

# Lifestyle Medicine Prescription

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## NUTRITION

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## PHYSICAL ACTIVITY

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## SLEEP

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## STRESS MANAGEMENT

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## SOCIAL CONNECTION

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## AVOIDANCE OF RISKY SUBSTANCES

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\*consider setting SMART goals that are Specific, Measurable, Achievable, Realistic and Time-sensitive or FITT prescriptions that include Frequency, Intensity, Type, and Time.

Additional Resources  
[lifestylemedicine.org](http://lifestylemedicine.org)



Provider Signature: \_\_\_\_\_

**NUTRITION:** Eat fiber-filled and nutrient-dense whole foods. Add veggies, fruits, beans, lentils, whole grains, nuts & seeds to your daily meals.

**PHYSICAL ACTIVITY:** Work towards moving as much as possible every day by doing activities you enjoy. Aim for a minimum of 150 minutes of activity per week.

**SLEEP:** Aim for 7-9 hours of sleep per night. Get at least 20 minutes of sunshine during the day. Avoid caffeine, especially after noon.

**STRESS MANAGEMENT:** Try new ways to relax, such as music, exercise, dance, yoga, meditation. Take time for fun (hobbies, activities). Find nature (garden, go to a park, hike).

**SOCIAL CONNECTION:** Volunteer. Connect with friends. Join a community or interest group of like-minded people. Go to a local sports event, music performance, lecture, or art display.

**AVOIDANCE OF RISKY SUBSTANCES:** Seek out counseling (individual, group, online, telephone). Avoid risky substances whenever possible.

