

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 24 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 24 hours' notice or will be chargeable.	\$100
Weight Management Plan	<ul style="list-style-type: none"> Initial Consultation (60 mins) Personalized nutritional assessment Custom meal plan Planner & booklet of Healthy Alternatives Message support 1 follow-up Coaching Session (60 mins) 	Scheduled consultation or coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.	\$150 (\$75 per follow up)
Sports Nutrition Plan	<ul style="list-style-type: none"> Initial Consultation (60 mins) Dietary analysis Tailored nutrition meal plan for athletic performance Personalized workout fueling strategies Planner & Guide for Workouts @ Home Message support 1 follow-up Coaching Session (60 mins) 	Detailed food logs in the Feed are required before the initial session. Scheduled consultation or coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.	\$180 (\$90 per follow up)
Nutrition Therapy Plan	<ul style="list-style-type: none"> Initial Consultation (60 mins) Personalized nutrition therapy meal plan for renal, diabetes, PCOS, and gastric diseases Planner & nutrition therapy booklet 1 follow-up Coaching Session (60 mins) 	Scheduled consultation or coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.	\$180 (\$90 per follow up)



Coach Ola
Dietician

Motivating and instilling a sense of confidence with my clients by tailoring evidence-based nutrition plans.

Specialisations

Managing chronic diseases through lifestyle and pharmaceuticals
Weight Loss
Diet Planning
Emotion management