

Premier Health Center
Afaque Akhtar, MD.
 409 Wake Chapel Rd.
 Fuquay Varina, NC. 27526
 Tel: 919-567-9001 Fax: 919-518-9539

Diet, Nutrition, and Lifestyle Journal – 7 Day

DAY 1

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

Mental	Emotional	Spiritual

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DAY 2

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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DAY 3

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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DAY 4

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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DAY 5

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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DAY 6

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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DAY 7

Day Event	Food & Drink Intake (include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		P_ F_ C_
Mid-AM Snack Time		P_ F_ C_
Lunch Time		P_ F_ C_
Mid-PM Snack Time		P_ F_ C_
Dinner Time		P_ F_ C_
PM Snack Time		P_ F_ C_
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 & Relaxation	Exercise & Movement	Stress	Relationship
Sleep Quantity: _____ (hours) Quantity: ___ Poor ___ Fair ___ Good Relaxation ___ Yes ___ No Type/Amount:	Type, Duration, & Intensity ___ Aerobic: ___ Strength: ___ Flexibility	Stress Reduction Practices: Stressors:	Supporting: Non-supporting

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