



Resting Metabolic Rate Worksheet

The resting metabolic rate (RMR) test is performed in our office. This test is a direct measurement of the calories your body uses when at rest. This gives a more precise and realistic gauge for the rate at which we expect you to lose weight. This test is strongly recommended especially for those who have found themselves in the position of dieting but not losing weight. We usually bill this to your insurance if it is not covered you will receive a bill for sixty dollars. To accurately perform this test you must fast for 12 hours prior to the test. Appointments will be scheduled in the morning to minimize muscle activity.

Patient Name: _____ DATE OF BIRTH: _____

Age: _____

Gender: MALE FEMALE

If Female: PREGNANT LACTATING NEITHER

Occupation: _____

Work Schedule: How many hours do you work per week?

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
NUMBER OF HRS								

SLEEP SCHEDULE: On average how many hours do you sleep?

Work Day: _____ Non Work Day: _____

EXERCISE PLAN:

Hours per week total: _____

What Type: WALKING
 RUNNING
 SWIMMING
 OTHER – Explain:

TARGET WEIGHT: _____ LBS