

# Dr. Roller's Wellness Recommendations



## Nutrition

### Decrease the following:

- Juices, sodas, sports drinks by \_\_\_\_\_ %
- Fast foods and eating out by \_\_\_\_\_ %
- Processed sugar, candy, baked goods by \_\_\_\_\_ %

### Increase or add the following:

- Fresh green, yellow and red vegetables by \_\_\_\_\_ %
- Fresh fruits by \_\_\_\_\_ %
- Whole brown grains (rice, bread, etc.) by \_\_\_\_\_ %
- Protein sources (poultry, fish, etc.) by \_\_\_\_\_ %
- Whole milk, cheese \_\_\_\_\_ %
- Add raw nuts (cashews, pumpkin seeds, walnuts, almonds, etc.) \_\_\_\_\_ %

## Healthy Activities

### Increase

- Organized "Family Time" (i.e. Game Night, Movie Night, etc.) \_\_\_\_\_ hours per week
- Organized "Outings" (i.e. bicycling, walking, swimming, etc.) \_\_\_\_\_ hours per week
- Practice a "Quiet Time" (i.e. reading, journaling, etc.) \_\_\_\_\_ minutes per day
- Other \_\_\_\_\_ by \_\_\_\_\_ minutes per day or \_\_\_\_\_ hours per week

### Decrease

- TV time by \_\_\_\_\_ hours per day or computer/video game time by \_\_\_\_\_ hours per day
- Other \_\_\_\_\_ by \_\_\_\_\_ minutes per day or \_\_\_\_\_ hours per week

## Recommended Changes

- Change bedtime to \_\_\_\_\_ PM
- Eliminate all TV, Video Games, etc. \_\_\_\_\_ hour(s) before bed
- Check backpack weekly
- Omit TV during mealtime

Recommended follow up appointment in \_\_\_\_\_ (weeks/months)

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