

# BONUS: Client Conversion Scripts

## Short Invite Post or Email Template:

Subject Line (if email): What's next for your kitchen (and your health)? 🍏

Body:

Hi [First Name],

You've done an amazing job this week — your kitchen is cleaner, healthier, and ready to support the habits you want to build. 🎉

If you're feeling excited about the changes you've made (and maybe a little curious about what's next), I'd love to invite you to keep the momentum going.

I'm offering a limited number of [Kitchen Clean-Out Sessions / Spring Reset Coaching Packages / Private Detox Programs] this month to help you take everything you started this week to the next level.

Together, we'll:

- Personalize your kitchen setup even more
- Build a plan for sustainable healthy habits
- Set you up with tools and support to make it stick long term

If you'd like to learn more, just reply [or click here] and I'll send you the details! No pressure — just an opportunity to keep feeling better every day. 💛

Cheering you on,

[Your Name]

## Shorter Social Media Version:

Caption:

Your kitchen reset is just the beginning!

If you loved how this week felt and want to keep building healthier habits, I'm offering a few [private sessions / coaching spots] this month.

We'll personalize your kitchen, habits, and health goals — so the changes stick for good.

Comment READY or DM me and I'll send you the details! 🎯

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## Sample Wrap-Up Email or Post for All Participants

(Whether or not they bought anything — keeps relationship warm!)

Subject Line (if email): Thank you for joining the Kitchen Reset! 🥰

Body:

Hi [First Name],

I just wanted to say a huge THANK YOU for being part of the 7-Day Kitchen Reset Challenge! It's been so inspiring to see how much positive change can happen in just one week — and I hope you're feeling proud of the shifts you made in your kitchen and your health.

Even small steps create big momentum over time — so keep building on what you started, one simple choice at a time.

If you ever need support, resources, or just a little extra encouragement, I'm always here. 🧡

(And if you missed the invitation to continue working together, no worries — just reply if you'd like me to resend the info!)

You're doing amazing things, and this is just the beginning. 🌟

Cheering you on,

[Your Name]

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## Follow-Up Nudge Email or DM Template

Subject Line (if email): Still thinking about what's next? 🌟

Body:

Hi [First Name],

I just wanted to pop in and say — I'm still thinking about how much progress you made during the 7-Day Kitchen Reset!

If you're feeling ready to keep building on that momentum, there's still time to grab one of the [kitchen clean-out sessions / spring reset spots / coaching packages] I mentioned earlier.

Sometimes the hardest part is simply keeping the energy going after a great start — and that's exactly what I'm here to help you with.

If you're curious or want more details, just hit reply and I'll send everything over.

(And if now's not the right time, no worries at all — I'll still be cheering you on!)

[Your Name]

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## Social Media/DM Follow-Up Nudge:

Message:

Hey [First Name]! Just checking in — if you're still thinking about continuing your kitchen/health reset, I've got a couple [sessions/spots] left.

No pressure, just wanted to make sure you didn't miss out if you're feeling ready to keep the momentum going! 🌟 Let me know if you want the details.