

KIDS N FITNESS[®] Weight Management Program

The Kids N Fitness[®] Program is designed for children ages 8-16 and their families to learn about ways to eat healthy and stay active for good health. Classes are 90 minutes once a week, for six weeks.

REFERRAL INFORMATION

Physician:

Use clinic stamp if available.

Address/
Contact Info:

CHILD INFORMATION & HISTORY

Child's Name

Parent/Guardian Name:
Family Address:

DOB	Sex M F X	Blood Pressure	Home Phone: Cellphone:	Preferred Language: <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
Height	Weight	BMI	Email:	

List any medical diagnosis:

List any medications:

Weight management concerns: *(check all that apply)*

- | | |
|--|--|
| <input type="checkbox"/> Increasing rate of weight gain | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Overweight (>85th percentile for age/gender) | <input type="checkbox"/> Pre-diabetes or Type 2 Diabetes <i>[high A1c]</i> |
| <input type="checkbox"/> Severely overweight/Obese (>95th percentile for age/gender) | <input type="checkbox"/> Abnormal Labs [Lipids Liver Function other:] |
| <input type="checkbox"/> Other: | |

KNF is a program that involves learning in a social group setting with physical activity. However, KNF may not always be appropriate for some families. Please check below to help us determine eligibility.

- Child has behavioral or developmental delay diagnosis that would make child unable to participate in a group setting.
- Child has underlying health problems that may interfere with child participating in 45 minutes of physical activity during class as well as regular activity throughout the week.
- Other reason(s):

Physician signature:

Date:

**Optional: Please forward Growth Chart and/or most recent 1-year height/weight history.*

FAX form to: (323) 361 - 8387