



Diet & Lifestyle Consultation Form

Name	Arshdeep singh	Contact	98393 45173
Email	kbirsingh@gmail.com	Age	21
Height	5.11	Weight	125

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	7:30 -8 am
	Activities	Swimming
	Breakfast	9 am -Egg parantha, poha/ hostel - skip breakfast-idli, poha/parantha
Afternoon	Activities	At home or in hostel
	Lunch	2- 2:30 pm- arbi dal roti
	Activities	
Evening	Snack	in hostel
Night	Dinner	Chicken gravy roti / rice/ Dinner in hostel
	Night Routine	-samosa / chips late night in hostel
	Sleep	1-2 am (4-5 am)

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	High BP sometimes , 190	