

Weight Management Follow-up Visit

OMS 6 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

☐ 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 2 pages 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 #6: Exercise Pointers, Part 1

- 1) Exercise is more important than diet when trying to lose weight.
☐ true
☐ false
- 2) Exercise ideally should be performed daily to be effective for weight maintenance.
☐ true
☐ false
- 3) When trying to lower the percentage of fat in your body by exercise, it is necessary to walk or run as fast as you possibly could.
☐ true
☐ false
- 4) Weights work better for men than women in lowering the percentage of fat in the body.
☐ true
☐ false
- 5) Weight training is more effective than cardiovascular conditioning for patients in their 20's trying to maintain weight loss.
☐ true
☐ false

Patient Health Questionnaire (PHQ 9)

You answered the following questionnaires prior to your first visit.

Let's see how your responses have improved with your recent healthy diet and lifestyle changes!

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling bad about yourself - or that you're a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving or speaking so slowly that other people could have noticed. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts that you would be better off dead or of hurting yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TOTAL

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- ☐ Not difficult at all
- ☐ Somewhat difficult
- ☐ Very difficult
- ☐ Extremely difficult

1) Exercise is more important than diet when trying to lose weight.

False. Diet is much more effective for weight loss than exercise. In fact some studies have found that some women do not lose any weight just by exercising without cutting calories. We care about exercise because it is necessary to help you maintain the weight loss after you lose it. Plus when you build more muscle mass, you burn more energy. Exercise also has numerous health benefits. Some examples include preventing cardiovascular disease, stress reduction, improving osteoarthritis and mental cognition.

2) Exercise ideally should be performed daily to be effective for weight maintenance.

False. The good news is that daily exercise is not usually required. The ideal goal is a minimum of 5 hours weekly for woman and 3 hours weekly for men. Every other day could work as well as daily. Exercising 1 day weekly for more than 5 hours would not be nearly as effective as daily or every other day.

3) When trying to lower the percentage of fat in your body by exercise, it is necessary to walk or run as fast as you possibly could.

False. Walking or running as hard and as fast as you could is not as desirable for fat percentage and weight management. It is more desirable to spend as much time as possible being physically active. If you go as hard and as fast as you could, it usually leads to fatigue. Short, intense workouts are good for cardiovascular conditioning but not as ideal for weight management.

4) Weights work better for men than women in lowering the percentage of fat in the body.

False. Men and woman both benefit from using weights and/or resistance training as a part of their work out regimens. As a general rule people in their 20's benefit more from weights than people in their 50's secondary to the fact that young people are able to actually build muscle. Over age 40 we all start to lose muscle every year that we are alive. For some, muscle loss begins at age 30. This is why we are much stronger at age 20 compared to age 60. We should all add resistance training to our regimens.

5) Weight training is more effective than cardiovascular conditioning for patients in their 20's trying to maintain weight loss.

True. Since patients in their twenties have the ability to actually build muscle, weight training makes more sense for them. Keep in mind that muscle mass increases metabolism and burns significantly more calories daily than fat mass. So building muscle should increase metabolism, leading to a more successful weight maintenance.