

McDonald + Murrmann Weight Loss Care Plan



Created On
08-25-2017



Created By
Nutrilynk, Admin



Duration
08-25-2017 Until Cancelled

Basic Weight Loss Program



Patient Info

Nutrilynk, Demo



Nutrition and Medications

- **Core Elements: Every 24 Hours** from **09-05-2017** to **09-10-2017** and **notify compliance**. 30 minutes of waking up - use 30cc scoop
- **Core Elements: Every 24 Hours** from **09-11-2017 Until Cancelled** and **notify compliance**. 30 minutes of waking up - use 70cc scoop
- Continue with existing nutrition and medication.



Treatment Recommendations



Treatments

- **Emotional Eating Coaching:** Attend **2 x per month** from **08-25-2017 Until Cancelled** for **15 mins**
- **I.V. Nutritional:** Attend **1 x per month** from **08-25-2017 Until Cancelled** for **15 mins**



Vitals

- **Heart Rate:** Record **During Occurrence** from **08-25-2017 Until Cancelled**. Your goal is between **72** and **75 bpm**. Your threshold is between **75** and **85 bpm**. **Notify when threshold exceeds**. Resting Heart Rate

Blood Glucose: Record **During Occurrence** from **08-25-2017** **Until Cancelled**. Your goal is between **60** and **70 mg/dL** . Your threshold is between **80** and **90 mg/dL** . **Notify when threshold exceeds**

- **Blood Pressure (Systolic):** Record **1 x per week** from **08-25-2017** **Until Cancelled**. Your goal is between **110** and **115 mmHg** . Your threshold is between **130** and **135 mmHg** . **Notify when threshold exceeds**
- **Blood Pressure (Diastolic):** Record **1 x per week** from **08-25-2017** **Until Cancelled**. Your goal is between **80** and **83 mmHg** . Your threshold is between **85** and **90 mmHg** . **Notify when threshold exceeds**



Body Measurements

Body Mass Index (BMI): **1 x per month** from **08-25-2017** **Until Cancelled**. Your goal is **20 lb/in²** and .Your threshold is **25 lb/in²** .**Notify when threshold exceeds**

Waist Circumference: **1 x per month** from **08-25-2017** **Until Cancelled**. Your goal is **33 inches** and .Your threshold is **35 inches**

Weight: **1 x per week** from **09-05-2017** to **09-10-2017**. Your goal is **183 lbs** and .Your threshold is **185 lbs** .**Notify when threshold exceeds**

Weight: **1 x per week** from **09-11-2017** to **09-17-2017**. Your goal is **181 lbs** and .Your threshold is **183 lbs**

Weight: **1 x per week** from **09-18-2017** to **09-24-2017**. Your goal is **179 lbs** and .Your threshold is **181 lbs**

Weight: **1 x per week** from **09-25-2017** to **01-31-2018**. Your goal is **177 lbs** and .Your threshold is **179 lbs**

Weight: **1 x per week** from **10-02-2017** to **10-08-2017**. Your goal is **175 lbs** and .Your threshold is **177 lbs** . **1st 10 pound!**

Weight: **1 x per week** from **10-09-2017** to **10-15-2017**. Your goal is **173 lbs** and .Your threshold is **175 lbs**

Weight: **1 x per week** from **10-16-2017** to **10-22-2017**. Your goal is **171 lbs** and .Your threshold is **173 lbs**



Activity

- **Walking (2.0mph):** **1 x per day** from **09-05-2017** to **09-10-2017** for **15 mins**. Heart Rate < 170 ppm minus your age
- **Walking (2.0mph):** **1 x per day** from **09-11-2017** to **09-17-2017** for **30 mins**. Heart Rate < 170 ppm minus your age
- **Walking (2.0mph):** **1 x per week** from **09-18-2017** to **10-01-2017** for **45 mins**. Heart Rate < 170 ppm minus your age

- **Walking (3.0mph - Moderate): 1 x per day** from **10-02-2017** to **10-08-2017** for **30 mins**. Heart Rate < 170 ppm minus your age
- **Walking (3.0mph - Moderate): 1 x per day** from **10-09-2017** to **01-26-2018** for **45 mins**. Heart Rate < 170 ppm minus your age



Sleep

- **8 hours everyday**



Symptoms

- **Nausea?:** Record **During Occurrence**
- **Stress eating?:** Record **During Occurrence**
- **Constipation:** Record **During Occurrence**



Easy Log

- Breakfast, Lunch, Dinner, Snacks, Supplements, Exercise, Sleep, Energy, Stress, Alcohol, Mood, Mental Alertness, Exposure to smoke?, Water - 4 x 16 floz



Follow-up Appointment(s)

- On 08-10-2017
- On 08-28-2017. Initial Dietitian Assessment
- On 08-29-2017. Behavioral Health Coach
- On 12-30-2017. Dietitian discussion
- On 01-24-2018. Lifestyle Coach



Libraries

Detailed Logging, Food Exchange, Meal Plans, Nutricasts, Patient Handouts, Patient Information1, Patient Portal Demo, Recipes



Patient Data Share Interval

☐ Auto Share Real Time