

Rate Card

obi coach

Services	Description	T&CS	Pricing (USD)
Initial Consultation	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 24 hours' notice or will be chargeable.	\$80
Coaching Session	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 24 hours' notice or will be chargeable.	\$50
Fat 2 Fit (Weight Loss Coaching Package)	<ul style="list-style-type: none">• Initial Consultation (60 mins)• Customized Diet Plan• Daily Monitoring• 1 x Coaching Sessions	Appointments must be scheduled at least 24 hours in advance. Cancellations must be at least 12 hours in advance.	\$150
Trim And Tone Challenge In 12 Weeks	<ul style="list-style-type: none">• Initial Consultation (60 mins)• Customized Diet Plan• Daily Monitoring• Supplement Guidance• 1 x Coaching Sessions	Detailed food logs required before the initial session. Appointments must be scheduled at least 24 hours in advance. Cancellations must be at least 12 hours in advance.	\$220



Coach Mahrukh
Dietician

Passionate dietitian dedicated to evidence-based guidance, fostering trust, and advocating for access to nutritious foods.

Specialisations

Weight Loss
Meal Planning
Fitness & Active Lifestyle
Chronic Condition Management