

Plan nutrition and strength questions

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

1. The everyday activity I want to support:

2. My current abilities and questions:

3. Strength activities agreed with my care team:

4. Food or protein advice specific to me:

5. Fluid instructions or restrictions:

6. What to monitor and whom to contact:

7. My next review date:

8. Observations to bring to that review:

Individualize exercise, protein and fluid plans with qualified guidance. This worksheet does not prescribe numerical targets or assess symptoms.

Read the guide:

<https://urolongevitypress.com/articles/protect-muscle-while-eating-less.html>