



**Make sure you arrive fueled and ready to go for testing!**

**Pre-Testing Meal:**

This meal should be eaten at least 2 hours prior to testing to allow time for digestion. The portion size of your pre-workout meal will depend on how far in advance it is eaten. The purpose of this meal is to fuel your body for the workout and should consist mostly of complex carbohydrates (whole grains and whole fruit) and include some protein. Avoid sugary breakfast packaged food; they will cause your blood sugar levels and energy levels to fluctuate too much.

**During Testing:**

Come prepared with snacks and fluids. Some snack ideas are whole fruit, (banana, apple, etc.) trail mix, and energy bars. Don't forget to drink water and possibly some unsweetened fruit juice.

**BE READY™**