

# Preparation for the test

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- The last meal before exercise should be light and should precede the test by at least 2 hours

- No smoke or drink caffeine or alcohol  $\leq$  3 hr

# Preparation for the test

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- Heavy exercise should not be done earlier on the same day of the test
- Continue take all medicine unless instructed otherwise
- Wear running shoes, shorts and loose-fitting shirt

# Procedure

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## *Before test*

- Hx & PE
- Calibration equipment
- Check supplies & data forms
- Select the appropriate test protocol for the participant
- Explain the procedure & answer any question
- Obtain informed consent
- Have the participant practice the task, if needed