



Weight Loss Follow Up

First Name: _____

Last Name: _____

Email: _____

Cell Phone: _____

What weight loss medications are you taking (include dosage)?

Are you having any side-effects from the medication? If yes, then explain?

When was your last dose? _____

Are you following a specific diet plan? _____

Are you exercising regularly? _____ How many times a week? _____ Resistance exercise? _____

Are you interested in consulting with a registered dietician? _____

Are you receiving any online counseling or behavior modification therapy? _____

Would you like to? _____

Do you have any current concerns about your weight loss program?

Vital Signs

Pulse _____ BP _____ Pulse Ox _____ Gender _____

Ht _____ Wt _____ BMI _____ Waist Circumference (inches) _____

Previous Wt (lbs) _____ Previous BMI _____ Previous WC (inches) _____

Starting Wt (lbs) _____ Starting BMI _____ Starting WC (inches) _____

Diagnosis

- Overweight
BMI 25-29.9 or WC 37-40 inches (men) or WC 31.5-35 inches (women)
- Obesity
BMI > 29.9 or WC > 40 inches (men) or WC > 35 inches (women)

AACE Obesity Staging

- Stage 0
BMI 25-29.9 or BMI > 29.9 and no obesity related complications
- Stage 1
BMI > 25 with 1 or more mild to moderate complications
- Stage 2
BMI > 25 with at least 1 severe complication
- Medical Complications Related to Obesity: OSA, NAFLD, Cirrhosis, Cholecystitis, Pancreatitis, Osteoarthritis, Gout, PCOS, Dyslipidemia, HTN, DM2, Phlebitis, Certain types of Cancer (Breast, Uterus, Cervix, Colon, Esophagus, Pancreas, Kidney, and Prostate), Vascular Insufficiency, Asthma, Thrombosis, Metabolic Syndrome, Anxiety, Depression, and Eating Disorders.

Treatment Plan

Tirzepatide (Accurate dosing in mg)

- 2.5mg SQ every wk
- 5mg SQ every wk
- 7.5mg SQ every wk
- 10mg SQ every wk
- 12.5mg SQ every wk
- 15mg SQ every wk
- Custom Dosing

Semaglutide (Accurate dosing in mg)

- 0.25mg SQ every wk
- 0.5mg SQ every wk
- 0.75mg SQ every wk
- 1.0mg SQ every wk
- 1.5mg SQ every wk
- 2.0mg SQ every wk
- 2.5mg SQ every wk
- Custom Dosing

Other Medications and Dosing:

Online Counseling and Behavior Modification Therapy Education? _____

Registered Dietician Referral? _____

Does medication need to be ordered? _____

Do Labs need to be ordered? _____