



## Custom Premium Coaching Program

### PROGRAM OFFERS:

- Health & Fitness Screening
- Detailed Nutrition & Lifestyle Analysis
- Personalized Habit-based Nutrition Coaching
- Assistance in Goal Setting
- Customized Diet Plan
- Multiple Recipe Options Aligned with Your Goals
- Dr. Waseem Monitors & Reviews Your Progress
- Regular Check-In: Daily/Weekly/Monthly
- Dedicated Fitness & Mindset coaches
- Customized Workout Program
- Unlimited Chat Support & Feedback from Coach
- Access to Our Premium Fitness Community



## Custom Premium Coaching Program

3 Months Program

Rs 125,000/-

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6 Months Program

Rs 220,000/-

You Save Rs 30,000/-

12 Months Program

Rs 330,000/-

You Save Rs 170,000/-

