

# 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 result*



Stand upright for 5-10 minutes prior to testing



Allow 20 minutes for body temperature to stabilize after exposure to cold/hot environments  
*May skew fat mass/PBF result*

## 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 result*  
*Must wait at least 3 hours after last meal*



Wear heavy clothing, accessories, or jewelry while testing  
*May skew fat mass/PBF result*



Consume alcohol or excess 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 result*

## TESTING CONSIDERATIONS



**Cosmetic Implants**  
*May skew fat mass/PBF result*



**Low-Carb/Keto Diet**  
*May skew fat mass/PBF result*



**Metal Implants**  
*May skew fat free mass result*

*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.*