



## Weight Loss Profile

Dietary consultation involves a health profile which aims to determine your health status rather than provide a diagnosis. This health status will help to guide your weight loss plan. You may be advised to seek medical advice based on your health profile.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Circle one: M F

How did you hear about us?

\_\_\_\_\_

Referred by: \_\_\_\_\_

Current weight: \_\_\_\_\_ Goal weight: \_\_\_\_\_

Height: \_\_\_\_\_

Do you exercise? \_\_\_\_\_

What kind? \_\_\_\_\_

How often? \_\_\_\_\_

In the last 6 months have you had any stiffness, pain, or arthritic problems?

Yes No

If yes, where? (Circle all that apply) Neck, Mid back, Low back, Hips, Knees  
Foot/ankle, Shoulders Arm Hand/Wrist.

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### **Adrenal Fatigue Test**

Check all boxes that apply to you.

- I am frequently tired.
- I feel tired even after 8 to 10 hours of sleep.
- I am chronically stressed.
- I am a night-shift worker.
- I work long hours.
- I have little relaxation time during my days.
- I get headaches frequently.
- I don't exercise consistently.
- I am or have been an endurance athlete (or participate in CrossFit).
- I have erratic sleep patterns.
- I wake up in the middle of the night.
- I crave salt.
- I have high sugar intake.
- I have difficulty concentrating.
- I carry weight in my midsection (an apple-shape body).
- I have low blood sugar issues (hypoglycemia).
- I have irregular periods.
- I have a low libido.
- I have PMS or perimenopausal/menopausal symptoms.
- I get sick frequently.
- I have low blood pressure.
- I have muscle fatigue or weakness.
- I rely on caffeine for energy (coffee, energy shots, etc.).

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## Treatment Consent Form

This consent to treatment form explains the risks and benefits of the Contour Light treatments. Patient understands the following:

1. Results vary greatly from person to person. No result is guaranteed.
2. Contour Light is a treatment intended to be implemented in conjunction with a modification in diet and lifestyle as part of a complete protocol. The recommended diet and lifestyle is a critical part of the program and are essential in achieving the maximum results.
3. Temporary hyper pigmentation/hypo-pigmentation (changes in skin color) on rare occasion may occur as a result of treatment.
4. Contour Light should not be used by patients with any of the conditions listed below.

### Conditions that Prevent Treatment

Patient agrees (by initialing) that all of the following are true:

\_\_\_\_ I am over the age of 18

\_\_\_\_ I do not have and never had any of the following medical conditions:

- Cancer (active or within 1 Year of remission)
- HIV/AIDS
- Hepatitis C or D
- Uncontrolled High Blood Pressure

\_\_\_\_ I am not pregnant or breastfeeding

\_\_\_\_ I do not have a pacemaker

By signing below, patient agrees that the provider may perform the Contour Light procedure for the purpose of body contouring. Patient understands and accepts the risks listed above and agrees that all information provided on this form is true and correct to the best of patient's knowledge.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

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**DISCLOSURE TO THIRD PARTIES (OPTIONAL)** By signing below, patient agrees to permit provider and third parties authorized by provider to use patient's name, photos and/or videos in the marketing of the Contour Light system and procedure. Absent a signature, provider will not disclose patient's identity to any third party except as required by law.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

**Please be advised of the following guidelines for your Contour Light session:**

- Do not eat 2 hours before and 2 hours after treatment. (This helps the liver focus on the fat that is stored in the body, not fat that was just consumed.)
- Drink 2 glasses of water before the treatment. (Hydrated fat cells will open and release more easily.)
- Reduce or eliminate alcohol consumption.
- Do not apply any lotions or creams to the body before treatment. Please wear no makeup or be prepared to remove it before treatment.
- Bring sports bra and loose fitting shorts (or a 2 piece bathing suit) for women. Bring underwear and loose fitting shorts for men. Please keep in mind that, wherever you want to lose inches, the light has to be emitting directly onto the skin in that area.
- 24 hour notice is **required** to cancel a Contour Light session. Any patient who misses a scheduled appointment and does not give at least 24 hours notice prior to the scheduled visit will be charged the fee of the session they were scheduled for.
- If other people accompany you on your Contour Light visit, they must be in the main reception room – NO WANDERING AROUND.
- Professional behavior is expected to be maintained at all times during your Contour Light session. We will discontinue your sessions in our office if you behave inappropriately.
- We ask our Contour Light patients to arrive at least 5 minutes early for their session (15 minutes early for the first session). If you arrive late for your session, you will lose that time and only receive treatment for the remainder of your scheduled time.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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