

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
- Call Consultation with Dr Waseem
- 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

	Actual Price	Discounted Price (20% off)
3 Months Program	Rs 125,000/-	Rs 100,000/-
6 Months Program	Rs 220,000/-	Rs 176,000/-
12 Months Program	Rs 330,000/-	Rs 264,000/-