



Diet & Lifestyle Consultation Form

Name	Lata Ravi	Contact	
Email		Age	
Height		Weight	

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	<p>Client major concern is looking for a weight loss, having a thyroid and prediabetes , started weight 61.40 kg As discussed over video call, next plan she wants easy making recipes not too much fancy, gut heath is fine water intake 1.5 lt/ day, no bloating or gassy. on 24th nov 1 Dec took a video consultation for a second plan all doubts are cleared now weight is 60.15 kg, asks her to increase water intake ...</p> <p>8th Dec - Took video consultation session 59.3 kg weight currently, bit constipation and water is taking less, added 2 figs soaked at night, sunlight for 20 minutes</p>	

Nutritionist Remark	<p>Lata - Age 69, Weight - 61 kg , Height - 4'10 , vegetarian (Past history - Cystectomy 2005 Lab Reports - 29th oct 25 Hba1c - 6.8 Estimated average glucose - 148mg/dl Fasting - 88 mg/dl , PP - 114 mg/dl T3, 138 , T4, - 1250 TSH - 3.28 Anti - Thyroid TPO - 43 u/ml (<60) Kidney panel sodium- 139 meq/l (136 -146) Potassium - 4.46 (3.50 - 5.10) Chloride - 108 (101 - 109) LDL - 105 Vitamin D3 - 118 , Vitamin - B12 - 685 pg/ml Urine - Nitrite - positive Taking Thyronom - 5 days 75 mg , sat and sun 100 mg , Metformin - ender mate - 25 mg/ 500 mg, Statin - Torac ez 10 mg BP - NORMAL General routine - 8 am wake up Thyroid medicine - 7 am Coffee - 1 tsp sugar 9.30 am - poha, upma, idli and cheela 2 pm - roti, sabzi raita and dal nap, watch tv 5.30 pm - tea dinner - 8.30 - 9 pm -veg roti , daliya, khichdi Sleep is fine Motions are clear fruits after breakfast - 10-11 am Migraine and headache at night sometime D3 once a month takes milk at night</p>
---------------------	--