



WILLIAM T FUJIOKA  
Chief Executive Officer

County of Los Angeles  
**CHIEF EXECUTIVE OFFICE**  
**RISK MANAGEMENT BRANCH**  
**Occupational Health Programs**

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\_\_\_\_\_  
Name

\_\_\_\_\_  
Date of Birth

Your weight and body fat measurements exceed the standards for the position that you are applying for. Your current measurements are:

Weight \_\_\_\_\_lbs      Body Fat \_\_\_\_\_%

We recommend that you begin a diet and fitness program with the goal of obtaining either a weight of \_\_\_\_\_ lbs, or a body fat of 22% or less for men/ 33% or less for women.

Please be aware that we do not accept rapid weight loss methods that result in loss of more than 2 lbs per week.

After you feel you have met either the weight or body fat standard, please return to the clinic that performed your pre-placement medical for a recheck. No appointment is needed. However, rechecks for weight and body fat may be limited to days and times listed below. Clinics may request a courtesy call prior to your visit if noted below.

\_\_\_\_\_

You will not be medically cleared for employment until you meet the weight or body fat standard.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

Revised 4/19/13

*To Enrich Lives Through Effective And Caring Service”*  
**Please Conserve Paper – This Document and Copies are Two-Sided**  
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