



LISA M. GARRETT
DIRECTOR OF PERSONNEL

COUNTY OF LOS ANGELES DEPARTMENT OF HUMAN RESOURCES

HEADQUARTERS
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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, clinics may request a courtesy call prior to your visit.

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

Signature of Applicant

Date