

# 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.	\$40
Feed Review (30 mins)	A review of the last 7 days of the lifestyle data on your feed (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.	\$30



**Coach Shabnam**  
Nutritionist

*I guide people to find the root cause of their problems and create an action plan to overcome it through customised diet planning, effective physical activity and positive mindset.*

## Specialisations

Nutrition  
Chronic Condition Management  
Meal Planning  
Weight Loss