



Diet & Lifestyle Consultation Form

Name	Rithima	Contact	+12508999553
Email	oberoirithima5@gmail.com	Age	32
Height	5'3.5	Weight	49 kg

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	Kelowna, BC, Canada	
Other Remarks		
Client Remark	N/A	

Nutritionist Remark	<p>Traumatic childhood- sexual abuse , negative food relationship, 2019- move to canada 2019-Weight declining Emotion instability with food IBS symptoms, mainly diarrhoea, get cramps, Skin looks dull, bloating Taking probiotics, Medication- Sumenta, treshan, nasal drop 2021- psychosoamtic medication for 8 months, Gut issues mainly started post that and had psychosis Regularly taking counselling Wake up -8-9 am , Coffee + Sandwhich , chicken, turkey (11 am) Snack - chips, biscuit,noodles Fruits- Vegetable roti/rice dal chawal 9 -5 pm- human resource (1-2 times from office, rest work from home) Working out- Sleep- Water intake - 1 liter-2 liter periods- pcos, gets it every month, very low flow, 28-30 days cycle, 3-4 days flow, breast get sore Hair loss - has hari fall Skin tags Cold and cough , mucous regularly Apetite- Feels hungry Smokes -1 cigratte a day No alcohol Smoke weed mostly , cbd 1/2 a drop but not everyday, sometimes</p>
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