



## Diet & Lifestyle Consultation Form

|        |                         |         |            |
|--------|-------------------------|---------|------------|
| Name   | Santosh Kumar           | Contact | 9434022500 |
| Email  | santoshsummit@gmail.com | Age     | 69         |
| Height |                         | Weight  | 90         |

### 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             | MITRUKA HOUSE 2, NEHRU ROAD, NEAR SHANKAR MODE, KHALPARA, SILIGURI |        |
| Other Remarks       |  |        |
| Client Remark       | 4 LEMONS EVERYDAY/2 TOMATOES EVERYDAY AS SALAD/PICKLES             |        |
| Nutritionist Remark |  |        |