



Diet & Lifestyle Consultation Form

Name	Sonal Rathi	Contact	8391971908
Email	sonalrathi2016@gmail.com	Age	26
Height	5'7	Weight	81

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>Ruhi Consultation review 16/6/25</p> <p>Main Concern - Pcod & weight gain, Weight- 81 Kg , July- Aug -90 kg , have lost is 9 kgs... Routine - gym workout helped... breakfast - 1/3 rd cup oats chia seeds, almond milk, honey Lunch _ Jowar atta veggies Dinner - 7 pm Protein powder - cosmix After 6 pm cravings Eating outside once or two times a day, rice ,aalo , dal, veggies Snacks- Chips, 2-3 times a week., Fruits - mid meal, after lunch (Apple, pomegranate, guava) Supplement - omega 3, vitamin D and Vitamin B12 No tea /coffee- milk tea sometimes Water intake - 2-2.5 litres Workout -4 days a week strength training, 1 day functional , 9 am-10:30 am 12- 6 pm working from office Sleep - 11- 12 am Periods - April 18th, 2025, 2 months no periods Facial hair, acne - normalized on its own , no medication. No patchy black mark around neck, little dark underarm Every morning stomach gets cleared. bloating . Hair - Little hair fall Sleep - sometimes wakes up in between</p> <p>Review 22nd Aug 74.4 Kg rajma, cholein to be added</p>
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