

## Oregon Wrestling Weight Monitoring Program

### BIA Assessment- Tip Sheet

#### Two days prior to test day:

- Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber, this will help with removal of excess waste from the body (salad, cereal with skim milk, vegetables, fruits, etc. are examples of foods high in fiber).
- Eat smaller, more frequent meals.
- AVOID foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings etc.)
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Be sure that you eat and drink, do not dehydrate!

#### One day before the test:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated.
- Eat smaller, but more frequent meals. Continue eating fibrous foods to eliminate excessive waste from the body.
- Fatty foods/snacks will stay in your body- STAY AWAY

#### Day of the test:

- Eat small portions, eat a very light lunch (if afternoon testing)
- Eat lighter foods such as fruit, grains etc.
- Continue to drink water
- Do not drink salty drinks such as sports drinks etc. This may cause you to retain fluid.
- Urinate as frequently as possible throughout the day until 1-2 hours prior to test time
- Use the bathroom (defecate) before the test
- Please be ready to urinate for hydration testing.