

# Rate Card

obi coach



**Coach Hafsa**  
Dietician

*I am a committed dietitian with expertise in helping people make ideal weight changes. I closely work with Postpartum and lactating mothers. I also specialize in chronic diseases and metabolic disorders helping patients reverse their conditions through diet.*

## Specialisations

Managing Chronic Diseases with Diet  
Weight Change  
Postnatal Nutrition  
Sports Nutrition

| Services                          | Description  | T&CS   | Pricing (USD)     |
|-----------------------------------|--|--|-------------------|
| Initial Consultation (60 mins)    | This session includes an initial assessment of your current lifestyle to identify the challenges which need to be overcome to achieve your goals. By the end of the session, we would have set goals for your wellness journey.  | Appointments must be scheduled at least 24 hours in advance. Rescheduling must be done at least 12 hours in advance or will be chargeable. | \$25              |
| Coaching Session (40 mins)        | Providing you with information and guidance on topics which will support you achieving your wellness goal that is identified in the initial consultation.  | Appointments must be scheduled at least 24 hours in advance. Rescheduling must be done at least 12 hours in advance or will be chargeable. | \$20              |
| Weight Loss Meal Plan             | <ul style="list-style-type: none"> <li>Initial Consultation (60 mins)</li> <li>Personalised Meal Plan including:                             <ul style="list-style-type: none"> <li>1-6 recipes per day</li> <li>Food images &amp; cooking method</li> </ul> </li> <li>1 follow up coaching session (40 mins)</li> </ul> | Appointments must be scheduled at least 24 hours in advance. Rescheduling must be done at least 12 hours in advance or will be chargeable. | \$45<br>(4 weeks) |
| Muscle Gain Meal Plan             | <ul style="list-style-type: none"> <li>Initial Consultation (60 mins)</li> <li>Personalised Meal Plan including:                             <ul style="list-style-type: none"> <li>1-6 recipes per day</li> <li>Food images &amp; cooking method</li> </ul> </li> <li>1 follow up coaching session (40 mins)</li> </ul> | Appointments must be scheduled at least 24 hours in advance. Cancellations must be done at least 12 hours in advance.                      | \$45<br>(4 weeks) |
| Pregnancy and Lactation Meal Plan | <ul style="list-style-type: none"> <li>Initial Consultation (60 mins)</li> <li>Personalised Meal Plan including:                             <ul style="list-style-type: none"> <li>1-6 recipes per day</li> <li>Food images &amp; cooking method</li> </ul> </li> <li>Supplement Guidance</li> </ul>                    | Appointments must be scheduled at least 24 hours in advance. Cancellations must be done at least 12 hours in advance.                      | \$45<br>(4 weeks) |