

A central dark grey rectangular area is surrounded by various health and fitness items. In the top left, there are blue dumbbells, a green apple, and an orange. In the top center, a blue water bottle and a red and white measuring tape are visible. In the top right, a pair of blue and yellow sneakers and a blue towel are shown. In the bottom left, there are cherry tomatoes, a strawberry, and blueberries. In the bottom center, there are oatmeal cookies and more blueberries. In the bottom right, there is a pile of fresh green spinach leaves.

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



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

## My Info:

Age	
Gender	
Height	
Weight	
Activity Level	
Goal	

## Date:

### My Rest Rx Rating:

*Habits, Hygiene & Hormones to support Restoration Plan*

### My F.I.T.T. Rating:

*Frequency, Intensity, Time, Type*

F:

I:

T:

T:

## My Diet Type:

### Proteins


### Carbs


### Fats


### Water (8oz glasses)

<b>½ body weight in ounces</b> <b>Max 100 oz</b>

## My Stress Stage:

*Physical, Psychological, Spiritual Stress Mastery*

## My Supplement Type:

*Helps prioritize supplemental support*

*Self Care Model: Focus on what you CAN do.*

Diet. Rest. Exercise. Stress Mastery. Supplemental therapies.