



Transform your body Group fat loss program

Are you tired of the frustrating cycle of fat/weight gain and loss?

WHY FAT LOSS MATTERS? Fat loss and weight loss are often the first steps towards improving overall health. Whether you're trying to:

- Manage a health condition (diabetes, hypertension, etc.)
- Boost energy and confidence
- Enhance mental clarity and focus

THE STRUGGLE IS REAL : We've all been on the rollercoaster ride of
(1) Fad diets | (2) Quick fixes | (3) Short-term results | (4) Long-term frustration

Break the pattern : Our Fat Loss Program is designed to help you

- Understand your body's unique needs
- Learn how fat is gained and lost
- Develop sustainable habits
- Achieve lasting results

Namrata, your experienced guide, will help you overcome

- Stubborn fat and plateau
- Navigate common challenges
- Stay accountable
- Audit your progress
- Achieve sustainable inch-loss
- Improve your blood reports

HOW WILL THIS WORK?

Session-wise learning + implementation

Total Sessions-8	Duration - 1 hour (weekly)	Day - Saturday	Time - 4:00 - 5:00 pm
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It includes - Weekly Meal plan + Weekly workout plan & guidance + Daily lifestyle habits guidance & accountability

INVESTMENT : Rs. 14000/-

Sessions - Date

Session 1 1st February	Session 2 8th February	Session 3 15th February	Session 4 1st March
Session 5 8th March	Session 6 15th March	Session 7 22nd March	Session 8 29th March

Upon signing up we will share with you session-wise learning

Kindly fill up the link to sign-up or more queries please get in touch with us.

OUR POLICY

- Fees to be paid in advance. First meeting is scheduled only after receiving the fees
- Nutrition program begins from the date of first consultation, Breaks or holidays do not extend the program once started. We shall extend your session if it a holiday from our side
- Fee is non-refundable and non-transferrable
- Any request for change in time for appointment shall not be entertained
- Any delay in your scheduled appointment shall not be entertained. You need to continue with previous week's meal plan or for new weekly plan inform us in advance

Thank you! I have read, understood, and accept the above.

Name: _____ Signature: _____

