

Patient Name								Da	te	
Day 1										
Day Event	Food & D	rink Intake	(include type, amo	unt, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrients
Rising Time										
Breakfast Time					R	0	P _		F B/P/BL	
Mid-AM Snack					R	0	P _	□G	F B/P/BL	
Lunch Time					R	0	P _		F B/P/BL	
Mid-PM Snack Time					R	_ O	P _		F B/P/BL	
Dinner Time					R	0	P _		F B/P/BL	
PM Snack Time					R	0	P _	□ G	F B/P/BL	
Bed Time										
P: Proteins; F : Fats	; C : Carbohyd	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blac	k; W/T/BR : V	Vhite/Tan/Bro
Sleep & Relo	axation	Exercise	& Movement	Stress						
Sleep Quantity: Quality:		Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supporting:		
□ Poor □ Fair □ Relaxation □ Yes □ No	l Good	□ Strength	:	Stressors:				Non-supporting:		
Type/Amount:		☐ Flexibility								
Mental			Emotional				Spirit	ual		



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Day 2												
Day Event	Food & D	rink Intake	(include type, amo	unt, brand)	Мас	ronut	rients	(PFC)	and Phyt	onutrient	s	
Rising Time												
Breakfast Time					R	0	P _		F B/P/BL			
Mid-AM Snack Time		R		P _		F B/P/BL						
Lunch Time					R	0	P _		F B/P/BL			
Mid-PM Snack Time					R	0	P _		F B/P/BL		C R	
Dinner Time					R	_ O	P _		F B/P/BL			
PM Snack Time					R	_ O			F B/P/BL			
Bed Time												
P: Proteins; F : Fats	s; c : Carbohyo	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blac	k; W/T/BR : V	Vhite/Tan/Br	эwr	
Sleep & Relo	axation	Exercise	& Movement	Stress	Relationships							
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supporting: Non-supporting:				
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	□ Strength	:	Stressors:								
Type/Amount:		☐ Flexibility										
Mental			Emotional	Emotional				Spiritual				





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Day 3												
Day Event	Food & D	rink Intake	(include type, amo	unt, brand)	Мас	ronut	rients	(PFC)	and Phyt	onutrient	s	
Rising Time												
Breakfast Time					R	0	P _		F B/P/BL			
Mid-AM Snack		R		P _		F B/P/BL						
Lunch Time					R	0	P _		F B/P/BL			
Mid-PM Snack Time					R	0	P _		F B/P/BL		C R	
Dinner Time					R	_ O	P _		F B/P/BL			
PM Snack Time					R	_ O			F B/P/BL			
Bed Time												
P: Proteins; F : Fats	s; c : Carbohyo	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blac	k; W/T/BR : V	Vhite/Tan/Br	owr	
Sleep & Relo	axation	Exercise	& Movement	Stress	Relationships							
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supporting: Non-supporting:				
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	□ Strength	:	Stressors:								
Type/Amount:		☐ Flexibility										
Mental			Emotional	Emotional				Spiritual				





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					Date						
Day 4											
Day Event	Food & D	rink Intake	(include type, amou	unt, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrients	
Rising Time											
Breakfast Time					R	0	P _		F B/P/BL		
Mid-AM Snack Time				R	0	P		F B/P/BL			
Lunch Time					R	0	P		F B/P/BL		
Mid-PM Snack Time					R	0	P		F B/P/BL		
Dinner Time							P		F 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; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blaci	k; W/T/BR : V	Vhite/Tan/Brow	
Sleep & Relo	axation	Exercise	& Movement	Stress				Relo	Relationships		
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supp	Supporting:		
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	□ Strength	:	Stressors:				Non-	Non-supporting:		
Type/Amount:		☐ Flexibility	:								
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Day 5												
Day Event	Food & D	rink Intake	(include type, amo	unt, brand)	Мас	ronut	rients	(PFC)	and Phyt	onutrien	s	
Rising Time												
Breakfast Time					□ R	0	P _		F B/P/BL			
Mid-AM Snack Time		R	0	P		F B/P/BL						
Lunch Time						0	P _		F B/P/BL			
Mid-PM Snack Time					R	0	P _		F B/P/BL		C BR	
Dinner Time					R	_ O	P _		F B/P/BL			
PM Snack Time					R	_ O			F B/P/BL			
Bed Time												
P: Proteins; F : Fats	s; c : Carbohyo	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blac	k; W/T/BR : V	Vhite/Tan/Br	owr	
Sleep & Relo	axation	Exercise	& Movement	Stress				Relo	ationships			
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supporting:				
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	□ Strength	:	Stressors:				Non-supporting:				
Type/Amount:		☐ Flexibility										
Mental			Emotional	Emotional				Spiritual				





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Day 6												
Day Event	Food & D	rink Intake	(include type, amou	unt, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrients		
Rising Time												
Breakfast Time					R	0	P _		F B/P/BL			
Mid-AM Snack Time				R	0	P		F B/P/BL				
Lunch Time					R	0	P		F B/P/BL			
Mid-PM Snack Time					R	0	P		F B/P/BL			
Dinner Time							P		F B/P/BL			
PM Snack Time					R	0			F B/P/BL			
Bed Time												
P: Proteins; F : Fats	; c : Carbohyd	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blaci	k; W/T/BR : V	Vhite/Tan/Brow		
Sleep & Relo	axation	Exercise	& Movement	Stress				Relo	ationships			
Sleep Quantity: Quality:	(hours)	Type, Dura	tion, & Intensity	Stress Rec	Stress Reduction Practices:				Supporting:			
□ Poor □ Fair □ Relaxation □ Yes □ No	l Good	□ Strength	:	Stressors:				Non-supporting:				
Type/Amount:		☐ Flexibility	;									
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Day 7												
Day Event	Food & D	rink Intake	(include type, amo	unt, brand)	Mac	ronut	rients	(PFC)	and Phyt	onutrient	s	
Rising Time												
Breakfast Time					R	□ o	P		F B/P/BL			
Mid-AM Snack Time		R	□ o	P		F B/P/BL						
Lunch Time					R	_ O	P		F B/P/BL			
Mid-PM Snack Time					R		P		F B/P/BL		C R	
Dinner Time					R	_ o	P		F B/P/BL			
PM Snack Time					R	0			F B/P/BL			
Bed Time												
P: Proteins; F : Fats	s; c : Carbohyd	drates; R : Re	d; 0 : Orange; Y : Ye	llow; G : Gre	een; B/	P/BL : B	lue/Purp	ole/Blaci	k; W/T/BR : V	Vhite/Tan/Br	OWI	
Sleep & Relo	axation	Exercise	& Movement	Stress	Relationships							
Sleep Quantity: Quality:		Type, Dura	tion, & Intensity	Stress Rec	luction	Practice	es:	Supp	oorting:			
□ Poor □ Fair □ Relaxation □ Yes □ No]Good	☐ Strength	:	Stressors:				Non-supporting:				
Type/Amount:		☐ Flexibility										
Mental			Emotional	Emotional				Spiritual				

