## Health Plan

## Maximize the Benefits of This Health Plan:

1. Fill in the required details accurately.
2. Record your current health metrics and relevant medical history.
3. Clearly define your short-term and long-term health objectives.
4. List suggested food items that you want to consume.
5. Outline the type, frequency, and duration of physical activities.
6. Implement lifestyle changes as advised and consult with your healthcare provider as needed.

## Patient Information

| Name: | Hansel Rethel |
| :--- | :--- |
| Date of Birth: | June 15, 1985 |
| Gender: | Male |
| Contact Number: | $555-1234$ |
| Email: | hansel.rethel@email.com |

## Health Information

| Blood Pressure: | $120 / 80 \mathrm{mmHg}$ | Heart Rate: | 72 bpm |
| :--- | :--- | :--- | :--- |
| Height (cm): | 175 cm | Weight (kg): | 75 kg |
| BMI: | 24.5 | Total Daily Calorie <br> Intake: | 2500 calories |
| Medical History: | None |  |  |
| Allergies: | None |  |  |

## Health Goals

| Short-term Goals (3-6 months): | Lose 5 kg |
| :--- | :--- |
| Long-term Goals (1 year and beyond): | Maintain a healthy weight and improve overall fitness |

## Nutrition Plan

| Meal | Suggested Food Items |
| :--- | :--- |
| Breakfast | oatmeal, greek yogurt, berries, whole grain toast, almond butter, banana, <br> chia seeds, spinach omelette, low-fat milk, green tea |
| Lunch | quinoa salad, chickpeas, mixed vegetables, tofu-stir fry, brown rice, lentil <br> soup, avocado, tomato and basil salad, whole wheat wrap, water |
| Dinner | sweet potato, broccoli, tofu, cauliflower rice, spinach and feta stuffed <br> portobello mushrooms, barley risotto, grilled asparagus, lemon herb baked <br> salmon, cucumber salad, herbal tea |
| Snacks | mixed nuts, Hummus with Carrot Sticks, Greek Yogurt with Honey, <br> Edamame, Apple Slices with Peanut Butter, Dark Chocolate, Rice Cakes with <br> Almond Butter, Trail Mix, Cottage Cheese with Pineapple, Popcorn |

Exercise Plan

| Type of Exercise | Frequency (per week) | Duration (minutes) |
| :---: | :---: | :---: |
| Running | 3 | 30 |
| Strength training | 2 | 45 |
| Yoga | 2 | 60 |
| Zumba | 1 | 50 |

## Lifestyle Recommendations

| Sleep | Aim for 7-8 hours of quality sleep |
| :--- | :--- |
| Stress Management | Practice deep breathing exercises and meditation |
| Hydration | Drink at least 8 glasses of water daily. |
| Other | Limit processed foods and prioritize whole, <br> nutrient-dense options. |

Doctor's Signature: Dr. Karol James
Doctor's Name: Dr. Karol James
Date: November 21, 2023

