

NUTRITON planner

HEALTH OVERVIEW

PERSONAL INFORMATION

D.O.B:		BIRTHPLACE:	
WEIGHT:		EYE COLOR:	
HEIGHT:		GLASSES/CONTACTS:	
BLOOD TYPE:		BIRTHMARK/SC	ARS:
	MEDICAL CON	DITION	
CONDITION	DATE TREATING		TREATING
FOOD, DRUGS AND OTHER ALLERGIES			:S
ALLERGY	TREATI	EATMENTS DOSE	
MEDICATION SUPPLEMENTS			
MEDICATION	TAKEN FOR DOSE		DOSE

MEDICAL HISTORY

NAME:		
BLOOD TYPE:		
ALLERGIES:		
DOCTORS:		
CHRONIC CONDITIONS	S:	
MEDICATIONS:		
DATE	PREVIOUS MEDICAL CONDITIONS	TREATMENT
DATE	PREVIOUS MEDICAL CONDITIONS	TREATMENT
DATE	PREVIOUS MEDICAL CONDITIONS	TREATMENT
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HEALTH JOURNAL

Discuss how and what is my HEALTH right now	
Things that I seem to resist while doing what needs to be done, in improving my health	
My Thoughts & Feelings and where do my motivations come from	

HEALTH GOALS

Ultimate Health Plans		
1		
2		
3		

Action Plans

	Action Plans	Duration	Notes
GOAL 1			
GOAL 2			
GOAL 3			

MONTHLY NUTRITION GOAL

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

NUTRITION & FITNESS GOALS

START DATE:	DURATION:	END DATE:
START WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:
MOTIVATION		
NEW HABITS TO) START	BAD HABITS TO STOP

WEEKLY NUTRITIOUS FOOD PLANNER

CLINIDAY	
SUNDAY	GROCERY LIST
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

WEEKLY NUTRITIOUS MENU

MENU NAME

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDY	

NUTRITIOUS FOOD IDEAS BRAINSTORM

BREAKFAST	DESSERTS
LUNCH	
DINNER	SNACKS

NUTRITIOUS FOOD FOR BREAKFAST

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

NUTRITIOUS FOOD FOR LUNCH

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
HIGKSDAT
FRIDAY
SATURDAY

NUTRITIOUS FOOD FOR DINNER

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

WEEKLY NUTRITION RESULTS

SUN	MON	TUE	WED	THUR	FRI	SAT

DAILY NUTRITION PLAN

WORKOU	JT ROUTINE				
MINDSET ACTIVITY	SELF CARE ACTIVITY				

FOOD NUTRITION RECIPE

RECIPE NAME:		
COOK TIME:	PREP TIME:	SERVING:
INC	GREDIENTS:	NOTES
		_
		_
DI	RECTIONS	
	RECTIONS	
		_
	NUTRITION	
CALORIES:	CARBS:	SODIUM:
PROTEINS:	FIBER:	CHOLESTEROL:
		5 55 5
FAT:	SUGAR:	OTHER:
ΙΛΙ.	JOUAN.	OTTILIN.

FOOD NUTRITION RECIPE

RECIPE NAME:

PREP TIME:	COOK	
————	COOK TIME:	SERVING:
DIRECTIONS:		
PREP TIME:	COOK TIME:	SERVING:
DIRECTIONS:		
	PREP TIME:	PREP TIME: COOK TIME:

NUTRITIOUS FOOD JOURNAL

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

FOOD NUTRITION & HEALTH JOURNAL

	SUN	MON	TUE	WED	THU	FRI	SAT
HOURS/TIME SLEEP							
WOKEUP/ FEELING							
MOOD							
ENERGY							
PAIN							
STRESS							
ACTIVITIES							

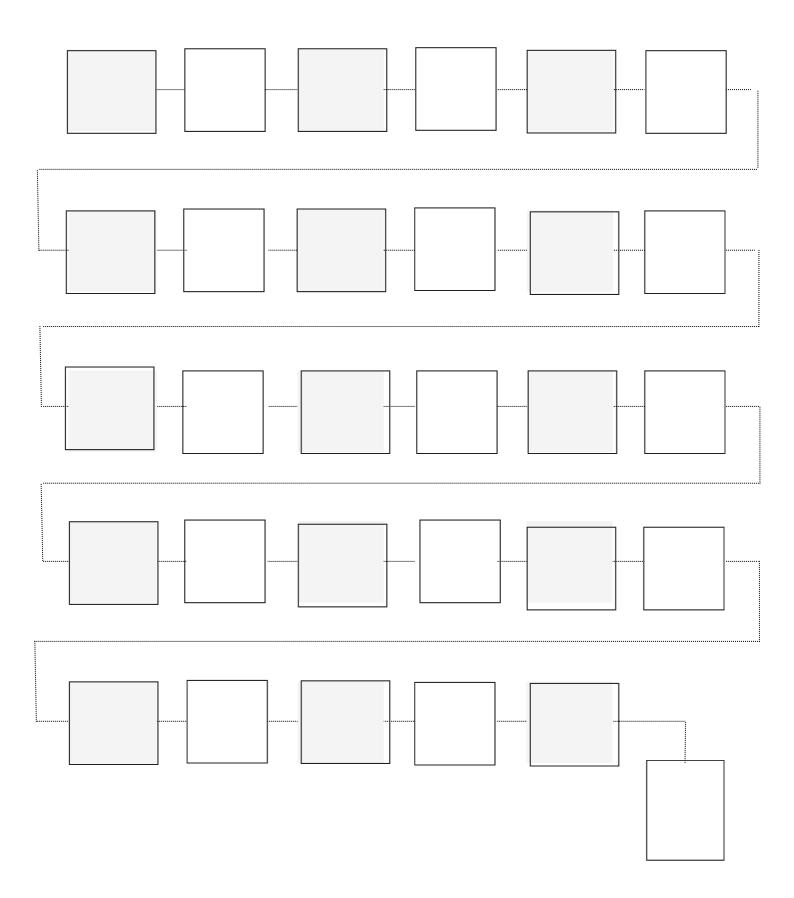
NUTRITION CHANGES

NEED TO EAT	NEED TO REFUSE
	-
NEW HEALT	THY HABITS
ADD VITAMINS & DIE	TARY SUPPLEMENTS

30 - DAYS NUTRITION CHALLENGE

THE HABIT I AM CREATING/DESTROYING IS
CREATING/ DESTROYING THIS HABIT WILL CHANGE MY FUTURE BY
AFFIRMATION STATEMENT
PLAN OF ACTION
TEMVOTACTION

30 - DAYS NUTRITION CHALLENGE



30 - DAY NUTRITION CHALLENGE

CHALLENGE	DAY1	0	DAY2	0	DAY3	0	DAY4		DAY5	0
	DAY6		DAY7	\bigcirc	DAY8		DAY9	\bigcirc	DAY10	\bigcirc
	DAY11		DAY12		DAY13	\bigcirc	DAY14		DAY15	
	DAY16		DAY17		DAY18		DAY19		DAY20	
REWARD	DAY21		DAY22	0	DAY23		DAY24		DAY25	
	DAY26		DAY27		DAY28		DAY29		DAY30	
CHALLENGE	DAY1		DAY2		DAY3	\bigcirc	DAY4		DAY5	
	DAY6		DAY7		DAY8		DAY9	\bigcirc	DAY10	\bigcirc
	DAY11		DAY12		DAY13		DAY14		DAY15	
	DAY16		DAY17		DAY18		DAY19		DAY20	
REWARD	DAY21	0	DAY22		DAY23	0	DAY24	0	DAY25	
	DAY26		DAY27		DAY28	0	DAY29	0	DAY30	

MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
	BREAK	FAST	LUN	CH	DIN	NER
NAFALC						
MEALS TO						
TRY						
TRY						

WEEKLY MEAL PLAN

<u>></u>	В	SHOPPING LIST
Monday	L	
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Tuesday	L	
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ay	В	
Wednesday	L	
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Thursday	L	
Thu	D	
	В	
Friday	L	
正	D	NOTES
ay	В	
Saturday	L	
Sat	D	
Ž	В	
Sunday	L	
S	D	
	B - Breakfast L - Lunch D - Dinner	

DAILY MEAL PLAN

		GRAINS					
Breakfast		DAIRY					
		VIT					
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Snack							
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Lunch							
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Sn			(CAR	RBS		
Dinner				C V D	DC		
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WEEKLY MEAL BUDGET

Monday	Tuesday	Wednesday	Thursday
Budget —	Budget —	Budget —	Budget
Friday	Saturday	Sunday	DESSERT IDEAS
Budget —	Budget —	Budget —	Budget —
	NEW RECE	PES TO TRY	

BREAKFAST IDEAS

LUNCH IDEAS

DINNER IDEAS

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SNACK IDEAS

FOOD LOG

FOOD	AMOUNT	CALORIES	PROTEINS	CARBS	FIBER	FAT	SUGAR

FOOD DIARY

DATE:	CALORIES GOAL:
57(12.	CALONIES GOAL.

	FOOD (DDINI)	ANAGUNIT	CALODIES	NOTES
TIME/MEAL	FOOD/DRINK	AMOUNT	CALORIES	NOTES
	1			

DIET PLANNER

DIET TYPE:	STARTING DATE:	
FOODS TO EAT		FOODS TO AVOID

DIET LOG

FOOD	AMOUNT	CALORIES	CARBS	SUGAR	PROTEIN S	FAT

CALORIES REFRENCES

FOOD/MEAL	SERVING SIZE	CALORIES

ANNUAL CALORIES TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
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30												

MACRO TRACKER

	CALORIES	CARBS	PROTEIN	FAT	FIBER
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

FASTING LOG

DATE	FASTING HOURS	EATING HOURS	RATIO	NOTES

EATING HABIT TRACER

HABITS	SUN	MON	TUE	WED	THU	FRI	SAT

INTUITIVE EATING

TIME BEFORE/ AFTER EATING	HUNGER	FOOD/DRINK	FEELINGS/MOTION

PANTRY INVENTORY

DATE	ITEMS	QTY	EXP. DATE

FREEZER INVENTORY

DATE	MEAT/FISH	VEGETABLES/FRUITS	READY TO EAT

FRIDGE INVENTORY

DATE	MEAT/FISH	VEGETABLES/FRUITS	DAIRY/EGGS	READY TO EAT

GROCERY LIST

PRODUCE	BEVERAGES
	BAKERY
MEAT	
	PANTRY/OTHER
DAIRY	

RECIPE TEMPLATE

RECIPE FOR:	
INGREDIENTS	EQUIPMENTS
INSTRUCTION:	

RECIPE TRACKER

RECIPE	PREP/COOK TIME	RATING

RECIPE TEMPLATE

RECIPE FOR:			
INGREDIENTS	EQUIPMENTS		
INSTRUCTION:			
MASTROCTION.			

HEALTHY RECIPE

TITLE:
INGREDIENTS
PREPARATIONS

GROCERY LIST

PRODUCE	BEVERAGES
	BAKERY
MEAT	
	PANTRY/OTHER
DAIRY	

FOOD BUDGET PLANNER

INCOME	DAY	WEEK	MONTH	QUATER	YEAR
TOTAL					

FIXED EXPENSES	DAY	WEEK	MONTH	QUATER	YEAR
TOTAL					

SPENDING	DAY	WEEK	MONTH	QUATER	YEAR
TOTAL					

VITAMINS & SUPPLEMENTS

WEEK OF:	

ITEM	DOSAGE	TIME	S	М	Т	W	Т	F	S

WEEKLY VITAMIN INTAKE

WEEK OF:	•	_

VITAMINS	SUN	MON	TUE	WED	THU	FRI	SAT
	_						

VITAMIN TRACKER

VITAMIN	DOSAGE	TIME	S	М	Т	W	Т	F	S

MEDICATION SCHEDULE

DATE	TIME	MEDICATION GIVEN	ANY WASTED?

FITNESS GOAL TRACKER

1.	
2.	
3.	
	ACTION STEPS
1	
1.	
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4.	
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5.	

PHYSICAL MONTHLY SCHEDULE

WEEK 1	WEEK 2
WEEK 3	WEEK 4
NOTES	

MONTHLY WEIGHT TRACKER

WEEK	DATE	WEIGHT	LOSS / GAINED	NOTES

WEIGHT TRACKER

STARTING WEIGHT:

HABIT TRACKER

HABIT:	
DATE	PROGRESS

DAILY PLANNER

	TASK	(S			SCHEI	DULE
1					TIME D	SCRIPTION
2						
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	DIET					
	FOOD	CARB	PRO F.	AT CAL		
		_				
		_				
		_				
	TOTAL	s L				
	ACTIVITY	MIN		CALS	MEAL PL	ANNER
					BREAKFAST:	
					SNACKS:	
					LUNCH:	
					SNACKS:	
					DINNER:	
					SNACKS:	
l am	grateful for				WATER II	NTAKE
Affir	mation, l am					
					SLEEP TI	RACKER
Mino	dful of				# OF HRS: EN	IERGY: ☆☆☆☆☆
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DAILY & WEEKLY PLANNER

MONTH OF:	

FOOD	SUN	MON	TUE	WED	THU	FRI	SAT

DAILY TRACKER

DATE:			
BREAKFAST	LUNCH	SNACKS	DINNER
TODAY'S WORKO	UT	WATER INTAKE	
	NO	TES	

DAILY PRIORITY LIST

PRIORITIES	

NUTRITION JOURNAL

NUTRITION VISION BOARD

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