

13 WEEKS GENERIC HEALTH PROGRAM



FITNESS TRAINING

Strength & Conditioning with weekly 1 day YOGA

WEEK	CONTENT
Week 1-4	Basics
Week 5-8	Moderate Progression
Week 9-12	Advanced
Week 13	Maximum Progression

DIETITIAN

To guide to a healthy eating

WEEK	CONTENT
Week 1,5	Call
Week 9,13	Call

LIFESTYLE BUDDY

- Onboarding
- Confirms bookings with Nutritionist.
- Checks your attendance & CONSISTENCY check with workout.
- Gets you motivated with calls in week 1, 3, 5, 7, 9, 11, 13.

This will help you to stay committed towards your body, maintain your healthy lifestyle