

Patient Name				Date								
Day 1												
Day Event	Food & D	rink Intake	e (include type, an	nount, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrient	ts	
Rising Time												
Breakfast Time					R	0	P _		F B/P/BL			
Mid-AM Snack Time				R	0	P _		F B/P/BL				
Lunch								F				
Time					□R		□ Y	□ G	□ B/P/BL	□ W/T/B	R	
Mid-PM Snack Time									F B/P/BL			
Dinner									F			
Time					□R	0	□ Y	□G	□ B/P/BL	□ W/T/B	R	
PM Snack Time					R	0			F B/P/BL			
Bed Time												
P: Proteins; F: Fats	s; c : Carbohyd	drates; R : Re	d; O: Orange; Y:	Yellow; G : Gr	een; B/	'P/BL : B	lue/Pur	ole/Blaci	k; W/T/BR : V	Vhite/Tan/Br	row	
Sleep & Rela	axation	Exercise	& Movement	Stress				Relo	ationships			
Sleep Quantity: Quality:	(hours)	Type, Dura	ition, & Intensity :	Stress Red	duction	Practice	es:	Supporting:				
□ Poor □ Fair □ Relaxation □ Yes □ No	Good	□ Strength	:	Stressors:	Stressors:				Non-supporting:			
Type/Amount:		☐ Flexibility	r:									
Mental			Emotional		Spiritual							



Patient Name			Date								
Day 2											
Day Event	Food & D	rink Intake	(include type, am	nount, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrie	nts
Rising Time											
Breakfast Time					R	0			F B/P/BL		
Mid-AM Snack Time				R	0			F B/P/BL			
Lunch								F			
Time Mid-PM Snack								F			
Time					□R		□ Ү	□G	□ B/P/BL	□ W/T	/BR
Dinner Time				R	0			F B/P/BL			
PM Snack Time									F B/P/BL		
Bed Time											
P: Proteins; F: Fat	s; C : Carbohy	drates; R : Re	d; 0 : Orange; Y :	Yellow; G : Gr	een; B/	P/BL : B	lue/Purp	ole/Blaci	k; W/T/BR : V	Vhite/Tan,	/Brow
Sleep & Rel	axation	Exercise	& Movement	Stress				Relo	ationships		
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	duction	Practice	es:	Supporting:			
□ Poor □ Fair □ Relaxation □ Yes □ No	Good	□ Strength	:	Stressors:	Stressors:			Non-	Non-supporting:		
Type/Amount:		☐ Flexibility	r:								
Montel			Emotional				Coduid				
Mental			Emotional				Spirit	uai			



Patient Name				Date									
Day 3													
Day Event	Food & D	rink Intake	(include type, am	nount, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrie	nts		
Rising Time													
Breakfast Time					R	0	P _		F B/P/BL				
Mid-AM Snack Time				R		P		F					
Lunch								F					
Time					□R		□ Y	□ G	□ B/P/BL	□ W/T	/BR		
Mid-PM Snack Time					 □ R		P _		F B/P/BL				
Dinner									F				
Time					□R	0			□ B/P/BL				
PM Snack Time					 □ R	0			F B/P/BL				
Bed Time													
P: Proteins; F: Fats	s; c : Carbohyo	drates; R : Re	d; O: Orange; Y:	Yellow; G : Gr	een; B/	'P/BL : B	lue/Pur	ole/Blaci	k; W/T/BR : V	Vhite/Tan/	/Brow		
Sleep & Rela	axation	Exercise	& Movement	Stress				Relo	ationships				
Sleep Quantity: Quality:	(hours)	Type, Dura	Stress Red	duction	Practice) S:	Supporting:						
□ Poor □ Fair □ Relaxation □ Yes □ No	Good	Good Strength:				Stressors:				Non-supporting:			
Type/Amount:		☐ Flexibility	<i>/</i> :										
Mental			Emotional		Spiritual								



Food Plan Type:								Dat	te			
7.1												
Day 4								(2.50)				
Day Event	Food & D	rink Intake	e (include type, ar	mount, brand)	Мас	ronuti	rients	(PFC)	and Phyt	onutrier	nts	
Rising Time												
Breakfast Time					□ R		P		F B/P/BL			
Mid-AM Snack									F			
Time					□ R		□ Ү	□G	□ B/P/BL	□ W/T/	BR	
Lunch Time		R		P □ Y		F B/P/BL						
Mid-PM Snack							P		F		С	
Time					□R	0	□ Y		□ B/P/BL			
Dinner							P		F		C	
Time					□R		ΠΥ	□G	□ B/P/BL	□ W/T/	BR	
PM Snack Time							P _		F B/P/BL		_	
Bed Time												
P: Proteins; F: Fats	s; C : Carbohyd	drates; R : Re	d; O: Orange; Y:	Yellow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blaci	k; W/T/BR : V	Vhite/Tan/l	Brow	
Sleep & Relo	axation	Exercise	& Movement	Stress				Relo	ationships			
Quality:			Stress Rec	duction	Practice	es:	Supporting:					
Relaxation]Good	□ Strength	:	Stressors:	Stressors:				Non-supporting:			
Type/Amount:		☐ Flexibility	r:									
Mental			Emotional				Spirit	ual				
Quantity: (hours) Quality: □ Poor □ Fair □ Good Relaxation □ Yes □ No		Type, Duration, & Intensity ☐ Aerobic: ☐ Strength:			duction	Practice	es:	Supporting:				
		,										
Mental			Emotional				Spirit	ual				



Food Plan Type:								Da	te				
71													
Day 5								(0.00)					
Day Event	Food & D	rink Intake	(include type, a	mount, brand)	Мас	ronut	rients	(PFC)	and Phyt	onutrien	S		
Rising Time													
Breakfast Time					R	0	P _		F B/P/BL				
Mid-AM Snack		R	0	P _		F							
-													
Lunch Time									F B/P/BL				
Mid-PM Snack							P _		F		C		
Time					□R		ΠΥ	□G	□ B/P/BL	□ W/T/E	R		
Dinner									F				
Time					□R		ПΥ	□G	□ B/P/BL	□ W/T/E	R		
PM Snack Time							P _		F B/P/BL				
Bed Time													
P: Proteins; F: Fats	s; c : Carbohyo	drates; R : Re	d; 0 : Orange; Y :	: Yellow; G : Gr	een; B/	P/BL : B	lue/Purp	ole/Blac	k; W/T/BR : V	Vhite/Tan/Bi	rOW		
Sleep & Relo	axation	Exercise	& Movemen	t Stress				Relo	ationships				
Sleep Quantity: Quality:		Type, Duration, & Intensity			duction	Practice	es:	Supporting:					
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	□ Strength	:	Stressors:	Stressors:				Non-supporting:				
Type/Amount:		☐ Flexibility	r.										
Mental			Emotional				Spirit	ual					
Mental			Emotional				Spirit	ual					



Patient Name_

Diet, Nutrition, and Lifestyle Journal – 7 Day

_____ Date_

Food Plan Type:											
Day 6											
Day Event	Food & D	rink Intake	(include type, am	ount, brand)	Macronutrients (PFC) and Phytonutrients						
Rising Time											
Breakfast Time					R	0			F B/P/BL	C W/T/BR	
Mid-AM Snack Time				R	□ o			F B/P/BL			
Lunch Time				R	_ O			F B/P/BL			
Mid-PM Snack Time					R	_ O			F B/P/BL		
Dinner Time					R	0			F B/P/BL		
PM Snack Time					R	0			F B/P/BL		
Bed Time											
P: Proteins; F: Fats	s; c : Carbohyo	drates; R : Red	d; O: Orange; Y: \	Yellow; G : Gr	een; B/	P/BL : Bi	lue/Purp	ole/Blaci	k; W/T/BR : V	/hite/Tan/Brow	
Sleep & Relo	axation	Exercise	& Movement	Stress	Stress Relationships						
Sleep Quantity: (hours) Quality: Poor Pair Good Relaxation Yes No					duction	Practice	Supporting: Non-supporting:				
Type/Amount:		☐ Flexibility	:								
Mental Emotional					Spiritual						



Patient Name		Date									
Food Plan Type:											
Day 7											
Day Event	Food & D	rink Intake	(include type, amo	ount, brand)	Мас	ronuti	rients	(PFC)	and Phyt	onutrie	nts
Rising Time											
Breakfast Time					R	_ O	P		F B/P/BL		
Mid-AM Snack Time					R	0	P		F B/P/BL		C '/BR
Lunch Time					R	_ O	P _		F B/P/BL		
Mid-PM Snack Time					R	0	P _		F B/P/BL		
Dinner Time					R	□ o	P		F B/P/BL		
PM Snack Time					R	_ O	P _		F B/P/BL		C
Bed Time											
P : Proteins; F : Fats	; c : Carbohyd	drates; R : Re	d; 0 : Orange; Y : Ye	ellow; G : Gre	een; B/	P/BL : Bi	lue/Purp	ole/Blaci	k; W/T/BR : V	/hite/Tan,	/Brow
Sleep & Relo	axation	Exercise	& Movement	Stress				Relo	ationships		
Sleep Quantity: Quality:		Type, Dura	Stress Rec	duction	Practice	es:	Supporting:				
□Poor □Fair □Good Relaxation □Yes □No		□ Strength	:	Stressors:	Stressors:			Non-	Non-supporting:		
Type/Amount:		☐ Flexibility	··								
Mental			Emotional				Spirit	ual			
wemai			Emononal				əpimi	dai			