

Self-Managed Weight Loss Program

Make a Plan

Set goals (examples of long & short term goals – categorize as immediate need or medical conditions to reduce??)

Journal (see 30 day journal – needs to tie in with TextConnect entries as well as mgmt tools/daily journal)

Health profile/Physical assessment

Calculators (www.freedieting.com/tools/weight_loss_tools.htm)

BMI

Calorie counter

Ideal weight

Weight gain

Medical assessment (if patient enters certain chronic conditions it automatically set an alert with a disclaimer, relieving MDWLC from any lawsuits if the patient continues without proper medical attention) (certain conditions should set off a red flag to care coordinator & program medical director)

To Dr

recommendations made? (for diet, fitness)

Diet – (suggested menu's by week)(have alternatives for meals out, parties, etc...)

Level/Phase 1

Menu's & recipes

Grocery list

Level/Phase 2

Menu's & recipes

Grocery list

Level/Phase 3

Menu's & recipes

Grocery list

Fitness (create levels/degrees: minimal/moderate/aggressive...depending on assessment outcome)(progress daily entries to journal/create a workout log: calories burned, endurance, work out time, pulse rate, starting body fat, weight & measurements, document lifestyle changes/progress) (perhaps add a link "Ask the Fitness Trainer?")

Level 1 (pictures or video's each level)

Cardio & weights

Level 2

Cardio & weights

Level 3

Cardio & weights

Mgmt tools

Journal (see 30 day journal – break down by week & new daily motivational quotes)

Daily Plan (this should all tie in with journal)

(<http://www.americanheart.org/presenter.jhtml?identifier=3031819>)

[Weekly plan](#) (should feed into the journal – comment on obstacles/progress to goal/feed patient with encouraging comments)

[Exercise](#)

[Menu's](#)

[Life changes](#)

[Track your progress](#) – (links back to calculators)

[progress to goal weight](#)

[progress to goal size](#)

[progress to goal lifestyle](#)

Support Svcs

[Support group](#)

[Blog](#)

[Links to MySpace & Facebook](#)

[TextConnect](#) (see TextConnect questions...all entries from cell phone is dumped here & printable by the office for review by dr prior to seeing the patient)

[Set reminders/alerts'](#) (can also be used for personal use outside of mdwlc – for mdwlc: appts, taking supplements, journal entries)

[Daily questions](#) (should have a red flag alert for certain key words “critical” data entered by patient)

[Journal entries](#)

[Q&A's](#)

[Fitness](#)

[Exercise program](#)

[Cardio](#)

[Video's](#)

[Weights](#)

[Video's](#)

[Gym affiliations](#)

[Programs & rates offered](#)

[Diet](http://www.diettv.com/diettelevision/reviewadiet.html) (http://www.diettv.com/diettelevision/reviewadiet.html)

[Recipes](#) (list prep time, cook time & calories per serving)

[Separate by cuisine, by course](#)

[vegetarian](#)

[separate by cuisine, by course](#)

[Mexican](#)

[Italian](#)

[American](#)

[Vegetarian](#)

[Chinese](#)

[Create menu's](#) – (including calories & nutritional values)

[Separate by cuisine](#)

[Grocery List](#) (suggest brands & show various labels (comparisons?))

[Calorie chart](#)

[Publications](#)

[WIN](http://win.niddk.nih.gov/publications/index.htm) (http://win.niddk.nih.gov/publications/index.htm)

[American Heart Association](#)

(http://www.americanheart.org/presenter.jhtml?identifier=537)

[American Dietetic Association](#)

(<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html>)

[Ask A Doctor](#)

[Email to dr](#)

[Newsletter](#) (deliverable monthly) (contents: blog entries, diet, fitness, cartoon, recipes, News alerts re: health, lifestyle comments, Ask a Dr Section, biggest loser)

[Request monthly email](#)

[Referral program](#) (establish tracking system)

[Programs](#)