

Resting metabolic rate (RMR) is a measure of the energy the body requires to maintain basic life functions. People can use RMR to better tailor their diet and nutrition plans, but obtaining an accurate measurement requires laboratory-based tests. In this report we created a predictive equation from data from 95 observations, ranging from 18 to 65 years old. We used simple linear regression with height as the predictor variable tests:  $\text{RMR} = -2082.267 + 22.075(\text{height})$  ( $R^2 = 0.469$ ). We found height is a moderately accurate predictor of RMR. However, our model explains less of the variation of RMR than more well-established formulas.