

Personal food and fluid plan

Use the spaces below for your own notes. Bring questions to the appropriate professional.

1. My food or energy plan, if advised:

2. My fluid plan or prescribed restriction:

3. Who helped set this plan, and on what date?

4. One meal routine I want to make easier:

5. One beverage choice I want to review:

6. What could make the plan difficult?

7. Questions to bring to my clinician or dietitian:

8. Review date and what I noticed:

Individual food and fluid needs vary. Record your own agreed plan; this worksheet does not prescribe 1,600 calories or two liters for everyone.

Read the guide:

<https://urolongevitypress.com/articles/1600-2-rule.html>