



Heale Medical LLC Primary Care
Weight Loss Program Questionnaire

Date:

Patient Name: Lindsay Craft

1. What made you decide to enroll in the Heale Medical Weight Loss program?

I have been struggling with my weight for the past 3 yrs., I tried everything under the sun, but any moment of weakness would put me right back at square one, I was beyond frustrated.

2. What changes have you noticed during the program? (Energy, mood, body, etc)?

In my first 4 weeks, I lost 11 lbs., but beyond that I lost 14 lbs of fat and increased my lean mass by 8 lbs. As the weight is coming off I have become more energized, which has allowed me to

3. How do you feel the program has been different from other things you have tried in the past?

The program is simple, no counting calories, no unsustainable fasting, no crazy exercise routine. I am not sure quite how to explain it, but this program cuts out the noise and allows you to listen to your body and therefore meet its needs more efficiently.

4. Do you have any suggestions or further thoughts you would like to share?

Thank you, from the bottom of my heart.

Sign: 

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