

Know Me Better

Name:		Age:	Sex:	Height:	Weight:
Blood Group :	Waist(cms):	Hip(cms):	Menstrual Cycle (If Applicable)	Regular Length / Days : Irregular Length / Days :	
Marital Status:	Children:	Region:	Diet : Veg / NonVeg/ Egg	Religion:	
Medical Conditions, If any:					
Lifestyle Activity Sedentary Moderate Active		Enrollment Program Weightgain WeightLoss Weightmanagement			Email ID:
					Contact No:

Activities	Timings	Comments (about type of breakfast ,meals ,snacks)
Wakes Up		
Exercise/Yoga/Walk		
Breakfast		
Mid Day Snacks		
Lunch		
Evening Snack		
Dinner		
Sleep		

Approx Water Intake/ Day:
Eat Outs (Daily / Bi Weekly / Tri Weekly/Weekly/Fortnight/Monthly):
Any Concerns:

For the latest Health Tips and Recipes, Visit www.palatesdesire.com and also Like, Subscribe and Follow me on Facebook Page : <https://www.facebook.com/palatesdesire.muktha/>
 YouTube : https://www.youtube.com/channel/UCeluQ8W3HSeAptHG-NSrr_g
 Instagram : <https://www.instagram.com/palatesdesire/>