



Current energy rating out of 10:

General comments on your food diary

| FOOD / DRINK TO HAVE LESS OF | | |
|------------------------------|--------|---|
| Food / drink | Reason | How often can I have this food / drink? |
| | | |

Food preparation advice:

SUPPLEMENT PLAN

| Supplement | Brand | Dosage | When to take |
|------------|-------|--------|--------------|
| | | | |

Suggested lifestyle changes:

Personal message / any other comments: