

# Emily

## Health Details

**CLIENT ID: 0075**

## Personal Details

- Last Name: Johnson
- First Name: Emily
- Address: 245 Maple Drive
- City: Springfield
- Telephone Number: 555-8923-667
- Email: [emily.johnson@isp.com](mailto:emily.johnson@isp.com)
- DOB: 14 July 1985
- Current location: USA
- Family Doctor Name: Dr. Harold Smith
- Have you seen a Dietitian before: Yes

## Medical History

- Height: 5'3"
- Weight: 230lbs
- Body fat percentage: 42%
- Health Conditions: IBS (triggers with high-fat foods and excessive sugar) - bloating, gas, diarrhea
- Food Allergies/Intolerances: Gluten

- Taking any supplements or medication
  - Yes supplements:
    - Every morning: Multivitamin
    - Everyday: Probiotic, Vitamin B complex
  - Yes medication:
    - For IBS: Prescription antispasmodic
    - For blood pressure: ACE inhibitor
- Family Health History
  - Father's side has a history of heart disease

## **Lifestyle**

- Occupation: Data Entry Clerk
- At work, I am: Sedentary
- Schedule: Night shift
- I live: Alone
- Who does the grocery shopping: Me
- Who cooks: Me
- How often do you eat out: Daily
- Are you dieting: No
- Do you: Snack without thinking, Often choose convenience foods

## **Of meals eaten during the day: 1-2**

## **Of snacks eaten during the day: 3-4**

- Salt intake: Very high
- Fat intake: Very high

- Do you drink caffeine: Yes, multiple times daily
- Do you smoke: Yes
- Do you drink alcohol: Occasionally
- Do you exercise: No

## Mental health

- Stress Level: 8
- Source of stress: Job dissatisfaction, financial worries
- Do you have problems with eating or your appetite when stressed: Yes, tend to overeat
- Hours of sleep per night: 4-5
- Any sleep interruptions: Frequently
- Please Explain: Anxiety and late-night snacking

## Self Assessment

- What is your health goal: To manage IBS symptoms and lose weight
  - What is your biggest obstacle to reaching your goal?: Lack of motivation and knowledge about healthy eating
  - On a scale of 1 to 10, how would you rate the importance of making changes to benefit your health?: 8
  - On a scale of 1 to 10, how would you rate your readiness to making changes to benefit your health? 5
  - On a scale of 1 to 10, how would you rate your confidence that you will be successful in making changes to benefit your health? 4
  - What is your favourite food: Fast food burgers and fries
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## Lifestyle Plan

# Client Name - Johnson, Emily - ID#0075

## Client's Goal

- To manage IBS symptoms and lose weight

## Introduction to who we are working with

- We are focusing on Emily Johnson, a 37-year-old female living with IBS, with a current weight of 230lbs at a height of 5'3". She faces challenges with her sedentary job, high stress, poor sleep, and unhealthy eating habits, including a very high intake of salt and fat, and daily consumption of fast food.

## Current key metrics

- Weight: 230lbs
- Height: 5'3"
- BMI: 40.7 (Obese)
- Body fat %: 42%
- Supplements & Medication: Multivitamin, Probiotic, Vitamin B complex, antispasmodic, ACE inhibitor
- Current diet: High in salt and fat, low in vegetables and fruits, frequent fast food consumption

## Recommendations

- **Nutritional Adjustments:** Emily should focus on a balanced diet with high fiber to manage IBS symptoms and aid in weight loss. This includes whole grains, lean proteins, healthy fats, and plenty of fruits and vegetables.
- **Exercise Routine:** Incorporate low-impact exercises such as walking, swimming, or yoga to begin with, gradually increasing intensity as her fitness improves.

- **Stress Management:** Engage in stress-reducing activities like meditation, deep-breathing exercises, or hobbies that she enjoys.
- **Sleep Hygiene:** Aim for 7-9 hours of sleep per night with a consistent sleep schedule. Avoid late-night snacking that may disrupt sleep.

## 8 Week Meal Plan

Week #	Breakfast	Lunch	Dinner	Snack
1	Scrambled eggs	Grilled chicken salad	Beef stir-fry	Greek yogurt with honey
2	Egg omelette with veg	Chicken vegetable soup	Beef and broccoli	Apple slices with cheese
3	Hard-boiled eggs	Chicken caesar wrap	Beef chili	Carrot sticks with hummus
4	Poached eggs on toast	Chicken and rice	Beef kabobs	Banana and cow's milk
5	Eggs and spinach	Chicken taco bowl	Beef stew	Cottage cheese with fruit
6	Fried eggs with salsa	Chicken lettuce wraps	Beef meatballs	Mixed nuts
7	Egg muffins	Chicken quinoa salad	Beef fajitas	Dark chocolate squares
8	Eggs benedict	Chicken and veg kebabs	Beef and vegetable soup	Peanut butter on celery

- **Breakfast:** Eggs prepared in various ways using coconut oil, served with vegetables or whole-grain toast.
- **Lunch:** Rotating chicken dishes with a side of complex carbohydrates like quinoa or brown rice and a variety of vegetables.
- **Dinner:** Beef as the main protein, paired with different vegetables and healthy carbohydrates like sweet potatoes or legumes.
- **Snack:** Focus on high-protein snacks paired with fruits or vegetables.

# Conclusion

Emily's plan is designed to introduce variety while maintaining consistency in protein sources to simplify meal preparation. It's crucial to prepare meals in advance when possible to reduce reliance on fast food. She should aim to gradually replace high-salt and high-fat foods with healthier alternatives and increase her water intake. The success of this plan relies on a holistic approach, addressing not only dietary changes but also lifestyle adjustments to support overall well-being.