



DT. RHEYA DOSHI

Dietician , Naturopath &
Mindfulness coach

21 DAYS WT LOSS CHALLENGE PROGRAM (T.R.A.N.S.F.O.R.M)

Start on a transformative journey towards a healthier lifestyle with our upcoming 21-day weight loss challenge. This comprehensive program is crafted with your well-being in mind, aiming to provide you with the tools, knowledge, and support needed to kickstart your fitness journey.

WHY PARTICIPATE?

- **Habit formation** : It is proved that it takes 21 days to break or form a habit and habits that you have are responsible for health that you have. 21 days of conscious choices, and we can shape habits that contribute to a healthier and happier version of ourselves.
- **Improved Health** : Enhance your overall well-being with a focus on balanced nutrition, regular exercise, and stress management and healthy cooking.
- **Expert guidance** : Benefit from expert advice and resources to make informed choices about your health and nutrition.
- **Tasty Food** : The notion that healthy food is bland or unappealing is a common misconception. In fact, there's a vast array of delicious and nutritious foods that can satisfy your taste buds. During the program you will realise that healthy food can be tasty too.
- **Weight Loss is fun** : Weight loss can indeed be a fun and rewarding journey when approached by right guidance and with like minded people. Celebrate your achievements along the way, whether it's reaching a fitness goal, adopting a healthier eating habit, or fitting into a pair of jeans.
- **Achieve Non Scale Goals** : Focus on non-scale victories, such as increased energy, better sleep, or improved mood. These aspects contribute to an overall sense of well-being.
- **Supportive Community** : Connect with others who are on a similar journey. Whether online or in-person, having a supportive community can make weight loss more enjoyable, motivating and less isolating.



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WHAT DO YOU GET ?

- 21 days diet chart (1 diet chat / week) valued 4000/-
- 21 days recipes for various meals (recipes) valued 2000/-
- 21 days exercise chart valued 1500
- 21 days daily hacks and nutrition facts.
- Detox diet
- 21 days E- tracker to track your progress and success valued 1500/-
- 21 days daily tracking of the client with meal pictures.
- 6 yoga session in 21 days conducted by certified yoga coach valued 1200/-
- 3 Fitness training sessions in 21days by expert trainer valued 900/- (includes core strengthening, tabata, Zumba, aerobics and so on)
- Surprise call from the diet coach
- 3 Top winners win amazing rewards
- Opportunity to be a part of Exclusive community of like minded people.
- Lifetime access to facebook group
- Group motivation and accountability .
- 4 zoom calls(master class) during the challenge valued 4000/-
 - Start of the prog
 - End of the prog
 - 2 calls after every week is over.

BASIC INVESTMENT

- > Minimum number of participation for the program, required in number of people : 25.
- > Maximum number of participation in a group : **10-12**
- > Investment per person per program :**2100/-**
- >If the number of participants are from 26-50 , investment / participants : **1500/-**
- > If the number of participants are from 51-75 , investment / participants : **1200/-**
- > If the number of participants are from 76-100 , investment / participants :**999/-**

Our 21 days weight loss challenge called as

T.R.A.N.S.F.O.R.M is not just about losing weight; it's about creating habits that contribute to sustainable lifestyle changes leading to long-term health and happiness.

We believe that a healthier, happier workforce is key to a thriving and dynamic workplace.

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