

# FIRST CONSULTATION

## (Sunaina Mehta - 29 Jan 2023)

### Basic info

# 1

**Name:** Sunaina Mehta

Age: 46

Height: 5.4 (167 cm)

Weight: 67 KG

BMI: 24

IDEAL BODY WEIGHT: 65

OCCUPATION: job - Civil Services

**GOALS:** Weight loss (64 kg goal weight), Improve health conditions

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

**BARRIERS:** Hectic schedule, High stress

Client phone number - 9419122712

Client Email ID- sunainamehta1977@gmail.com

Mother of babies – 2 babies

Call Slot preference - Sunday

### Health screening

# 2

**MEDICAL CONDITIONS:** Incisional hernia, Cholesterol- higher side, BP in high

**PHYSICAL LIMITATIONS:** None

**MENTAL HEALTH ISSUE –** Hemorrhoid earlier

**FAMILY MEDICAL HISTORY:** No

**SURGERIES:** 16 years ago C section

**INJURIES:** None

**MEDICATIONS:** None

**PERIODS:** Regular on time

### General lifestyle

# 3

**SLEEP PATTERN:** sleep patterns 6-8 hours (Disturbed)

**STRESS LEVEL:** 7/10 - High level of stress.

**DRINK:** no

**SMOKE:** no

**WAKE UP:** 8 am

**BEDTIME:** 12 pm

**TRAVELLING FREQUENCY:** every month he travels – 5-6 times a month

## Dietary Recall

# 4

**DIET TYPE** – Eggetarian

**ALLERGY:** NO

**WATER:** 2.5 LTR

**EARLY MORNING:** 8 am – **INFUSED WATER** – Pineapple /vinegar/ kiwi infused water

**BREAKFAST:** Idly/ poha/upma with Gud – ¼ Teaspoon (10.00 am)

**MID-MORNING:** - Roasted makhana & tea - (12.00 pm)

**LUNCH:** brown rice pulao, paneer, salad or curd, pulka (2-30 pm)

**SNACKS:** Fruits bowl, biscuit, Tea, rose tea- 5.30

**DINNER:** Phulka & dal or any sabji (8-30)

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

**ANY SUPPLEMENT:** calcium, vitamin B complex, glucose amine, iron, Himalaya Abana

**CRAVINGS-** Feels hungry (eat sweet in between)

**Eat-Out Frequency:** Once in two weeks (WEEKENDS)

**LIKES:** Brown rice, rajma, quinoa, daliya, oats with milk, omelet, egg white (tuesday/thursday/saturday)

**DISLIKES:** sprouts, tinda, tori,

## Training Recall

# 5

### TRAINING DETAILS:

**TRAINING PREFERENCE:** (HOME WORKOUT)

**LAST TRAINED:** regular

**TRAINING DAYS:** 6 days a week

**REST DAYS:** Sunday

**WORKOUT TIME PREFERENCE:** 7 AM

**LIKES:** Treadmill, exercise, yoga, core exercises

**DISLIKE:** none

**EQUIPMENT:** - Gym setup

**HOBBY-** SINGING, LISTENING MUSIC

**TRAINING HISTORY** – Workout & yoga

## Fitness Testing

# 6

### FITNESS TESTING: Pending

**Wall PUSH UP:** -

**BODYWEIGHT SQUAT:** -

**CRUNCHES:** -

**PLANK (Incline):** -

**FLEXIBILITY:** -

**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

# IMPORTANT 7

**KNOCK KNEES: NO**  
**BODY TYPE: endomorph**

- She is having incisional hernia and going for operation soon.
- Need to avoid core exercises and need to give light workout
- She drinks 3-time tea with Jaggery
- She wants to improve on general fitness
- She has gym setup at home
- She wants to achieve 64 kg