



Diet & Lifestyle Consultation Form

Name	Garvita	Contact	7351646832
Email	garvitag519@gmail.com	Age	24
Height	4'11	Weight	38

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>Consultation with Ruhi,</p> <p>Inflammation , bloating, bad absorption, puffiness, stomach 1-2 days periods only, Cycle- 28 days Weight gain medicine taken in 2019, gained 8 kg, protein x, dsr but gut problem started 2021. Rapid weight loss in 16 age. Got periods when she was 12 years. hb- 10.3 Vitamin D-25 Vitamin B12- 205 phosphorus- 9.02 potassium- 5.16 (fasting sugar- 100</p> <p>food upma chai, cholein chawal, bhindi parantha , jowar roti, dal chawal lauki roti Water - Sleep - 1 am -2 am Wake up -10:30 am Exercise - no walk, no exercise feeling dizzy Gut - Stomach gets cleared , constipated, gas often daily, stomach does not gets clears well but goes daily not much fatigue Acne comes sometime</p>
---------------------	---