

A-D-I-M-E Note

A:

- Initial nutrition appointment
- 44 year old obese female wanting to lose weight
- In a competition with people at work to see who can lose the most weight by Christmas
- Has been on several diets, has lost weight, and then has gained it back
- She eats when she's stressed out
- Does not currently exercise at all
- Loves to cook and only eats out during lunch while at work
- Loves eating sweets
- Wt: 180      Ht: 5'2"      BMI: 33
- Doesn't take any medications
- Doesn't have any lab values (said she's never had her blood drawn before)
- Estimated calorie intake: 2,300 kcals
- Estimated caloric needs: 1,673 kcals using adjusted body weight

D:

- Obese (NC-3.3) related to binging on sweets, eating when stressed, and not exercising at all as evidenced by a BMI of 33

I:

- Nutrition-Related Behavior Modification Therapy (C-1) using motivational interviewing to assist client in overcoming barriers to physical activity. Used problem solving strategies to encourage healthier snack substitutions especially while at work. Talked about self-monitoring of hunger/fullness cues and intuitive eating. Used goal setting strategies to encourage positive changes.
- Goals:
  - Outcome goals: 1.) Practice intuitive eating and notice hunger/fullness cues 2.) Goal weight loss of 20 lbs in 6 months
  - Action goals: 1.) Client agrees to check in with her body and notice its hunger/fullness cues at various times during a meal 2.) Client will walk the dog with her kids two to three times per week and will keep a food log and exercise log for a minimum of three days to track her intake and output 3.) Client agrees to incorporate healthy snacks like grapes and string cheese into her snack drawer at work to minimize the amount of sweets she eats

M/E:

- Follow-up with client in two to four weeks to monitor weight, exercise patterns and food intake via food log and exercise log

