

**Student Recreation Center
InBody Analysis Request**

*This test is not recommended for people with pacemakers or pregnant females



Please print legibly

Name: _____

Please check one

- SRC Member**
- SRC Non-Member**

ID # (if applicable): _____

Phone #: _____

Email: _____

Please circle what you are purchasing

	<u>Single Session</u>	<u>Package of 4</u>
Student	\$20	\$60
Non Student	\$25	\$80

Administrative use only

Invoice #: _____

Date Administered: _____

Trainers Signiture: _____

Payroll: _____



On behalf of the SRC Staff, we congratulate you upon your decision to complete the InBody Body Composition Analysis.

In order to produce the most accurate results, it is necessary for you to complete and adhere to the following protocol prior to completing the scheduled body composition analysis.

Prior to testing:

- Hydrate well the day before
- Do not drink caffeine on the day of your test
- Do not eat 3-4 hours prior to testing
- Do not exercise 6-12 hours prior to testing
- Do not take the InBody Test after a shower or sauna
- Do not consume alcohol for 24 hours prior to testing
- Insure access to both feet with removable footwear (no socks or pantyhose)
- Avoid using lotion on hands or feet
- For females, avoid testing if you are menstruating
- Individuals with pacemakers or other electronic medical devices should NOT take the InBody Test
- The InBody test is not recommended for pregnant females

Participant Agreement

I have read and understand the instructions and guidelines for accurate results of my InBody Test.

I understand that failure to adhere to these policies may hinder my results. Indiana State Campus Recreation will not be held responsible for inaccurate results if I fail to follow these guidelines.

Signature: _____ Date: _____

Availability

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____