

FB/IG sample Ad:

Let's cut to the chase - this is why you haven't reached your fitness goals and why you've been stuck.

No, it's not because you don't have time or because nutrition knowledge is lacking.

The reason is so much simpler than that! So many people are struggling to see the biggest roadblock because we're constantly bombarded with so much information online. It's exhausting, I know.

I'm going to give it to you straight because I value my time as much as yours. No bullshit, no sugar coating.

I've helped clients SMASH their goals they've struggled with in as little as 3 weeks! Not 3 months.

To learn more, tap below to book your call and let's get you above and beyond your fitness goals.

What are you waiting for? Let's go!

Sample email Brand/nurturing:

Subject: {firstname}, we're here to help - are you all set to go?

Hey {first name}, it's Britney from Coach's team!

Just wanted to touch base and see how your call with Coach went!

We know it can be a lot of information for someone new to take in all at once, so we have more information on our website that you can access at any time right here <insert hyperlink>

Like Coach mentioned in your call, we have some really great deals for you on our dedicated and tailored programs to suit your specific goals!

BUT before you do that we want to make sure you have the most amount of information available to make the decision for the best program that will ensure you reach your goals and then some!

We have testimonials from past and ongoing clients and their amazing success stories.

They share how they struggled to reach their goals and felt lost in a sea of information online with little time to waste in the hustle of everyday life. With Coach's guidance, they absolutely demolished their goals and expectations in just 21 days.

These results might sound crazy, but we promise you - anyone can do this!

Take a look at the testimonials on our site. Once you're done, we have a section to go through our programs and find the best one for you!

Thanks again for trusting us to get you to your best self, and we're here if you need help!

Sign off,

-Britney