

# 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.                  | \$100         |
| Coaching Session (60 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.             | \$100         |
| Feed Review (60 mins)            | A review of the last 7 days of the lifestyle data on your feed on the obi coach app (requires you to update the feed for 7 days continuously with every meal, drink and food item consumed).                                   | Scheduled Feed Review session must be rearranged with at least 12 hours' notice or will be chargeable.           | \$100         |
| Nutrition Weight Management Plan | <ul style="list-style-type: none"><li>• Initial Consultation (60 mins)</li><li>• Personalized nutritional assessment</li><li>• Customised meal plan</li><li>• 3 follow-up sessions (30 mins)</li></ul>                         | Appointments must be scheduled at least 24 hours in advance. Cancellations must be at least 12 hours in advance. | \$500         |
| Sports Nutrition Plan            | <ul style="list-style-type: none"><li>• Initial Consultation (60 mins)</li><li>• Personalized nutritional assessment</li><li>• Customised meal plan</li><li>• 3 follow-up sessions (30 mins)</li></ul>                         | Appointments must be scheduled at least 24 hours in advance. Cancellations must be at least 12 hours in advance. | \$600         |



**Coach Brenda**  
Dietician

*Am a qualified and experienced nutritionist, with a passion for helping people improve their health and wellbeing through food and nutrition.*

## Specialisations

Nutrition  
Weight Loss  
Chronic Condition Management