

Weight Management Follow-up Visit

OMS 3 VV

Name _____

Date _____

Your weight _____

Weight loss medication _____

Waist circumference* _____

1st day of your last period _____

Hip circumference** _____

***Measure your waist:** Stand and place a tape **measure** around your **middle**, just above your hipbones, at the **narrowest point**

****Measure your hips:** Then **measure** the distance around the largest part of your **hips** — the **widest** part of your buttock

Waist-to-hip ratio (WHR): less than 0.85 is “ideal” for women

What **challenges** or difficulties are you having with your weight loss? _____

If you are you taking a **medication***, are you finding it helpful? ☐ yes ☐ no ☐ not applicable

Any side effects? ☐ none ☐ dry mouth ☐ jitteriness ☐ headache ☐ trouble sleeping ☐ nausea

☐ constipation ☐ other _____

Are you able to take the medication as directed? ☐ yes ☐ no

If **no**, what difficulties are you experiencing? _____

Are you following a specific **dietary plan**? ☐ no ☐ Vegan/vegetarian ☐ Low carb/ketogenic style

☐ Paleo ☐ Mediterranean ☐ other _____

Are you using **meal replacements**? ☐ yes ☐ no

If yes, ☐ Full Plan ☐ Fresh Steps ☐ ProLon ☐ purchased product on your own _____

Exercise: What type and how often? _____

If none, what types of movement can you add throughout your day? _____

How well do you **sleep** at night? ☐ through the night ☐ fall asleep easily but can't stay asleep

☐ difficulty falling asleep ☐ frequent or early morning waking

Are you experiencing any significant **stress**? ☐ yes ☐ no

If **yes**, how are you managing? ☐ not at all ☐ meditation practices ☐ exercise ☐ journaling

☐ other _____

Are you tracking your food, steps, sleep, mood, etc.? ☐ yes ☐ no

If yes, ☐ notebook and pen ☐ HealthTrac app ☐ MyFitnessPal ☐ WW app

☐ other _____

Are you finding it helpful? ☐ yes ☐ no

Are you having any **symptoms** or **physical problems** since starting this program?

☐ **none**

☐ hunger

☐ chest pain

☐ nausea

☐ joint pain

☐ numbness

☐ moodiness

☐ cravings

☐ rapid heart beat

☐ bloating

☐ muscle cramps

☐ dizziness

☐ trouble sleeping

☐ irritability

☐ fluid retention

☐ constipation

☐ rashes

☐ tremors

☐ hair loss

☐ lack of control

☐ fainting

☐ diarrhea

☐ headache

☐ depression

☐ cold intolerance

☐ fatigue

☐ short of breath

☐ indigestion

☐ weakness

☐ anxiety

☐ irregular periods

PLEASE fill out the next page as well

You can email back to Dawn or have available for our virtual visit

Food Diary: Consider WHEN you eat as well as WHAT you eat

- Instead of labeling your meal as “breakfast”, etc. please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, try to eat your larger meal mid-day and your final meal earlier in the evening
- Keep your eating window (first bite of the day to last bite of the day) to a 12–hour time period or less (8-12 hour window)

time of day give me an idea of what you eating in a typical day, including beverages!

Weight Maintenance Session #3: Changing Habits

1. Is going out and/or socializing with food a large part of your social life?
☐ yes ☐ no
2. Do you usually eat meals at a fast pace?
☐ yes ☐ no
3. While using the computer or watching programs on television do you sometimes snack?
☐ yes ☐ no
4. Do you sometimes continue to eat after you feel full and try to be a member of the “clean plate club”?
☐ yes ☐ no

Weight Maintenance Session #3: Changing Habits

1. Is going out and/or socializing with food a large part of your social life?

History often repeats itself when we socialize with our friends and family. Meaning that if the last time you went out with particular people to a particular place where you ended up overeating, odds have it that you will overeat again the next time you eat there. If you have plans to go out cut back on all meals prior. For example, if you are going to go out for dinner eat the bare minimum that day for breakfast and lunch.

Save most of your calories for dinner. Maybe have a yogurt for breakfast a small salad for lunch with a piece of fruit as a snack saving most of the day's calories for dinner. If you go out and make good food choices at dinner you will have a good day as far as calories are concerned. If you make poor food choices at dinner, at least you prepared for it all day by cutting back on eating which should have an overall negligible effect on your weight.

2. Do you usually eat meals at a fast pace?

It is beneficial for weight management to eat slowly. There is believed to be a few minute lag time between the release of hormones by our GI tract telling our brain we are full until the time that we actually feel full. If you slow down the pace that you eat the meal, you will feel full sooner and consume less calories for the meal. Try to put the utensil down between bites and/or finger foods such as a sandwich to slow down the pace of the meal. If you are eating your favorite meal try eating with your non-dominant hand. In this way, a righty will now hold the utensil with his/her left hand to slow down the pace.

3. While using the computer or watching programs on television do you sometimes snack?

This is a bad habit because unfortunately snacking while watching the program or using the computer will become a conditioned response. The program that you are watching will make you think of the food that you ate the last time that you watched the program. When the program comes on, you will unconsciously think of the snack that you had the last time that you watched the program.

In addition television or computer screens are hypnotic and you tend to eat whatever you have in front of you with advertisements promoting snacking. I suggest that you make yourself a house rule: "No snacking or eating anything with calories while watching television or using the computer".

If you must have the snack, stop the program or computer use and have it before resuming the program. If you disciplined yourself in this fashion, half the time you will choose the program or computer use over the snack leading to better long-term weight maintenance success.

4. Do you sometimes continue to eat after you feel full and try to be a member of the "clean plate club"?

From the time we are small children many of our parents may have said either: "There are starving people in the world and you should be finishing the whole plate" or that "you cannot have dessert if you do not finish your plate". Many of us have never thought about it, but if you wanted to help people starving in the world you should send money to a cause, because you eating your whole plate will not be helping anyone that is starving. Over the last 30 years restaurant portions have increased dramatically, meaning if you clean your plate at a restaurant it will most likely lead to weight gain. Try to get into the habit of always leaving over the last bite. Hopefully with time you will be pushing aside a half-eaten plate of food because you will feel full.

You should work on developing the habit of leaving over the last bite so that you will be much more successful with managing your weight. So your homework is to start working on leaving over food and un-enrolling from the 'clean plate club'.