

#2

Medical Weight Loss Progress Note

Date: 7.28.23 Name: Katherine Hines DOB: 12.21.2002

Weight: 331.4 Blood pressure: 128/87 BMI: 49.65

Change In Weight Since Last Visit: 3lbs 4oz decrease Diagnosis: morbid obesity, hypothyroidism, Depression

Diet Plan:

Include Notes from Diet Plan with PCP notes

Specify Diet: 2,000 calories a day

Compliant with Diet Plan NOT Compliant with Diet Plan

Weight loss medications: Added protein shakes to diet in the mornings for breakfast

Total Daily Caloric Intake: 2,000 calories a day (3 meals, smaller portions)

Physical Activity/Exercise Plan:

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

☐ Exercise Videos 3 x's/wk ☐ Inability to Perform*

*Continue walking 30 min 3-4 times weekly

Patient will be schedule with dietician through her Surgeon.

Recommended Modifications:

Behavior Modification:

☒ Dietician Consult
☐ Group Counseling
☐ Individual Counseling

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Recommended Modifications:

Comments (progress or lack of progress): Patient has lost 3lbs 4oz since 6.29.23.

Patient has added Premier Protein Shakes to her daily diet in the mornings.

*Physician's Signature: [Signature]

Date: 8/28/23

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