

Integrated Nutrition Formulation: A 5 P's and a V Framework

LWLG/Values:

Predisposing Factors (What long-term factors increase vulnerability to the problem?)

- _____
- _____
- _____

Precipitating Factors (What recent event or triggers have brought the problem to the surface now?)

- _____
- _____
- _____

Presenting nutrition related concern (Key nutrition or eating-related difficulty):

Perpetuating Factors (*What is keeping this going or making it worse?*)

- _____
- _____
- _____
- _____
- _____

Protective Factors (What strengths, supports, or resources are available?)

- _____
- _____
- _____
- _____

Core Beliefs (Underlying beliefs that shape thoughts, feelings, and behaviours in relation to food, body image, and self-worth):

- Self: _____
- Others/The World: _____