



## INDIVIDUAL REMOTE COACHING PROGRAM

Remote Coaching is coaching, simply put. It is the mutual striving towards the client's goals with the help, guidance, and support. Everyone has different goals and requirements for their body and hence a customized plan is designed based on your body type and your goal. Remote coaching is one-on-one coaching sessions with video or phone.

### Physical Status of the body is measured before the program begins

1. Cardio Health
2. Strength Health
3. Flexibility Health

### Duration

12 Weeks - 6 days  
a week workout plan

### How it works?

- Weekly plan is provided - which is a combination of Cardio, Strength, Flexibility, Restorative exercise plan
- Daily reporting on WhatsApp - Feedback and analysis
- Zoom call once in 15 days 15 minutes each (Total - 6 Sessions)
- A general wholesome meal plan will be provided for your reference - one meal plan
- Videos or notes will be provided for some exercises for your reference

**Fees: 18000/-**

For more details please get in touch with us  
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