



## Diet & Lifestyle Consultation Form

Name	Bhavana R	Contact	8712135212
Email	ramshetty.bhavana@gmail.com	Age	28
Height	165 cms	Weight	66.5 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
<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	Kachiguda, Hyderabad, Telangana, India.	
Other Remarks		
Client Remark	<p>In April 2023, my Vit D, Vit B12 and Iron ferritin levels were very low. I took a diet consultation and supplements regularly and Vit D, Vit B12 levels are now improved. Need to check my Iron Ferritin levels tested as I have recently started focusing on improving iron levels from last one week.</p> <p>Started with kalarchikai diet from 30 Aug 2023 ( it has to be followed for 48 days ) for PCOS as this month it has been more than 45 days and my period is delayed.</p> <p>Prior to this I stayed in Canada for a year and moved back to India in April 2023, then deficiencies, Endometrium and Alpha Plus Thalassemia blood type was diagnosed.</p> <p>After my father demise, I have started taking therapy as I was unable to accept the fact, I still take sessions on and off, once in two months. Sometimes my mood is very depressed or low because of luteal phase.</p>	
Nutritionist Remark	<p>Bhavana is feeling good after the gut reset program. The stomach is less and not bloated, and the stomach is clean after the gut reset program. She followed 80% of the diet plan. (Skipped almond milk and chia seeds). Lost 2kg without workout.</p>	