

Food, Stress and lifestyle landscape:

Diet:

Breakfast has consistently been or typically:

Lunch: typically:

Dinners: typically:

1. **Snacks:**
2. Usually:

Physical symptoms:

1. BP: / wt:
2. Exercise type: Frequency:
3. Sleep: average hrs/night.
4. Stress: level: L M H Explain:

Other TX:

- 1.
- 2.
- 3.

RX:

- 1.
- 2.
- 3.
4. Supplements:

Narrative:

What do you think is going on?

What scares you?

How open are you to exploring yourself top to bottom?