
JULIE LANDON NUTRITION

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Janine Bothe - Precision Health 'Induction' Plan

Initial Goals (as set 4/4/24):

By 4 July 2024, you would like to:

1. weigh 63kg
2. feel awake
3. run 6km without stopping

Precision Health Assessment: 12/4/24

HealthType™: Diplomat 300

Shae™ access ends: 11/5/24
(unless extended)

Food-Specific Recommendations (based upon Shae™ and your initial goals)

1. Meal Timings:

- a later breakfast - existing choice of breakfasts generally look great, with a small tweaking of some ingredients
- a later lunch as main meal - move your usual dinner choices to lunch time where possible
- eat veg only at dinner - moderate amount
- no snacks

2. Avoid 'red' foods eg soft drinks, white carbs, sugars, processed meats etc

3. Reduce alcohol - once/twice a month

Other Considerations

1. Precision Health Lifestyle Priorities

1	2	3	4	5	6
PLACE	GENIUS	FITNESS	FOOD	SOCIAL	MIND

2. Starter Recommendations for the Diplomat

- De-clutter spaces & places
- Own your schedule and work on your time
- Enjoy a later, stress-free breakfast
- Try to match exercise to your Fitness Clock
- Lunch is your biggest meal

Timeline/Appointment Overview

	Appointments	Action Steps	Overcoming Challenges	Success/Rating
Week 1:	12/4/24 Precision Health Assessment + Brief Intro of PH360/Shae platform	1. Explore ph360/Shae platform 2. Consider short term goal and action steps	N/A	N/A
Week 2:	<i>No Appointment</i>			
Week 3:	25/4/24 Review + Setting of first action steps	1. Eat main meal at a 'later' lunch and eat vegetable-only dinner 2. Skip afternoon snack 3. Avoid 'red' foods as much as possible Give consideration to avoiding 'soft drink' and 'alcohol'. What will be the challenges here?	• Catering for the family meals too - try saving your meal for next day, batch cooking some veg soups and plan 1-2 days ahead	Main meal at lunch: 8/10 No afternoon snack: 7/10 Avoid red foods: 3/10
Week 4:	2/5/24 Review + Overcome challenges + Set next action steps + Ongoing with PH360/Shae	1. Avoid consuming diet coke 2. Continue with main meal at lunch and vegetable-only dinner 3. Explore your preferred 'preparation for sleep' strategies Take measurements at the end of week	• Don't buy diet coke. Swap diet coke for soda water & lemon, or good quality kombucha eg The Source)	
Week 5:	9/5/24 Phone call only to check in and discuss continuation of precision health program			

