



## Diet & Lifestyle Consultation Form

Name	Rabeena	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
<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		
Other Remarks		
Client Remark		

Nutritionist Remark

Consultation with Ruhi- 6/9/25

Client is perimenopausal and is looking to drop weight. Vitamin D level is 29. Blood levels shows sign of fatty liver. SGOT-40 (3-35), SGPT- 75 (3-35), fasting glucose-107, low magnesium -1.8, Zinc is 64. Cholesterol levels are normal. Sleep is normal. Bowel movements are clear

Routine-

7 am 2 glasses cold coffee no sugar

2 boiled egg , toast

school lunch

5-5:30 pm

Snack /Evening cold coffee

Dinner- dal roti sabzi,  
Chicken mutton , burger

Water - 1liter

Gut health- bloating , bowel movements regular

PMS - headache / periods

Pre menopausal - every month

Cycle- 28-29

No heavy bleeding, all scans were clear.

27th Aug

Sleep - 11 pm sleep -

Some redness on forehead

Workout - no workout