

Medical Weight Loss Progress Note

Date: 8/28/23 Name: Katherine Hines DOB: 12/21/2002

Weight: 333.9 Blood pressure: 133/87 BMI: 50.03

Change In Weight Since Last Visit: ↑ 2lbs. Diagnosis: Morbid obesity = BMI 50 ZUG.43

Diet Plan:

Include Notes from Diet Plan with PCP notes

Specify Diet: 2Kcal diet

Compliant with Diet Plan _____ NOT Compliant with Diet Plan _____

Weight loss medications: None

Total Daily Caloric Intake: 2000 cal/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* _____

* Recommend that she use an app such as MyFitness Pal to track her caloric intake. Continue w/ exercise ↓ ↑ to 4 days/week if possible.

Recommended Modifications: _____

Behavior Modification:

Dietician Consult

Group Counseling

Individual Counseling

Date: _____

Date: _____

Date: _____

Recommended Modifications: _____

Comments (progress or lack of progress): up 2lbs since her last visit.

*Physician's Signature: [Signature] Date: 8/28/23

Printed Physician's name: DR. Pamela Tuck

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

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