





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 **Health at Every Size** and working on treating my body with respect and healthy behaviors regardless of my weight status.

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

P: 888-422-8070

E: info@lemondnutrition.com