



Diet & Lifestyle Consultation Form

Name	Pranam	Contact	
Email		Age	16
Height	5.9	Weight	88.6 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	8 am
	Activities	Sit with mama, have hot water
	Breakfast	2 bananas, cold coffee 2-10 am
Afternoon	Activities	school work, sat classes , pip , listen of music
	Lunch	2 pm - 1 roti sabzi, chicken -4-5 with paneer/ chicken
	Activities	spend time with Sister, IB classes will starts during afternoons , gym in the evening, plays till 8
Evening	Snack	85% off coffee little milk and water, sometimes dry fruit
Night	Dinner	8 pm -roti sabzi, paneer, chicken
	Night Routine	Chilling
	Sleep	10-11/2 am once a week

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

anti depressant floxity 40 mg	Mutivitamin	

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	no dals, pyaaz, karela, tinda , gobi less eggs not much preference dahi white cholein does not like rajma blak channa fried rice Ocd with spicy food Was given anti psychosomatic medicine Taking therapy Overdisciplined parents	