**SOAP NOTE**

**Subjective**

* Client said, “I am happy now that I have gone down a pants size.”
* Feeling “deprived” on self-imposed diet.
* Inquired about blood cholesterol changes resulting from exercising.
* Client seems much more upbeat about exercise compared with earlier sessions, when she was pessimistic about the prospects of making progress.

**Objective**

* Waist circumference = 42 inches (has dropped 1 inch since 01/15/08).
* Weight = 190 lb. (2 lb. less than last week).
* RHR has decreased from 75 bpm to 70 bpm since 01/15/08.

**Assessment**

* Client is losing weight at targeted rate per week (1–2 lb.).
* Client’s physical therapist indicated progressing to lower-body closed-chain exercises.
* Client has difficulty balancing on left foot due to “minor numbness in big toe.”

**Plan**

* Refer client to a local registered dietitian for menu planning and healthy food alternatives.
* Schedule grocery store tour to help client assess nutritional content of various foods.
* Suggest client consult with her physician regarding changes in her lipid profile and “big toe numbness.”
* Explain effect of cardiovascular exercise on HDL levels.
* Increase target heart rate from 60% max to 65%.