



Weight Loss Questionnaire

(ALL INFORMATION CONTAINED IN THIS QUESTIONNAIRE IS STRICTLY CONFIDENTIAL, WILL BE PROTECTED TO THE HIGHEST OF HIPAA STANDARDS, AND WILL BECOME PART OF YOUR MEDICAL RECORD.)

Name (First, M.I., Last) _____

E-mail _____

Address (street) _____

(city) _____ (state) _____ (zip) _____

Phone (cell) _____ Occupation _____

Date of birth _____ Gender: ☐ Male ☐ Fem

LIFESTYLE

YES

NO

Do you smoke? ☐ ☐ If yes, how much per day _____

Do you drink alcohol? ☐ ☐ If yes, how much per day _____

Do you exercise? ☐ ☐ If yes, please describe _____

FAMILY HISTORY (age, medical issues)

Father _____

Mother _____

Brothers/Sisters _____

PERSONAL MEDICAL HISTORY

Current medical issues _____

Previous surgeries: _____

Current medications (Name and dose) _____

Allergy to Rx medications _____

Current vitamins and supplements _____

Your local pharmacy name _____ Phone number _____

Address _____

Semaglutide/Tirzepatide is a glucagon-like peptide (GLP-1) receptor agonist. This peptide is an analogue of a protein our body naturally produces to help prevent sugar spikes after meals by improving insulin production.

Semaglutide/Tirzepatide is used to treat type 2 diabetes, but has recently been approved by the FDA to help manage weight (along with diet and exercise) in overweight adults with other risk factors such as high blood pressure, high cholesterol, sleep apnea, etc.

Semaglutide/Tirzepatide should not be used in patient with personal or family history of medullary thyroid cancer (MTC) or in patients with Multiple Endocrine Neoplasia syndrome.

Retatrutide is a “triple G agonist”. (GLP-1) glucagon like peptide, reduces appetite and promotes fullness. (GIP) is a hormone that stimulate insulin production after eating to improve sugar control. Aide in fat metabolism. (Glucagon) helps improve metabolism and burn calories even at rest. Breakdown stored fat in the liver and adipose tissue.

Nutritional Evaluation:

Current weight:_____Height:_____Desired weight:_____

Weight at age 20:_____Weight one year ago: _____

Previous diets, supplements, programs:

Method_____Year_____Weight Loss_____

Method_____Year_____Weight Loss _____

Do you have certain food cravings? _____

Have you been challenged with or diagnosed with an eating disorder in the past? _____

Do you have food binges?_____Do you eat in the middle of the night? _____

How much water do you drink daily?_____diet soft drinks? _____

Regular soft drinks?_____iced tea?_____alcohol? _____

Do you have gastro-intestinal issues: ☐ reflux ☐ gas ☐ bloating ☐ constipation or diarrhea

Do you have sleep issues: ☐ insomnia ☐ sleep apnea ☐ CPAP ☐ early wakening

What is your *most important* reason for weight loss? _____

Simply Direct Medicine is an Insurance Free Entity.

AUTHORIZATION: I certify that this is my true and accurate medical history. I have informed the physicians and staff of **Simply Direct Medicine** of my complete physical and mental condition as well as all medications and supplements. I acknowledge and assume all responsibility for any condition(s) I have failed to disclose.

PRIMARY CARE PHYSICIAN: *Patient represents that he or she is under the care of a primary care Physician* and that Patient will not rely on or substitute the advice of **Simply Direct Medicine** Physician(s) should it conflict with the advice of the Patient's PCP. _____

LABORATORY FEES: **Simply Direct Medicine** obtains laboratory testing from certified and registered labs in Texas, including LabCorp and QuestLab. Patient understands and agrees that patient's insurance coverage may involve co-pays and/or deductibles, which may require patient to be financially responsible for unexpected laboratory fees. _____

WARRANTY: Patient understands and agrees that the methods of medical treatment offered by **Simply Direct Medicine** and Physician(s) are not accompanied by any claims, guarantees, or warranties. _____

EMAIL COMMUNICATION: Patient understands and agrees that **Simply Direct Medicine** offers communication via email for matters such as lab results, appointment reminders, etc. Although **Simply Direct Medicine** has implemented reasonable technical safeguards, **Simply Direct Medicine** cannot guarantee privacy, security, or confidentiality of emails sent or received. **Simply Direct Medicine** is not responsible for emails that are lost due to technical failure during composition, transmission, or storage. **Simply Direct Medicine** will not forward emails to third parties without Patient's prior written consent, except as authorized or required by law. **Simply Direct Medicine** RESPECTS AND PROTECTS THE PRIVACY OF OUR PATIENTS. **Simply Direct Medicine** WILL NEVER SELL OR RENT YOUR EMAIL ADDRESS TO THIRD PARTIES. Patient may choose to discontinue receiving emails as a means of communication by sending an email or phone call to **Simply Direct Medicine**. _____

Patient Printed Name

Patient Signature

Date

PROTEIN CONTENT OF FOODS

To increase fat burning, sports nutritionists recommend eating about *2/3 gram of protein per pound* daily (so, a 200 pound patient should strive for roughly 125 grams of protein per day). It's also important to set aside time for mid-morning and mid-afternoon protein snacks to achieve your weight loss goals!

Chicken breast 6 oz 56 gm	Steak 6 oz 52 gm	Turkey 6 oz 50 gm	Pork 6 oz 44 gm
Ham 6 oz 28 g	Lamb 6 oz 46 gm	Egg 1 6 gm	Scallops 6 oz 28 gm
Salmon 6 oz 44 gm	Tuna 6 oz 44 gm	Shrimp 6 oz 40 gm	Tilapia 6 oz 44 gm
Beef jerky 2 oz 20 gm	Hummus ½ cup 9 gm	Chili ½ cup 10 gm	Tofu 2 oz 6 gm
Pinto beans ½ cup 11 gm	Lentils ½ cup 9 gm	Edamame ½ cup 9 gm	Quinoa ½ cup 4 gm
Green peas ½ cup 4 gm	Spinach ½ cup 3 gm	Broccoli 1 cup 3 gm	Corn ½ cup 8 gm
Wild rice 1 cup 7 gm	Asparagus 1 cup 4 gm	Peanuts 2 oz 14 gm	Cashews 2 oz 8 gm
Peanut Butter 2 oz 14 gm	Almonds 2 oz 12 gm	Walnuts 2 oz 8 gm	Chickpeas ½ cup 7 gm
Cottage cheese ½ cup 14 gm	Soy milk 1 cup 8 gm	Skim milk 1 cup 8 gm	Ricotta ½ cup 12 gm
Mozzarella 2 oz 14 gm	String cheese 1 oz 6 gm	Am. cheese 1 sl. 5 gm	SF pudding ½ cup 4 gm
Whole wheat 1 sl. 3 gm	Cereal ½ cup 3 gm	Pasta 1/3 cup 3 gm	Rice ½ cup 4 gm
Premier Protein shakes 30 gm		Quest bars 20 – 24 gm	

Low glycemic index (GI) foods:

Foods with a low GI help to facilitate weight loss and promote fullness. People who have or are at a risk for Type II (adult-onset) diabetes should consider eating foods with a low GI. Low-glycemic foods are metabolized to sugar gradually and can help prevent high sugar spikes after meals.

Sugar is assigned a GI of **100**. So, if a food has a GI of **30**, it means it will boost blood sugar by only **30%**.

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starches		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Bread		Cooked Carrots	39						
Muesli	80								
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								

