



Diet & Lifestyle Consultation Form

Name	Shilpa Aggarwal	Contact	9593909181
Email	shilpa@mounthotels.in	Age	34
Height	5.4	Weight	59

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>Date : 7/9/23 Shilpa weight now -63 kg, Age -37, Weight loss is the goal Low Vitamin D29 Lipoprotein high >30, Value 40 Iron binding capacity- 151, Range 162- 368 Workout- 5 days a week periods are regular, but after Copper T insertion flow starts after 3 days, white discharge is high Chronic constipation- bowel clears once in 2 days. Presently not taking any supplements Presently on Anti depressant medications</p> <p>Month 2</p> <p>Weight- 64 17th Oct 2023 Constipated - passing stool after taking sena leaves Rexipra-7.5 mg everyday Arip mt - 1/2 tablet - 1 mg Conotrol- .25 mg Omega 3 500-1 Zinc and magnesium-1 Aswagandha_1 probiotic+ prebiotic Protein -1 scoop Vitamin D- 1 in 15 days Travelling 20th Oct Friday, 23- 28th Oct, Hotel alcohol consumption- coffee-stopped coffee 1 milk tea given</p>
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