

NURIION



HEALTH OVERVIEW

PERSONAL INFORMATION		
D.O.B:	BIRTHPLACE:	
WEIGHT:	EYE COLOR:	
HEIGHT:	GLASSES/CONTACTS:	
BLOOD TYPE:	BIRTHMARK/SCARS:	

MEDICAL CONDITION		
CONDITION	DATE	TREATING

FOOD, DRUGS AND OTHER ALLERGIES			
ALLERGY TREATMENTS DOSE			

MEDICATION SUPPLEMENTS		
MEDICATION TAKEN FOR DOSE		DOSE
		60

MEDICAL HISTORY



NAME:		
BLOOD TYPE:		
ALLERGIES:		
DOCTORS:		
CHRONIC CONDITION	NS:	
MEDICATIONS:		
DATE	PREVIOUS MEDICAL CONDITIONS	TREATMENT
		0

HEALTH JOURNAL

Discuss how and what is my HEALTH right now	
Things that I seem to resist while doing what needs to be done, i improving my health	n
My Thoughts & Feelings and where do my motivations come from	1
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HEALTH GOALS

Ultimate Health Plans	
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Action Plans

	Action Plans	Duration	Notes
GOAL 1			
GOAL 2			
GOAL 3			

MONTHLY NUTRITION GOAL

JANUARY	FEBRUARY	MARCH
ADDII	N	HIND
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER
OCTOBER	NOVEMBER	DECLINIBLE

NUTRITION & FITNESS GOALS

0		
TART DATE:	DURATION:	END DATE:
TART WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:
IOTIVATION		
NEW HABITS	TO START	BAD HABITS TO STOP
		No.
		QV

WEEKLY NUTRITIOUS FOOD PLANNER

SUNDAY	GROCERY LIST
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	No.
	EAT

WEEKLY NUTRITIOUS MENU

MENU NAME

1	
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDY	Take care

NUTRITIOUS FOOD IDEAS BRAINSTORM

BREAKFAST	DESSERTS
LUNCH	
DINNER	SNACKS

NUTRITIOUS FOOD FOR BREAKFAST

	SUNDAY	
	MONDAY	
	TUESDAY	
	WEDNESDAY	
	WEDIGERI	
	THURSDAY	
	FRIDAY	0.00
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699	SATURDAY	
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NUTRITIOUS FOOD FOR LUNCH

	SUNDAY	
	MONDAY	
	MILIOD III	
	TUESDAY	
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	FRIDAY	
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	SATURDAY	
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NUTRITIOUS FOOD FOR DINNER

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
No.
SATURDAY

WEEKLY NUTRITION RESULTS

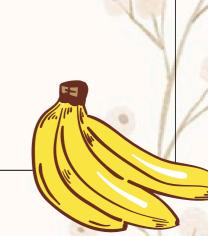
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DAILY NUTRITION PLAN

WORKOUT ROUTINE

MINDSET ACTIVITY

SELF CARE ACTIVITY





FOOD NUTRITION RECIPE

COOK TIME:	PREP TIME:	SERVING:
I	INGREDIENTS:	NOTES
	DIRECTIONS	
	NUTRITION	1
CALORIES:	CARBS:	SODIUM:
PROTEINS:	FIBER:	CHOLESTEROL:
FAT:	SUGAR:	OTHER:

FOOD NUTRITION RECIPE

RECIPE NAME:

INGREDIENTS:	PREP TIME:	COOK TIME:	SERVING:
	DIRECTIONS:		

RECIPE NAME:

INGREDIENTS:	PREP TIME:	COOK TIME:	SERVING:
	DIRECTIONS:		

NUTRITIOUS FOOD JOURNAL

1			- 10			
	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						· W
SATURDAY						

FOOD NUTRITION & HEALTH JOURNAL

				-930				
		SUN	MON	TUE	WED	THU	FRI	SAT
Н	OURS/TIME SLEEP							
	VOKEUP/ FEELING							
	MOOD							
	ENERGY							
	PAIN							
	STRESS							· V
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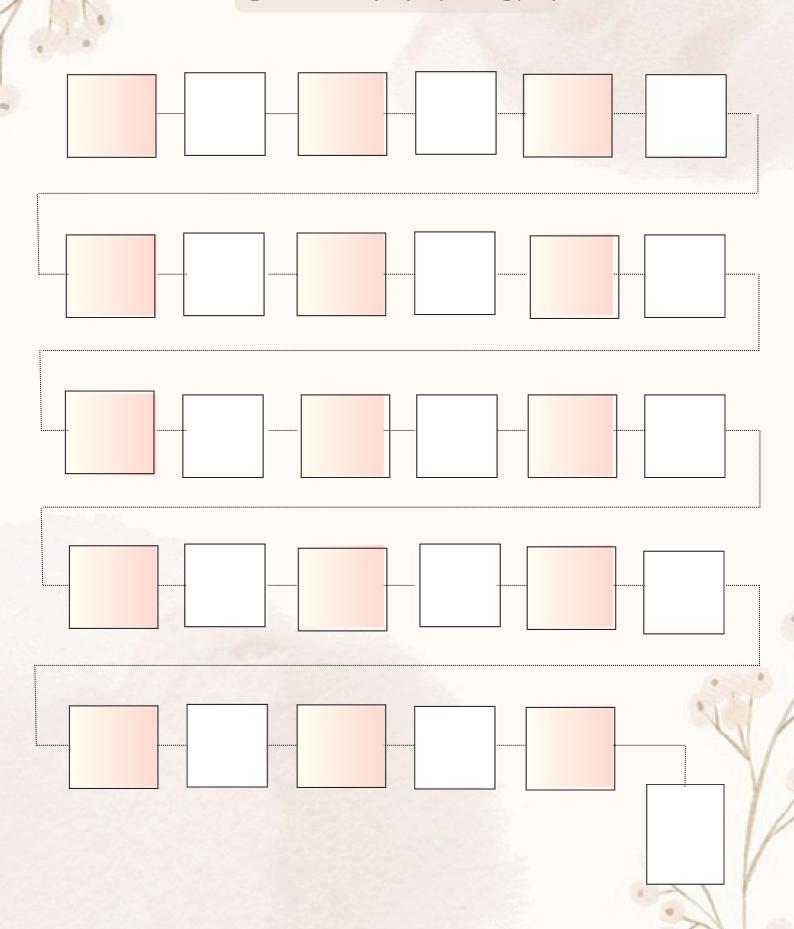
NUTRITION CHANGES

NEED TO EAT	NEED TO REFUSE
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NEW HEALT	CHY HABITS
	0 / 1
ADD VITAMINS & DIE	TARY SUPPLEMENTS
	y

30 - DAYS NUTRITION CHALLENGE

THE HABIT I AM CREATING/DESTROYING IS	
DEATING / DECTROVING THIS HARIT WILL CHANCE MY FUTURE BY	
REATING/ DESTROYING THIS HABIT WILL CHANGE MY FUTURE BY	
AFFIRMATION STATEMENT	
PLAN OF ACTION	
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	July .
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30 - DAYS NUTRITION CHALLENGE



30 - DAY NUTRITION CHALLENGE

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

MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
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	BREAK	FAST	LUN	CH	DIN	NER

	BREAKFASI	LONCII	DINNER
MEALS -			
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WEEKLY MEAL PLAN

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Tuesday	L				
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Wednesday	L				
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Thursday	L				
Thu	D				
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Friday	L				_
F	D				NOTES
ay	В				NOTES
Saturday	L				
Sat	D				
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Sunday	L				
Sı	D				00
	B - Breakfast	L - Lunch	D - Dinner		

DAILY MEAL PLAN

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		GRAINS						
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Breakfast		VIT						
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Snack								
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Lunch								
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Snack				CAF	RBS			
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Dinner								_/
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WEEKLY MEAL BUDGET

Monday	Monday Tuesday		Thursday
Budget —	Budget —	Budget —	Budget —
Friday	Saturday	Sunday	DESSERT IDEAS
Budget —	Budget —	Budget —	Budget —
	NEW DEGI		2000

NEW RECIPES TO TRY



BREAKFAST IDEAS

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LUNCH IDEAS

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DINNER IDEAS

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SNACK IDEAS

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FOOD LOG

FOOD	AMOUNT	CALORIES	PROTEINS	CARBS	FIBER	FAT	SUGAR
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FOOD DIARY



DATE:	CALORIES GOAL:	
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TIME/MEAL	FOOD/DRINK	AMOUNT	CALORIES	NOTES
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				(V

DIET PLANNER

DIET TYPE:	STARTING DATE:
FOODS TO EAT	FOODS TO AVOID
	No.

DIET LOG

FOOD	AMOUNT	CALORIES	CARBS	SUGAR	PROTEINS	FAT
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1						
20	1)					
20					6	V

CALORIES REFRENCES

FOOD/MEAL	SERVING SIZE	CALORIES
		000

ANNUAL CALORIES TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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MACRO TRACKER

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

FASTING LOG

DATE	FASTING HOURS	EATING HOURS	RATIO	NOTES
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		-62		

EATING HABIT TRACER

HABITS	SUN	MON	TUE	WED	THU	FRI	SAT
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	<u> </u>						
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INTUITIVE EATING

TIME BEFORE/ AFTER EATING	HUNGER	FOOD/DRINK	FEELINGS/MOTION
	The Cartesian Control		
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			No.
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PANTRY INVENTORY

DATE	ITEMS	QTY	EXP. DATE
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FREEZER INVENTORY

DATE	GRAINS	VEGETABLES/FRUITS	READY TO EAT
	Davies .		
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FRIDGE INVENTORY

DATE	GRAINS	VEGETABLES/FRUITS	DAIRY	READY TO EAT
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GROCERY LIST

PRODUCE	BEVERAGES
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	BAKERY
N	
MEAT	
	PANTRY/OTHER
DAIRY	
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RECIPE TEMPLATE

RECIPE FOR:	
INGREDIENTS	EQUIPMENTS
INSTRUCTION:	
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RECIPE TRACKER



RECIPE	PREP/COOK TIME	RATING

RECIPE TEMPLATE



	The state of the s
RECIPE FOR:	

INGREDIENTS	

EQUIPMENT

INSTRUCTIO	N:		
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HEALTHY RECIPE

TITLE:	
INGREDIENTS	
PREPARATIONS	
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GROCERY LIST



PRODUCE	BEVERAGES
	BAKERY
GRAINS	
	PANTRY/OTHER
DAIRY	
	-
	TO TO

FOOD BUDGET PLANNER

INCOME	DAY	WEEK	MONTH	QUATER	YEAR
TOTAL					

FIXED EXPENSES	DAY	WEEK	MONTH	QUATER	YEAR
TOTAL					

SPENDING	DAY	WEEK	MONTH	QUATER	YEAR
0223					
					2
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					0
TOTAL					

VITAMINS & SUPPLEMENTS



WEEK OF:	
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ITEM	DOSAGE	TIME	S	M	T	W	T	F	S
		The House							
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WEEKLY VITAMIN INTAKE

VITAMINS	SUN	MON	TUE	WED	THU	FRI	SAT
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VITAMIN TRACKER

VITAMIN	DOSAGE	TIME	S	M	Т	W	Т	F	5
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							6		

MEDICATION SCHEDULE



DATE	TIME	MEDICATION GIVEN	ANY WASTED?
			No.
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1.	
2.	
3.	
	ACTION STEPS
1.	
2.	
3.	
4.	
5. –	

PHYSICAL MONTHLY SCHEDULE

WEEK 1	WEEK 2
WEEK 3	WEEK 4
	OT &
NOTES	

MONTHLY WEIGHT TRACKER

WEEK	DATE	WEIGHT	LOSS / GAINED	NOTES
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	2,575			
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STARTING WEIGHT:

WEEK	DATE	WEEK	CHANGE
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HABIT TRACKER

HABIT:	
DATE	PROGRESS
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DAILY PLANNER

TASKS	SCHEDULE
1	TIME DESCRIPTION
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DIE	
DIET	
FOOD CARB PRO FAT CALS	
TOTAL	
ACTIVITY MIN CALS	MEAL PLANNER
	BREAKFAST:
	SNACKS:
	LUNCH:
	SNACKS:
	DINNER:
	SNACKS:
I am grateful for	WATER INTAKE
Affirmation, I am	
	SLEEP TRACKER
Mindful of	# OF HRS: ENERGY: ☆☆☆☆☆

MOOD OF THE DAY:

DAILY & WEEKLY PLANNER

MONTH OF:	

FOOD	SUN	MON	TUE	WED	THU	FRI	SAT
	ALC: N		-				
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DAILY TRACKER

		GALL GALG	DIVIED
BREAKFAST	LUNCH	SNACKS	DINNER
TODAY'S WORKOU	TT	WATER INTAKE	
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DAILY PRIORITY LIST

PRIORITIES	
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NUTRITION JOURNAL

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NUTRITION VISION BOARD

