



Diet & Lifestyle Consultation Form

Name	Mayuri Saikia	Contact	9899669624
Email	mayuri.saikia@gmail.com	Age	48
Height	6.6	Weight	67

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	B103, Ireo Skyon, Sector 60, Gurgaon 122001	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Blood test 2 months back everything was normal</p> <p>Supplement- Tazo total 12 vitamin Vitamin D-1.5 months back 67.8, weight goal -63 kg, height -5.6 low energy level, skin needs to be better Periods- once in 2-3 months, menopause, perimenopause Hot flashes.</p> <p>Work - Head marketing, Dell 2 days for work eating outside, 2 days weekend sleep time-10-10:30 am alcohol- Once in 20-30 days Craving- mithai craving - smoking- no smoking Gut- stomach gets clear, bloating during periods, feels bloated in the evening Weight gain - stomach and butts. It is happening now prefers -egg, bread, dosa, poha Lunch - 2 roti, sabzi, dahi, salad (office takes vegetarian) Body pain- leg pain (feet area), shoulder back Workout - Walk Rice during lunch dairy- no dairy 2 cups tea -milk tea</p>
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