

Diet, Nutrition, and Lifestyle Journal- 3 Day

Patient Name	Date
Food Plan Type:	

Day 1

Day Event	Food & Drink Intake (include type, amount, brand)	Mac	ronutr	ients	(PFC)	and Phyto	onutrients
Rising Time							
Breakfast Time		□ R	0	₽ □ ¥	G	FF	_C □ W/T/BR
Mid-AM Snack Time			0	₽ □ Y	□ G	FF B/P/BL	_C □ W/T/BR
Lunch Time		□ R	0	P	G	FF B/P/BL	_C □ W/T/BR
Mid-PM Snack Time		□ R	0	P	G	FF D B/P/BL	_C □ W/T/BR
Dinner Time		□ R	□ 0	₽ □ Y	G	FF D B/P/BL	_C □ W/T/BR
PM Snack Time		□ R	0	P	G	FF D B/P/BL	_C □ W/T/BR
Bed Time							

P: Proteins; F: Fats; C: Carbohydrates; R: Red; O: Orange; Y: Yellow; G: Green; B/P/BL: Blue/Purple/Black; W/T/BR: White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Sleep Quantity:(hours) Quality: Poor Fair Good	Type, Duration, & Intensity	Stress Reduction Practices:	Supporting:
Relaxation	□ Strength:	Stressors:	Non-supporting:
Type/Amount:	□ Flexibility:		

Mental	Emotional	Spiritual



Patient Name	Date
Food Plan Type:	

Day 2

Day Event	Food & Drink Intake (include type, amount, brand)	Мас	ronutr	ients	(PFC)	and Phyto	onutrients
Rising Time							
Breakfast Time		□ R	0	₽ □ Y	□G	FF	C W/T/BR
Mid-AM Snack Time		□ R	0	P □ Y	□G	FF B/P/BL	C W/T/BR
Lunch Time		□ R	0	P □ Y	G	FF B/P/BL	C W/T/BR
Mid-PM Snack Time		□ R	□ 0	₽ □ Y	G	FF B/P/BL	C W/T/BR
Dinner Time		□ R	0	P □ Y	G	FF B/P/BL	C W/T/BR
PM Snack Time		□ R	□ 0	₽ □ ¥	G	FF B/P/BL	C W/T/BR
Bed Time							

P: Proteins; F: Fats; C: Carbohydrates; R: Red; O: Orange; Y: Yellow; G: Green; B/P/BL: Blue/Purple/Black; W/T/BR: White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Sleep Quantity:(hours) Quality: Poor Fair Good	Type, Duration, & Intensity	Stress Reduction Practices:	Supporting:
Relaxation	□ Strength:	Stressors:	Non-supporting:
Type/Amount:	□ Flexibility:		

Mental	Emotional	Spiritual



Patient Name	Date
Food Plan Type:	

Day 3

Day Event	Food & Drink Intake (include type, amount, brand)	Мас	r <mark>onutr</mark>	ients	(PFC)	and Phyto	onutrients
Rising Time							
Breakfast				P		F	C
Time		□ R		□ Y	□ G	B/P/BL	□ W/T/BR
Mid-AM Snack				P		F	C
Time		□ R		□ Y	□ G	B/P/BL	□ W/T/BR
Lunch				P		F	C
Time		□ R		□ Y	□ G	B/P/BL	□ W/T/BR
Mid-PM Snack				P		F	C
Time		□ R		□ Y	□ G	B/P/BL	□ W/T/BR
Dinner				P		F	C
Time		□ R		□ Y	□ G	B/P/BL	□ W/T/BR
PM Snack				P		F	C
Time		□ R			□ G	B/P/BL	□ W/T/BR
Bed Time							

P: Proteins; F: Fats; C: Carbohydrates; R: Red; O: Orange; Y: Yellow; G: Green; B/P/BL: Blue/Purple/Black; W/T/BR: White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Sleep Quantity:(hours) Quality: Poor IFair Good Relaxation Yes No Type/Amount:	Type, Duration, & Intensity Aerobic: Strength: Flexibility:	Stress Reduction Practices: Stressors:	Supporting: Non-supporting:

Mental Emo	otional	Spiritual