

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Lifestyle Education/Health Coaching is being prescribed to you as a foundation of your treatment for the following:

- Altered Body Composition
  - Overweight (BMI 25-29.9)
  - Obesity (BMI 30-39.9)
  - Morbid Obesity (BMI >40)
  - Waist-to-Hip Ratio (M >1; F >.8)
  - Increased Fat Mass (BIA)
  - Abnormal Weight Gain
- Abnormal Blood Sugar Management
  - Metabolic Syndrome
  - Hypoglycemia
  - Hyperglycemia
  - Hyperinsulinemia
  - Diabetes – Type 2
  - Family Hx of Diabetes
- Dyslipidemia
  - Hyperlipidemia/Dyslipidemia
  - Total Cholesterol (elevated)
  - Triglycerides (elevated)
  - HDL Cholesterol (low)
  - LDL Cholesterol (elevated)
  - Trig/HDL Ratio (>3) (elevated)
  - Chol/HDL Ratio (elevated)
  - ApoB/ApoA1 Ratio (elevated)
- Other Cardiovascular Risk Factors
  - Hypertension
  - CRP (elevated)
- Homocysteine (elevated)
- Family Hx of CHD
- Atherosclerosis
- Gastrointestinal
  - Indigestion
  - Food Sensitivity Concerns
  - GERD
  - IBS/IBD
- Pain & Fatigue
  - Sleep Dysfunction/Apnea
  - Arthritis
  - Muscle, joint, fascial pain
  - Chronic Fatigue
  - Fibromyalgia
- Osteoporosis/Osteopenia
- Lifestyle Risk Factors
  - Dietary Concerns
  - Physical Inactivity
  - High Stress
  - Smoking
- Interest in Healthy Aging
- Detoxification
- Other
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Follow-up with:

Health Care Provider Signature/Stamp:

**Kim Lee-Thorp, FMCHC**  
San Clemente Wellness  
111 Avenida Del Mar #215  
San Clemente, CA 92672  
949-547-0716  
www.sc-wellness.com  
kim@sc-wellness.com