

3 Days Free Trial Guidelines

Diet

1. Don't miss your breakfast
2. Avoid Processed food that contains refined sugar & unhealthy fats like chips, Nuggets, Pizza/Burger, etc.
3. Don't starve yourself for more than 4 hours. Follow at least 4 meals plan (Add Salads in your lunch & dinner)
4. Eat unprocessed snacks whenever you feel hungry in between meals (E.g., Fruits, thin buttermilk or Dry chana)
5. Have a min of 3 litter of water throughout the day
6. Avoid Processed sugary drinks (Cold drinks, fruit juices, etc.)

Exercise

- 30-45 mins of Brisk walking (If you are not habitual with exercises just complete 7000steps throughout the day)

OR

- If you are habitual with exercises since long time then follow any 30 mins Total body workout / Do Surya namaskar for 30 mins

Club Hour (Attendance is MUST)

1. Your Free Trial includes Exclusive 3 LIVE Sessions
Community connects (Mon to Fri – 7am & 7pm)
2. Club Hour includes Education & experiences of clients.
3. Zoom link for Club Hour to be shared by your coach.

Features included in our Monthly paid program; will be explained on 3rd day Closing call which includes:

1. Customized meal planning by coach as per your Lifestyle
2. Daily exercise as per your body type
4. One on One guidance by Personal Coach.
5. Weekly assessment call by Coach
6. Full month Access to our CLUB HOUR.
7. Accountability Structure
8. Private WhatsApp Group with one-on-one whatsapp support
9. Daily Health tips
10. Lots of Daily Motivation & inspiration
11. Dining Out list (eating out options)