



Diet & Lifestyle Consultation Form

Name	Bhumika Jain	Contact	
Email	bhumikajain1@gmail.com	Age	47
Height	5.2	Weight	170 lbs

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		

Nutritionist Remark	<p>First consultation review - 7th sept, 2024</p> <p>Hba1c- Metforfin - 5mg twice a day Constipated- stomach does not get cleared, may not get everyday. It has been like this for long time. Too much carbs. Acne bloating Periods,getting heavy periods, cycle-25-28 days, stays for 3-4 days. Periods bloating, swelling. puffiness, and water retention. especially eats late at night Tongue looks okay. Supplements- Low on Vitamin D and iron, Workout- Walk everyday, 10,000 steps, Mucous and sneezy,allergy . Especially in the morning Open to taking supplements Menopause, currently perimenopause Acne is not bad. Sleep is fine . Wake up-5;30 am Black coffee School duty Period date- 8 am work, 5 pm 7:30- 8 am breakfast- moong dal cheela, toast egg Tea , cracker, almonds 1-1:30 pm- Evening - Tea/coffee Dinner- Dal/rice/ cholein Water- 6-8 glasses</p> <p>Consultation with Ruhi , (17/7/25)</p> <p>Breakfast -</p>
---------------------	---