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## **OSMFitness** Plan to change Yourself for Better Lifestyle

### **Our Plans -**

#### **Plan A**

##### **3 Months plan**

- Customized Diet Plan
- Gym / Home based exercise videos
- One to One Video meet / call Every week
- Every 45 days your diet plan and workout schedule get chanced
- Regular connected or tracking on WhatsApp
- You will get motivated by us to follow your fitness journey for whole life
- This plan for weight loss / weight gain / muscles gain

#### **Plan B**

##### **6 Months plan**

- Customized Diet Plan
- Gym / Home based exercise videos
- One to One Video meet / call Every week
- Every 8 weeks your diet plan and workout schedule get chanced
- Regular connected or tracking on WhatsApp
- You will get motivated by us to follow your fitness journey for whole life
- This plan for weight loss / weight gain / muscles gain

#### **Plan C**

For people who have problems like diabetic problem, thyroid problem, muscles stress, etc.

- For this plan you have to connect with us on One-to-One Video call / Phone call.

**For all these Plan You have to connect with us Join Group and filled the required details**