

PREPARATORY STEPS

To ensure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each InBody Test.

DO...

- **Maintain normal fluid intake the day before and hydrate one hour prior to testing**
- **Test at the same time of the day every time**
- **Use the restroom prior to testing**
May skew fat mass/PBF results
- **Stand upright for 5-10 minutes prior to testing**
- **Allow 20 minutes for body temp to stabilize after being exposed to cold/hot temperature**
May skew fat mass/PBF results

DO NOT...

- **Exercise prior to testing**
May skew fat mass/PBF or SMM result
Test only after fully recovered (1-3 days)
- **Eat prior to testing**
May skew fat mass/PBF or SMM result
Must wait at least 3 hours after last meal
- **Wear heavy clothing, accessories, or jewelry while testing**
May skew fat mass/PBF or SMM result
- **Consume alcohol or caffeine 24 hours prior to testing**
- **Have lotion/ointment on hands or feet**
May skew fat free mass result
- **Wear any socks or pantyhose while testing**
May skew fat mass/PBF or SMM result

TESTING CONSIDERATIONS

Cosmetic Implants

May skew fat mass/PBF results

Low Carb/Keto Diet

May skew fat mass/PBF results

Metal Implants (No Pacemaker)

May skew fat mass/PBF results



Any skewed results will be consistent from test to test, so we recommend using your initial test as a baseline for tracking your body composition over time.