

## Personalized Nutrition Plan

### What Is Included -

- **A Quantified Nutrition Plan including -**
  - Nutritional Strategy
  - Diets designed to meet your specific nutritional needs
  - Continuous Guidance
  - Simple and easy to follow meal plans
  - Food choices that match your lifestyle and is sustainable
  - Varieties of food groups
  - Updates to the meal plan based on progress
- **Daily whatsapp accountability**
- **Weekly audit and update calls**
- **Supplementation guidance**
- **Basic concepts of nutrition science to help you learn**
- **Continuous support & motivation**
- **Support throughout the week for any clarifications or doubts**

## Personalized Nutrition & Exercise Plan

### What Is Included -

- **A Quantified Nutrition Plan including -**
  - Nutritional Strategy
  - Diets designed to meet your specific nutritional needs
  - Continuous Guidance
  - Simple and easy to follow meal plans
  - Food choices that match your lifestyle
  - Varieties of food groups
  - Updates to the meal plan based on progress
- **A Personalized Exercise Plan –**
  - Customized based on your fitness level for your fitness goal
  - Guidance on correct form & posture
  - Updated based on your progress
- **Daily whatsapp accountability**
- **Weekly audit and update calls**
- **Supplementation guidance**
- **Basic concepts of nutrition & exercise science to help you learn**
- **Continuous support & motivation**
- **Support throughout the week for any clarifications or doubts**

## Personal Training Sessions (Online)

### What Is Included -

- **One Hour Online Sessions (4 sessions a week) including -**
  - Exercise Assessment and Execution
  - 1-1 Guided Training Sessions with Correct Form and Posture with Progressive Overload
- **Quantified Nutrition Plan including -**
  - Nutritional Strategy
  - Continuous Guidance
  - Simple and easy to follow meal plans
  - Food choices that match your lifestyle and is sustainable
  - Varieties of food groups
  - Updates to the meal plan based on progress
- **Daily whatsapp accountability**
- **Weekly audit and update calls**
- **Supplementation guidance**
- **Basic education of fitness science (nutrition & exercise execution) to ensure you learn and not just follow**
- **Continuous support & motivation**
- **Support throughout the week for any clarifications or doubts**

## Personal Training Sessions (In Person)

### What Is Included -

- **One Hour In person Session (4 sessions a week) including -**
  - Exercise Assessment and Execution
  - 1-1 Guided Training Sessions with Correct Form and Posture with Progressive Overload
- **Quantified Nutrition Plan including -**
  - Nutritional Strategy
  - Continuous Guidance
  - Simple and easy to follow meal plans
  - Food choices that match your lifestyle and is sustainable
  - Varieties of food groups
  - Updates to the meal plan based on progress
- **Daily whatsapp accountability**
- **Weekly audit and update calls**
- **Supplementation guidance**
- **Basic education of fitness science (nutrition & exercise execution) to ensure you learn and not just follow**
- **Continuous support & motivation**
- **Support throughout the week for any clarifications or doubts**