



My Progress Tracker to Share With My Health Care Professional

It's time to reflect upon your efforts so far and work with your health care professional to revisit and refine your weight-management plan. Remember, the best plan for you is one that fits your lifestyle and the goals you and your health care professional have set together.

My Next Appointment Date/Time: _____

Note: This appointment may be necessary to verify whether you can get prior authorization to receive insurance benefits on your prescription weight-loss medication.

1 Complete Before Your Visit

What I'm Trying

How I'm Doing

Medication - (eg, I'm remembering to take my medication every day.)



Motivation - (eg, When faced with setbacks, I remind myself why I'm doing this.)



Nutrition - (eg, I'm using my portion plate.)



Physical Activity - (eg, I'm going on daily walks.)



2 Complete With Your Health Care Professional

Next Steps

Medication



Motivation



Nutrition



Physical Activity



Additional notes from my appointment:
