



Diet & Lifestyle Consultation Form

Name	Charu	Contact	+65 87994021
Email	charum84@gmail.com	Age	39
Height	5.6	Weight	84.4

Blood Work

SL	Marker	Date	Date	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	
	Activities	
	Breakfast	
Afternoon	Activities	
	Lunch	
	Activities	
Evening	Snack	
Night	Dinner	
	Night Routine	
	Sleep	

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Do & Dont

Do	Dont

Diet Advice

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		

<p>Nutritionist Remark</p>	<p>First consultation with Ruhi on 5th feb 2024 Weight -84.3 Weight loss goal Iron low-5.7 TIBC low-74 Iron saturation- 8 Hb low -11.4 Ferretin low- 6</p> <p>Heavy bleeding during periods, LMP- 15th Jan 2024 28-30 days cycle Uterus and ovaries scan are clear Bowels are clear. Acidity is in control Supplements suggested- Iron and B12 (Himalayan organic), Vitamin D 60000 IU (weekly for 2 months), Omega 3 500 and Zinc & Magnesium combo</p> <p>Charu, review with Ruhi , Feb -14th , 2024, Weight -83.9 Periods- 5th day</p> <p>Prefered breakfast besan fritata & Besan cheela Egg & veggies Green moong cheela -1 poha Coconut Chutney lunch- rice,dal, sabzi/ glutenfree pasta/ millet/weekend - khicdri/dal chawal sabzi/ rajma/cholein/ Supplements will start next week</p> <p>Feb -26th , 2024, Weight - 84.3 Foxtail millet jowar ? not able to absorb Vitamin D 60000 IU (weekly for 2 months), Omega 3 500 and Zinc & Magnesium combo pending. Iron taking from previous doc.</p> <p>May 10th, 2024, Weight 83.9 thyrofree - 1 magnesium-1 zinc-1 omega 3- 500 Brazil nuts 2 for selenium iodine rich salt spirulina powder vitamin D-</p>
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