

# Weight Management Progress Note

Patient name: \_\_\_\_\_ Chart Number: \_\_\_\_\_ Date: \_\_\_\_\_

Staff name and role: \_\_\_\_\_

Patient's height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_ Waist circumference: \_\_\_\_\_ BP: \_\_\_\_\_

## Overall Goal

- Maintain current weight (don't gain)
  - Lose 5-10% of body weight in 6 months For this person, that means lose \_\_\_\_\_ pounds in 6 months
- Is this patient in case management for weight?  Yes  No
- Patient's concerns today:

Staff concerns today:

## Education Topics Covered

### Healthy eating

- breakfast
- fruits and vegetables
- water
- other: \_\_\_\_\_
- none today

### Exercise

- aerobic activities
- being more active during the day
- finding options when it's difficult to exercise
- other: \_\_\_\_\_
- none today

### Stress and emotions

- reducing stress
- handling emotions in a healthy way
- importance of exercise for stress and emotions
- importance of sleep and rest
- other: \_\_\_\_\_
- none today

### Keeping track

- healthy eating and exercise log
- weight log
- other: \_\_\_\_\_
- none today

## Action plan

### Healthy eating Patient will aim to:

- eat a healthy breakfast most days
- eat 2 fruits a day
- eat 3 cups of vegetables a day
- choose water instead of other beverages
- choose whole grains instead of refined grains
- choose low-fat proteins instead of high fat proteins
- choose healthy snacks
- eat until hunger is gone, **not** until full
- other: \_\_\_\_\_
- none today

### Exercise Patient will aim to:

- do aerobic exercise (type: \_\_\_\_\_) for \_\_\_\_\_ minutes, \_\_\_\_\_ days a week
- increase the amount of activity in their day
- other: \_\_\_\_\_
- none today

Next visit date: \_\_\_\_\_

### Stress and emotions Patient will aim to:

- be aware of how stress affects their food choices
- exercise to relieve stress and strong emotions
- use relaxation exercises
- talk to someone or write in a journal
- other: \_\_\_\_\_
- none today

### Keeping track Patient will aim to:

- keep track of food choices
- keep track of exercise
- other: \_\_\_\_\_
- none today

Staff signature: \_\_\_\_\_

Date: \_\_\_\_\_