



DIETARY PLAN ADHERENCE REPORT (D-PAR)

Name _____ Page _____

SCORING: 0= No adherence to 10 = followed program precisely as directed since last report.

GOAL: Percentage Of Adherence Is Higher From One Column To The Next.	Coach Date ↓	Before Coach Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
1- Water Intake (oz. per Wt)													
2-Supplements as directed													
3-Ate First Meal, Time =													
4-Snack –1, T													
5-Snack –2, T													
6-Snack –3, T													
7-Ate 2 nd Meal, Time =													
8-Snack –1,T													
9-Snack – 2, T													
10-Snack – 3, T													
11-Ate 3 rd Meal, T=													
12-Ate Acceptable/Green List													
13-Ate Moderate/Black List													
14-Ate Monthly/Italic List													
15-Eliminated Avoid/Red List													
16-Additional Avoid Foods													
17-Fruit Alone or 30 min B4													
18-Food Servings													
19-Menu Planning													
TOTAL COLUMN SCORE													
# of Items (1-19) in Score													
Percentage of Adherence													
20-No. New Recipes Used.													

Key: 9-10 = Healing Occurring; 8 = Maintenance; 7 Or Lower = Dietary Deficiencies

Important Note: The above represent 20 of 31 dietary practices that are required to develop a “principle-centered, healthy dietary” lifestyle. This means a dietary lifestyle that adheres to the laws of biology, physiology, biochemistry and quantum nutrition. For example, there are specific biological laws that govern the healthy function of your digestive system, metabolism, and other biological organs, glands, systems and processes. Some of these practices are dependent and others are interdependent on each other. Therefore, though the above 20 focus on the right foods for your biochemistry, when to eat, how much to eat and how to plan menus, which is a very good start; in due time, you may find that all of your dietary-related health concerns have not improved, or completely healed OR you may have new concerns, due to the fact that you have not yet integrated all 31 dietary practices into your lifestyle. Therefore, as soon as possible, we recommend scheduling the dietary consultations necessary to receive the final 11 dietary practices and truly develop a “principle-centered, healthy dietary lifestyle to heal and maintain optimal health for the rest of our life.