



Prior to coming into the Army Wellness Center for your scheduled appointment, please complete the steps below for the Health and Wellness Tracker (HWT):

1. Go to <https://www.awc.army.mil>
2. Log in with your CAC
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

Fitness Testing:

- ◆ No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for **5 hours** prior to the Fit Test appointment. Prescription medications should be taken as prescribed.
- ◆ Subjects should wear comfortable work-out clothing and running shoes. Females are required to wear a sports bra or bra without underwire (it interferes with heart rate monitoring).
- ◆ No vigorous physical activity (i.e. running, biking, exercising, brisk walking) for **14 hours** prior to the Fit Test.
- ◆ *If these pre-requisites are not met, inaccurate test results will result. Therefore, appointments will be rescheduled for those not able to comply with the preparation guidelines above.*