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

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

Exercise
☐ aerobic activities
☐ being more active during the day
☐ finding options when it’s difficult to exercise
☐ 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

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

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

Keeping track Patient will aim to:
☐ keep track of food choices
☐ keep track of exercise
☐ other: _________________________
☐ none today

Next visit date: _______________________________ Staff signature: ________________________________
Date: __________________________

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