



Please **do not** weigh me

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

For questions or concerns please contact my dietitian at:
3724 Jefferson Street, Suite 104 Austin, Texas 78731 | Office: 512.693.7045 | Fax: 512.399.9039



Nourish

Why?

I am currently working with a registered dietitian and focusing on an evidence-based health practice called Health at Every Size®. HAES focuses on health-promoting behaviors and healthy habits instead of body size and weight loss.

Knowing my weight causes me to hyper-focus on the number which could result in me engaging in unhealthy habits and behaviors.

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