

# Weight Management Follow-up Visit

OMS 2 VV

Name \_\_\_\_\_

Date \_\_\_\_\_

Your weight \_\_\_\_\_

Weight loss medication \_\_\_\_\_

Waist circumference\* \_\_\_\_\_

1<sup>st</sup> 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

☐ moodiness

☐ cravings

☐ rapid heart beat

☐ bloating

☐ muscle cramps

☐ dizziness

☐ trouble sleeping

☐ irritability

☐ fluid retention

☐ constipation

☐ rashes

☐ tremors

☐ hair loss

☐ lack of control

☐ fainting

☐ diarrhea

☐ headache

☐ depression

☐ cold intolerance

☐ fatigue

☐ short of breath

☐ indigestion

☐ weakness

☐ anxiety

☐ 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 #2: Using Journaling or Apps to Achieve your Goals**

---

- 1) Food journaling results in greater weight loss compared to just diet alone.  
☐ true ☐ false
- 2) Including greater details in a food diary has been correlated with more weight loss.  
☐ true ☐ false
- 3) Initially when keeping a food diary, always including details, such as recording the portion size, has been correlated with greater weight loss.  
☐ true ☐ false
- 4) Activity monitors such as FitBit, Jawbone UP and Garmin could lead to a greater amount of activity among users.  
☐ true ☐ false
- 5) Using the food tracker, the “Color My Day” feature along with recipes provided in your patient portal should enhance your goals.  
☐ true ☐ false

## Weight Maintenance Session #2: Using Journaling or Apps to Achieve your Goals

---

### 1) Food journaling results in greater weight loss compared to just dieting alone.

**True.** According to an article published in the Journal of the Academy of Nutrition and Dietetics, women who kept a food journal and dieted lost 6 additional pounds compared to those that just dieted for 12 months.

1. Keeping a food journal either the old fashioned way with paper and pen or with an app will lead to more weight loss. You can share your food journal at each visit so we can review the good or bad choices that were made.

### 2) Including greater details in a food diary has been correlated with more weight loss.

**True.** Try to detail as much information as possible. Track the time of day and places the meal was eaten along with food amount, portion size and degree of hunger prior to the meal. If you are abnormally hungry, you may benefit from the use of an appetite suppressant. You also may find that when you eat at particular restaurants, you tend to make worst food choices than other restaurants. These types of connections could help you in the long run with weight loss and weight maintenance. In addition, make sure to record the “extras”, such as the mayo on the sandwich or the handful of chips at the office. These extras could add up. Pay attention to details when it comes to food choices.

### 3) Initially when keeping a food diary, always including food diary details, such as recording portion sizes has been correlated with greater weight loss?

**True.** It is really important to get into the habit of measuring and recording your portion sizes. Portion size is initially the greatest challenge for many dieters. Start with **two hands full** of leafy greens (or low-glycemic index vegetables). Use the **palm of your hand** for a 3 oz portion of protein at each meal. Add a **thumb full** of healthy fat (olive oil, coconut oil or avocado) to each meal for satiety. Keep the grains and higher glycemic index carbs to the **size of your fist**. By focusing on the nutrients and minding the portions, the calories will take care of themselves!! Over time, it is helpful if you get into the habit of reviewing what you have written in the food journal. The act of acknowledgement and reflection will lead to greater success.

### 4) Activity monitors such as FitBit, Apple watch and Garmin could lead to a greater amount of activity among users.

**True.** Using activity monitors leads to a greater level of conscience among the user of how active they are. Aim for 10,000 steps each day, throughout the day. This translates into about 5 miles of walking every day. Walking 10,000 steps daily should lead to less weight regain over time. Challenge your family, friends and co-workers to try to walk more steps daily, weekly, monthly, etc.

### 5) Using the food tracker, the “Color My Day” feature along with recipes provided in your patient portal should enhance your goals.

**True.** Use the tools provided in your HealthTrac app. They have all been designed and clinically proven to enhance overall weight loss success. The “Color My Day” feature is helpful in identifying problem areas. Frequent red days, if not addressed, will usually lead to patients dropping out and ultimate weight loss/maintenance failure. If you are experiencing many red days, consider an appetite suppressant to help control your patients hunger. Also consider the use of meal replacements to help control appetite.