

Patient Name: \_\_\_\_\_

# Diet Diary

Record all your food and drink consumption, and your daily exercise in the table below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On rising							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Exercise							
Comments							

# Healthy Living Recommendations



**Eat More Vegetables**



**Exercise for 30 Minutes per day**



**Drink 8 Glasses of Water per day**



**Relax/Meditate for 30 Minutes per day**

Add the following healthy living recommendations to your routine this week:

**At Home**

- Replace 2 x chemical cleaning products in your home
- Replace 2 x personal care products with a natural alternative this week eg shampoo and conditioner
- Dry skin brush every morning before showering for \_\_\_ days this week
- Soak in an Epsom salts bath one day this week

**Diet**

- Drink a glass of water on rising, with the juice of half a lemon
- Drink 2-3 L water daily, plus 500 mL for each hour of exercise
- Drink 1 vegetable juice per day
- Increase your vegetables, aim for 2 ½ cups per day

- Eat three meals per day, plus healthy snacks as required
- Eat slowly and only until satisfied
- Increase fermented foods e.g. Kefir or Kimchi to \_\_\_ serves this week
- Increase spices in your diet such as turmeric, rosemary and ginger
- Eat your evening meal earlier \_\_\_ day/s this week
- Reduce processed and take-away dinners to \_\_\_ day/s this week
- Prepare meals at home \_\_\_ day/s this week
- Substitute \_\_\_ unhealthy snacks for healthy snacks this week
- Limit alcohol to \_\_\_ standard drinks this week

**Sleep**

- No blue screen devices after 7 pm
- Remove televisions and computers from the bedroom
- Do 10 minutes of muscle relaxation exercises before bed \_\_\_ days this week
- Drink a cup of chamomile tea before bed \_\_\_ days this week

**At Work**

- Get up from your desk and walk around every 2 hours at work
- Spend lunch breaks outdoors \_\_\_ days this week
- Pack a healthy lunch from home \_\_\_ days this week
- Reduce caffeine intake during the day to \_\_\_ cups

**Exercise/Relaxation**

- Walk or do yoga or tai chi for \_\_\_ day/s this week
- Relax and/or meditate \_\_\_ day/s this week
- Enjoy a massage once this week
- Enjoy a lymphatic drainage massage to support detoxification this week
- Spend time out in nature \_\_\_ day/s this week
- Visit friends or family \_\_\_ day/s this week
- Other Recommendations

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