



Life Long Care

— of New London, PLLC —

Medical Weight Loss Program Intake Form

Patient Name: (Last) (First) (MI)

Patient Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Birthdate: _____ Age: _____ Sex: M F

Occupation: _____

In Case of Emergency:

Name: _____ Relationship: _____

Phone: _____

How did you hear about us? _____

Are you under the care of a qualified healthcare professional? Please list whom. *

As detailed in the Consent portion, it is highly recommended that you are under the care of a qualified healthcare professional, who has verified that it is safe for you to exercise and be on a weight loss program and is monitoring medications and any health concerns that you list here (besides your weight issues- that's what we're covering). If you are on medications (particularly for high blood pressure, heart issues, or diabetes), you will need these to be monitored during and after the program as your need for them may change. *

I acknowledge the above statement above. Sign: _____

Medical History

Please list any medical conditions a medical provider has diagnosed you with in the past (such as high blood pressure, diabetes, arthritis, etc...): *



Life Long Care

— of New London, PLLC —

What medications, supplements and over the counter items do you take regularly or are currently prescribed: *

Any past surgeries and hospitalizations? *

Please describe your family history in terms of heart disease, diabetes, obesity, high cholesterol, high blood pressure, and cancer:

Personal History

What are your main interests and hobbies?

What is your line of work or study?

Do you exercise regularly? Please detail.

What kind of other movement or activities do you enjoy?

You have problems falling or staying asleep?

How many hours do you sleep?

Do you wake up refreshed?



Life Long Care

— of New London, PLLC —

How is your energy?

Does your energy level affect your daily activities?

How would describe your mood, generally:

Does your mood affect your life or daily activities?

How would you describe your stress level?

What are your sources of stress?

How do you manage stress?

Do you have people close to you who support you?

Diet and lifestyle

Do you regularly drink alcoholic beverages?

If yes, how many per week?

Do you smoke tobacco?

Do you use recreational drugs?



Life Long Care

— of New London, PLLC —

How is your appetite?

Snack Habits:

What:

How much:

When:

Typical Breakfast:

What:

How much:

When:

Typical Lunch:

What:

How much:

When:

Typical Dinner:

What:



Life Long Care

— of New London, PLLC —

How much:

When:

How often do you eat out?

What restaurants do you frequent?

How often do you eat “fast foods”?

Food allergies?

Food dislikes?

Food cravings?

Do you eat because of emotions (explain)?

Do you drink coffee or tea? Yes No If Yes, how much daily?

Do you drink pop / soft drinks? If yes, how much?

Do you use sugar substitutes?

What are your worst food habits?



Life Long Care

— of New London, PLLC —

How much fluids do you normally drink? Please approximate in ounces.

Please list all types of beverages you regularly drink.

Please list any food allergies, intolerances, or foods you avoid and the reason.

What past struggles and difficulties have you experienced in terms of food and dieting?

What diet and exercise programs, protocols, plans or approaches have you tried in the past?

What types of diet and exercise approaches have worked for you in the past?

And what hasn't worked for you at all?

When did you first become overweight?

How did your weight gain start? Describe any circumstances:

What do you think is the cause of your weight problem?



Life Long Care

— of New London, PLLC —

What was your highest weight? (excluding pregnancy)

What was your lowest weight?

Have you ever stayed the same weight for 10 years or more?

How **MOTIVATED** are you to lose weight?

Is there anything else you would like to tell us?

Please list the factors you feel have contributed to your current weight (check all that apply):

- | | |
|--|--------------------------|
| Slow metabolism | <input type="checkbox"/> |
| Family history of obesity | <input type="checkbox"/> |
| Comfort food dependency | <input type="checkbox"/> |
| Lack of exercise | <input type="checkbox"/> |
| Binge eating | <input type="checkbox"/> |
| Late night snacking | <input type="checkbox"/> |
| History of trauma | <input type="checkbox"/> |
| History of grief and loss | <input type="checkbox"/> |
| Medication related weight gain | <input type="checkbox"/> |
| Significant restrictive eating behaviors like anorexia | <input type="checkbox"/> |



Life Long Care

— of New London, PLLC —

Please answer the following questions to the best of your knowledge:

Health History *

	No, never	Yes, currently	Not currently, but within the last year	Not currently and longer than 1 year ago
Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unexplained weight loss or gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change in appetite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depressive symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood swings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervousness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Addictive dependency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disordered Eating Pattern/Tendency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of mental focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thyroid problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood sugar irregularities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive thirst or hunger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar cravings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abnormal hair growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Life Long Care

— of New London, PLLC —

Excessive perspiration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling excessively hot or cold	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lightheadedness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint pain or stiffness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle weakness or soreness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart murmur/palpitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cold or pale extremities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Short of breath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heartburn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abdominal discomfort after eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nausea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abdominal bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Belching/gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Daily bowel movements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Life Long Care

— of New London, PLLC —

Binge Eating Disorder Screener-7 (BEDS-7)

For use with adults

This tool is intended for screening use only. It should not be used as a diagnostic tool.

The following questions ask about your eating patterns and behaviours within the last 3 months. For each question, choose the answer that best applies to you.

1. During the last 3 months, did you have any episodes of excessive overeating (i.e., eating significantly more than what most people would eat in a similar period of time)?	YES	NO
--	-----	----

NOTE: IF YOU ANSWERED "NO" TO QUESTION 1, YOU MAY STOP. THE REMAINING QUESTIONS DO NOT APPLY TO YOU.

2. Do you feel distressed about your episodes of excessive overeating?	YES	NO
---	-----	----

Within the past 3 months...	Never or Rarely	Sometimes	Often	Always
3. During your episodes of excessive overeating, how often did you feel like you had no control over your eating (e.g., not being able to stop eating, feel compelled to eat, or going back and forth for more food)?				
4. During your episodes of excessive overeating, how often did you continue eating even though you were not hungry?				
5. During your episodes of excessive overeating, how often were you embarrassed by how much you ate?				
6. During your episodes of excessive overeating, how often did you feel disgusted with yourself or guilty afterward?				
7. During the last 3 months, how often did you make yourself vomit as a means to control your weight or shape?				

Please share this screener with your healthcare team.



Takeda Canada Inc. TAKEDA™ and the TAKEDA Logo® are trademarks of Takeda Pharmaceutical Company Limited, used under license. © 2021 Takeda Pharmaceuticals U.S.A., Inc. All rights reserved. Lexington, Massachusetts 02421. PRMCD/CA/LDR/0014 109840-01-2022-E

