By adhering to these guidelines we can get an accurate assessment of your body composition. This information will help us fine-tune your program, and track your results.

A body fat analysis, and measurements will be completed on the **Initial Consultation**, and every **Progress Evaluation** thereafter. Progress Evaluations are generally every fourth consultation.

1. Alcoholic beverages should NOT be consumed for at least 12 hours prior to the test.
2. Do not exercise strenuously 12 hours or less before the test.
3. Do not excessively eat or drink water the day before the test.
4. Do not eat or drink for a period of 3 hours prior to the test.
5. Urinate immediately before the test.
6. Please advise if you are pre-menstrual or are menstruating.

THANK YOU!