

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 clear plastic water bottle and a red and white measuring tape are visible. In the top right, a pair of blue and yellow running shoes sits next to a folded blue towel. In the bottom left, there are cherry tomatoes, blueberries, and strawberries. 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

Table of Contents Slide Number



D.R.E.S.S. 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 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)

½ body weight in ounces Max 100 oz

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.