

FIRST CONSULTATION REMOVEAT (PANINDRA B - 18th Feb 2023)

Basic info

1

Name: Panindra

Age: 36 (31/10/1986)

Height: 5.10 ft (177.8 cm)

Weight: 94 KG

BMI: 31.8

PHYSIQUE - Obese

IDEAL BODY WEIGHT: 74

OCCUPATION: Lawyer

GOALS: Weight loss, build muscle, general fitness

REASON FOR THE GOALS: To be fit and healthy as health concern

BARRIERS: Hectic schedule, High stress, lazziness

Office time – 10 am – 7 pm

Client phone number - 9916551375

Client Email ID- panindraadv@gmail.com

Call Slot preference – Sunday – 8.30 am

Plan starting Date – 20 Feb 2023

Health screening

2

MEDICAL CONDITIONS: COVID Earlier taken steroids, gastric issues

PHYSICAL LIMITATIONS: Left ankle (5/10)

MENTAL HEALTH ISSUE – anxiety

BP – 140/90

Heart Rate – 95

BODY FAT % - NA

SUBCUTANEOUS FAT – NA

VISCERAL FAT – NA

SKELETAL MUSCLE – NA

LEAN MASS – NA

BMR - NA

FAMILY MEDICAL HISTORY: Father - diabetes

SURGERIES: No

INJURIES: Shoulder injury – 9 years back

MEDICATIONS: NO

PERIODS: NA

General lifestyle

3

Dietary Recall

4

SLEEP PATTERN: 6-7 hours

STRESS LEVEL: 8/10 - High level of stress.

DRINK: Weekly 1 times – bear, whisky –90- 120 ml (3-4 pegs)

SMOKE: yes, once in day

WAKE UP: 7-30 am

BEDTIME: 11 pm

TRAVELLING FREQUENCY: Once a week travel in Bangalore, long trips twice in a years

DIET TYPE – Vegetarian

ALLERGY: NO

WATER: 2 LTR Not consistent

TEA: 3 times – once a week

Coffee – once in a day- time 7 pm

EARLY MORNING: MEAL 1

TIME	FOOD
7.45 AM	Lemon & cinamon infused water

BREAKFAST:

TIME	FOOD
10 - AM	Poha, idly, dosa, upma

MID-MORNING: - NO SNACKING (Feels hungry)

TIME	FOOD
11 AM	NOT EATING

LUNCH:

TIME	FOOD
1.30 PM	Ragi ball, chapati, rice sambhar, rasam & curd rice

SNACKS:

TIME	FOOD
4 PM	Not eating

DINNER:

TIME	FOOD
9- 10 PM	Poha/upma/idly

CALORIES INTAKE AS PER DIET RECALL: 1800 KCAL

OPEN TO TAKE SUPPLEMENTS: yes

ANY SUPPLEMENT: Currently not on any supplement

SUPPLEMENT	QUANTITY

Training Recall

5

CRAVINGS- Feels crunchy food (evening)

Eat-Out Frequency: Twice a week (roti & palak)

Once a month – No

Pre workout – no

Post workout - no

LIKES: Poha, jaggery foods

DISLIKES: Drumstick

TRAINING DETAILS:

TRAINING PREFERENCE: (ONLINE TRAIN)

LAST TRAINED: BEGINNER

TRAINING HISTORY – HEALTHIFY X CLIENT

TRAINING DAYS: 5 days a week

REST DAYS: SUNDAY, SATURDAY

WORKOUT TIME PREFERENCE: 7.30 am

LIKES: Weight training & Cardio

DISLIKE: none

EQUIPMENT: - Home setup (Dumbles)

HOBBY- Movie, listening to music,

Fitness Testing

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FITNESS TESTING: BEGINNER

PUSH UP: - 0

BODYWEIGHT SQUAT: - 15

CRUNCHES: - 15

PLANK: - 10 sec

FOR ADVANCE CLIENT: NA

S.no	Exercise	Weight	Reps
1	BENCH PRESS		
2	BACK SQUAT		
3	DEADLIFT		
4	OVERHEAD PRESS		
5	LATERAL RAISE		
6	ONE ARM ROW		
7	LEG PRESS		
8	LEG CURL		

FLEXIBILITY: - GOOD (Need improvement)

CARDIOVASCULAR ENDURANCE: poor

MUSCULAR ENDURANCE: poor

POSTURE ASSESSMENT:

FLAT FEET: NO

LORDOSIS: NO

KYPHOSIS: YES

PROTRUDING NECK: NO

ROUNDED SHOULDER: NO

SCOLIOTIC SHOULDER: YES SLIGHT

HYPEREXTENDED ELBOWS: - NO

IMPORTANT
7

HYPEREXTENDED KNEES: NO
KNOCK KNEES: NO
BODY TYPE: Apple body shape

- He seeks motivation
- His water intake is less and not regular
- He is having a lot of stress
- He is having gastric issues previously so need to avoid gassy foods
- Mostly carbs he is having in the diet
- Needs to work on his left ankle mobility and needs to be lill bit careful.

CLIENT STARTING PICTURES



