

AWC

ARMY Wellness Center

Fort Carson

Prior to coming into the Army Wellness Center for your scheduled appointment, please complete the steps below for the Soldier Fitness Tracker:

1. Go to <https://www.sft.army.mil/awc>
2. Choose method of log in:
 - A. CAC Log In (preferred method)
 - B. AKO user ID and password
 - C. AWC/SFT Username and Password (click register to create one)
3. Under “My Health Assessment Reviews” click “View or add a new health assessment review”
4. Click “Begin new health assessment”
5. Complete Health Assessment

Instructions for METABOLIC and BOD POD TESTING:

- No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for 4-hours prior to the test. Prescription medications should be taken as prescribed.
- Subjects will be wearing minimal clothing for the body composition test (BOD POD). Men need to wear spandex (Under Armour/Lycra material); women a swimsuit or spandex with sports bra (no underwire).
- No physical activity (i.e. running, biking, exercising, brisk walking) for 4-hours prior to test.
- A lack of preparation may cause inaccurate test results, therefore, appointments will need to be rescheduled for those not following the preparation guidelines above.

(719) 526-3887