

Custom Premium Coaching Program

Program Offers:

One detailed Call/Video Consultation with Dr Waseem each month to supervise and monitor your progress.

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 for a personalised and safe training to combine rehabilitation with performance when needed.

A Pharmacist to manage & monitor your medication when required.

Regular Check-In: Daily/Weekly/Monthly.

Dedicated Fitness & Mindset Coaches.

Customized Workout Program.

Unlimited Chat Support & Feedback from Coach.

Clinical Psychologists available for Personal Counseling & Support.

Custom Premium Coaching Program

	Offered Price	Actual Price
3 Months Program	Rs 150,000/-	----
6 Months Program	Rs 285,000/-	Rs 300,000/-
12 Months Program	Rs 5600,000/-	Rs 600,000/-