



INTRODUCING

Flexi-Circle

A sustainable nutrition community — flexible meal plans, weekly live coaching, and accountability partners in your batch.

Flexi-Circle

SUSTAINABLE NUTRITION COMMUNITY — TEAM ZEALOCITY

"Consistency grows when you're not doing it alone."

- Flexible diet plans every week — separate for male and female
- Orientation call with our Flexi-Circle coach to kick things off
- Weekend Connect — an interactive group video call with the coach every weekend
- Fresh, healthy recipes shared every week
- Healthy lifestyle habit-building support — steps, sleep, hydration and more
- Supplement guidance — only essentials
- Accountability partners in your batch to keep you motivated
- Monthly surprise gift for the most consistent member — most meal pics, recipes tried, step targets hit, workout snaps

PRICING

New members ₹3,499 / month

Returning clients ₹3,000 / month

Batches of 10 · new circle every month

GROUP FITNESS BUNDLES

Flexi-Circle + Weekday Yoga ₹5,499 / month

Flexi-Circle + Weekend Strength ₹6,499 / month

Flexi-Circle + Yoga (3x/week) + Weekend Strength ₹7,999 / month

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COMMUNITY GUIDELINES — TEAM ZEALOCITY

NOT ALLOWED ON THE GROUP

- × No diet hacks or "nuskhe" that promote unhealthy patterns — detox teas, "weight loss salads", and similar shortcuts
- × No unwanted messages or spam
- × No criticism of other members' meals, dietary habits, or opinions
- × No bombarding multiple questions or doubts at once
- × Safety & Privacy: members are free to message each other as long as it's consensual and harmonious. We have zero tolerance for non-consensual, spammy, or creepy messages between members — this is a breach of privacy. With evidence of such conduct, the member involved can be removed from the circle without any refund.

Community guidelines

- 1 This group is for meal pics, doubts, and motivation — post your meals, steps, and workout snaps from your fitness watch/app, and ask questions anytime. It's not just a broadcast channel.
- 2 Coach hours: your nutritionist replies to questions and meal pics twice a day — once in the morning, once at night. Outside those windows, the community carries the conversation.
- 3 No body pics or scale photos in the group. Share that kind of progress with your coach 1:1 — this group stays about food, habits, and support.
- 4 Weekend Connect: your Flexi-Circle nutritionist will host a live call on Sat or Sun, ~5 minutes per person — the exact day and time will be shared in the group 2–3 days prior. Drop written questions in the group beforehand so you're covered even if you can't speak live. Recordings available for anyone who can't attend.
- 5 Be kind. No judgment on what anyone eats, how much they weigh, or how "slow" their progress is — everyone in this circle is on their own timeline. Unsolicited advice to other members — like "your roti looks bigger than mine" or "you're eating more rice than what's in the plan" — isn't encouraged either; that's the nutritionist's job.
- 6 Keep it on-topic. No unrelated forwards, promotions, or spam.
- 7 Keep it concise — no bombarding multiple questions or doubts at once.
- 8 This is guided group coaching, not personalised 1:1. Your plan is templated for your calorie band and preferences — ask about upgrading to the Flexi-Diet 1:1 program for fully custom macros and daily individual attention.

☀ Reward: the most consistent member gets a surprise gift from Team Zealocity at the end of every month!