

Weight Management Follow-up Visit

OMS 12 VV

Name _____

Date _____

Your weight _____

Weight loss medication _____

Waist circumference* _____

1st day of your last period _____

Hip circumference** _____

***Measure your waist:** Stand and place a tape **measure** around your **middle**, just above your hipbones, at the **narrowest point**

****Measure your hips:** Then **measure** the distance around the largest part of your **hips** — the **widest** part of your buttock

Waist-to-hip ratio (WHR): less than 0.85 is “ideal” for women

What **challenges** or difficulties are you having with your weight loss? _____

If you are you taking a **medication***, are you finding it helpful? ☐ yes ☐ no ☐ not applicable

Any side effects? ☐ none ☐ dry mouth ☐ jitteriness ☐ headache ☐ trouble sleeping ☐ nausea

☐ constipation ☐ other _____

Are you able to take the medication as directed? ☐ yes ☐ no

If **no**, what difficulties are you experiencing? _____

Are you following a specific **dietary plan**? ☐ no ☐ Vegan/vegetarian ☐ Low carb/ketogenic style

☐ Paleo ☐ Mediterranean ☐ other _____

Are you using **meal replacements**? ☐ yes ☐ no

If yes, ☐ Full Plan ☐ Fresh Steps ☐ ProLon ☐ purchased product on your own _____

Exercise: What type and how often? _____

If none, what types of movement can you add throughout your day? _____

How well do you **sleep** at night? ☐ through the night ☐ fall asleep easily but can't stay asleep

☐ difficulty falling asleep ☐ frequent or early morning waking

Are you experiencing any significant **stress**? ☐ yes ☐ no

If **yes**, how are you managing? ☐ not at all ☐ meditation practices ☐ exercise ☐ journaling

☐ other _____

Are you tracking your food, steps, sleep, mood, etc.? ☐ yes ☐ no

If yes, ☐ notebook and pen ☐ HealthTrac app ☐ MyFitnessPal ☐ WW app

☐ other _____

Are you finding it helpful? ☐ yes ☐ no

Are you having any **symptoms** or **physical problems** since starting this program?

☐ **none**

☐ hunger ☐ chest pain ☐ nausea ☐ joint pain ☐ numbness

☐ cravings ☐ rapid heart beat ☐ bloating ☐ muscle cramps ☐ dizziness

☐ irritability ☐ fluid retention ☐ constipation ☐ rashes ☐ tremors

☐ lack of control ☐ fainting ☐ diarrhea ☐ headache ☐ depression

☐ fatigue ☐ short of breath ☐ indigestion ☐ weakness ☐ anxiety

☐ moodiness

☐ trouble sleeping

☐ hair loss

☐ cold intolerance

☐ irregular periods

PLEASE fill out the next page as well

You can email back to Dawn or have available for our virtual visit

Food Diary: Consider WHEN you eat as well as WHAT you eat

- Instead of labeling your meal as “breakfast”, etc. please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, try to eat your larger meal mid-day and your final meal earlier in the evening
- Keep your eating window (first bite of the day to last bite of the day) to a 12–hour time period or less (8-12 hour window)

time of day give me an idea of what you eating in a typical day, including beverages!

Weight Maintenance Session #12: Visualizing Ways to Change Your Bad Habits

- 1) Do you sometimes fail to make good food choices at a party, work meeting, sporting even or family gathering?
☐ yes ☐ no
- 2) Could you think of options or plan going into a party meal situation?
☐ yes ☐ no
- 3) Could you think of options or plan going into a work meeting meal situation?
☐ yes ☐ no
- 4) Could you think of options or plan going into a sporting event meal situation?
☐ yes ☐ no
- 5) Could you think of options or plan going into a family gathering meal situation?
☐ yes ☐ no

Weight Maintenance Session #12: Visualizing Ways to Change Your Bad Habits

1) Do you sometimes fail to make good food choices at a party, work meeting, sporting event or family gathering?

We tend to make less desirable food choices when we are NOT preparing food ourselves. Common examples include going to parties, work meetings, sporting events or family gatherings, etc...once you realize that this is an issue you could plan better going into that meal. If you are taking an appetite suppressant, remember to take it the day of the party, work meeting, sporting event or family gathering. Be aware there are likely to be unhealthy choices. The plan will be to make better choices. Questions 2-5 will focus on better ways to handle each of these common overeating circumstances should try to avoid associating feelings such as depression or guilt to an overeating episode. Don't eat something because you do not want to hurt your host's feelings or you are concerned what others might think. Keep in mind they are probably more concerned with themselves than what you are eating!!

2) Could you think of options or plan going into a party meal situation?

1. **Cocktail hour** - Attempt to fill up on vegetables or crudité if available. Stay away from the fried higher calorie options. Socialize instead of eating. Make lower calorie alcohol choices if you will be drinking.

a. Wine: 6 oz glass is 145 calories.

b. Beer: Average 12 once regular beer is 140 calories. Light beer is 100 calories.

c. Spirits: Average 80 proof shot is 100 calories. Club soda has 0 calories. Avoid drinks with juices or soda

2. **Main Meal** - If meat choices are given try to stick with baked or grilled fish or chicken. If all choices offered are poor ones make a conscious effort not to clean your plate. Start your meal with protein and eat lots of vegetables. Eat slowly, dance and socialize as much as possible.

3. **Dessert** - Spend more time socializing and dancing rather than eating. Try to not eat much for dessert. Just have a few small bites. If fruit is available, then that would usually be the best choice.

3) Could you think of options or plan going into a work meeting meal situation?

Work Meetings. If possible, try to select restaurants or food choices for the meeting that serve healthier, low calorie options. Fish restaurants, organic restaurants, farm to table restaurants, vegetarian restaurants and/or Japanese restaurants usually will have healthier options on the menu. Attempt to eat more vegetables (fiber) and healthy proteins. Choose grilled fish or chicken on a salad rather than a pasta dish. Many restaurants have their menu available on-line. Order first so other's do not affect your choice! Skip the bread basket, ask for additional vegetables rather than a starchy side dish and ask the waiter to wrap up half the dish before serving you.

4) Could you think of options or plan going into a sporting event meal situation?

Sporting Event. Unfortunately it is difficult if not impossible to make good food choices at most sporting events. Like the work meeting you need to make a plan beforehand. Either: 1. Eat before the sporting event so that you are not hungry and able to resist eating food at the event. 2. If permitted, bring your own better food choices to the game.

5) Could you think of options or plan going into a family gathering meal situation?

Family Gatherings. It is often difficult to not overeat at family gatherings especially if the host of the gathering lets you know that they made your favorite poorer choice foods. Making some of the following plans beforehand could help to minimize weight gain as a result of the family event. Advise your family that you are making healthy food choices and that you would appreciate their support. Bring healthier food choices to the gathering, such as cut up vegetables and hummus, cheese or nuts for appetizers or a fruit bowl for dessert. Be as active as possible at the gathering. If activities such as playing ball, swimming, dancing etc...are a part of the gathering, you should make an attempt to participate in these.