

9th of July 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, 2009 and has been actively participating in making healthy lifestyle changes for the last 12 weeks.

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 74kg.

There are 3 months remaining on the program where Mrs Smith will continue work on decreasing her weight to 70. We look forward to updating you on their progress in 3 months time.

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

Kind Regards,

Kimberly Strand
Health Coach