



#1

Discovery Call

We get on a call to understand your goals, expectations and problems. This helps us understand you better before we start creating your personalized plan



#2

Uptake Form

You fill in a form explaining your goals, food-preferences, activity-level, medical history & lifestyle.



#4

You Take Action

We start working on the plan with us motivating you through every step as we turn small changes into sustainable results. This is where the magic happens.



#3

Your Personalized Plan

We create a personalized workout/nutrition plan for you tailored to your needs. We get on a call to explain the plan and clear any doubts you may have.



#5

Auditing Progress

We get into a weekly audit & update call to discuss your progress, & challenges in the previous week, and discuss the focus areas for the next week.



#6

Sustaining Your Growth

Once you've achieved your initial results, we will work on transforming habits that will help you sustain your progress and help you stay healthy and fit.



The Fitness Mindset
By Samreen Naz