

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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