



Doctor-Led Weight Management Program

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The Good Advance Program (100% Online Delivery)

This plans include comprehensive lab work, monthly doctor reviews, weekly nutrition coaching, live yoga sessions, and food behaviour coaching— with savings that increase as you invest in longer-term change.

Feature	3 Months (Core)	6 Months (Transform)
Best for	Achieve measurable results	Achieve sustainable results
Blood Work	1 x Master Metabolic Panel	2 x Master Metabolic Panel
Doctor Consultations	1 per month (3 total)	1 per month (6 total)
Nutrition Coaching (Weekly)	12 sessions	24 sessions
Live Online Yoga	1 per month (3 total)	1 per month (6 total)
Live Food Behaviour Session	1 per month (3 total)	1 per month (6 total)
Prescriptions by Doctor	If medically appropriate	If medically appropriate
Price (Total)	₹36000 ₹30,000	₹72000 ₹51000
Effective Monthly Price	₹10,000/month	₹8,500/month
Save per month	-	15%
Pause allowance	upto 2 times (Total 15 days)	upto 4 times (Total 30 days)
Upgrade Policy	Upgrade to 6 months within 30 days; pay only the difference.	-

Choose Your Path to Good Weight, Great Health.

3 months (Core)

Lab-guided adjustments at start and month 3, consistent coaching cadence to lock in habits. See results in weight, energy, and metabolic markers.

Achieve measurable results.

6 months (Transform)

Step-wise nutrition upgrades and behaviour change, progressive movement plan and stress care, plus lab-based course corrections at months 3 and 6 months.

Achieve sustainable results.

Why Choose The Good Weight?

- Doctor-led and evidence-based programs
- Focus on addressing root cause and achieving sustainable results
- Legacy of 25 years with modern care approach
- Real transformation for more than 10,000 clients

Ready to Get Started?

Call or WhatsApp to discuss your health goals and get started:

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