



A guide to working with Aadil | Three months

Your health. A more personal plan.

Muscle and fat loss are part of the picture. Your health is the bigger one.

Live Better is private health and fitness mentorship for founders and executives. You work directly with Aadil on exercise, nutrition and recovery, with an assessment, a practical plan and weekly reviews.

Start with what matters to you

Build muscle, reduce body fat, move more comfortably or improve the daily habits around energy, sleep, metabolic health and digestion. Suitable coaching is shaped around your health history and goals. Medical concerns receive qualified clinical input; coaching does not replace diagnosis or treatment.

The person behind the plan

Aadil Qayoom is the founder of School for Wellness, a certified trainer and nutritionist, and a former blockchain engineer. He has eighteen years of personal training experience. Online coaching is available wherever you are, with in-person exercise sessions in Bangalore.

Two ways to work together

Live Better: ₹1,70,000 for three months. Two equal instalments of ₹85,000.

Live Better Pro: ₹2,10,000 for three months. Two equal instalments of ₹1,05,000.

Both options are personal mentorship with Aadil. Pro adds selected supervised sessions, tracking setup and additional data reviews.

Your next step

Explore livebetterwithaadil.com or contact aadil@schoolforwellness.com / +91 7207 665 295. Request a conversation about your goals. No payment is taken when you apply and a call time is confirmed personally.



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The full comparison

Included	Live Better ₹1,70,000	Live Better Pro ₹2,10,000
Starting assessment and personal exercise, nutrition and recovery plan	Included	Included
Fixed weekly review with Aadil	Included	Included
WhatsApp guidance, with support arrangements agreed before starting	Included	Included
Starting, midpoint and final Health Score reviews	Included	Included
Independent continuation plan	Included	Included
Supervised exercise sessions	Booked separately	Six online OR four in Bangalore, over three months
Useful health technology selection and setup	Not included as a dedicated service	Included; devices and subscriptions cost separately
Shared progress dashboard	Not included as a dedicated service	Included
Additional 30-minute data reviews	Not included	Six over three months

Extra exercise sessions

Online: ₹1,500 per session. In person in Bangalore: ₹2,200 per session. Live Better sessions are separate; additional Pro sessions use these rates.

Devices, subscriptions, lab tests and specialist consultations are optional and separately charged. Agree extra costs, session times, support arrangements, instalment dates and applicable tax treatment before enrolment. Neither option guarantees a medical or fitness outcome. No device or genetic test is required.