



## Resting Metabolic Rate Pre-Test Checklist

- I have **not eaten** within the past **4 hours**.
- I have **not exercised** (cardiovascular OR strength-training) within the past **4 hours**.
  - If brand new to strength training, I have **not lifted weights** within the past **24 hours**.
  - If brand new to cardiovascular training, I have **not exercised** within the past **8 hours**.
- I have **not consumed caffeine** within the past **8 hours**.
- I have **not consumed any nutritional supplements, herbal preparations, or medications** that contain any of the following within the past **4 hours**:
  - Ephedra
  - Pseudoephedrine
  - Other stimulants
  - Ma huang
  - Ginseng or Guarana
  - If unsure whether or not your supplement or medication contains a stimulant, go without it and take it after testing, if you can.
  - Kola nut/cola nut
  - Yerba mate
- I have **not consumed nicotine** (including smoking or chewing gum that contains nicotine) within the past **4 hours**.
- I have **not chewed any sugarless gum** within the past **4 hours**.

### Additional Instructions

- If test is performed in the morning, be sure to rise slowly and use minimal effort in getting ready, including driving to your appointment. It is all right to brush your teeth.
- Allow plenty of time to arrive at the appointment, to avoid unnecessary stress that may alter test results by being late.
- Eat or drink nothing except water before the test, with the exception of prescription medications (such as thyroid or cholesterol medication) as long as it is a medication you take every day and it does not contain any stimulating ingredients (see above).

After you arrive, and prior to having your measurement performed, you will be seated quietly in the office to allow your heart rate to settle down to normal (as you will have just climbed the long stairway to my office). Consider stopping and resting for brief moments as you ascend the stairs.