



Resting Metabolic Rate Testing

To ensure that your RMR test is as accurate as possible, please follow the guidelines below:

1. Dress comfortably.
2. Please reschedule if you have an upper respiratory infection or related health concern.
3. Don't eat or drink (except water) for at least 8 hours prior to your appointment.
4. Don't engage in any exercise for at least 12 hours before the test.
5. Take all medications as usual. Bring a list of your medications with you to the test.

Name		Date of Birth	Height	Weight
		/ /		
Street Address		City		State
Phone Number		Email Address		
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Medications	
<i>Please list any prescribed medications you're currently taking and the reason for each medication.</i>	
<i>Please list any over-the-counter medications you're currently taking, including herbal supplements and NSAIDS such as Advil, Motrin, Tylenol, etc.</i>	
Typical Day of Eating	
Breakfast	Lunch
Dinner	Snacks
Typical Exercise Routine for the Week	
Goals (list at least 3)	