

Weight Management Follow-up Visit

OMS 8 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 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 #8: Managing Stress to Prevent Overeating

- 1) Do you feel that stress has negatively affected your weight and health?
☐ yes ☐ no
- 2) Are you familiar with the "fight or flight" response in the animal kingdom?
☐ yes ☐ no
- 3) Have you ever thought about your daily stressors while exercising?
☐ yes ☐ no
- 4) Do you believe that you do not have any control over the way stress affects you?
☐ yes ☐ no
- 5) Are you interested in learning some relaxation techniques to help deal with stress?
☐ yes ☐ no

Weight Maintenance Session #8: Managing Stress to Prevent Overeating

1) Do you feel that stress has negatively affected your weight and health?

Many people who struggle with their weight tend to overeat comfort/high carbohydrate foods when they are stressed out for the calming/soothing effect that carbohydrates can cause. Interestingly, in many prisons they serve only high carbohydrate options to help decrease the level of violence among the inmates. It is important that you help your patient to focus on alternative strategies to deal with stress other than eating.

2) Are you familiar with the “fight or flight” response in the animal kingdom?

Darwinian evolution has proposed that humans have evolved from the animal kingdom. Many people believe that our brains are still primitive in regard to how we deal with conflict or stress. The animal kingdom either fights the things that threaten it or runs away from them. When we become angry or stressed the brain produces two hormones designed to arouse a fight-or-flight response in our bodies: cortisol and adrenaline. These hormones increase our heart rate, respiratory rate, and blood pressure, and make us more alert and focused so that we can fight the stressor more effectively. Unfortunately, as civilized humans, we cannot fight or runaway from our problems.

3) Have you ever thought about your daily stressors while exercising?

Thinking about your problems while you are exercising is a useful tool to fool the mind into believing that we are being physical with our stressors. Many times your problems will seem much easier to deal with after a good workout. Encourage your patients to go for a walk when they are stressed out rather than going into the kitchen for a snack. It is crucial that you work hard to find adaptive strategies that do not depend on food for comfort and stress relief.

4) Do you believe that you do not have any control over the way stress affects you?

You have 100% control over how stress affects you. In fact, the stress reaction starts in your mind meaning that you must allow yourself to become stressed in the first place. Many surviving prisoners of war used this coping strategy while in captivity. They did not allow their mind to get caught up in the atrocities happening around them; instead they kept their mind focused on good times with friends and family. This is a unique human coping strategy that we could take advantage of in our daily lives. You do not have to react to stressful circumstances when they occur. You could choose to deal with them later. We recommend that you work up a sweat exercising and then start to think about the stressors of the day. This should minimize the harmful effect that stress has on our bodies as well as decrease the urge to stress eat.

5) Are you interested in learning some relaxation techniques to help deal with stress?

- **Try affirmations:** Every time you have a negative or stressful thought, repeat a positive affirmation such as: I choose to relax and build a happy, healthy mind and body.
- **Eliminate negative thoughts:** One technique is to place a rubber band loosely around your wrist. Then, whenever you have a negative thought, snap it. This technique will help you to become more aware of negative thoughts and could put you on the path to a more positive attitude.
- **Learn deep breathing exercises:** Close your eyes, then consciously relax your body and focus on your breath. While breathing deeply, remove all other thoughts from your mind. Do this for 5 to 15 minutes each day.
- **Learn guided relaxation exercises:** Check out YouTube, your local library or bookstore and learn to relax whenever you need to.