





PLEASE

DO NOT WEIGH ME

If weighing me is medically necessary at today's appointment, have me turn around and do a "blind weight." Please do not put it on any paperwork or in areas of your practice's health portal where I will see it.



WHY?



You can address any health conditions without me knowing my weight.

Knowing my weight leads to hyper-focusing on the number, which may lead to unhealthy behaviors.

I am pursuing good health regardless of body size, and working on treating my body with respect regardless of my weight status.

For questions or concerns, please contact my dietitian at Lemond Nutrition.

P: 888-422-8070

E: info@lemondnutrition.com