



# DIET ACTIVITY REPORT

Start Date: \_\_\_\_\_

Client: \_\_\_\_\_

Day of Week: \_\_\_\_\_

Today (M/D/Y): \_\_\_\_\_

#	ACTIVITY	TIME A / P	TYPE OF FOOD/SEASONING	Svg	Grp	Tr	State	Poisons Type
1	Lemon/H <sub>2</sub> O							
2	Supplements							
3	<b>MORNING MEAL</b>							
4	Water (H <sub>2</sub> O)							
5	Beverage							
6	<b>SNACK</b>							
7	<b>SNACK</b>							
8	Water							
9	Beverage							
10	Supplements							
11	<b>MID-DAY MEAL</b>							
12	Water							
13	Beverage							
14	<b>SNACK</b>							
15	<b>SNACK</b>							
16	Lemon/H <sub>2</sub> O							
17	Supplements							
18	<b>EVENING MEAL</b>							
19	Water							
20	<b>SNACK</b>							
21	Water							
22	Exercise (Type Duration, etc.)		<b>TYPE:</b>					
			<b>DURATION:</b>	<b>PULSE (B-Before; A-After)</b>				
				B-	A-			
23	Affirmations							

<b>Water</b>	/	<b>Protein</b>	/	<b>Legumes &amp; Grains</b>	/
<b>Dairy</b>	/	<b>Nuts/Seeds</b>	/	<b>Greens/Vegetables/Sea Veg</b>	/
<b>Starches</b>	/	<b>Fruit</b>	/	<b>Fats/Oils</b>	/
				<b>Seasoning</b>	/

Svg = Servings. Grp = Food Group (W for Water, P for Protein, L for Legumes & Grains, F/O for Fats/Oils, etc., See Above). Tr = Trigger [M for Mental (Negative Thoughts, Depression, etc.); E for Emotional (see State); P for Physical (tiredness, overwork)]. STATE = happy, sad, angry, bored, etc. POISONS are refined sugar, artificial sweeteners, white flour, artificial ice cream, chocolate, pastries, etc. Evening Snack before 8 p.m. Water = Drink 30 minutes before or one hour after meals. Beverages are optional, ex: herbal tea, juice, or Poison Beverages: Soda, Coffee. SNACK = Put N/A for Snack not required. T=Tablespoon; t=teaspoon; oz=ounce; c=cup. Copyright Donna F. Smith 2003 frm43.DietActivityReport2003R070409

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