

## EXAMPLE - Weight, Diet and Exercise History

### Weight, Diet and Exercise History

Name: Jane Doe

Date of Birth: 1/1/1970

<b>YEAR &amp; LENGTH OF PARTICIPATION</b>	<b>PROGRAM TYPE</b>	<b>WEIGHT</b>	<b>WEIGHT LOSS</b>
<i>The year and time (days, months, etc.) you participated in the program</i>	<i>The type of diet/exercise program you were on (it may be physician supervised or unsupervised)</i>	<i>Your weight at the start of the program</i>	<i>The amount of weight lost with the program</i>
1990-college	Skipped lunch	260	10
1991-college	Low calorie, small meals; 1000 calories a day	270	20
1992	2 meals a day with running 2 miles	285	10
1993	Dexatrim	275	30
1994	Slim Fast 3 times daily	270	5
1995-married	Jenny Craig	275	15
1996	Smaller portions	215	50
1997	Sugar Busters	220	5
1998	Weight Watchers	230	30
1999	Running and low calorie	245	15
2000	Fad diets	255	0
2001	Glucophage	270	20
2002	Slim Fast twice daily	265	10
2003	High protein/low carbs	270	5
2004	Jenny Craig	260	20
2005	Weight Watchers	240	30

Please fax your Weight, Diet and Exercise History to the Baptist Center for Bariatrics at 904-391-5451.  
Questions? Call 904-202-7546