



Weight Loss- Medical History Form

Name: _____ Age: _____ Sex: M F

Family Physician: _____ Phone: _____

Present Status:

1. Are you in good health at the present time to the best of your knowledge? Yes No
2. Are you under a doctor's care at the present time? Yes No
If yes, for what? _____
3. Are you taking any medications at the present time? Yes No
What: _____ Dosages: _____
What: _____ Dosages: _____
4. Any allergies to any medications? Yes No

5. History of High Blood Pressure? Yes No
6. History of Diabetes? Yes No
At what age: _____
7. History of Heart Attack or Chest Pain? Yes No
8. History of Swelling Feet Yes No
9. History of Frequent Headaches? Yes No
Migraines? Yes No Medications for Headaches: _____
10. History of Constipation (difficulty in bowel movements)? Yes No
11. History of Glaucoma? Yes No
12. Gynecologic History:
Pregnancies: Number: _____ Dates: _____
Natural Delivery or C-Section (specify): _____
Menstrual: Onset: _____
Duration: _____
Are they regular: Yes No
Pain associated: Yes No
Last menstrual period: _____
Hormone Replacement Therapy: Yes No
What: _____



Birth Control Pills: Yes No
Type:
Last Check Up:

13. Serious Injuries: Yes No
Specify: Date:

14. Any Surgery: Yes No
Specify: Date:
Specify: Date:

15. Family History:

Table with 6 columns: Age, Health, Disease, Cause of Death, Overweight?. Rows for Father, Mother, Brothers, Sisters.

Has any blood relative ever had any of the following:

- Glaucoma: Yes No Who:
Asthma: Yes No Who:
Epilepsy: Yes No Who:
High Blood Pressure Yes No Who:
Kidney Disease: Yes No Who:
Diabetes: Yes No Who:
Tuberculosis: Yes No Who:
Psychiatric Disorder Yes No Who:
Heart Disease/Stroke Yes No Who:

Past Medical History: (check all that apply)

- Polio, Jaundice, Kidneys, Lung Disease, Rheumatic Fever, Ulcers, Anemia, Tuberculosis, Drug Abuse, Pneumonia, Cholera, Arthritis, Measles, Mumps, Scarlet Fever, Whooping Cough, Bleeding Disorder, Gout, Heart Valve Disorder, Gallbladder Disorder, Eating Disorder, Malaria, Cancer, Osteoporosis, Tonsillitis, Pleurisy, Liver Disease, Chicken Pox, Nervous Breakdown, Thyroid Disease, Heart Disease, Psychiatric Illness, Alcohol Abuse, Typhoid Fever, Blood Transfusion, Other:

Nutrition Evaluation:

- 1. Present Weight: Height (no shoes): Desired Weight:
2. In what time frame would you like to be at your desired weight?



3. Birth Weight: _____ Weight at 20 years of age: _____ Weight one year ago: _____
4. What is the main reason for your decision to lose weight? _____
5. When did you begin gaining excess weight? (Give reasons, if known): _____

6. What has been your maximum lifetime weight (non-pregnant) and when? _____
7. Previous diets you have followed: _____ Give dates and results of your weight loss: _____

8. Is your spouse, fiancée or partner overweight? Yes No
9. By how much is he or she overweight? _____
10. How often do you eat out? _____
11. What restaurants do you frequent? _____
12. How often do you eat "fast foods?" _____
13. Who plans meals? _____ Cooks? _____ Shops? _____
14. Do you use a shopping list? Yes No
15. What time of day and on what day do you shop for groceries? _____
16. Food allergies: _____
17. Food dislikes: _____
18. Food you crave: _____
19. Any specific time of the day or month do you crave food? _____
20. Do you drink coffee or tea? Yes No How much daily? _____
21. Do you drink cola drinks? Yes No How much daily? _____
22. Do you drink alcohol? Yes No
What? _____ How much? _____ Weekly? _____
23. Do you use a sugar substitute? _____ Butter? _____ Margarine? _____
24. Do you awaken hungry during the night? Yes No



What do you do? _____

25. What are your worst food habits? _____

26. Snack Habits:

What? _____ How much? _____ When? _____

27. When you are under a stressful situation at work or family related, do you tend to eat more? Explain:

28. Do you think you are currently undergoing a stressful situation or an emotional upset? Explain:

29. Smoking Habits: **(answer only one)**

- ___ You have never smoked cigarettes, cigars or a pipe.
- ___ You quit smoking ___ years ago and have not smoked since.
- ___ You have quit smoking cigarettes at least one year ago and now smoke cigars or a pipe without inhaling smoke.
- ___ You smoke 20 cigarettes per day (1 pack).
- ___ You smoke 30 cigarettes per day (1-1/2 packs).
- ___ You smoke 40 cigarettes per day (2 packs).

30. Typical Breakfast	Typical Lunch	Typical Dinner
_____	_____	_____
_____	_____	_____
_____	_____	_____
Time eaten: _____	Time eaten: _____	Time eaten: _____
Where: _____	Where: _____	Where: _____
With whom: _____	With whom: _____	With whom: _____

31. Describe your usual energy level: _____

32. Activity Level: **(answer only one)**

- ___ Inactive—no regular physical activity with a sit-down job.
- ___ Light activity—no organized physical activity during leisure time.
- ___ Moderate activity—occasionally involved in activities such as weekend golf, tennis, jogging, swimming or cycling.



___ Heavy activity—consistent lifting, stair climbing, heavy construction, etc., or regular participation in jogging, swimming, cycling or active sports at least three times per week.

___ Vigorous activity—participation in extensive physical exercise for at least 60 minutes per session 4 times per week.

33. Behavior style: (**answer only one**)

- ___ You are always calm and easygoing.
- ___ You are usually calm and easygoing.
- ___ You are sometimes calm with frequent impatience.
- ___ You are seldom calm and persistently driving for advancement.
- ___ You are never calm and have overwhelming ambition.
- ___ You are hard-driving and can never relax.

34. Please describe your general health goals and improvements you wish to make: _____

This information will assist us in assessing your particular problem areas and establishing your medical management. Thank you for your time and patience in completing this form.