

9th of October 2009

Dr. Jones
Jones Medical Practice
15 St George Road
Wollongong NSW 2500
Australia

Dear Dr Jones,

This letter is regarding your patient Mrs Joan Smith, DOB 19/08/1955.

Mrs Smith joined the Get Healthy Information and Coaching service under your consent on 7th of April and has recently completed the 6 month coaching program.

Mrs Smith set a goal to decrease her weight from 76kg to 70kg. Since setting this goal Mrs Smith has been able to successfully introduce walking 3 times a week and making positive changes regarding her diet, especially by avoiding unhealthy food choices and is now currently at 70kg.

Mrs Smith now plans to decrease her weight to 67kg.

If Mrs Smith requires additional information or health coaching in the future they are welcome to reenrol in the program.

If you have any questions please call 1300 806 258 or email us at contact@gethealthynsw.com.au .

Kind Regards,

Kimberly Strand
Health Coach