

PATIENT NAME: _____

AGE: _____ | **ACTIVITY LEVEL:** Sedentary | Light | Moderate | Active | **WEIGHT:** _____ | **HEIGHT:** _____

MEDICAL HISTORY: *(Relevant medical conditions, risk factors, or past medical history)*

- NUTRITION RECOMMENDATIONS:**
- Aim for _____ calories daily to support your energy needs.
 - Log your meals and snacks to track and be mindful you are eating a balanced mix of nutrients.
 - Partner with a health coach to develop healthy habits and reach your wellness goals. *healthiertexas.org - FREE virtual health coaching*

Additional Clinician notes or recommendations:

- PHYSICAL ACTIVITY RECOMMENDATIONS:**
- Aim for _____ minutes of aerobic activity weekly.
Circle intensity level: Light | Moderate | Vigorous
 - Include ____ days of strength training exercises weekly.
 - Add stretch and balance exercises ____ days weekly.
(Activities like yoga or stretching routines)

Additional Clinician notes or recommendations:

- ADDITIONAL LIFESTYLE RECOMMENDATIONS:**
- Avoid sitting for long periods. Get up and move every hour.
 - Incorporate stress-reducing activities into your daily routine.
(Deep breathing, spending time in nature, journaling, self-care)
 - Prioritize sleep. Aim for ____ hours of quality sleep each night.
 - Stay hydrated. Aim to drink at least ____ oz. of water daily.

Additional Clinician notes or recommendations:

SIGNATURE: _____ **DATE:** _____

PHYSICAL ACTIVITY RECOMMENDATIONS
PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS - HHS

- Adults should aim for at least **150 minutes** of moderate-intensity aerobic activity or **75 minutes** of vigorous-intensity activity per week, along with muscle-strengthening activities on 2 or more days.
- Children and adolescents should engage in at least **60 minutes** of physical activity daily, including aerobic and muscle-strengthening activities.
- Incorporate flexibility, balance, and resistance training exercises into your routine for overall fitness and health.

Physical Activity Guidelines for Americans, 2nd edition. U.S. Department of Health and Human Services. November 2021.

NUTRITION RECOMMENDATIONS
NUTRITION GUIDELINES FOR AMERICANS - HHS | USDA

- Emphasize fruits, vegetables, whole grains, lean proteins, and low-fat dairy.
- Limit foods and beverages with added sugars, saturated fats, and sodium.
- Limit sodium intake by choosing foods lower in sodium and preparing meals at home using less salt.

General calorie recommendations based on age group:				
	1 - 9	10 - 18	19 - 64	65+
F	1,200 - 1,800	1,400 - 2,400	1,800 - 2,400	1,600 - 2,200
M	1,400 - 2,200	1,800 - 3,200	2,200 - 3,000	2,000 - 2,800

note

Nutrient-rich foods for growth and development. Monitor portion sizes, and focus on healthy eating habits and mindful eating.	Prioritize nutrient-dense foods and a balanced diet. Practice mindful eating.	Decrease intake as metabolism slows down. Increase protein intake for muscle mass and bone health.
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Dietary Guidelines for Americans, 2020-2025. U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA), December 2020.

FREE RESOURCES
★ PROVIDED BY HEALTHIER TEXAS

STRONGERTEXAS.ORG

 Free virtual fitness & nutrition classes

HEALTHIERTEXAS.ORG

 Free virtual health coaching

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