

# FIRST CONSULTATION

## (Mohhamad Rafi - 30 Jan 2023)

### Basic info

# 1

**Name:** Mohhamad Rafi A

**Age:** 37 (02/05/1985)

**Height:** 5.9 (181 cm)

**Weight:** 94.5 KG

**BMI:** 28.8

**IDEAL BODY WEIGHT:** 75 kg

**OCCUPATION:** Marketing professional

**GOALS:** Weight loss (75 kg goal weight), Build muscle, general fitness

**REASON FOR THE GOALS:** To be fit and healthy as he is a fitness freak

**BARRIERS:** Hectic schedule, High stress

Office time – 6.30 am – 5.30 pm

Client phone number - 00971563804236

Client Email ID- mdrafi019@gmail.com

Call Slot preference - Sunday

### Health screening

# 2

**MEDICAL CONDITIONS:** None

**PHYSICAL LIMITATIONS:** Shoulder pain  
(Gone to doc – muscle pull) (ligament tear) Slight sensation.

**MENTAL HEALTH ISSUE – no**

**FAMILY MEDICAL HISTORY:** Mother – thyroid

**SURGERIES:** No

**INJURIES:** Shoulder injury

**MEDICATIONS:** None

**PERIODS:** NA

### General lifestyle

# 3

**SLEEP PATTERN:** sleep patterns 5-6 hours (hectic schedule)

**STRESS LEVEL:** 6/10 - High level of stress.

**DRINK:** No

**SMOKE:** No

**WAKE UP:** 3.45 am

**BEDTIME:** 11 pm

**TRAVELLING FREQUENCY:** 2-3 times in a year (150 km travel daily)

## Dietary Recall

# 4

**DIET TYPE** – Non-Vegetarian

**ALLERGY:** NO

**WATER:** 3 LTR

**TEA:** No

### EARLY MORNING: MEAL 1

TIME	FOOD
3.35 AM	Luke warm Water 1 liter & black raisins 10 pcs

### BREAKFAST:

TIME	FOOD
6.15 AM	2 dosa, Appam, (previous meal - a small cup of oats & egg whites in past)

### MID-MORNING: -

TIME	FOOD
11 AM	Soaked Almond & orange

### LUNCH:

TIME	FOOD
1.30 PM	Chapati/dal curry/ragi dosa – veg prefer

### SNACKS:

TIME	FOOD
4- 5 PM	apple

### DINNER:

TIME	FOOD
7- 8 PM	Grilled fish + bread

**CALORIES INTAKE AS PER DIET RECALL:** 1800 KCAL

**OPEN TO TAKE SUPPLEMENT:**

**ANY SUPPLEMENT:** Yes

SUPPLEMENT	QUANTITY

**CRAVINGS-** Feels like have nuts

### Eat-Out Frequency:

Once a month – yes

Pre workout – 1 tspn peanut butter without sugar

Post workout - breakfast

**LIKES:** Grilled food, vegetables, papaya

**DISLIKES:** sugary

## Training Recall

# 5

### TRAINING DETAILS:

**TRAINING PREFERENCE:** (HOME WORKOUT)

**LAST TRAINED:** regular

**TRAINING HISTORY – Workout, jogging – 30 min- 5 km, body weight workouts, Dumble weight training (30 kg)**

**TRAINING DAYS:** 5 days a week

**REST DAYS:** SUNDAY & MONDAY

**WORKOUT TIME PREFERENCE:** 4.40 am

**LIKES:** Weight training

**DISLIKE:** none

**EQUIPMENT:** - Gym setup

**HOBBY-** SINGING, LISTENING MUSIC

## Fitness Testing

# 6

### FITNESS TESTING: Intermediate (X client)

**PUSH UP:** - 25

**BODYWEIGHT SQUAT:** - 35

**CRUNCHES:** - 35

**PLANK:** - 1.25 Sec

S.no	Exercise	Weight	Reps
1	BENCH PRESS	15 X 2	15/12/10
2	BACK SQUAT	15 X 2	15/12/10
3	DEADLIFT	15 X 2	15/12/10
4	OVERHEAD PRESS	15 X 2	15/12/10
5	LATERAL RAISE	10 X 2	15/12/10
6	ONE ARM ROW	15 X 2	15/12/10
7	LEG PRESS	120	15
8	LEG CURL	50	15

**FLEXIBILITY:** - GOOD

**CARDIOVASCULAR ENDURANCE:** poor

**MUSCULAR ENDURANCE:** poor

### POSTURE ASSESSMENT:

**FLAT FEET:** NO

**LORDOSIS:** NO

**KYPHOSIS:** NO

**PROTRUDING NECK:** NO

**ROUNDED SHOULDER:** NO

**SCOLIOTIC SHOULDER:** YES SLIGHT

**HYPEREXTENDED KNEES:** NO

**KNOCK KNEES:** NO

**BODY TYPE:** endomorph

## IMPORTANT

# 7

- His food choices are south Indian
- He had a ligament tear in shoulder but now there is no pain
- He doesn't want to have any sugary foods
- He is not open to protein powder
- He will join the gym soon
- His protein intake is very less

## CLIENT STARTING PICTURES

