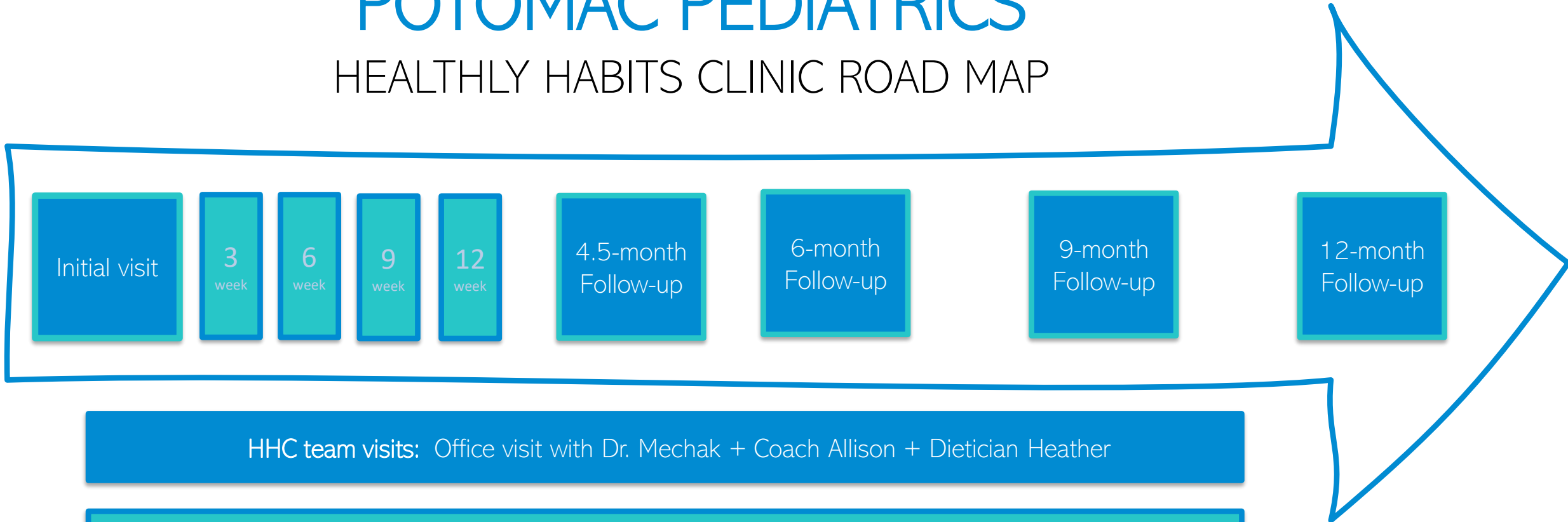


POTOMAC PEDIATRICS

HEALTHY HABITS CLINIC ROAD MAP



Initial visit

3
week

6
week

9
week

12
week

4.5-month
Follow-up

6-month
Follow-up

9-month
Follow-up

12-month
Follow-up

HHC team visits: Office visit with Dr. Mechak + Coach Allison + Dietician Heather

Coaching sessions: Hands-on fitness session w/ Coach Allison or nutrition session with Heather