Let's Be in Perfect Health

CELLABRITY
Lifestyles Coach

Lifestyle Mapping Consultation

The Life Changing Experience

VIP CLUB

I am

Mr | Ms.

Insert text here

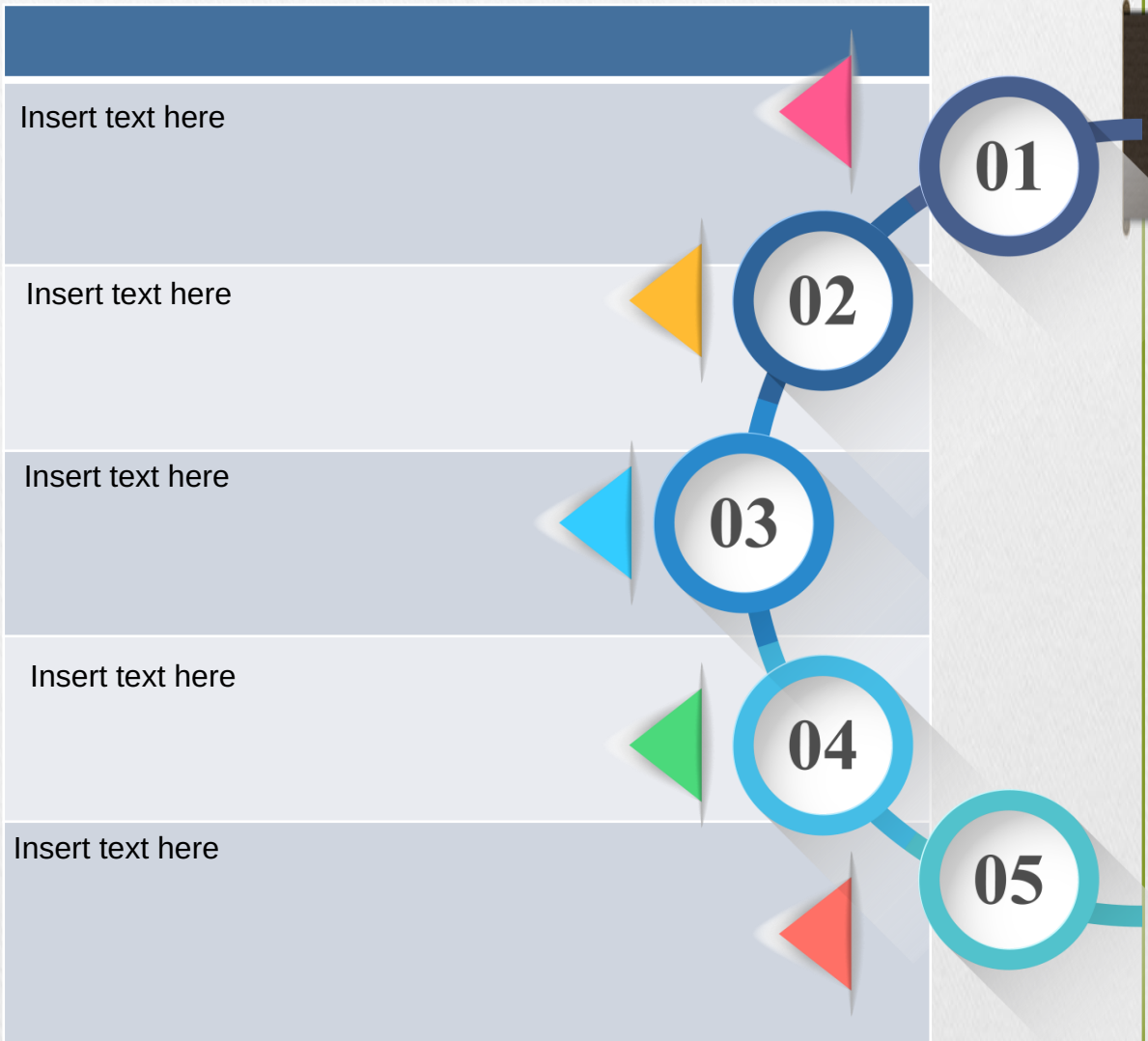
My Basic details

- Full Name Insert text here
- Pet Name Insert text here
- Date of Birth Insert text here
- Age Insert text here
- Address Insert text here

- E Mail Insert text here
- Phone Insert text here
-

My Problems

- A detailed list of all your problems.
- Not the diagnosis given by your doctor. Just what difficulties you face.



CELLABRITY

Lifestyles Coach

Analysis

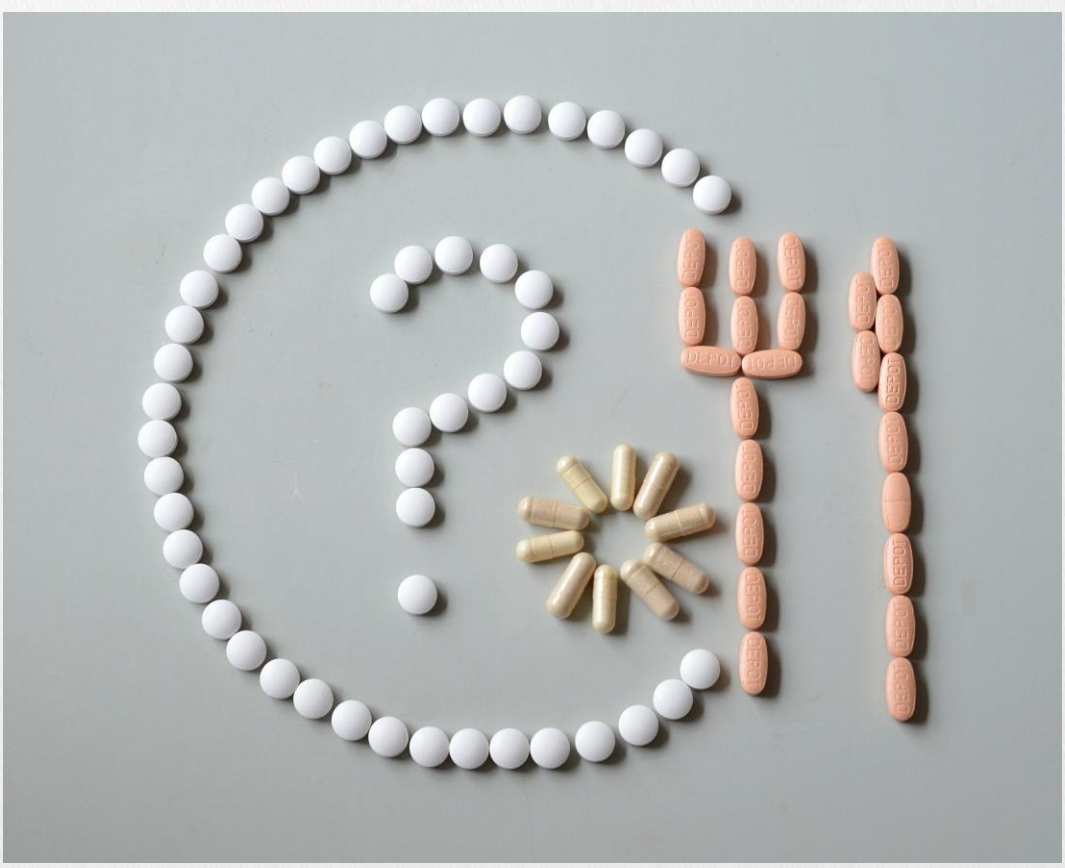
Knowing the REAL cause of our PROBLEMS is the first step in healing.

The Treatment History

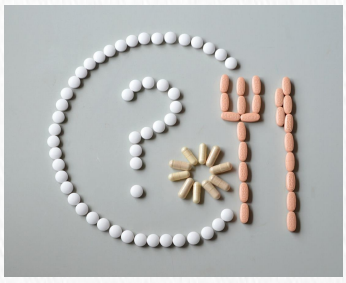
- A detailed list of all your Medical Treatments so far.

Insert text here

Is my current medications the cause of any distress ?



Exploring Iatrogenic Illness

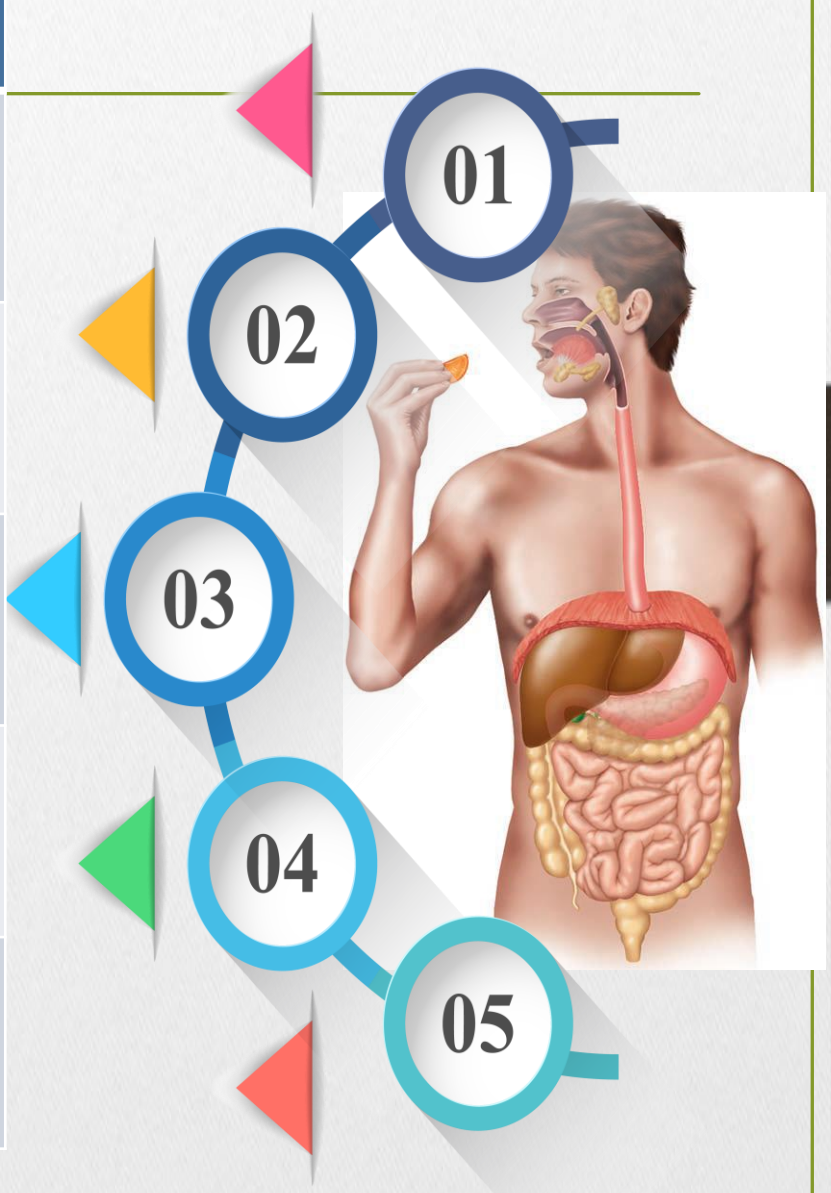


My current prescription ?

	Medicine Name	Using since	Dosage	Comments
Insert text here				

My Basic Health Status

Functions Insert text here
MIND Clarity | Foggy
BREATH Easy | Moderate | Hard
APPETITE Good | Moderate | Poor
DIGESTION Perfect | Moderate | Poor
BOWEL | BLADDER EASY | HARD



My Diet

- What all you eat every day (With all igredients included).

Insert text here

My Favorite Foods

- What do you eat most often by choice.

Insert text here

What Oil I use for cooking ?

- Corn Oil
- Mustard Oil
- Olive Oil
- Coconut Oil
- CANOLA Oil
- Ground Nut Oil
- Sesame Oil
- Rice Bran Oil
- Ghee
- Hydrogenated Oils
- Flax Seed Oil
- Vegetable Oil

Insert text here

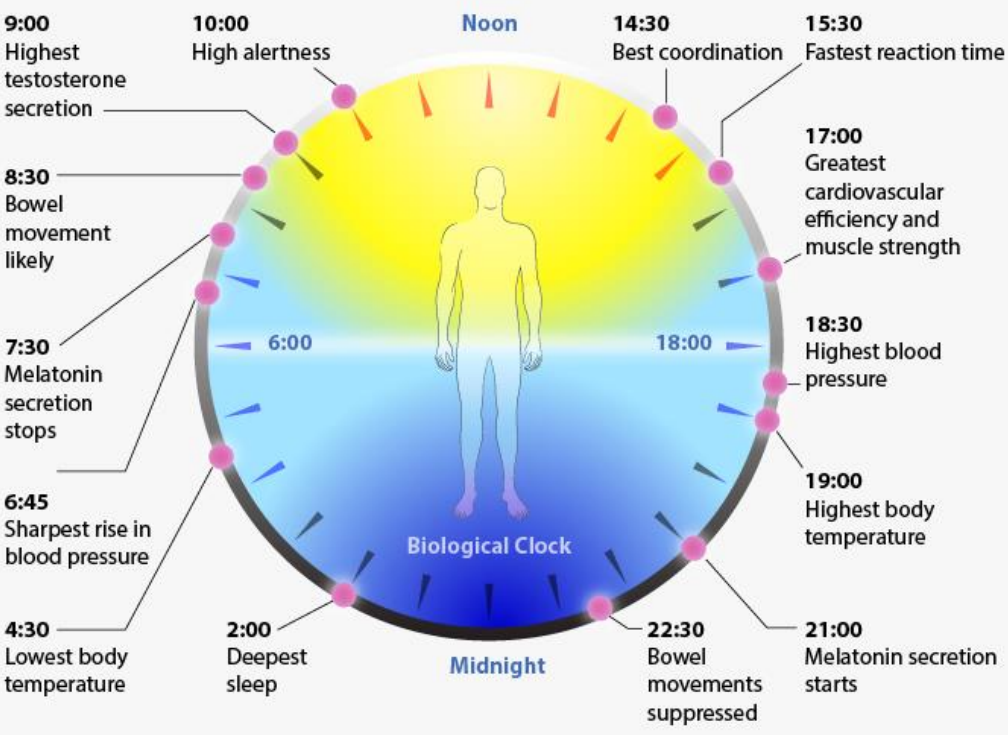
My Sleep

	Features	Comments
1	Hours of Sleep	Insert text here
	Refreshed after sleep	
	Interrupted Sleep	
	Quality of Sleep	
	Snoring	
	Dreams | Nightmares	
	Afternoon Nap	
	Posture Correction	

My Cot & Mattress

	Features	Comments
1	On Ground with Mat & Sheets	Insert text here
2	On Ground with Mattress	
3	Wooden Cot + Mattress	
4	Wooden + Metal Cot + Mattress	
5	Spring Coil + Foam Mattress	
6	Bunker Beds	
7	Couches	
8	Others	

My Daily Schedule



Insert text here

My Daily Schedule

- My Dinner Time
- My Bed Time :
- My Wake up Time
- My Yoga Time
- My Exercise Time
- My Office Time
- My Siesta Time
- My Travel Time
- My Screen Time
- My Sun Time
- My Grounding Time
- My Gardening Time
- My Sports Time
- My Breakfast Time
- My Lunch Time

Insert text here

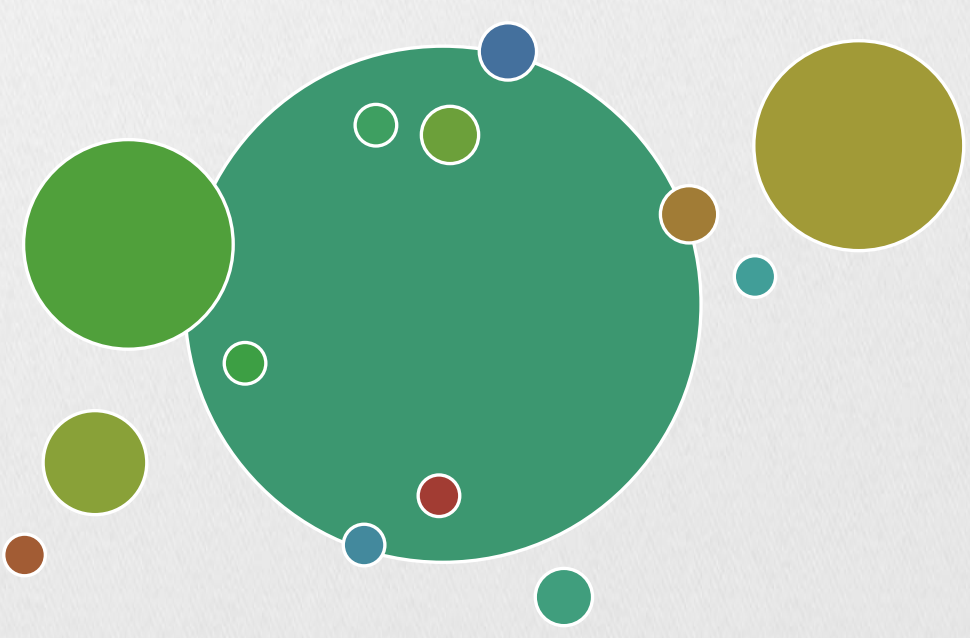
My Daily Schedule

- My Study Time
- My TV Time :
- My Gaming Time
- My Other activities TIME

Insert text here

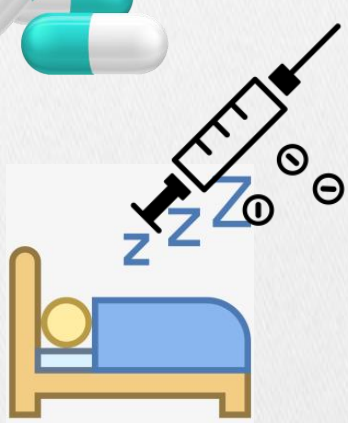
Multi-Tasking Scanner

Type activities and you can move the circles as a whole to indicate overlapping in time



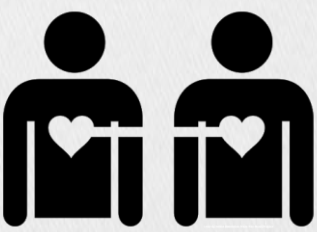
Why I am in Dis-Ease ?

FOOD
WRONG TYPE Insert text her
TOO MUCH FOOD
POOR NUTRITION
INCOMPATIBLE FOODS



MEDICATIONS
MEDICINE SIDE EFFECTS
DRUG INTERACTIONS
UNNECESSARY MEDICATIONS
ADDICTIONS

SLEEP
LESS
MORE
WRONG POSTURE
WRONG TIMING



RELATIONSHIPS
LESS
MORE
INAPPROPRIATE
OTHERS

LOCATION | Seasons
CHANGE
TRAVEL