

Diet, Nutrition & Lifestyle Journal—3 Day

Patient Name
Date
Food Plan Type

Day 1

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC and Phytonutrients	Macronutrients (PFC) and Phytonutrients		
Rising Time					
Breakfast Time		P R O Y G	F B/P/BL W/	C /T/BR	
Mid-AM Snack Time		P R O Y G	FB/P/BL W/	C /T/BR	
Lunch Time		P R O Y G	FB/P/BL W/	C T/BR	
Mid-PM Snack Time		PP	FB/P/BL W/	C /T/BR	
Dinner Time		PP	FB/P/BL W/	C /T/BR	
PM Snack Time		P R O Y G	FB/P/BL W/	C /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(hrs) Quality: Poor Fair Good Relaxation	Type, Duration, & Intensity Aerobic: Strength:	Stress reduction practices: Stressors:	Supporting: Non-supporting:
Yes No Type/Amount:	Flexibility:		

Mental	Emotional	Spiritual



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Day 2

Day Food & Drink Intake Event (include type, amount, brand)				Macronutrients (PFC) and Phytonutrients				
Rising Time								
Breakfast Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Mid-AM Snack Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Lunch Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Mid-PM Snack Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Dinner Time		R	0	P _	G	F B/P/BL	C W/T/BR	
PM Snack Time		R	0	_P Y	G	F 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	Type, Duration, & Intensity	Stress reduction practices:	Supporting:
Quantity(hrs)	Aerobic:		
Quality:			
Poor Fair Good		Stressors:	Non-supporting:
Relaxation Yes No	Strength:		
Type/Amount:	Flexibility:		

Mental	Emotional	Spiritual



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Day 3

Day Food & Drink Intake Event (include type, amount, brand)				Macronutrients (PFC) and Phytonutrients				
Rising Time								
Breakfast Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Mid-AM Snack Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Lunch Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Mid-PM Snack Time		R	0	_P Y	G	F B/P/BL	C W/T/BR	
Dinner Time		R	0	P _	G	F B/P/BL	C W/T/BR	
PM Snack Time		R	0	_P Y	G	F 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(hrs) Quality: Poor Fair Good Relaxation Yes No Type/Amount:	Type, Duration, & Intensity Aerobic: Strength: Flexibility:	Stress reduction practices: Stressors:	Supporting: Non-supporting:

Mental	Emotional	Spiritual