

Medical Weight Loss Progress Note

Date: 4/13/23 Name: Todd Lett DOB: 1/15/85

Weight: 349.5 Blood pressure: 155/82 BMI: 48.74

Change In Weight Since Last Visit: ↑ 8.5 lbs. since Feb. 2023 Diagnosis: Morbid Obesity, Chronic RLE lymphedema, HTN, prediabetes

Diet Plan:

Include Notes from Diet Plan with PCP notes

Specify Diet: 2000k/day

☒ Compliant with Diet Plan ☐ NOT Compliant with Diet Plan

Weight loss medications: NONE

Total Daily Caloric Intake: 2000k/day

Physical Activity/Exercise Plan:

☐ Gym ☐ x's/wk ☒ Walking/Running 3 x's/wk ☐ Aerobics ☐ x's/wk

☐ Exercise Videos ☐ x's/wk ☐ Inability to Perform*

* walking 2.5 miles every other day

Recommended Modifications: _____

Behavior Modification:

☒ Dietician Consult
☐ Group Counseling
☐ Individual Counseling

Date: 4/13/23
Date: _____
Date: _____

Recommended Modifications: _____

Comments (progress or lack of progress): _____

*Physician's Signature: [Signature] Date: 4/14/23

Printed Physician's name: Pamela Tuck, M.D.

Fax to (205)838-3497 or (205)848-5255

*MD ONLY! INSURANCE DOES NOT ACCEPT NP'S SIGNATURE