THE FUNCTIONAL PERSPECTIVE QUICK STRATEGY GUIDE

DAILY FOOD & LIFESTYLE JOURNAL



	TYPE OF FOODS / ACTIVITY	MACRONUTRIENTS / PHYTOCHEMICALS
Waking		
Breakfast		$ \bigcap_{R} \bigcap_{O} \bigcap_{Y} \bigcap_{G} \bigcap_{B/P/BL} \bigcap_{W/T/BR} C $
Snack		$ \bigcap_{R} \bigcap_{O} \bigcap_{Y} \bigcap_{G} \bigcap_{B/P/BL} \bigcap_{W/T/BR} C $
Lunch		$ \bigcap_{R} \bigcap_{O} \bigcap_{Y} \bigcap_{G} \bigcap_{B/P/BL} \bigcap_{W/T/BR} C $
Snack		$ \begin{array}{c c} \hline & P \\ \hline & F \\ \hline & C \\ \hline & P \\ & P \\ & P \\ \hline & P \\ & P \\ \hline & P \\ \hline & P \\ \hline & P \\ \hline & P \\$
Dinner		$ \bigcap_{R} \bigcap_{O} \bigcap_{Y} \bigcap_{G} \bigcap_{B/P/BL} \bigcap_{W/T/BR} C $
Bedtime		

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	Exercise & Movement	Stress	Relationships
Amount of Sleep: Quality of Sleep: (poor, fair, good)	Type of activity:	Stress Reduction:	Supportive:
Relaxation (Yes/No) Type:	Duration:	Stressors:	Non-Supportive:

Mental	Emotional	Spiritual