

BodyGem[®] Measurement Protocol Checklist

Client Preparation

- ❖ Individual has been resting for 10-15 minutes in the waiting room.
- ❖ Individual has not eaten for at least 4 hours.
- ❖ Individual has not exercised (cardiovascular or strength training) for at least 4 hours.
- ❖ Individual has not consumed caffeine for at least 4 hours.
- ❖ Individual has not consumed nutritional supplements or medications containing ephedra, Ma Huang, or pseudoephedrine for at least 4 hours.
- ❖ Individual has not consumed nicotine for at least 1 hour.

Device Preparation

- ❖ Plug in the BodyGem device.
- ❖ Ensure that the flow tube is firmly inserted into and flush with the device.
- ❖ Insert the single-use mouthpiece into flow tube.
- ❖ Place the BodyGem device upright on a flat surface, away from vents, fans, or forced air.
- ❖ Press the start button to begin self-calibration – do not move the BodyGem device during this period.
- ❖ Begin the measurement within one minute from the time the indicator light flashes green, and the device beeps once.
 - If the measurement is not started in time, device will go into standby mode
 - Place device upright on a hard, flat surface, and press the start button again to recalibrate

Measurement

- ❖ Individual has noseclip on and a tight seal around the mouthpiece.
- ❖ Individual is in a relaxed position and breathes normally throughout the measurement. Avoid distractions such as watching television or reading. Ask the individual to keep both feet on the floor and refrain from fidgeting during the duration of the measurement.
- ❖ Measurement is complete when the BodyGem device beeps and the indicator light changes back to amber
 - If the power cord becomes dislodged after the measurement, simply plug the cord back into the device and the last measurement will be displayed on the LCD screen
- ❖ Remove the noseclip and discard the single-use mouthpiece.
 - Do not dislodge or discard the flow tube.
- ❖ Record the RMR result displayed from the LCD screen.
- ❖ Proceed to the BodyGem Analyzer software program to generate the client's nutritional and exercise plan.