

This functional medicine plan is meant to illustrate the components of a typical lifestyle plan. Individual recommendations will vary depending on individual nutritional and physical requirements.



Functional Medicine Prescription and Lifestyle Plan

Patient Name Sally Sample Date of Birth 1/1/1951

Functional Nutrition Plan

Functional Nutrition

- Phytonutrient Spectrum
- Core Food Plan (CFP)
- Vegan Vegetarian

First Step Interventions

- Cardiometabolic Food Plan
- Elimination Diet
- Food Reintroduction

Advanced Interventions

- Detox Food Plan
- Mito Food Plan
- ReNew Food Plan

Personal Dietary Recommendations

Macronutrient Distribution (P/F/C): 20/30/50 25/30/45 30/30/40 30/45/25 20/60/20

Target Calories: 1000–1200 1200–1400 1400–1800 1800–2200 2200–2500

Intermittent Fasting: Yes No Target Calories per day: _____ Frequency: _____ times per week

Other Recommendations: Increase amount of plant based meals, utilize Truth & Life online meal planner 1-2 meals per day for 5 days per week

Lifestyle Plan

Sleep: 7-8 hrs per night. Use Fit Bit to track sleep with goal of 20% deep sleep and 20% REM sleep average per night

Exercise: Risk Assessment: Low Risk Medium Risk High Risk

Clearance: Yes No

Exercise Prescription:	Cardio/Aerobic	Strength/Resistance	Flexibility/Stretching	Balance
F - Frequency times per week	3	2	1	
I - Intensity (e.g., low, moderate, vigorous)	low-moderate HR 115-135	Set weight to comfortably complete 3-5 sets of 10 reps in each major muscle group	low-moderate	
T - Time/duration minutes each day	20-30 min/session		1 hour	
T - Type (e.g., walking, jogging, swimming)	walking, stationary bike elliptical	circuit or free weights	Yoga or pilates	

Restoration: Self Awareness/Mindfulness Guided Imagery/Visualization Relaxation Response
 Breathing Techniques Meditation Other: Prayer/scripture reading

Supplements/Medications Plan

Supplement/Medication	On rising	Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Mid-evening	Before bed
Vitamin D 5000 u		1 cap						
Purelean Pure Pak				1pak				
Methyl assist		1 cap						

Additional Comments Consider fasting mimicking diet for 5 days per month x 3 months.

Prescribed by Your Functional Medicine provider Date 5/12/2018

Follow-up Appointment 2 months