

# Revere Health Weight Loss and Nutrition Center

## WEIGHT LOSS MAP

### Active Weight Loss Phase

- Week 1: Initial Provider Consult Date \_\_\_\_\_
  - Optifast
  - Medication Assisted
  - Group Visits
  - Lifestyle Modification Alone
  
- Initial Dietary Consult Date \_\_\_\_\_
  
- Provider Weight Loss Follow Up Visit
  - Week 2: Date \_\_\_\_\_
  - Week 4: Date \_\_\_\_\_
  - Week 6: Date \_\_\_\_\_
  - Week 8: Date \_\_\_\_\_
  - Week 10: Date \_\_\_\_\_
  - Week 12: Date \_\_\_\_\_
  - Week \_\_: (if needed) Date \_\_\_\_\_
  - Week \_\_: (if needed) Date \_\_\_\_\_
  - Week \_\_: (if needed) Date \_\_\_\_\_
  - Week \_\_: (if needed) Date \_\_\_\_\_

### Transition Weight Loss Phase

- Follow Up Dietary Consult Date \_\_\_\_\_
  
- Provider Weight Loss Follow Up Visit
  - Week 16: Date \_\_\_\_\_
  - Week 20: Date \_\_\_\_\_
  - Week 24: Date \_\_\_\_\_

### Maintenance Phase

- Follow Up Dietary Consult
  - 6 Month Follow Up Date \_\_\_\_\_
  - 12 Month Follow Up Date \_\_\_\_\_
  
- Provider Weight Loss Follow Up Visit
  - Quarterly Visit #1 Date \_\_\_\_\_
  - Quarterly Visit #2 Date \_\_\_\_\_
  - Quarterly Visit #3 Date \_\_\_\_\_
  - Quarterly Visit #4 Date \_\_\_\_\_