

A central dark grey rectangular area contains the text "My D.R.E.S.S. Profile". This area is surrounded by various items related to health and fitness: blue dumbbells (one labeled "1.5KG") and a green apple in the top left; an orange, a green apple, and a blue water bottle in the top left; a red and white measuring tape and a blue and yellow sneaker in the top right; a blue towel in the bottom right; and a variety of fresh food including cherry tomatoes, blueberries, strawberries, oats, crackers, and leafy greens in the bottom left and bottom right.

My D.R.E.S.S. Profile

Table of Contents Slide Number



Nutrition Summary	3
My Diet Type	4
My Daily Portion Tracker	5
Focus Food List	6
Sample Meal Plan Template	7
Nutrition Tips	8
My Rest Rx	9
My Exercise F.I.T.T.	10
My Daily F.I.T.T. Tracker	11
My Stress Stage	12
My Supplement Type	13
My D.R.E.S.S. Routine	14

My Nutrition Summary

My Info

Age		Activity Level	
Gender		Goal	
Height		My Diet Type	
Weight		My Supplement Type	

My Numbers

BMI		BMR		Calorie Range	
-----	--	-----	--	---------------	--

My Portions

Proteins		Fats		Carbs		Water (8oz glasses)
						½ body weight in ounces Max 100 oz