

## Total Fitness Program Pre-Test Form

The Total Fitness Program involves several parts. Please put a check mark next to all the tests that you would like to be included in your evaluation.

- BodPod: Provides percentage body fat
- MetaCheck: Provides resting metabolic rate
- Cardio Coach: Provides Peak VO<sub>2</sub>
- Flexibility Test
- Abdominal Strength Test
- Fitness Program: We will write an exercise program for you
- Fitness Orientation: We will teach you how to do each exercise in your program.

### For best test results, on the day of the test:

- Do not exercise on the day of the test
- Eat a small meal 2-4 hours before the test, but do not eat anything within an hour of the test.
- Avoid drinking caffeine on the day of the test.
- If you are having a Bod Pod analysis, you will need to wear lycra or spandex form fitting clothing or a bathing suit. We have extras if you do not have any of this type of clothing.
- If you are participating in the CardioCoach, you will need to wear clothes and shoes that you can comfortably walk or run in

Fax to: DCRC  
ATTN: T.J. Putnam  
614-761-6545

Mail to: DCRC  
ATTN: T.J. Putnam  
5600 Post Road  
Dublin, Ohio 43017

For questions please contact:  
T.J. Putnam  
Fitness & Wellness Coordinator  
614-410-4584