Weight Management Follow-up Visit OMS 4 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

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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 wakening

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

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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 #4: How to Schedule and Plan for Exercise

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1) Do you currently exercise 3 or more hours weekly? (If yes, skip to question 3)
   ☐ yes ☐ no

2) Could you walk for the purpose of exercise only for 2-5 minutes or greater daily this week??
   ☐ yes ☐ no

3) Do you have any exercise equipment in your home that you could use in case weather does not allow walking outside?
   ☐ yes ☐ no

4) Have you been taught how to lift weights properly?
   ☐ yes ☐ no

5) Could you think of a time to exercise on 3 or more different days of the week?
   ☐ yes ☐ no

Weight Maintenance Session #4: How to Schedule and Plan for Exercise

1) Do you currently exercise 3 or more hours weekly?

It is really important that you try to get in the mindset of how important exercise is for your overall weight loss success. Unfortunately, most people will not lose weight by exercising alone. A change in diet will be required to lose weight. You will need to exercise to have a greater success in maintaining the weight loss after you lose it. A general goal of 3 or more hours weekly is ideal. Try small increases in time working out with 2-5 minutes a day initially. It is most important to get started in the habit of exercising.

2) Could you walk for the purpose of exercise only for 2-5 minutes or greater daily this week?

If you do not have a physical handicap, you should be able to walk daily for >2 minutes. Start with a short amount of time such as walking 2 minutes daily if you are out of shape patient. Let's agree upon a duration that you can commit to on a daily basis. I will make a note in your chart and we will discuss at your next visit.

3) Do you have any exercise equipment in your home that you could use in case weather does not allow walking outside?

Having an alternative exercise plan in case inclement weather prevents outdoor activities is ideal. Initially, you do not need to invest much money into having exercise equipment. Some inexpensive options include the following: a) Purchase, or find and download a beginner walking DVD and/or aerobics video. b) Use a fitness tracker and walk your local shopping mall c) Purchase resistance bands and start doing upper body exercises d) Purchase an interactive gaming fitness program such as Wii-fitness to challenge yourself.

4) Have you ever been taught how to lift weights properly?

When lifting weights, it is really important to lift with good form while breathing properly. Breathe in while relaxing the muscle and exhale when exerting the muscle. The most common exercise with light dumb bells is to begin by doing arm curls, shoulder presses and/or bench presses. Start with a weight that you can lift easily with proper form 16-18 times the first set. The second set should be 14-16 repetitions. The third set 10-14 repetitions. Try to do 3 or 4 sets of each exercise every time you work out. Challenge yourself by increasing the weight every few months if it is getting too easy. Give your muscles at least 48 hours to rest between workouts. You should only work a muscle group with weights every other day. Cardiovascular exercises such as walking could be done on a daily basis.

5) Could you think of a time to exercise on 3 or more different days of the week?

Finding time to exercise is a challenge for many people. You should evaluate your weekly schedule and make an "exercise appointment" on at least 3 different days. It should become a part of your calendar and you need to make the time to do it. Try waking up a few minutes earlier and walk before getting in the shower for work. Or go out for a walk at lunchtime or before coming home from work. If you work in the city you may be able to walk instead of taking mass transit the whole way home. Unfortunately, people will not find the time to exercise if they do not make it a part of their schedule. The long-term goal is for exercise to become part of your daily/weekly routine. It is important to encourage positive self-talk after a workout. For example, say to yourself: "I feel good after going out for a walk". The hope is that eventually you will start to look forward to going out for a walk.

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