



Resting Metabolic Rate (RMR) Pretesting Guidelines

- Please arrive promptly at your appointment time. Testing takes approximately 20-30 minutes, please schedule accordingly.
- Wear comfortable clothing
- No food for a minimum of 5 hours prior to testing
- No caffeine the day of your test (including coffee, teas, caffeine supplements, etc.)
- Water and regular medications are okay
- No exercise for at least 24 hours prior to your appointment (including sports practices and competition)
- For females, being on your menstrual cycle can temporarily elevate your RMR. We suggest testing outside of the menstrual cycle window
- Over-the-counter and prescription allergy and cold medications can elevate the RMR. If able, postpone testing until you are feeling better and off medication

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