

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

I am writing to provide a summary of your recent laboratory results and to follow up on our discussion regarding your weight management goals.

1. Bloodwork Results:

Your routine blood panel, including your [List key tests, e.g., cholesterol, blood sugar, and CBC], showed the following:

[Insert brief summary of results, e.g., all values within normal limits / certain levels require monitoring].

2. Weight Goal Progress:

Based on your most recent weigh-in, your current weight is [Current Weight]. We previously set a target goal of [Target Weight]. At this stage, your progress is [Status, e.g., on track / plateaued].

3. Recommendations:

To continue moving toward your health goals, I recommend the following:

- [Recommendation 1, e.g., Increase daily water intake]
- [Recommendation 2, e.g., Maintain current exercise routine]
- [Recommendation 3, e.g., Adjust caloric intake as discussed]

Please schedule a follow-up appointment in [Number] months to re-evaluate your progress. If you have any questions regarding your lab results, feel free to contact the office at [Phone Number].

Sincerely,

[Provider Name]

[Clinic/Practice Name]