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IF YOU ARE READING THIS SMALL PRINT, THEN IT IS POSSIBLE
YOU HAVE ENTIRELY TOO MUCH TIME ON YOUR HANDS ;)



DIET & NUTRITION DIARY

Our Mission

To create a delightfully different healthcare experience for children and their families.

Our Vision

- To be the leader in providing the best quality pediatric care
- To have the most engaging providers and care team for our patients
- To set the standard for excellent medical teaching
- To always heal and never do harm
- To treat everyone with dignity and respect
- To create a memorable and truly special experience for all
- To consistently deliver excellent and efficient care
- To unleash the power of creativity and humor in the healing process
- To effectively reach the underserved communities around us
- To promote a message of healthy living that improves our community and beyond
- To elevate people's expectations of what healthcare can truly be
- To inspire the next generation to thrive

Statement of Purpose

At Mission Pediatrics, we aim to provide high-quality, whole-person pediatric care with emphasis on excellence and compassion. Interwoven throughout our approach to healthcare are the pillars of respect and responsibility which we expect both of ourselves and our patients. We seek to promote healthy living, to bring healing with gentle humor and to provide a peaceful and creative office experience. We want to ensure access to the most vulnerable patients and communities because we believe that serving the lowest is the highest calling. We seek real results wherein patients are actually measurably improving in their health. And we believe that achieving the best quality care requires that our doctors, providers and patient care team must be *just as* satisfied with their experience as their patients.

A Little Bit About Us

Mission Pediatrics began in 1984 with a small office in Perris, California under the pioneering work of pediatrician Xavier Gonzalez. By the early 90's, it was the largest vaccine provider in California. Under the vision of pediatrician Tim Watson, it grew to five locations in Riverside and San Bernardino Counties with 13 providers –complete with its own Integrative Care Clinic for children with highly specialized needs. Demonstrating its leadership in innovative pediatric care, all of our offices have a unique theme with the staff in full costume. Offices with custom-made artwork, special effects and fun teaching videos help you laugh and learn. Theme-based medicine provides you and your child a fun and creative medical experience in stark contrast from other clinics. Heavily supporting local arts and businesses, we consistently support community wellbeing with multiple events promoted online. Our business model works off of four concepts and four pillars. The concepts begin with **Safety** above all else, closely followed by an attitude of **Courtesy**. This is enhanced by a delightfully different medical **Experience**. We complete the circle with **Efficient** and streamlined practice. Our team operates with four Pillars. **Clarity of Vision** where we clearly practice our mission, **Constant Communication** within our team to provide consistent care, **Caring in Action** with demonstrated support of our communities and **Unity in Purpose** where we remain laser focused on access to care for our patients. Our annual Excellence in Action training seminar fine tunes us as a team so your experience of the joy of medicine flourishes. We hope it shows with our smiles and cheerful care. ☺



NAME: _____

AGE: _____



CONGRATULATIONS!
YOU'RE ALL DONE

PLEASE BRING THIS DIARY
WITH YOU TO YOUR NEXT
DOCTOR'S APPOINTMENT TO
DISCUSS NEXT STEPS.

INSTRUCTIONS

WHY THIS MATTERS:

If you are using this diary, it is because your healthcare provider has determined that diet and nutrition for you or your child need to be explored more thoroughly. This may be to assist with optimal health for either weight gain or weight loss. It may also be helpful in determining how food may be related to other health conditions. If your child has unexplained weight gain or loss, vomiting for more than three days without diarrhea, is unable to walk or jump without abdominal pain, excessive urination or no urination for 24 hours, please tell your doctor immediately as these can be very serious.

Please list EVERY meal, EVERY drink and HOW MUCH is eaten for one month. If you don't have a way to measure this, you don't have to measure exact weights or amounts of liquids, but examples of "How Much" may include approximate cups, 8 ounce bottles, or meal sizes compared to the size of the child's fist.

Make sure that you keep this diary at home.

Carry a small notebook to school or when you leave to jot down notes for this diary at home.

Make sure that you eat breakfast, lunch and dinner EVERY day. If not, please write (Skipped, and explain WHY you skipped that meal).

Try to be specific, don't just say "soda" or "juice" write the name of the soda and the name of the juice. (some sodas have caffeine).



Date: _____



Date: _____



Date: _____

Lined writing area for the owl page, consisting of 20 horizontal lines.



Date: _____

Lined writing area for the bear page, consisting of 20 horizontal lines.



Date: _____

Blank lined writing area for the raccoon page.



Date: _____

Blank lined writing area for the fox page.



Date: _____

Lined writing area for the owl page, consisting of 20 horizontal lines.



Date: _____

Lined writing area for the bear page, consisting of 20 horizontal lines.



Date: _____

Lined writing area with 20 horizontal lines.



Date: _____

Lined writing area with 20 horizontal lines.

