

Custom Premium Coaching Program

PROGRAM OFFERS:

- One (1) Call Consultation with Dr Waseem each month.
- 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.
- A physiotherapist manages pain and reviews your workout plan online if needed.
- A pharmacist manages and monitors your medication when required.
- Regular Check-In: Daily/Weekly/Monthly.
- Dedicated Fitness & Mindset coaches.
- Customized Workout Program.
- Unlimited Chat Support & Feedback from Coach.
- Clinical Psychology Session for Personal Counseling & Support.

	Offered Price	Actual Price
3 Months Program	Rs 150,000/-	-
6 Months Program	Rs 285,000/-	Rs 300,000/-
12 Months Program	Rs 560,000/-	Rs 600,000/-