



Diet & Lifestyle Consultation Form

Name	Khyati Puri	Contact	9810220311
Email	khyati.puri@outlook.com	Age	42
Height	4 feet 11 inches	Weight	53 kgs

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	C802, The Palm Springs, sector 54, golf course road	
Other Remarks		
Client Remark		
Nutritionist Remark	She is feeling good after the gut reset program and reduction in bloating, acidity, and migraine. Not sleeping well but don't know the reason. Did not follow the plan in the last 3-4 days because of travelling. Not much sugar cravings, and PMS.	