

Doctor's Notes

☐ GP

☐ Specialty: _____

Patient Name: Nii Lanyaa Adjiei Eleazer Age/DOB: 43 Gender: _____ Date: 22/2/18

Weight: 84.9 Height: 1.72m BP: 113/72 Temperature: _____ Pulse: _____ Respiratory: _____

Chief Complaint: Irregular meal times

Diet HA

Irregular meal times

Meat - oec

Fried foods - Eats fried fish, yam

Fruits - oec, orange,

Vegetables - adabo mbe.

HA

Wally 1 1/2 hrs / 1/2

BF - 32.5%

we - 96cm

VF - 13

HE - 103cm

Nutrition

① Increased some foods sh. a bit of food in mtr hgs, irregular meal patterns, inadequate physical activity as well by hgs.

② Over-fat sh reached physical activity as well by a BMI of 28.5%

Intervention

① Logistic by diet

② Wt loss diet

③ Adequate physical activity

④ Wally 30mins / 3/7