

#4

Medical Weight Loss Progress Note

Date: 9/28/2023 Name: Katherine Hines DOB: 12/21/2002

Weight: 335 lbs. Blood pressure: 138/98 BMI: 30.93

Change In Weight Since Last Visit: ↑ 1 lb. Diagnosis: Z68.43, E03.9

Diet Plan:

Include Notes from Diet Plan with PCP notes

Specify Diet: 2,000 cal diet

☒ Compliant with Diet Plan ☐ NOT Compliant with Diet Plan

Weight loss medications: NONE

Total Daily Caloric Intake: 2,000 cal using My Fitness Pal for calorie tracking

Physical Activity/Exercise Plan:

☒ Gym 3 x's/wk ☒ Walking/Running 3 x's/wk 1.5 hours per workout. Aerobics x's/wk
 Exercise Videos x's/wk Inability to Perform*

* Recently started taking her meds for hypothyroidism

Recommended Modifications: Cont. exercise regimen + tracking calories.

Behavior Modification:

 Dietician Consult

Date:

 Group Counseling

Date:

 Individual Counseling

Date:

Recommended Modifications:

Comments (progress or lack of progress): up one lb. this month. She did download the app that was recommended last month to track her caloric intake.

*Physician's Signature: [Signature] Date: 9/28/23

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