

#5

Medical Weight Loss Progress Note

Date: 10/31/23 Name: Katherine Hines DOB: 12/21/2002
Weight: 343 Blood pressure: 144/97 BMI: _____
Change In Weight Since Last Visit: ↑ 9 lbs. Diagnosis: Z68.43, E03.9

Diet Plan:

Include Notes from Diet Plan with PCP notes

Specify Diet: 2,000 cal. diet / day
_____ Compliant with Diet Plan ☒ NOT Compliant with Diet Plan

Weight loss medications: NONE

Total Daily Caloric Intake: 2500 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*

* NOT compliant w/ exercise regimen

Recommended Modifications: Restart exercise regimen

Behavior Modification:

_____ Dietician Consult	Date: _____
_____ Group Counseling	Date: _____
_____ Individual Counseling	Date: _____

Recommended Modifications: _____

Comments (progress or lack of progress): up 9 lbs from previous month.
Caloric intake ↑ 500 cal./day ↓ She has stopped exercising.

*Physician's Signature: [Signature] Date: 10/31/23

Printed Physician's name: Dr. Pamela Tuck