



# Doctor's Visit Checklist

- Call my doctor's office and let them know I'll need additional time with my provider.
- Read up on evidence-based solutions (surgery, medications, CBT, etc.) that I think might work for me.
- Practice what I'm going to say to my doctor (example below):

TODAY I'D LIKE TO TALK ABOUT MY WEIGHT. I'M INTERESTED IN THE EVIDENCE BASED TOOL \_\_\_\_\_, BECAUSE \_\_\_\_\_.

IS THIS SOMETHING YOU CAN HELP ME WITH?  
OR, CAN YOU REFER ME TO SOMEONE WHO CAN?

- Create a diet history (including every time I've lost and regained weight) to show my doctor.
- Download a food journal or a food-tracking app and keep an accurate and detailed record of a typical week of eating.
- If the conversation with my doctor doesn't lead to the results I want, I am going to...
  - Bring it up at my next appointment and ask for a specific treatment.
  - Find another doctor who will take my concerns about my weight more seriously.
- Feel proud of myself for taking a huge step towards better health.

*My personal motivating reason to get healthier and lose weight is...*

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