

InBody Testing Instructions

Please wear light weight clothing for test

24 HOURS PRIOR TO TESTING

- Avoid excessive alcohol and caffeine.
- Do not eat or exercise for at least 3 hours before your test.
- Avoid drinking water for 45 min. prior.
- Avoid showering or using a sauna within 1 hour of testing.
- Do not apply lotion or ointment to your hands or feet.
- Download the free **InBody** app from the Apple App Store or Google Play Store.

AT THE TIME OF YOUR TEST

- If it is cold, allow 20 minutes for your body to naturally warm up prior to your scheduled testing time.
- Use the restroom beforehand.
- Remove socks and all heavy items (phones, keys, wallet, jewelry, etc.)
- Clean hands and feet with the provided InBody wipes.
- Stand upright and relax for at least 5 minutes prior to stepping on machine.

TESTING CONSIDERATIONS

- Cosmetic implants may show an increased body fat percentage.
- Low-carb/Keto diets may show a decreased body fat percentage.
- Metal implants may affect readings and show an increased body fat percentage.
- Periods or pre-menstrual water retention can fluctuate body composition values.

CONFIDENTIALITY NOTICE:

All results are private and will be reviewed only between you and your wellness educator during your consultation.



Screening Date: _____

Time: _____

Consult Date: _____

Time: _____