

MARIO ROXAS, ND

Naturopathic Physician

604 N Fifth Avenue, Sandpoint, ID 83864 P: 208.946.0984 F: 208.246.4995 E: info@DrRoxas.com

Patient Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

	Day 1	Day 2	Day 3	Day 4
Breakfast Time of day:				
Notes:				
Lunch Time of day:				
Notes:				
Dinner Time of day:				
Notes:				
Snacks Time(s) of day:				
Notes:				
BM Time(s) of day:				
Notes:				

MARIO ROXAS, ND

Naturopathic Physician

416864 Hwy 95, Suite #3 Ponderay, ID 83852 P: 208.946.0984 F: 208.246.4995 E: info@DrRoxas.com

Patient Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

	Day 5	Day 6	Day 7	Notes
Breakfast Time of day:				
Notes:				
Lunch Time of day:				
Notes:				
Dinner Time of day:				
Notes:				
Snacks Time(s) of day:				
Notes:				
BM Time(s) of day:				
Notes:				