

# GETTING READY FOR TEST DAY!

**Start drinking water NOW!**

Water is brain-power!

Being dehydrated zaps your energy and makes you feel tired.

Being hydrated gives you LOTS of energy and helps you feel focused.



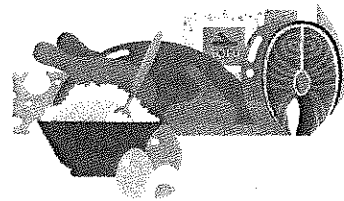
**Eat a nutritious dinner the night before the test!**

Avoid caffeine.

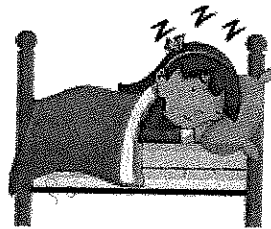
Avoid large amounts of sugar.

Eat lots of protein...chicken, fish, red meat, beans, eggs, peanut butter,

Whole grain breads



**GO TO BED EARLY! Get 8-9 hours of sleep!**



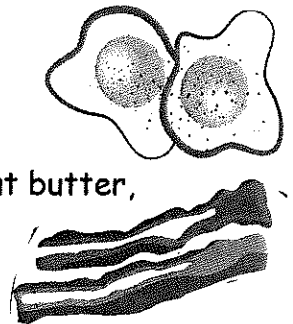
**Eat a nutritious breakfast!**

Avoid caffeine.

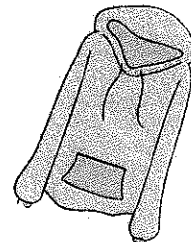
Avoid large amounts of sugar.

Eat lots of protein...eggs, bacon/sausage, cheese, oatmeal, peanut butter,

Whole grain breads



**Dress comfortably. Have a sweater or hoodie to put on if the classroom is cool.**



**BE ON TIME TO SCHOOL!!!**

