

5 Point Plan to Health

1. **Water:**

1/3 of body weight in fluid oz/day
&
8 oz/vice
&
8 oz/ 20 minutes of exercise

Special considerations:

TOTAL:

2. **Protein:** 10-15 grams for breakfast

Other meals:

3. **Sleep:** Interrupted Sleep and/or difficulty going to sleep?
(Consult with a physician for solutions to provide restful sleep patterns.)

4. **Exercise:** 1 hour/day

5. **Supplement:** Good multiple _____
Omega 3 oils _____
Cal/Mag _____

Other supplements:

