

Lifestyle Information:

Name: _____ Date _____

1. Nutrition: Please include **details** about type of food and portion size e.g. *1 slice whole wheat bread and 1 cup of green tea with 1 tsp honey.*

<u>Meal</u>	<u>Time</u>	<u>Food & Amount</u>
Breakfast		
Lunch		
Snacks		
Dinner		

2. Exercise:

Type of Exercise	
Duration of Exercise	
No. of days per week	