



Weight Loss History

John Q. Smith	DOB: 6 – 12 - 1966
----------------------	---------------------------

Weight Watchers: June 1997 – September 1997; lost 14 pounds, regained 30 pounds

Nutri Systems: January 1998 – May 1998; lost 15 pounds, regained 21 pounds

Nordic Track program: February 2000 – June 2000; lost 17 pounds, regained 25 pounds

Meridia: June 2001 – August 2001; lost 6 pounds, regained 12 pounds

Low calorie diet: January 2003 – April 2003; lost 8 pounds, regained 20 pounds

Atkin's Diet: March 2004 – July 2004; lost 12 pounds, regained 32 pounds

Bally Total Fitness program: April 2005 – December 2005; lost 10 pounds, regained 12 pounds

Please call if you need assistance. We appreciate your cooperation. Thank you.

30 North Union Road • Suite 104 • Williamsville • New York 14221
(716) 565-3990 • (800) 535-8236

www.SynergyBariatrics.com