

## RULES AND REGULATIONS

1. Once the enrollment procedure has been done, you have to submit report (full body profile including vitamin d3 and b12) consent form and your four photographs. [Front, Back, Side and on weighting scale].
2. You will get your first nutrition plan within 48-72hrs of working days after the enrollment procedure.
3. Your follow-ups will be there after every 10-15 days according to your progress.
4. Amount once paid, can't be refunded.
5. The amount cannot be exchanged with any other person.
6. Your enrollment will be active until you are continuously connected to diet detour.
7. You have to fix up the time for follow-up before a day or two.
8. You have to share an image of your weighting scale a day before your appointment.
9. Everyday, sharing pictures of breakfast, lunch and dinner are compulsory. If you don't share a picture, it'll be counted as a cheat meal.
10. If you don't show dedication of sending meal pictures, we will delay your next appointment to take you back in the track.
11. Cheat meals are strictly not allowed till we reach to our goal.
12. In case if you are confused buying any product, same time you can message /call us to be clear.
13. We do not suggest any breaks in between your program unless really critical.
14. Kindly take a permission if you're planning to travel.
15. We will rejuvenate ourselves on Sunday, and be ready to serve you in full power from Monday to Saturday. However, in case of any emergency or critical situation, we will always be there.
16. We are available on WhatsApp everyday except Sundays.
17. You can call us directly in case of any doubt any day between 9am to 6pm except Sundays.
18. Second person from the same family will get flat 30% off if enrolling on the same day.
19. You have to pay 16,000/- for disease management and if you are a lactating mother.