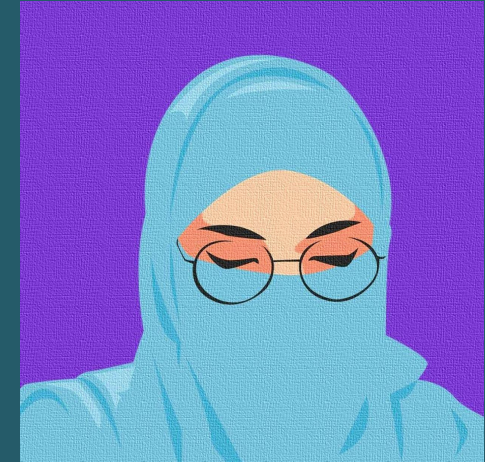


# Rate Card

| Services  | Description   | T&CS  | Pricing (USD) |
|---|---|---|---------------|
| <b>Initial Consultation</b><br>(1 hour)   | 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 consultations must be rearranged with at least 24 hours' notice or will be chargeable.  | \$85          |
| <b>Coaching Session</b><br>(40 min)   | Based on the initial consultation, we will <ul style="list-style-type: none"> <li>Look at progress, reflect on where we can improve and continue with consistency</li> <li>Celebrate achievement together</li> </ul>  | Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.  | \$55          |
| <b>Feed Review</b><br>(40 min)  | After completing your food review for a minimum of 7 days, we will look at it together with an in-depth analysis, deciding on goals.  | Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable (7 days Feed data needed)   | \$55          |
| <b>2-Week Reset</b><br><i>for refreshing your lifestyle &amp; looking your best</i> | Includes diet analysis and change, sustainable lifestyle changes, appropriate exercise promotion, and goal adherence. <ul style="list-style-type: none"> <li>Initial consultation (1 hour) x1</li> <li>Weekly coaching session (40 min) x2</li> <li>Daily monitoring</li> </ul> | Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable. <ul style="list-style-type: none"> <li>Submit daily updates or as a food record for review</li> <li>Stay positive and motivated</li> </ul> | \$200         |
| <b>90-Day Glow Up</b><br><i>for weight change</i><br>(3-month package)              | Includes diet analysis and change, sustainable lifestyle changes, appropriate exercise promotion, and goal adherence. <ul style="list-style-type: none"> <li>Initial consultation (1 hour) x1</li> <li>Weekly coaching session (40 min) x11</li> </ul>                          | Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.  | \$550         |
| <b>Specialised Meal Plans</b>   | Includes meal planning & prepping for: <ul style="list-style-type: none"> <li>✓ Pregnancy (pre, during, post)</li> <li>✓ Pediatrics</li> <li>✓ Muscle gain</li> <li>✓ Weight loss</li> </ul>  | Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.  | \$30          |

obi coach



**Coach Aisha**

Dietician

*Change starts from within.  
Are **you** ready?*

## Specialisations

*Managing chronic diseases (diabetes, hypertension etc.)  
Weight change (loss or gain)  
Meal plan & prep  
Diet plan  
Sustainable changes for life!*