

Rate Card

obi coach

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.	Scheduled consultation must be rearranged with at least 12 hours' notice or will be chargeable.	\$70
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.	Scheduled coaching sessions must be rearranged with at least 12 hours' notice or will be chargeable.	\$60
12 Sessions (1x Initial Consultation 11x Coaching Sessions)	Committing to a 3-month behaviour change program will enable you to develop the right 'toolkit' to manage your diet. Shift in your mindset and approach to food choices will lead to lasting results that give you the confidence to push forward with even bigger goals and challenges that you may wish to achieve.	Scheduled coaching sessions must be rearranged with at least 12 hours' notice or will be chargeable.	\$600



Coach Bhavin
Nutritionist & Personal Trainer

Passionate and dedicated to making my clients win by looking inwards to create habits for success!

Specialisations

Weight Management
Fitness & Active Lifestyle
Mindset Coaching