

May 16, 2023

Re: Personal Training Referral for Nancy Johansson

Dear Dr. Lopez,

Thank you for referral of Ms. Johansson to me on March 16, 2023, for assistance with her discomfort during physical activity.

I met with her for an initial consult on March 20. We discussed her concerns, and we worked through some aerobic and strength-based training, monitoring her comfort level throughout. We talked about "just right" discomfort and what symptoms would indicate a need to slow down or stop. We also put together an exercise plan for her to follow for the next two weeks.

On her subsequent visits on April 6, April 20, and May 15, she appears to have become much more comfortable with her exercise routine and has found a neighbor to serve as a running buddy.

I've attached Ms. Johansson's most recent physical activity vital sign, as well as the data from her most recent run and daily tracking. I believe she's now on the right track and will be able to sustain a healthy level of physical activity. There are no further follow-ups planned, though I've let Ms. Johansson know she's welcome to book additional sessions if she experiences struggles with exercise in the future, or even if she just wants ideas to help vary her exercise routine.

If you have any questions, feel free to call or email me. My contact information is below.

Sincerely,

Daniel Matthews, Registered Personal Trainer

Fit 4 Life Personal Training

daniel@fit4life.com (123) 456-7890

cc Ms. Nancy Johansson