

Prescription

Patient Name: John Doe

Date: October 12, 2024

Date of Birth: May 20, 1998

Diagnosis:

- Anorexia Nervosa
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Medications

1. **AppetiGrow 5 mg**

- *Dosage:* Take one tablet orally once daily in the morning with food.
- *Quantity:* 30 tablets
- *Refills:* 2

2. **MoodLift XR 75 mg**

- *Dosage:* Take one capsule orally at bedtime.
 - *Quantity:* 30 capsules
 - *Refills:* 2
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Therapeutic Activities

- **Psychotherapy:**
 - Attend twice-weekly Cognitive Behavioral Therapy (CBT) sessions focusing on eating behaviors and body image.
 - **Nutritional Counseling:**
 - Meet with a registered dietitian weekly to develop a personalized meal plan and address nutritional deficiencies.
 - **Physical Activity:**
 - Engage in gentle yoga or stretching exercises 3 times a week, as recommended by your healthcare provider.
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Prescribing Physician:

Dr. Emily Roberts, MD

License No.: 789012

Signature: _____

Clinic Information:

Healthy Minds Clinic

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Anytown, State ZIP

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