



Performance Testing Instructions

Resting Metabolic Rate Assessments

Pre-test Instructions:

- Come to the test well rested
- Have at least 2-3 days of easy activity prior to your RMR assessment date
- NO EXERCISE prior to assessment
- Your last meal should be 3-4 hours prior to the RMR assessment
- NO CAFFINE or ENERGY DRINKS
- Be on time
- Be prepared for a 1 hour stay

What do I need to bring for my RMR assessment?

- Casual / fitness type clothing
- Food and drink for post assessment nourishment
- Payment in cash (unless you paid online)

Questions? Call 443-528-4685