

# 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 consultations must be rearranged with at least 24 hours' notice or will be chargeable.	50
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 with meal plan or sample plan	Scheduled coaching sessions must be rearranged with at least 24 hours' notice or will be chargeable.	35



**Coach Raghad**  
Dietician

*Good nutrition and diet management isn't about being deprived and feeling hungry, it's about adopting a healthy lifestyle, let's achieve this goal together!*

## Specialisations

Weight Loss  
Meal Planning  
Nutrition