Health Journal

Patient Information	
Patient name: Oliver Ross	
Date: 09/04/2026	Age: 43
Contact information: 555-976-0123	
Height: 6 ft	
Weight: 180 lbs	
Reason for visit:	
Monthly routine check up after being diagnosed with body dysmorphia syndrome.	

Nutrition

Monday	
Date: 09/24/2024	
Medication/Supplements:	
Vitamin C, Fish Oil, Vitamin D3, magnesium glycincate, probiotic	
Morning: Vitamin C, Magnesium Gylicnate, Vitamin D3	Time Taken: 7: am
Evening: Fish Oil, probiotic	Time Taken: 7 pm
Breakfast: Oatmeal with bananas	
Lunch: Grilled chicken salad	
Dinner: Baked salmon with steamed broccoliBaked salmon with steamed broccoli	
Snacks: Apple slices	
Water Intake: 8_____ glasses	
Exercise: Jogging	Calories Burned: 300
Notes:	
Felt energetic throughout the day. Sleep quality was good.	

Tuesday			
Date: 09/23/2024			
Medication/Supplements: vitamin c, vitamin d3, zinc, magnesium glycinate, probiotic, fish oil			
Morning:	vitamin c, vitamin d3, magnesium glycinate	Time Taken:	7 am
Evening:	fish oil, probiotic, zinc	Time Taken:	9 pm
Breakfast:	Greek yogurt with mixed berries		
Lunch:	Turkey sandwich with lettuce		
Dinner:	Stir-fried tofu with vegetables		
Snacks:	Carrot sticks		
Water Intake: 10 _____ glasses			
Exercise:	Cycling	Calories Burned:	500
Notes: Had a mild headache in the afternoon. Slept well.			

Wednesday			
Date: 09/25/2024			
Medication/Supplements: vitamin c, vitamin d3, zinc, magnesium glycinate, probiotic, fish oil			
Morning:	vitamin c, vitamin d3, zinc, magnesium glycin	Time Taken:	7 am
Evening:	probiotic, fish oil	Time Taken:	7 pm
Breakfast:	Scrambled eggs and toast		
Lunch:	Quinoa salad with avocado		
Dinner:	Grilled steak with mashed potatoes		
Snacks:	Almonds, Fruits		
Water Intake: 5 _____ glasses			
Exercise:	Yoga	Calories Burned:	250
Notes: Felt a bit tired, possibly due to less water intake.			

Thursday

Date: 09/26/2024

Medication/Supplements:

Same as the other/previous days of the week.

Morning: vitamin c, vitamin d3, zinc, magnesium glycin Time Taken: 7 am

Evening: probiotic, fish oil Time Taken: 7 pm

Breakfast: Protein shake

Lunch: Caesar salad

Dinner: Baked chicken with quinoa

Snacks: Oranges

Water Intake: 8_____ glasses

Exercise: Jogging Calories Burned: 300

Notes:

Felt strong and focused.

Friday

Date: 09/27/2024

Medication/Supplements:

Same as Monday

Morning: vitamin c, vitamin d3, zinc, magnesium glycin Time Taken: 7 am

Evening: probiotic, fish oil Time Taken: 7 pm

Breakfast: Pancakes with maple syrup

Lunch: Pasta with marinara sauce

Dinner: Grilled shrimp with rice

Snacks: Granola bar

Water Intake: 8_____ glasses

Exercise: Cycling Calories Burned: 450

Notes:

Energy levels were high

Saturday

Date: 09/28/2024

Medication/Supplements:

Same as Monday

Morning: vitamin c, vitamin D3, magnesium glycinate Time Taken: 7 am

Evening: Probiotic,fish oil Time Taken: 7:30 pm

Breakfast:

Lunch:

Dinner:

Snacks:

Water Intake: 9_____ glasses

Exercise: none Calories Burned: --

Notes:
Forgot to record food intake. Took the day off from exercise. Felt relaxed.

Sunday

Date: 09/30

Medication/Supplements:

Same as Monday

Morning: vitamin c, vitamin D3, magnesium glycinate Time Taken: 7 am

Evening: Probiotic,fish oil Time Taken: 9 am

Breakfast: bagel with cream cheese

Lunch: Sushi

Dinner: Roast beef with vegetables

Snacks: Oranges

Water Intake: 9_____ glasses

Exercise: none Calories Burned: ---

Notes:
Took the day off from exercise. Felt relaxed.