



Lifestyle Medicine Certification - Case Study Template for MDs and DOs

Your full name							
Patient information	Age / Sex						
	Diagnoses						
	Biometrics		weight	BP
		pre					
		post					
		Relevant Medication		Dosage Before Intervention		Dosage After Intervention	
LM intervention	Nutrition						
	Movement						

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Case Study Instruction

Please summarize the case of a patient (can be yourself) to whom you prescribed lifestyle change as the primary treatment for one or more chronic diseases. Provide:

- a brief history or background about the patient and the assessment*
- the types, intensity (length), and frequency of interventions offered (counseling, group visits, digital apps, phone support, dietician visits, etc.)*
- lifestyle areas of focus (nutrition, movement, social connection, stress management/ emotional well-being, or sleep)*
- lifestyle change results, such as level of increase in movement in frequency/minutes per week; frequency/amount of plant based meals added; other dietary changes; increase in sleep; stress management activities added*
- health outcomes, such as decrease in hospitalizations, symptoms, improved vital signs and key labs, and decrease/change in medications*
- patient's view of changed/improved quality of life and life satisfaction*