

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.	\$59
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.	\$49



Coach Fathimath
Dietician

Provided customized diet plans & lifestyle change support for weight gain, weight loss, hormonal imbalances (PCOD, Thyroid) pregnancy (and lactating) / post-pregnancy.

Specialisations

Weight Loss
Chronic Condition Management
Fitness & Active Lifestyle
Meal Planning