



## Diet & Lifestyle Consultation Form

Name	Saakshi Chandra	Contact	
Email		Age	
Height		Weight	

### 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
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

**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>1. I had sweet cravings most day - so I ended up taking a chocolate cookie with my coffee, or adding a lot of chocolate chips to my oats smoothie (instead of just one tea spoon of coco nibs).. and I think this may be happening because lately I forgot to have prunes after dinner because they tend to add some sweetness?</p> <p>2. After every few days, I get cravings of having something from outside (even when I have the time to cook), because it feels like I can now take a 'break' from 'the diet' and not restrict myself anymore.. so like today for dinner, I ordered Thai cashew and chicken stir fry, and it felt like a release from the 4 days of eating at home and referring to a 'plan'.</p> <p>3. A few days ago, my morning routine was just off because I didn't plan ahead (like soaking things the night before, and woke up late - so that derailed the whole day.. even emotionally, it felt like because I didn't start the day as per the plan so there was no point of even resetting through the day - so for that day, I didn't follow any morning/night routine or any of the recipes. Not that I ate outside, but I just didn't even open the excel sheet because it was one of those days that I just didn't even want to open it..</p>	
Nutritionist Remark		