

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Obesity/Overweight

Weight Status:

Current Weight:

BMI:

Waist To Hip Ratio:

(waist measurement divided by hip measurement)

Had a full body scan?:

How long you've weight this much?:

Did the weigh come on suddenly or gradually?:

Conditions Associated With Weight:

Circle all that apply

Shortness of breath

Joint pain

Chronic fatigue

Trouble sleeping

Sleep apnea

Coronary Heart Disease

Hypertension (High Blood Pressure)

Stroke

Type 2 Diabetes

Cancer

Sleep Apnea

Gallstones

Osteoarthritis

Dyslipidaemia

Cerebrovascular Disease

Metabolic Syndrome

Pulmonary Abnormalities

Gastrointestinal Abnormalities

Infertility/Menstrual Irregularities

I Have Tried Losing Weight By The Following:

Explain any medications you have used, lifestyle changes, weight loss attempts

Family History

List any family members/relatives who have struggled with obesity/being overweight

Other Medications I Am Currently Taken Not Related To Obesity:

List them here

Questions I Have For The Doctor:

Question, Notes

How much weight do you think I need to lose?

How much weight should I be losing every week/month?

Is my weight putting me at risk for certain health conditions?

What do you recommend for dietary changes?

Are there any specific diets that you've seen be most successful for previous patients?

Does meal frequency matter?

What do you think is affecting my weight besides food?

Could there be underlying medical conditions affecting my ability to lose weight?

What about any of the medications I'm taking?

What are some good resources to help me stay on track?

Do you think surgery/other medical interventions may be necessary in my case?

Do you recommend any special supplements or medications?

Do you think I should see a weight loss specialist? Do you have someone you recommend?

Should I join a weight-loss program, and have you seen patients be successful with these?

