

73 Market Street | Yonkers, NY 10801 | 1. 800. 745. 9563

Sample Client Schedule

Year: 2020

May	June	July	Aug
5/5/20- Client initial	Ongoing weekly	Ongoing weekly	Ongoing Weekly
appointment with Dr.	support (dietary &	support (dietary &	Support (dietary &
Burnes (3hrs)	exercise regimen)	exercise regimen)	exercise regimen)
5/6/20- Client will receive follow up email with next scheduled follow-up date	Meal Delivery Service Begins		8/15/20- Follow up appointment with Dr.
			Burnes (60 mins,
5/6/20- Client will		1/30/20 -Lipid Panel &	telehealth)
receive instant credit		CRP Lab Test	
to train with DSJ		Completed	
Fitness			
5/12/20- Weekly			
telehealth support			
begins to keep client			
motivated and on track			

September	October	November	December
Ongoing Weekly	10/15/20- Eval &	Ongoing weekly	12/15/20- Follow up
Support (dietary &	Assessment with LPN	Support (dietary &	appointment with Dr.
exercise regimen)	(60 mins, telehealth)	exercise regimen)	Burnes (60 mins,
			telehealth
Meal Delivery Service		11/30/20- Lipid Panel	
Ends (unless extended)		& CRP Lab Test	
		Completed	

J. Burnes Gr up

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January	February	March	April
Ongoing Weekly	Ongoing Weekly	Ongoing Weekly	4/15/21 - Lipid Panel &
Support (dietary &	Support (dietary &	Support (dietary &	CRP Lab Test
exercise regimen)	exercise regimen)	exercise regimen)	Completed
			4/30/20- Close out
			session with Dr. Burnes
1/30/21 - Lipid Panel &			(60 mins, telehealth)
CRP Lab Test			
Completed			

